

Spiritwood Herald



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Spiritwood, Saskatchewan Thursday, September 26, 2019

www.spiritwoodherald.com

Ryder Cup close again



Ryder Cup 2019. Team Sherm in black, Team Jubes in white. Front: B.J. Brataschuk, Lanny Fisher, Kyle Brataschuk, Ryan Willick, Sheridan Lehouillier, Jeff Hujber, Brad Brataschuk, Dustin Smolinski, Todd Turgeon, and Greg Rogers. Back: Warren Schira, Brad Nemish, Aaron Thomas, Lane Buswell, Tyler Fisher, Ryan Turgeon, Don Turgeon, Lloyd Fisher, Colin Heppner, and Tyson Walter.

"I don't know who to cheer for, my teammate or my son."

That was the dilemma facing Brad Brataschuk as he followed the match between his son, Kyle, and his teammate, Colin Heppner. As it turned out, the son won the battle, but the team won the war.

It wasn't really war, but it was Spiritwood golf's closest cousin. It was the annual Ryder Cup, featuring two teams of ten each in three days of match play

competition.

This was the ninth year of the local Ryder Cup. Players arrived from as far afield as Lethbridge, AB and Chicago to take part. Of the twenty, few have missed a year.

The winner this year was Team Jubes, scoring a 14-11 victory over Team Sherm. And if you understand match play golf, you'll know that the result is much closer than it appears. Of the 25 matches, only two would have had to go the other way

for the other team to win the trophy and the bragging rights that go with it.

Team Sherm felt they were on the road to "going the other way" after posting a 3-2 advantage in the foursomes matches Friday night, followed by another 3-2 advantage in the Saturday morning scramble, giving them a 6-4 lead heading into the afternoon's alternate shot matches.

Team Jubes came up big that afternoon, taking the session 4-1. They fin-

ished the day with a lead of 8-7, with ten points up for grabs in the singles matches on Sunday.

That meant that for Team Sherm to overcome the deficit and lay claim to the trophy, they needed to win six of those ten matches. Many of them were close, with a putt here or a chip there able to make a difference, but in the end, Team Jubes won six and Team Sherm had to settle for four.

Continued on page 2

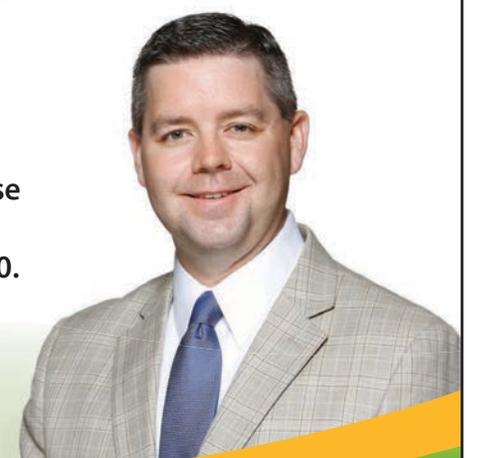
SaskTel Adding 15 New Macro Towers

The Wireless Saskatchewan initiative is building stronger, faster and more reliable LTE cellular service across the province with the addition of 15 new macro towers. Building on the previously announced 103 small cell sites, these towers will continue to fill in coverage gaps in busy provincial parks, along major highways, and in areas with little or no cellular coverage by March 2020.



Hon. Scott Moe, Premier

MLA for Rosthern-Shellbrook
scottmoe.mla@sasktel.net



Hon. Jeremy Harrison

MLA for Meadow Lake
jharrisonmla@sasktel.net

Ryder Cup close again

Continued from 1

There was much jubilation as the match between the Old Man, Don Turgeon, and the rookie, Aaron Thomas, came to a close on hole #16, ending the competition.

As in the past, the golfers were treated to a supper Friday night courtesy of Marion's Catering, and a pizza supper Saturday provided by Papa Rene's Pizzeria.

On both occasions, the pre-final bragging and the trash talking buoyed them all, but in the end, one team will have that right leading into next year's tenth annual Ryder Cup.

Actually, the trash-talking may have started a couple of months earlier when the two captains came up with a new formula for choosing the sides.

The captains, Sheridan Lehoullier and Jeff Hujber, played a

match to determine which of them would get first pick. And to make their picks, they held a telephone draft. Once each team had been selected, the two notified the members of their teams. Nobody knew who got chosen first, or in what order anyone was chosen.

The teams will remain the same for next year.



