



Spiritwood hosts SUMA Golf Tournament



First Place with a score of 63. L to r: Michael Markowski, Steve Skaworodko, Chad Parenteau, and Jake Parenteau. The foursome was from Wakaw, which will be the site of the 2020 SUMA golf tournament.

The 31st annual SUMA Golf Tournament was held July 5 at Spiritwood Golf Course, hosted by the Town of Spiritwood.

Some 56 golfers enjoyed a day of golf, with thirteen of the fourteen teams scoring par or better in the 18-hole Texas Scramble event.

In the end, a team from Wakaw – one of two attending from that centre – scored a 63 to win the huge championship trophy. The team consisted of

Michael Markowski, Steve Skaworodko, Chad Parenteau and Jake Parenteau.

Actually, the Spiritwood foursome of Brad Nemish, Megan Nemish, Lane Buswell and Kirstin Buswell finished with an identical score of 63, but since they only had one SUMA member and the Wakaw group had four, they had to settle for second place.

One other Spiritwood group won the Dennis Draper Memorial Award for

the Most Honest team. This team was led by Mayor Gary von Holwede, with Heather von Holwede, Debbie Allan and Shannon Beaulac.

Lawrence Pinter and Greg Boschman won prizes for Closest to the Pin – Pinter on #16 and Boschman on #4. Amanda Peters had the Ladies Longest Putt, while that honour was secured by Kevin Russel for the men.

Donna Smith had the Ladies Longest Drive, while James Crouch had

the Men's Longest Drive.

The golfers started the day with a delicious pancake breakfast prepared and served by the Golf Course before heading out for their round.

Following the golf, they were treated to a hot lunch catered by Marion's Catering. Awards were announced following the lunch and prizes, provided by numerous sponsors, were selected based on a random draw.

Continued on page 2



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Spiritwood hosts SUMA Golf Tournament

Continued from 1

The tournament actually kicked off the previous night with a banquet catered by Ron's Catering and held at the Rec Centre Mezzanine.

Glen George, representative of SUMAssure, one of the event sponsors, spoke briefly. He said SUMAssure was created to serve Saskatchewan municipalities, and only Saskatchewan municipalities.

"We've set ourselves apart from other insurance companies," he said. "We've reduced premi-

ums, and we've decided to invest profits in communities."

As an example, he pointed to grants provided to municipalities to install security monitoring systems.

He said that SUMAssure has begun doing audits to assess insurance risks, and are offering free webinars to subscribers.

Doug Ramage of McElhanney Consulting also spoke.

"Golf is a game about continuous improvement," he said. "That's what our

towns are all about: continuing to improve and trying for the best outcomes."

After that, comedian Jody Peters took over and entertained the crowd for the rest of the evening.

This was the first attempt by Spiritwood Town Council to host the SUMA tournament and judging by the success of the venture, it may not be the last. However, they'll have to wait. Next year's event will be held in Wakaw. Presentations were made by representatives of St. Walburg and Outlook to host in 2021, with St. Walburg being chosen by the majority of those in attendance.



The Dennis Draper Memorial trophy was presented to the team deemed "Most Honest". L. to r.: Heather von Holwede, Debbie Allan, Gary von Holwede, and Shannon Beaulac, with tournament organizer Jim Bedi.



Val Willick, clubhouse manager, was in charge of pancakes for the breakfast.



The second place team: Brad Nemish, Lane Buswell, Kirstin Buswell, and Megan Nemish.



Lunch following the golf was catered by Bob Smolinski of Marion's Catering.



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Teeing off on #3. Well, posing. They had finished hitting.



A wave from across the fairway. Conditions were excellent for golf.

PICK OF THE WEEK



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Following breakfast, golfers began assembling to begin their round.



Finishing up after a delicious pancake breakfast.

Stone's Throw: Lessons from the Land

Submitted by Heather Beauchesne

The collection of paintings, by Barcelona based studio artist Sabrina Voss, draws from references to the organic world, agriculture, and landscape as a whole to symbolize common human experiences.

The sayings referenced in many of the titles are meant to be a game for the viewer: guess the rest of the saying, and you've got an idea of what the painting is about. These sayings are often much older and more common than you might think

— they have travelled among languages and cultures over time as way of teaching life lessons and value systems. By looking at common sayings and their origins, we can see how universal some experiences are, whether you're an ancient Greek, a Saskatchewan pioneer, or someone working in front of a computer today.

The colours and textures are, to a large extent, related to the boreal forest or the bush around Spiritwood, Saskatchewan. The older paintings were created in the Saskatchewan setting, while the newer ones are based on memory.

There is also a strong influence from traditional landscape painting, 20th century abstract art, and also, importantly, prehistoric painting. In this collection, Stone's Throw - Lessons from the Land, acrylic paint is mixed with different materials, such as cement, sand, string, straw, tissue paper, and moss, to build up both texture and symbolism.