Lane Buswell of Team Sherm chips.



Warren Schira teeing off on 12, with Ryan Willick, Todd Turgeon and Lloyd Fisher watching.



Team Jubes in celebration mode. Back: Dustin Smolinski, Greg Rogers, Lloyd Fisher, Todd Turgeon, Brad Brataschuk, and Don Turgeon. Front: Ryan Turgeon, Colin Heppner, Jeff Hujber, and Tyson Walter.



When you're against a tree, you tip the club upside down and swing the opposite hand. Brad Nemish, a leftie, found the bush on his drive.



Handshakes between Colin Heppner and Kyle Brataschuk. This was the only match to go all the way to the 18th hole.



Don Turgeon needed a chip out of the trees, with fellow Team Jubes members gathered to cheer him on.



Lining up putts on Number 9 green.



Aaron Thomas and Don Turgeon shake hands after their match. It was the final singles match out of the ten. *More photos on page 3*

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Ryder Cup close again



Ryan Willick, with his homage to the Stanley Cup winning St. Louis Blues.



Colin Heppner lines up a putt on 13.



Number one tee, at the beginning of the scramble matches.

Knights in action

The 2018/2019 fraternal year saw the Knights of Columbus involved in many programs in our community, with plenty of positive results.

The Knights of Columbus started off the Fraternal year with our Grey Cup Raffle. Participants purchased tickets which had scores printed on them for the Grey Cup game; Les Szabo had the winning score ticket, with the prizes for the end of quarter scores going to Lynn Gaboury, Tyler Cross, and Larissa Swityk-Conacher.

Our "Keep Christ in Christmas" contest involved many students from both elementary schools. One participant, Danica Laventure went on to win first prize at

the State level, with many others receiving honourable mentions and prizes at the Council level. Keep up the good work kids!

Spiritwood council was again involved in the "Coats for Kids" program, which has been going for several years. This year, coats were given to some northern communities at the request of Father Peter. Enquiries for coats from Spiritwood council can be made at any time and will be evaluated at our monthly meeting.

The "Free Throw Competition" had many participants at Council level, but due to timing and bad weather, no participants were able to attend the Regional competition. Appreciation to the staff at all three schools for their help

in this program and to Brother Michael for coordinating.

Every year there is a call from Supreme Council to enroll in the "Global Wheelchair Mission". Over the years, wheelchairs from Spiritwood have found homes in Poland and Latin America. This year, Spiritwood Council decided to keep it local, and placed a wheelchair in Sacred Heart Parish. The wheelchair is designed to be used indoors and outdoors for parishioners who may need one. Requests for chairs can be made to Spiritwood council members and will be considered at the monthly meeting.

In April, the State convention was held in Moose Jaw, and the Spiritwood Council was awarded

two Awards from Supreme Council: The Family Activities Award and The Special Olympics Activities Award. The awards were presented at our May meeting by District Deputy Leon Pouliot.

This year's participation in the "Annual Hockey Draft Pool" was one of the best ever. The winner was Don Wingerter. Thanks to all that participated"

In June, the Knights of Columbus awarded, the annual graduation scholarship. The scholarship is to be used for continuing education. Applicants were to demonstrate strong Christian values and community involvement. The winner this year was Rian Caffet. Good luck Rian in all future endeavours.

June was also the end of our Fraternal year. New Program Coordinators were sworn-in at our annual year end Barbecue. Many members and their families participated in a semi-potluck meal of barbecue meat, salads, spring rolls, dumplings and deserts. The meal was followed by fellowship in the church rectory, as Mother Nature decided to add some inclement weather to the evening.

Knights further participated in the YUBU charity banquet, the Sacred Heart Parish Pasta Night, Sacred Heart Fall Supper, and purchased equipment for the Youth Choir.

Watch for other upcoming events sponsored by the Knights of Columbus.



Spiritwood Herald

is looking for the right individual to work part-time with reporting of news happenings in Spiritwood and area.

Some other duties involved.

Send resume to **Clark Pepper, Publisher Spiritwood Herald** at **Box 10, Shellbrook, Sask. S0J 2E0** or by email to **clark@sbchron.com**

Please mark reporter position.