Sabrina Voss holds a bachelor of fine arts degree in painting from the University of Saskatchewan. For a number of years, she participated in several art exhibitions and festi-

vals, using both painting and other methods such as installation art to work in themes related to the natural world and human behaviour.

She spent several summers in northern Saskatchewan working summer jobs, and the landscape, textures and colors of that corner of the world left a lasting impression.

She has made Barcelona, Spain her home since 2002, though she returns to Spiritwood, Sask. for extended summer vacations. She has painted only very sporadically in that time.

Main Street Gallery, Spiritwood, Sk. is proud to host Voss's most recent collection, Stone's Throw - Lessons from the Land, complemented by the ceramic works of the Pottery Sisters, Laura Beauchesne and Donell Wingerter.

Please join Main Street Gallery in celebrating this collection of work Sunday, July 21, 19, 4 to 6 p.m. Show will run until Aug. 31.

Please contact Bevra Fee at 1(306)883-2426 for more information.

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"For the Trees". Acrylic on canvas.





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Barcelona based studio artist Sabrina Voss.



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“What a trip”

As I am busy returning from yet another trip out to see the grandkids (this time the younger set, aged 3 and 7), I thought it might be a fitting time to recall just how wrong road trips can go. So here it is, my column from July 17, 2009.

“I recall last issue saying that our trek to see the grandchildren was uneventful, which was a good thing given the soap opera, drama and comedy that was our vaudevillian trip from Toys ‘r’ Us to the safety and comfort of our own garage.

I was mistaken. I guess it wasn’t as uneventful as we thought it was, only we didn’t know it until just a few days ago.

I looked at the envelope and wondered why the City of Lloydminster would be sending me mail.

I looked at the picture inside the envelope and wondered why they’d send me a picture of the back end of my truck.

Then I read the fine print - “82 kph in a 60 zone. That’s speeding, buddy, and you’re going to help us reduce the City’s deficit for the year.”

Well, it didn’t say that exactly, but the message was clear. On a section of highway near the outskirts of town, the cameras were busy taking snapshots and my truck was one of the subjects.

A few days later, I heard an item on CBC radio on Lloydminster’s photo radar. Apparently, photo radar to catch speeders is a new venture for Alberta, one that is paying off quite handsomely for the city, and no doubt for other locations that have adopted the cameras.

There were 1600 tickets handed out in May, thanks to the photo radar. They didn’t give a number of June, but I was one of them, and it’s a good bet that there are upwards of 3,000 who have been nabbed since the cameras began whirring.

So, just a friendly reminder to slow down through Lloydminster. You may be on the highway, but you don’t have a highway speed limit until you get well-past 80th Ave, which is just left of the Tim Horton’s Mall.

That wasn’t the final adventure with the truck, either. Having lost the load once, we felt sure that it could never happen again.

Well, it did, this time carrying half a tree, with tons of branches all intermingled helping to hold each other in place.

Or so we thought.

When one branch decided to jump off the back end, it was so intermingled with other branches that by the time I hit the brakes the entire load was blocking one lane of highway.

Well it certainly wasn’t as big a distraction as the great tree-dragging incident, which I am not at liberty to talk about, but it was bad enough, particularly because there was traffic coming from both directions, and one lane of it would have to wait and go around. Gawkers.

We had to thank our lucky stars that Ian Wasden was one of the vehicles blocked by our unloaded load. He stopped, loaded half of the debris onto his flatdeck and followed us to the dump.

All this has taken away from what we really wanted to write about this week - DeBolt and their friendly little campground and golf course out in the middle of almost nowhere.

You’ll probably never find a more kid-friendly facility than that, although there is no playground equipment to provide that kind of entertainment for the little gaffers.

No matter. There’s a big open space right in front of the campsites and which runs along much of fairway one. Kids are free to play, practice golf, do whatever it is that kids do. And kids are welcome on the course. It’s actually rare to see a cart without a kid or two on board and learning how to golf.

And when you’re ready to leave for home, you just go into the clubhouse and tell the girl at the counter how much you golfed and how many times you rode in one of their carts. And she figures out what you owe.

Very relaxed atmosphere. You’d love it.”



Historic moment is just the beginning

A historic moment.

That’s how First Nations and provincial leaders billed their July 9 tête-à-tête on the Big River Cree Nation, as part of the annual Council of the Federation meetings being hosted by the province of Saskatchewan and Premier Scott Moe.

The gathering of dignitaries in the First Nation community of about 3,000 people unofficially kicked off two days of intense, high-level discussion between the provincial and territorial premiers with a focus on the challenges facing Indigenous youth.

Certainly, the discussion of Indigenous youth in the wake of the recent passing of federal Bill C-92, which aims to reduce the number of indigenous children in government care and passes control of child welfare to First Nations communities, couldn’t have been more timely.

However, the discussion of Indigenous issues at Council of the Federation meetings is nothing new for Canada’s premiers.

No, what truly made the day historic was the fact that it marked the first time in Canadian history that such a meeting had been held in a First Nation community.

Equally important, it also marked a rare instance in which indigenous leaders, including Assembly of First Nations (AFN) Chief Perry Bellegarde, who had been boycotting the Council of the Federation meetings since 2017 over the exclusion of First Nations representatives, were allowed a seat at the table, and a voice in the talks.

In this age of truth and reconciliation, this was, without a doubt, a key step forward in the often rocky relationships between the provinces and their respective First Nations communities. And yet, until whatever was discussed behind closed doors becomes meaningful policy that improves the lives of indigenous youth across Canada, that’s all it is: a step forward, a beginning point not an end.

For, where Bill C-92 represents important progress for indigenous people, other recent developments demonstrate the progress that still needs to be made for indigenous people to enjoy a quality of life that is comparable to non-indigenous people.

On June 28, less than two weeks before last Tuesday’s meeting, Statistic Canada released findings that outline the disparity in suicide rates between indigenous and non-indigenous people. Those findings show that, between 2011 and 2016, the suicide rate for indigenous people was three times higher than in non-indigenous people.



JORDAN
TWISS

~
Columnist

What’s more, StatsCan’s research found that the suicide rate for indigenous people living on-reserve was two times higher than in those living off-reserve, and that youth and young adults aged 15 to 24 had the highest overall suicide rates.

More recently, a report, co-authored by the AFN and released the morning of last week’s meeting on the Big River First Nation, found that half of all First Nations children on-reserve live in poverty, and that on-reserve children are four times as likely to live in poverty than non-indigenous children.

On education, too, the gulf between non-indigenous and indigenous students remains vast, both within Saskatchewan and across Canada.

Looking specifically at Saskatchewan, the provincial government and the Saskatchewan School Boards Association set a goal in 2014 to have 85 per cent of all students, and 65 per cent of indigenous students, graduate on-time (within three years of starting Grade 10) by 2020.

While the province looks like it will fall well short of those targets, 86.5 per cent of non-indigenous students graduated on time in 2018. For indigenous students, however, the on-time graduation rate lagged far behind at just 44.5 per cent.

From poverty, to education, to physical and mental health outcomes, it seems that there isn’t a single quality of life metric in which indigenous people rank ahead of their non-indigenous counterparts.

And yet, a recent online poll conducted by the Environics Institute for Survey Research found that nearly 75 per cent of indigenous youth remain optimistic that “meaningful reconciliation” will happen in their lifetime.

Now that they have returned to their home provinces, the provincial leaders who took part in the July 9 meeting must work to prove to these indigenous youth that their optimism hasn’t been misplaced.

The road to reconciliation will be a long and, at times, winding one. It will demand that non-indigenous people possess the courage to confront uncomfortable truths about their attitudes and beliefs when it comes to First Nations people, and the will to work collaboratively alongside First Nations communities.

For First Nations communities, meanwhile, the work of overcoming generations of trauma, cyclical poverty, and other daunting obstacles to build a better future for today and tomorrow’s youth will be no less difficult, and require an altogether different kind of courage.

But every journey begins with a first step, and last Tuesday’s historic moment was exactly that.

Edible Weeds in the prairie garden

By Jackie Bantle

A weed may be identified as an unwanted plant in your garden that growing next to the cultivated plants. The problem with garden weeds is that, not only do they steal water and nutrients, but they can even completely choke-out cultivated plants. Any gardener knows that a weedy garden is not only an embarrassment, but also reduces the beauty and yields of the desirable plants.

What if the weeds were to become a useful part of the garden? Rather than continue the centuries old war on weeds, what if we were to start eating some of these invaders? Perhaps, our workload could be lightened and our diet supplemented if we started to include these pesky plants in our



Amaranth. Photo courtesy of Jackie Bantle.

daily menu.

Dandelion (*Taraxacum officinale*) is a common weed whose parts are all edible. From the roots to the blossoms, all parts of the dandelion can be eaten raw or cooked. The fresh leaves can be added to any salad or stir fried, sautéed or used in soup for a milder flavor. The crunchy yellow blossoms can be eaten raw, used to make syrup or wine or breaded and fried. The root can be eaten fresh or dried, roasted and ground up to use as a coffee substitute.

Clover (*Trifolium* sp.) leaves and flowers can be chopped up and used as an addition to salads or sautéed for addition to meat dishes or as a topping for roasted root vegetables. Clover is now being grown as an addition to lawns thereby making it abundantly available.

Chickweed (*Stellaria media*) is the bane of my existence. However, chickweed can serve both a culinary and a medicinal purpose. The leaves and stems should be rinsed with water before being applied directly to a skin irritation. These same stems and leaves can be steamed in a 50:50 water/vinegar mixture, cooled and then applied as a poultice. Chickweed leaves, stems and flowers can all

be eaten fresh or cooked. The flavor is similar to spinach.