REAL ESTATE WEEKLY
Shawna Schira-Kroeker - Your Local Realtor®

 <p style="text-align: center;">\$269,000</p> <p style="text-align: center;">Acreage, RM of Spiritwood 'New Listing'</p> <p>11.77 acre acreage, 4BD, 2BA, outbuildings, garage, secluded private location, c/w all appliances, many recent renovations. MLS#SK786779</p>	 <p style="text-align: center;">\$89,900</p> <p style="text-align: center;">606 Memorial Dr., Spiritwood 'New Listing'</p> <p>3BD, 1BA, oak cabinets, fenced private back yard, sheds, deck, pergola, comes with all appliances. MLS#SK786777</p>	 <p style="text-align: center;">\$129,000</p> <p style="text-align: center;">202 - 2nd Ave., Medstead</p> <p>4BD, 2BA home on a double lot in Medstead, many upgrades, detached and attached garage, garden area, partially fenced. MLS#SK786376</p>
 <p style="text-align: center;">\$209,000</p> <p style="text-align: center;">521 2nd St. E., Spiritwood</p> <p>4BD, 2BA family home, main floor laundry, corner lot, large detached heated garage, c/w all appliances. MLS#SK785187</p>	 <p style="text-align: center;">\$190,000</p> <p style="text-align: center;">305 - 3rd St. E., Spiritwood</p> <p>Family home featuring 5BD, 3BA, indoor hot tub, open floor plan, wood fireplace, deck family room with bar in the basement, attached single garage, quick possession available. MLS#SK753016</p>	 <p style="text-align: center;">\$148,000</p> <p style="text-align: center;">151 Memorial Dr., Spiritwood</p> <p>3BD, 1.5BA family home, basement is partially finished, new flooring, paint and some trim on the main floor. Attached single garage. Call for more information MLS#SK776126</p>

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“More thoughts”

I promise I won't keep doing this to you, but I found a blast from the past that you might have missed. The following comes from Sept. 26, 2009, which, it should be clear, was ten years ago.

There was a time when research of various kinds brought us previously unimagined benefits, like cures for diseases, new and useful products, time and energy-saving tools and gadgets.

However, with the litany of bad news coming from recent discoveries, maybe it's time we put a stop to research unless there's going to be some pot of gold at the end of the discovery rainbow.

The latest news concerns the link between allergens and mustard. Simply put, mustard contributes to allergies. Allergies, Health Canada attests, affects six percent of young people and three to four percent of adults.

Now, because of the latest discoveries regarding mustard, mustard will have to be listed as an ingredient.

The problem is not so much with mustard itself. It's pretty much “out there”, and people who have somehow developed an allergy to mustard will still be able to practice the most obvious means of avoiding contact with mustard – don't use it.

But mustard is becoming very popular as an ingredient in other foods, such as barbecue sauces, salad dressings, marinades, and various meat products, and until now did not have to be listed as an ingredient.



DAVE
HYNDMAN
~
News Editor

Of course, not all research comes up with results as sexy as finding a connection between mustard and allergies. Take, for example, the following University of Texas project being carried out by a PHD candidate:

“Unraveling the origins of social parasitism in megalomyrmex ants.”

Think about it for a minute and I'm sure you can come up with several significant applications to which the results of that study can be put. No? Need more time?

Well, then, how about: “The impact of folkloric tourism on the traditional music style Coco in Pernambuco, Brazil.”

Quick, now, the clock is running.

These are actual doctoral projects being studied by a couple of candidates. Maybe they could have done something more useful, like maybe allergic connections from over-indulging in ketchup. But then, maybe somebody is already working on that one.

We were fortunate to have been in the crowd at both the exhibition games that ended the New York Islanders training camp in Saskatoon last weekend. The hockey was exciting, although both nights the two teams squaring off left many of their stars on the bench, or in the case of the Calgary Flames, back at home. No Iginla, no Kiprusoff, no Fleury, no Bourque. But I guess what can we expect, since it is exhibition season and the coaching staffs want to take a look at players who may or may not end up on the squad that starts the season with them.

However, the ticket prices were just as high as a regular season game.

And if Saskatoon is hosting the World Junior Championship in December and January, they'll first have to solve the parking problem. There are lots of places to park at Credit Union Centre, but there are only two exits to get people out of the yard following a game.

Fortunately, both nights were reasonably warm, so walking to your vehicle and sitting in it weren't that big a deal. But on the Saturday night we never moved for the first half hour, and it still took close to another half hour to get out.

Sunday night was marginally better, but only marginally.



All parties should cost their platforms

Though its difficult, at times, to muster any genuine enthusiasm for the upcoming federal election, what can't be forgotten is that this campaign will be historic in at least one way.

It is, after all, the first campaign that will allow political parties to make use of the parliamentary budget office's (PBO) resources to cost the myriad promises they make to voters while out on the campaign trail.

PBO costing was introduced through amendments made to the Parliaments of Canada Act in 2017, and as we hurdle inevitably towards Oct. 21, it should, without a doubt, be a valuable tool for parties and voters alike.

For voters, especially those who prioritize fiscal responsibility in their government, it offers a glimpse of which parties will offer such responsibility if they are allowed to from government – interestingly enough, only Conservative leader Andrew Scheer and Green Party leader Elizabeth May have pledged to balance the budget in the next five years.

For political parties, PBO costing provides an opportunity to demonstrate fiscal responsibility, or, should such responsibility be seemingly lacking, to justify their proposed expenditures to the electorate.

Already, most parties have been taking advantage of this new tool at their disposal. The Conservatives and the NDP have submitted a number of items from their platforms to the PBO for costing. And, if the Green Party is to be believed, its entire platform, which was released just last week, will soon be fully costed.

Conspicuously missing from this talk of PBO costing and fiscal responsibility, however, is the Liberal Party government of Prime Minister Justin Trudeau.

Now, Mr. Trudeau, much like his electoral opponents, has promised to make use of the PBO's costing measures. But, speaking to the media last week, he explained that only his government's “big ticket” items will be submitted.

Of course, considering that Mr. Trudeau previously ran on a pledge not to run deficits in excess of \$10 billion, only to break that promise three years running and offer no road map back to balanced budgets, it's hard to say what he considers to be a “big ticket” item.

Is it \$1 billion? \$5 billion? \$10 billion?

We likely won't know until the promises that Mr. Trudeau's government chooses to submit to the PBO for costing are announced.

For a government that once, many moons ago, promised to



JORDAN
TWISS
~
Columnist

deliver transparent, accountable government, that's a real problem.

Typically, when a household budgets its revenues and expenses, it does so by factoring in each individual item. You don't, for instance, count a pricey meal out at a high-end restaurant, then conveniently ignore the 10 times you grabbed a snack or a quick meal at a corner store or fast food chain because “it was only a couple of dollars here and there.”

A government, regardless of its political leanings, should hold itself to a similar standard.

It's great to know the cost of each party's major campaign promises, whether they be changes to old age security and pensions, tax cuts for the country's lowest earners, or free post-secondary education for all Canadians.

But small expenditures add up quickly, and voters – and more importantly taxpayers – deserve to know where each nickel in the government's coffers is going, even if it's just \$286 spent on a leather cushion (Mr. Trudeau's government infamously purchased 86 such cushions, worth \$24,638, for the Canadian embassy in Mexico City).

Regrettably, such fulsome fiscal accountability is seemingly beyond Mr. Trudeau's government, which appears to have as its governing philosophy the age-old mantra, “Do as I say, not as I do.”

For evidence of this, just look at Mr. Trudeau's legacy thus far: the broken promise on balanced budgets, the elimination of fiscal accountability measures for First Nations band councils, the abandoned promise to abolish the flawed first-past-the-post system.

Before ousting former Prime Minister Stephen Harper's Conservative government in 2015, and in the four years since, Mr. Trudeau has been dogged by a soundbyte in which he famously uttered the words “the budget will balance itself.”

For the purposes of providing context, the words were spoken in the midst of a discussion about fiscal prudence in government. And, in that context, there's nothing overtly problematic about them.

The trouble is that Mr. Trudeau's government has been anything but an exemplar of fiscal responsibility in its four years at the helm.

Its budgets, in short, have done anything but balance themselves.

And Mr. Trudeau's refusal to commit to costing his government's complete election platform gives Canadians little reason to hope that they ever will.

Report from the Legislature

Saskatchewan's economy is strong and more people are working in the province than ever before, despite economic headwinds. August marked the 13th consecutive month of job growth in Saskatchewan with 13,000 new jobs year-over-year. Saskatchewan's unemployment rate was the third lowest in the country at 5.1 per cent.

Fast and reliable access to today's digital economy contributes to strong communities. Better wireless service, particularly in rural areas, is a priority of the Government of Saskatchewan. Rural residents require access to fast and reliable services that are on par with urban areas, and SaskTel is working to fill in coverage gaps where they exist.