Purslane (*Portulaca oleracea*) or wild portulaca, is another weed that can be aggressive and challenging in the garden. Any little piece of purslane can form roots, producing a new plant. Purslane leaves and stems are succulent and have a crispy texture. The leaves and stems can be eaten raw or cooked and add a peppery flavor to any dish. Purslane is also very high in omega-3 fatty acids and antioxidants: not only tasty but nutritional.

The leaves and young shoots of lamb's quarters (*Chenopodium album*), can be eaten fresh or sautéed and used in any recipe in place of spinach. The leaves are crunchy with a similar texture to spinach. Lamb's quarters are in the same botanical family as Qui-



Purslane. Photo courtesy of Jackie Bantle.

noa (*Chenopodium quinoa*) and like quinoa, the seeds of lamb's quarters can be eaten.

Wild amaranth or red root pigweed (*Amaranthus retroflexus*) is another common edible weed. Certain types of amaranth are grown commercially for their seed and many Asian cultures grow certain varieties of amaranth for their leaves. The leaves and seeds of wild amaranth are both edible. The leaves can be used fresh or cooked in any recipe that calls for leafy greens: younger leaves are tenderer than older leaves. Amaranth seeds are a good source of protein.

Plantain (*Plantago major*) is considered a medicinal plant and as such it should be used with caution. Plantain leaves are high in calcium, vitamins A, C and K however plantain has astringent properties which, when made into a tea, can treat diarrhea and soothe raw internal membranes. Older leaves are tougher than younger leaves: flavor improves in older leaves if they are sautéed. Plantain seeds, which are found in a definitive flower spike, can be cooked as a grain or ground into flour.

Before any weed plants are consumed, one must be certain

that they are correctly identified and have not been sprayed with any herbicides. Be sure that the 'weeds' that you are going to eat are not poisonous. (ex. hemlock and nightshade) Do not pick weeds from public areas where animals may have urinated on the plants.

This column is provided courtesy of the Saskatchewan Perennial Society (SPS; saskperennial@hotmail.com). Check our website (www.saskperennial.ca) or Facebook page (www.facebook.com/saskperennial) for a list of upcoming gardening events.



Lamb's quarters. Photo courtesy of Jackie Bantle.

YOUR TWO CENTS

Canada must do its share in Global Fund

Dear editor

The Global Fund is the largest global effort to eliminate the world's greatest killers – AIDS, TB and Malaria, and they have been incredibly successful, saving tens of millions of lives, and the fund is due for renewal for another 3 years.

Japan has recently committed to this renewal and so has the UK, both significantly increasing their amount as requested by the Fund. South Korea is posed to do the same. But Canada has been silent.

Canada's contribution rate of development assistance like the Global Fund is among the least of major developed nations. The Trudeau government's refusal to commit to the requested increase of 16% in critical funding sends a terrible signal to the world, with an impact far greater than the minor

amount we are expected to contribute.

Smaller economies around the world watch to see which way the wind is blowing in deciding how much to pledge; Canada's silence screams volumes to these countries. The Trudeau government must step forward and show the world we can be a trusted partner, and commit its share of funding.

Frani Beckow
Victoria, B.C.

Let's make this world a better place for all

Dear editor,

The world is getting smaller, no doubt about it. Now more than ever, if a butterfly flits its wings on one side of the planet, there is a reaction, however small, on the opposite side.

Shouldn't we then consider our fellow men, everywhere?

What if we can do so and at the same time make a smart investment for the planet?

Canadians have shown time and again that we care, and we have a unique opportunity to do so again through the Global Fund to fight AIDS, Tuberculosis and Malaria.

One might be tempted to think that Canadians are not affected by these diseases, but given international travel, and the presence of TB in our First Nations communities up north, we are all at risk. It is time to make it known to our MP's and PM that this is a matter of great importance both at home and abroad.

In terms of making this a great investment, it was estimated in 2016 that for every 1 USD invested in the Global Fund, there would be a 22 USD return in terms of annual health care costs globally.

Let's make this world a better place for all!

Connie Lebeau,
Victoria, B.C.

Spiritwood Herald

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Dessert of the month



The winner of the Dessert of the Month was Norma Pomedli. It was made and presented by Susan Siegel.

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COMMUNITY CALENDAR

SPIRITWOOD: Wapiti Regional Library - Tuesday 9:00 am - 4:30 pm, Wednesday 9:30 am - 4:30 pm & Friday 9:00 am - 4:30 pm
LEOVILLE: Wapiti Regional Library - Wednesday 10 am - 4 pm; Thurs. 10 am - 3 pm (Storytime from 10:30 am to 11:30 am)
SHELL LAKE: Wapiti Regional Library - Tues. 12:30 pm - 4:30 pm; Wed. 1 pm - 4 pm.
SHELL LAKE: 37th Annual Homesteader Hey-Days in Shell Lake. July 19, 20 & 21. Friday: Hamburger Sale 10-3, Jam Session 1-4; Saturday: Pancake Breakfast, Children's Parade 11:15, Parade 11:30, Hamburger Sale 10-3, Cinnamon Buns at Clay Oven, Bouncy Castles and Children Activities, Kaiser Tournament; Sunday: Church Service at Gazebo, Strawberry Tea. For more info call 306-427-2280

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Yorkton Exhibition a reminder of changes in ag

This is not the first time I have written about how nostalgic I can become while attending the Yorkton Exhibition.

The summer fairs; Saskatoon, Yorkton, Melfort, Golburn, Invermay, Shand and others were essentially my combination summer camps and family holidays, from the time I was five until I was past my teens.

That was starting in 1965, and continuing to the mid-1980s, which was a decidedly different time when looking at what summer fairs across the Canadian Prairies were all about.

In those long ago years summer fairs were largely agriculture events, first and

foremost, with producers bringing out their best stock to be judged against the best of neighbours and friends. With the competition of the show ring came equal amounts of camaraderie in the barns before and after the judge rendered their verdict on who would take home the red ribbons.

In those days there were red ribbons for just about everything farmers raised on what were largely mixed farm operations. As a result, while predominantly showing pigs,

over the years I won ribbons showing a friend's calves in junior beef classes, took mom's chickens to Shand Fair, showed dairy goats, sheep, grain sheaves, and even held the halter on an occasional draft

horse in group classes to help out.

But as I sat in the grandstand last week watching the rodeo, the barns I once ferreted around as a youth in the distance, there was a sense of loss at the fair.

While a vibrant Regional 4-H Beef Show remains part of the Yorkton fair, and light horses have returned after a time when they too had disappeared from the fair agenda, agriculture maintains barely a toehold at the fair.

It is of course a change that has corresponded

to farms continuing to grow larger, and in that process more specialized. With that comes less time to take stock to fairs, and in some cases, pigs among them, growing concern over the potential of disease spreading at such events.

While the reasons are reasonable, I still miss agriculture at summer fairs.

There is an element of my youth missing when there are Hereford cattle in the summer show rings, and Clydesdales,

and pigs and sheep, that has me wishing a little for a return to the days of my youth.

I also suspect while the farm sector recognizes urban residents are increasingly isolated from farms, the chance to see livestock up close at summer fairs, to talk to producers, to connect in even that limited way, would help bridge the gap. But alas that bridge is long lost.

And, that is just the change that ultimately comes with time.



CALVIN DANIELS



2019 clubroot survey

This 1,800-field survey will increase our understanding of the distribution of clubroot in areas where the disease is known to exist and in areas not surveyed in 2018. Your area will be included in the survey.

Surveyors will be collecting samples starting in late July. For more information, please contact the Agriculture Knowledge Centre general inquiry line toll-free at 1-866-457-2377 or visit saskatchewan.ca/agriculture.

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Mildred, Saskatchewan

("the Property") (For reference, the location of the Property is directly off Highway #3, the first property in Mildred.)

The Property is sold on an "as is" basis. Bidders must rely on their own research of the Property to determine acreage, condition, improvements, assessment and state of title.

Property will be available for viewing by appointment only on Tuesday, July 23, 2019. Call 306-280-8333 to book an appointment.

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Hon. Jeremy Harrison
MLA for Meadow Lake
jharrisonmla@sasktel.net

Canada mourns Leonard's hoops departure

Thanks, Kawhi, it was great knowing you.

Reaction from Canadian basketball fans to the news that Kawhi Leonard was exercising his right to free agency by signing to play with the Los Angeles Clippers was funereal-like, with headlines and media reaction nearing WORLD WAR III DECLARED! hysteria.

Prime Minister Trudeau might have considered declaring Saturday, July 6, an official day of mourning in Canada, because the beloved Kawhi, who turned the whole country into basketball nuts as he almost singlehandedly led the Toronto Raptors to the top of the basketball world in June, was leaving.

As if anybody ever really

believed he would stick around to begin with.

Oh, many hoped for the best, crossing their fingers and saying a nightly silent prayer before bed that the Raptor wearing uniform No. 2, acquired before this past season in a trade, would agree to accept a Maple Leaf Sports and Entertainment's offer of around US \$190 million (about \$250 million Canadian) over the next five years.

Leonard pretended to be considering returning to the Raptors, even though most observers had him locked in as a resident of Los Angeles, either with the Clippers or the Lakers, for the foreseeable future.

A native of Los Angeles, Leonard made no secret of



BRUCE PENTON

the fact that he wasn't all that excited about the snow and cold of Ontario when winter weather in southern California would offer light breezes and 75 F temperatures (along with the occasional threat of an earthquake, of course).

As soon as the word streaked across the basketball world that Leonard was giving up his life in Toronto, his friendship with Drake and the adoration of millions of star-struck Canadians, those who know about these things immediately established the Clippers as the favourite to win the 2020 NBA championship. Adding to the Clippers' high hopes was that on the same day that Leonard signed, superstar Paul George was added to the Clips' roster in a trade with Oklahoma

City — apparently all part of the required legwork demanded of the Clippers by the Leonard camp.