As part of our government's Wireless Saskatchewan initiative,



**HON. SCOTT MOE,
PREMIER**

~
MLA for Rosthern -
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scottmoe.mla@sasktel.net

SaskTel has been able to add 15 new macro towers, providing better coverage in places like busy provincial parks, along major highways, and in areas with little to no cellular coverage. These new macro towers are in addition to the previously announced 103 small cell sites.

Since 2010, SaskTel has completed more than 3,200 initiatives to enhance its wireless network that now boasts

more than 800 cell sites across the province. SaskTel will continue to evaluate further expansion to better serve Saskatchewan.

The new Jim Pattison Children's Hospital (JPCH) in Saskatoon is a spectacular, state-of-the-art facility that will soon see Saskatchewan children and expectant mothers receive exceptional health care closer to home.

Earlier this month, representatives from the provincial government, Saskatchewan Health Authority and the JPCH Foundation gathered with donors and community members to celebrate its completion, and the fact that Saskatchewan is no longer one of two provinces in Canada without a dedicated maternal and children's hospital.

This brand-new 176-bed facility puts Saskatchewan at the fore-



**HON. JEREMY
HARRISON
MLA**

~
Meadow
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front of research and innovation, provides hope and healing, and marks culmination of a decade's worth of hard work and determination that started with a simple vision: providing world-class health care for children and families for generations.

JPCH will offer neonatal intensive care, pediatric intensive care, general pediatrics, pediatric emergency and ambulatory services. Maternal

services will include labour and delivery, antepartum and postpartum care. Almost 60 pediatric specialists, sub-specialists and surgeons will be working in more than 20 specialties.

This year's budget provides \$9.6 million to finalize information technology needs and an additional \$23 million to support operations when the hospital opens later this month. The total capital cost for the hospital is \$285.9 million. The province provided about \$257 million in capital costs, while the JPCH Foundation and donor contributions totaled about \$75 million for capital costs, hospital equipment and furniture.

The words thank you never seem enough to adequately express our gratitude for thousands of individuals and hundreds of community groups who have con-

tributed to the hospital project in some way. They have hosted every kind of fundraiser imaginable and in doing so, displayed the very best of what our province has to offer.

I am pleased to see that the tireless efforts of volunteers, donors, community members, the Jim Pattison Children's Hospital Foundation, Brynn Boback-Lane, Jim Pattison, and countless others all came together to make the dream of the new Jim Pattison Children's Hospital a reality.

The Jim Pattison Children's Hospital will officially open to patients on September 29, when all pediatric and maternal inpatients will move in from Royal University Hospital and new admissions will be accepted.

Thank you, Saskatchewan for supporting the work of the JPCH Foundation and for providing a home for hope.

YOUR TWO CENTS

What action will you take this election?

Dear Editor,

"In democracies, elections are time of identifying problems." Darrin Qualman

During this election, what problems will you be asking your candidates about? In *Civilization Critical*, Darrin Qualman explains how our linear growth-based economy is the problem. We are extracting non-local resources from the past, producing primarily non-necessities, and polluting the future.

Our linear economy breaks nature's nitrogen, phosphorus, carbon, sulfur, and water cycles —

the cycles our lives depend on.

He believes we can change from a linear economy to a circular sustainable one. It would have "circular material flows, contemporary solar energy sources, and systems local in space and time." Our transformation towards a circular economy must be based in fairness and justice. We must become citizens who care more for people rather than consumers who care for things.

"Our greatest mistake was assuming that democracy is just about ballots." Dave Meslin

After this election, let's become part of the deci-

sion-making process. Dave Meslin, in *Teardown*, asserts that "Each person's lived experience provides a unique point of view that has value." Paid lobbyists amplify corporate voices. It is up to us to ensure our representatives hear our voices.

My pledge after Oct. 21 is to lobby my MP on the 21st of each month. I will respectfully remind them that, in my point of view, climate change is an emergency. Then I will ask what actions they have taken towards climate justice.

Nancy Carswell
Shellbrook, Saskatchewan

Spiritwood Herald

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Member of



Night golf at SGC

Spiritwood Golf Course had their annual Night Golf Friday night, Sept. 20. They had 48 golfers come out for the beautiful evening.

"Everyone had a great time," said Clubhouse manager Val Willick, "as I could hear a lot of laughter all over the course. I was standing on the patio and I could hear them."

The Buswell team placed first, with Donald Wingerter's team coming second. Actually, they were tied, with final positions determined by card draw.

Lloyd Fisher's team won Most Honest Golfers.