So the Raptors lose Leonard and will also have to do without guard Danny Green, another free agent who vamoosed to the west coast (a two-year deal with the Lakers).

For the Raptors to repeat as NBA champions with a roster led by Kyle Lowry, Pascal Siakam, Serge Ibaka, Marc Gasol and Fred VanVleet won't be impossible, but it will be well past the midway needle on the 'unlikely' scale.

In fact, the Leafs now probably have a better chance of winning a professional sports title than the Raptors do. For avid Toronto sports fans, that wouldn't be a bad tradeoff.

Former Brandonite Don Pottinger, recalling a golf story about two generations of the Murray family, Western Canada's auto magnates: "Father Clair was dead last in a golf tournament at Clear Lake after one round while son Doug shot the day's best score. 'I have a better chance of repeating than he does,' said Clair."

Headline at fark.com: "Mets announce plans

for statue of Tom Seaver, which will be traded to Cincinnati about 10 years from now for a bag of balls."

Greg Cote of the Miami Herald, on Twitter: "Everybody is saying no to the @nyknicks. New name: New York Nix."

Janice Hough of leftcoastsportsbabe.com, on how bad free agency is going for the Knicks this year: "Even the Mets are feeling sympathetic."

Dan Falkenheim in si.com, on Vancouver signing 6-foot-5 defenceman Tyler Myers to a \$30 million free-agent contract: "Myers makes the Canucks defence taller, but not necessarily better."

Patti Dawn Swanson, in the River City Renegade, on the Winnipeg Jets ever-weakening roster: "it looks like the third defence pairing in October will be a couple of guys named Wing and A Prayer."

Swansson again: "A ship carrying 1,500 tons of Canadian garbage arrived on our shores last week, but there's no truth to the rumour that Kevin Cheveldayoff met it to look for defencemen."

Blogger Steve Burgess, on Twitter, commenting

on the Kawhi Leonard departure from the Raptors: "As a consolation prize, Toronto will now be the setting for a new season of Crazy Ex-Girlfriend."

From fark.com: "France is sweltering under a record-breaking heat wave. Sounds like a good time to go for a 21-day, 2,100-mile bicycle ride."

Another one from fark.com: "The reasons Peyton Manning turned down MNF: He didn't want to analyze Eli, and couldn't stop referring to Tom Brady as Bumbo."

Dwight Perry of the Seattle Times: "Wimbledon docked Aussie Bernard Tomic his entire purse — \$56,100 — for 'not meeting professional standards' in a lacklustre opening-round defeat. Baltimore Orioles players are suddenly shaking in their cleats."

Another one from Perry: "Angels infielder Tommy LaStella fouled a ball off his right leg and fractured his tibia, knocking him out of the All-Star Game. Probably not the All-Star break he had in mind."

Care to comment? Email brucepenton2003@yahoo.ca

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The Volunteer Service Department is in need of caring, compassionate and committed volunteers to fill the following service positions:

Parent-Tot/Family Volunteering Program – Evergreen Health Centre, Leoville (306) 984-2136

Parents and their children visit residents on a one-to-one basis or in small groups. Parents are responsible for their children at all times.

Shifts: Flexible, once or twice per week.

Pet Therapy – Spiritwood and District Health Centre (306) 883-2133

Volunteers with well-trained, friendly pets may visit the residents at the Nursing Homes. The pets must meet the necessary requirements prior to visiting.

Shifts: Once or twice per week: Flexible hours.