The Buswell team, winners of the Night Golf at Spiritwood Golf Course Sept. 20.

Spiritwood Library board meeting highlights

The Spiritwood Library board met on Sept. 18 at 6 p.m. Five members were present and the librarian.

The new chairs the library purchased are being well used. Appreciation to Dana and Rhonda for doing this.

Gratitude also goes to those girls that purchased the prizes for the Summer Reading Program, and to all the children that participated in the program. We had Marion Mutala entertain. The library has purchased three of her books.

We have a winner through the regional draw, Leila Dezic. She received a bag full of books.

We never received the grant from the Lions' Club but we will reapply in the new year. We did receive \$600 from the Community grant. This will be used to purchase new DVDs. Susan and Kay sold books at the Farmer's Market in June, and \$58.25 was raised.

Emily Burak did a harpsichord concert on August 30. It was enjoyed by those present.

We discussed new program ideas. The knitting club has been put on hold. The book club is being researched to see how it should be run and what books could be read. Low carbon stories, the Libby app, and guest speakers were discussed. The library May do an online survey to see what

our patrons would like to see or have happen at the library.

Sask. Library week is Oct. 20 to 26. The theme is "Libraries Building the Future". Books written by Saskatchewan authors will be on display.

Wapiti Regional library has new story time and programming kits available. We are hoping to try some of these kits out in the next few months.

Joyce gave the Rationalization report and a Financial report.

The next meeting will be held on Nov. 20 at 6 p.m.

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Ag policy a conundrum for federal parties

While we all knew it was coming, we now have an official date to go to the polls to elect our federal representatives.

To start, we all need to mark Monday, Oct. 21 on our calendars and make sure we all take the opportunity a free democracy offers us by casting a vote.

The trend toward less and less eligible voters actually casting ballots is disheartening when many in the world can

only dream of the freedom to do so living under various stripes of dictatorship preventing the simple act of putting an 'X' on a ballot.

As for the farm sector, the issue over the next month is how to put the sector into the mix as an issue candidates truly care about.

Here on the Canadian Prairies candidates are going to nod knowingly when asked about the importance of the sector, but does their con-



CALVIN DANIELS

cern, or ours as voters play at the table when the federal parties sit down to develop policy? The problem for par-

ties is many when it comes to how much focus to put on agriculture, starting with the limited number of seats where farmers are a significant portion of voters. We might like to hope that such things are not a factor, but the truth of one vote per person puts greater importance on urban constituencies than those that are mostly farm/rural.

It becomes ever harder to sell major agriculture investments to city-dwelling voters who have limited understanding of farming, or its importance to the greater Canadian economy.

Then within the farm sector there is the prob-

lem of finding policy that covers most producers.

What is good news for a wheat or canola producer on the Prairies doesn't necessarily resonate with a potato producer in Prince Edward Island, or a wine producer in British Columbia.

And of course the opposite is also true. Support for fish farmers or a flower grower is not likely to be seen as particularly good news in Saskatchewan, even though it would be support for the broader sector of agriculture.

It has to be a conundrum for federal parties to sit down to work on policy and representatives from across

the country find some agreement that more should be done for farmers, but then they offer up a dozen divergent ideas based on the type of farmers in their area of the country.

It is simply not as easy to develop meaningful national agriculture policy as, for example putting more dollars to be spread out for municipal infrastructure renewal, or senior housing.

So the onus will be on voters here to make sure to listen closely to what each party is saying in terms of farm policy, and to ask candidates how they plan to be heard in Ottawa in terms of supporting Prairie agriculture.

Wapiti Library regional draw winner selected

Leila Dezic was the lucky reader who had her name drawn in the Wapiti Regional library Summer Reading draw.

She won a bag full of books and other goodies.

Every year, the summer reading participants have their names entered in a regional draw for every five books they have read over the summer.

Spiritwood Public Library sends in about 50 names every year.

The prizes are supplied by Wapiti Regional Library.





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Over 40? Beware of the early signs of cataracts

(NC) Detection for cataracts starts younger than you think. As you age, your eyes undergo natural changes. However, if this includes blurry vision, difficulty seeing in dim light or extra sensitivity to light, these might be symptoms of cataracts.

Recent studies have found that more than 2.5 million Canadians have cataracts. This common eye disorder is typically caused by aging, though other risk factors include a family history of the condition, diabetes, some medications and prolonged

sun exposure without proper protection.

As we grow older, the lenses of our eyes thicken and become cloudier. Cataracts are detected when vision is obstructed, similar to looking through a dirty car windshield. Eventually, those suffering from cataracts may find it more difficult to read, and colours of the objects around them may begin to appear dull or muted. Fortunately, the disorder can be corrected with surgery and risk can be lowered by using adequate sun protection and



quitting smoking.

Since cataracts start small and grow over time, visual

impairment may be underestimated by the person with the problem. The Cana-

dian Ophthalmological Society recommends scheduling regular eye exams to be evaluated for the presence of cataracts and other potentially blinding eye disorders. If you have any of the above symptoms, it's important to see your eye care practitioner for a diagnosis and to discuss treatment.

It's no secret that as we age, our bodies and health change in ways that can slow us down, but prioritizing healthy vision can help to ensure we see clearly later in life. Learn more at cos-sco.ca.

What are your kids reading online?

(NC) As parents, most of us want our children to be digital wizards who are comfortable and confident on the internet. But while information is more accessible than ever before,



there's no guarantee the content they access is reliable or safe.

This issue continues to be important as schools introduce even more digital tools into classrooms. Educators and parents have the difficult job of finding a balance between encouraging online research and ensuring that the content is relevant and accurate.

New digital learning platforms, like Nelson Education's Edwin, are transforming education by giving students a means to explore trustworthy content inside and outside the classroom.

The platform provides an in-depth catalogue of dependable content that is tied to the curriculum and searchable by keyword and media type.

Students can now comfortably learn and explore topics that most interest them in a safe and trusted environment, helping them develop knowledge beyond their grade level.

"With new digital learning ecosystems, parents can trust that the content their children are accessing is safe and relevant to the curriculum,"

says Steve Brown, CEO of Nelson Education. "From physics to multiplication tables and simple grammar, the program has something for everyone. It inspires learning through exploration and rewards curiosity by allowing children to challenge themselves and reach levels well beyond the norm."

As kids prepare for the future, digital learning tools offer a smart way to keep up. Find out more at edwin.nelson.com.

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ACROSS

1. Potent particles
6. Touch lightly
9. Sib
12. Airman
13. 12th letter
14. Upper-body limb
15. Church leader
16. Be situated
17. Also
18. Join forces
20. Pen's contents
21. Suppose
25. Firmly packed
27. Gather in
28. Possessive pronoun
31. Broadway hit
32. Have brunch
33. Bowling path
37. Globe
39. "Lyn' ____"
40. Borders on
43. Wading birds
45. Clip
46. Sharp outgrowth
49. Be obliged to pay
50. Island drink
51. Severe
56. Female lobster
57. Develop
58. Of the country
59. Increase
60. Hankering

DOWN

1. Chimpanzee
2. Rock's ____ Tuesday
3. Vintage
4. Larry, Curly, and ____
5. Play a lute
6. Snack place
7. Came to ground
8. Runs, as dye
9. Soft fabric
10. Certain golf clubs
11. Puff away
19. More recent
21. Curve
22. Baltic or Bering
23. Took a load off
24. Disturbed
26. Moray fisherman
29. Bowler or fedora
30. "The ____ Side of the Mountain"
34. Sailor's consent
35. High-wire precaution
36. Snakelike curve
38. Off the right path
40. Island greeting
41. Greeted formally
42. Capsize
44. Knot
47. Immense
48. Sign of the future
52. Ball or card
53. Decorative vase
54. Little bit
55. Subways' cousins

ANSWER TO PUZZLE NO. 999

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CROSSWORD PUZZLE ANSWERS USE AMERICAN SPELLING

Curlers eyeing distant Olympic trials

The 2019-20 curling season is under way (does it ever really end??) and competitive curlers across the land have brought out their Sharpies to circle a date on their calendars two years' hence.

Oh, they care about the Grand Slam events and they care about the provincials early next winter, and they care about the Brier and Scotties, to be played in Kingston, Ont., and Moose Jaw respectively, and they care about the world curling championships in late spring, but what they are really concentrating on is qualifying for the Canadian Olympic Curling Trials in Saskatoon starting Nov. 27, 2021.

Winners on the men's and women's side in Saskatoon will proudly wear the Maple Leaf at the 2022 Olympic Games in Beijing, and all the shuffling of personnel that took place among rinks within the last 18 months or so was done with the Trials in mind.