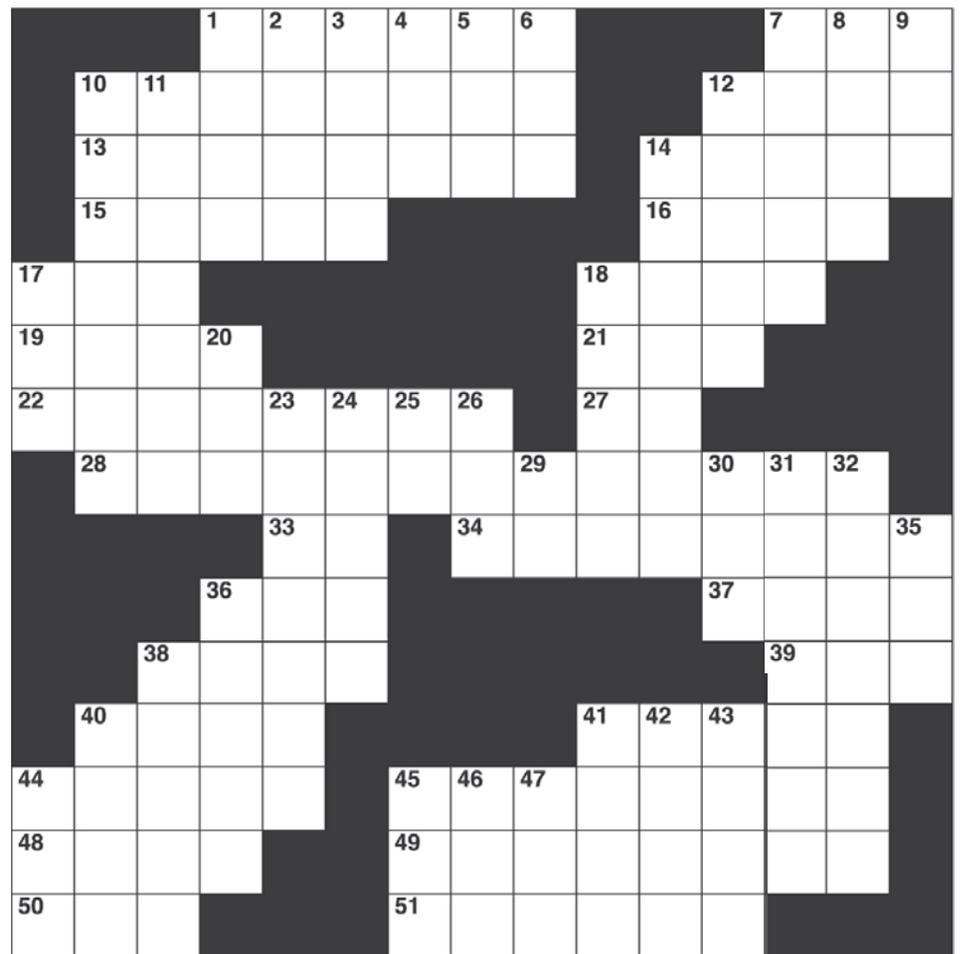
Special Groups or Individuals – Hafford Special Care Home (306) 549-2108

These volunteers entertain, provide interesting educational presentations, assist with special events, sing, etc. and have fun with the residents.

Shifts: Flexible

If you are interested in this or any other Volunteer service position, or if you have a particular skill or talent you would like to share with the patients, residents or clients, please call your local health care facility to apply. You can also reach the Volunteer Services Department at (306) 765-6010, by email at volunteers@paphr.sk.ca or find us on the web at www.paphr.ca. We look forward to matching your talents and interests with the right position for you.

CROSSWORD



CLUES ACROSS

1. Used to serve wine
7. System to code a number
10. Meddled
12. A type of discount
13. Dependent on
14. Type of wrap
15. Nigerian people
16. Nuclear missile
17. Scientists' tool (abbr.)
18. ___ and feathers
19. It cleans you
21. Doctors' group
22. Silvery marine fish
27. Atomic #58

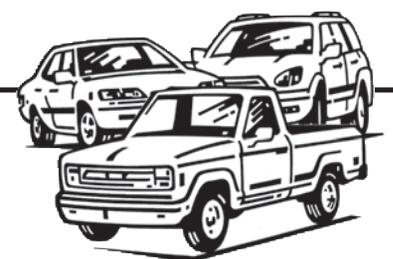
CLUES DOWN

1. Military leader (abbr.)
2. Celery (Spanish)
3. Pay heed
4. The products of human creativity
5. Surcharge
6. Doctor of Education
7. Hurtful remarks
8. Marine mollusk
9. The habitat of wild animals
10. Pieces of body art
11. Refusing to budge
12. Triangular back bones
14. Type of cat
17. Type of web browser (abbr.)
18. Small, broad-headed nails
20. Man City coach Guardiola
23. Periods of food shortages
24. European nation
25. Jr.'s father
26. Concealed
29. One who works with the police (abbr.)
30. Lawyers
31. Look of disapproval
32. Longed
35. Type of power cable (abbr.)
36. Hindu cymbals
38. Young women (French)
40. Swiss river
41. Expression of annoyance
42. Where criminals go

28. Popular March holiday
33. Pa's partner
34. Sickneses
36. '___ death do us part
37. Scottish settlement
38. Innumerable
39. Small constellation
40. Wings
41. Supernatural creatures
44. Some are hallowed
45. The front door
48. Greek war god
49. Lamented
50. Foot (Latin)
51. Sprucely

43. Inwardly
44. Luck
45. One point north of due east
46. Originally called
47. Defunct airline

Answers on page 10



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With angling season underway, the Government of Saskatchewan would like to remind anglers of provincial resource laws related to fishing to help ensure that anglers do not mistakenly violate *The Outfitter and Guide Regulations*.

In Saskatchewan, an outfitter is a person who organizes services for clients in connection with angling or hunting for a fee. These include guiding services, equipment and accommodation, or any combination.

It is unlawful to carry out any business, occupation or take fish for financial gain without an outfitting or commercial fishing licence. This includes remuneration, economic or material gain and business or employment benefit. The same rules apply for hunting.

Renting your cabin or house can be considered outfitting if it is offered in conjunction with equipment or guiding for angling or hunting opportunities.

Anyone convicted of outfitting without a licence could be subject to fines and loss of equipment. Harvest allocations are in place to regulate licensed outfitters, sport anglers and the commercial fishing industry. It is the responsibility of all anglers and commercial outfitters to follow the legislation in order to conserve Saskatchewan's natural resources for future generations.

If you have any questions or information about outfitting, please contact the Ministry of Environment's Inquiry Centre at 1-800-567-4224 (in North America) or email centre.inquiry@gov.sk.ca.

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Shellbrook teams earn hardware at provincials

Like clockwork, the arrival of July means another round of provincial ball.

And, just as predictably, another round of provincial ball means that Shellbrook's teams (and the Spiritwood and area players on them) brought home the hardware.

On the boys side, the U12 Shellbrook Rangers capped off their season with a Provincial A Championship,

despite what assistant coach Stephanie Gosselin referred to as a "rough start" to the weekend in the form of a 5-6 loss to the Prince Albert Astros on opening morning.

The U12 Rangers followed that up with another loss to the Hague Royals in the evening, before finally coming out swinging on day two of provincials with a 12-6 victory over the Delisle Dia-

mond Dogs.

Sitting at 1-2, the U12 Rangers found themselves vying for one of two remaining playoff spots, and were able to hit their way into second place to earn a rematch with the Delisle squad. With another victory over the Diamond Dogs, they moved into the A final against the Royals.

"It was a nail biter, 2-2 go-

ing into the seventh inning. We scored two in the top of the seventh, and held them in their last bat for the win," said Gosselin.

For the U14 Rangers, provincials got off to a much stronger start, as the team managed to make it through round robin action with just one loss, then fight their way through the playoffs to the final against Saskatoon.

There, the team stumbled, but the boys still managed to bring home a silver medal, and earn a place in the upcoming nationals starting on July 27.

At the U16 level, provincials turned out to be a three team competition between the Rangers, the host Wadena Royals, and the Saskatoon Selects. With a few pickups from Spiritwood and area in the line-up, the Rangers got off to a strong start, topping Saskatoon 14-3 after just five innings in play.

In their next game against the Royals, coach Tricia Bell says the team was always close, but "couldn't get the momentum to catch up."

That 10-5 defeat pushed them into the 2 vs 3 game against Saskatoon the fol-

lowing morning, and, after surrendering too many walks and making too many defensive errors, the team quickly fell behind.

Despite this, Bell says the team rallied hard in the seventh inning, and managed to force extra innings. Unfortunately, that eighth inning played out in Saskatoon's favour, after they were able to advance their runner to third on a bunt, and bring him home on a sacrifice fly.

With the defeat, the U16 Rangers finished in third place, but the team will still be representing Shellbrook at nationals in Saskatoon from July 31 to Aug. 4.

On the girls side, U12 Girls Heat coach Nicole Philp says she couldn't be prouder of her squad, which consisted mostly of rookie provincial players. Given its lack of experience, the team had modest expectations heading into the tournament, and was hoping just to win a game in a deep field of 12 teams.

At the end of round robin action, the U12 Girls Heat were sitting with a 2-1 record, and eyeing a playoff match.

"The girls played exceptionally well in the last round robin game to clinch a playoff spot and finished that game with a season high in terms of both their fielding and batting," Philp said.

Though the girls would go on to lose that playoff match, Philp says she was still happy with how provincials went for her team. She adds that both she and her players benefitted greatly from the mentoring and coaching of Jim McComas throughout the season.

On the U14 side, the Parkland Heat team joined forces with the Parkland Predators squad to form a super team, with girls from Shellbrook, Debden, Big River, and Shell Lake, for their provincial run in Saskatoon from July 7 to 9.

Coach Deanna Ledding says her team, as well as co-coaches Jackie Woytiuk, Cheryl Ledding, and Drew Ferster, entered the tournament looking to place in the top two and earn a spot in Westerns in Winnipeg.

However, the team fell short of that goal, ending their season with a fourth place finish.



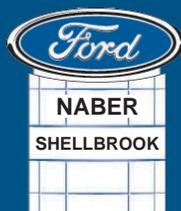
Back (L-R): Robert Boyer, Dawson Horner, Adam Schatkoske, Ethan Bell, Breck Thiel, and Dylan Kvinlaug (Coach). Front (L-R): Rylan Moe, Carson Ledding, Gavin Fisher, Torr Gosselin, Chase Hansen, Kaleb Willoughby, and Lynden Kerber. Laying Down: Dalton Wasden. Missing: Devin Aug, Carson Soles, Noah Macpherson (Coach), and Jared Wason (Coach).

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Featuring girls from Shellbrook, Debden, Big River, and Shell Lake, the U14 Parkland Heat team was more of a regional squad.

PLEASE NOTE:

Due to summer holidays, the advertising deadline for the **August 15th & August 22nd** issues is

Monday, August 5th @ 5 PM