The dominos started falling at the end of the

curling season in the spring of 2018. Marc Kennedy, Kevin Koe's vice-skip, decided to retire. Recruited to fill his spot was B.J. Neufeld, who was available after members of the Mike McEwen rink scattered. McEwen joined forces with fellow Manitoba skip Reid Carruthers, which left a number of curlers in the Keystone Province in a 'free agency' situation, so to speak.

Then, this past spring, third Ryan Fry left Brad Jacobs' rink after a controversial winter, and hooked up with the John Epping foursome from Toronto, bumping Craig Savill into involuntary retirement. Fry's spot was immediately filled by Kennedy, who decided one year away from competitive curling was enough to recharge his batteries.

The Pinty's Grand Slam season starts in Chatham, Ont., this week, with the Elite 10, a big money event featuring the world's top 10 men's and women's rinks. World Curling Tour events continue



BRUCE PENTON

all winter, with the Brier and world championships highlighting the spring curling season. But Canada's best curlers will be merely using 2019-20 as a tuneup for the biggie — 26 months from now in Saskatoon.

For Canadian curlers, Olympic redemption will be on their minds. Koe's Canadian rink finished fourth, out of the medals in PyeongChang, as John Shuster's American foursome shocked the curling world. On the women's side, Ontario's Rachel Homan had a miserable event, finishing out of the playoffs as Sweden's Anna Hasselborg won gold.

• Dwight Perry of the Seattle Times: "The

'fair-price' payout by the Tooth Fairy has skyrocketed to \$3.70, according to a survey commissioned by Delta Dental. Which is certainly good news if you're an 8-year-old or a hockey player."

• R.J Currie of sports-deke.com: "Historians say the practice of setting figures a penny short of one dollar began roughly a century ago. It continues today with 99-cent stores and Canadian Football League salaries."

• Another one from Perry: "The worst city in the U.S. to drive around in, according to a WalletHub.com survey, is Detroit. Unless, that is, you happen to be at Ford Field driving against the Lions' defence."

• NBC's Al Michaels, after Antonio Brown landed in Rhode Island via private jet en route to suiting up with the Patriots: "Good thing he didn't have to go through baggage claim because he's got a lot of baggage."

• Not funny, but statistically weird: In mid-September, Major

League Baseball tweeted that Giants manager Bruce Bochy, who has been managing in the big leagues from 1995-2019, had a won-lost record of 1,995-2,019. We kid you not.

• Humorist Brad Dickson of Omaha, not a fan of Colorado football mascot Ralphie the Buffalo: "How obnoxious is Ralphie? Even PETA said, 'Go ahead — use him for animal experiments.'"

• Comedy writer Jim Barach: "Cleveland Browns say they are still looking for the fan who dumped a beer on the Titans Logan Ryan. Although the investigation has stalled as no true Browns fan would ever see fit to waste a beer."

• Comedy writer Alex Kaseberg: "Triple Crown winner Justify tested positive for drugs and should not have been allowed to run in the Kentucky Derby. They suspected Justify was on drugs when he asked to be traded from the Raiders to the Patriots."

• Another one from Kaseberg: "Odell

Beckham Jr. said he will keep wearing is \$250,000 watch during games despite the NFL's rule against it. It is a special watch, it tells Odell down to the split second when the Cleveland Browns will lose."

• Headline at TheO-nion.com: "Sam Darnold's mono diagnosis forces Jets to crack down on kissing in huddle."

• Mike Hart of the Milwaukee Journal Sentinel, on Browns receiver Odell Beckham Jr. wearing a \$250,000 watch: "Well, they were losing by 30. He had to make sure he was on time for the team bus."

• Norman Chad of the Washington Post: "I hate to state the obvious, but why wouldn't the NFL consider 'Tuesday Night Football' and 'Wednesday Night Football' as well?"

• Chad again: "The day that synchronized swimming incorporates replay challenges, I'll know it's all but over."

Care to comment? Email brucepenton2003@yahoo.ca

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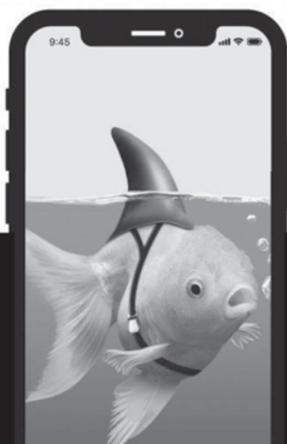
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Catching that compost bug

By Lisa Howse

These days my friends and family call me The Compost Lady. Spend any length of time with me and soil structure is bound to come up in conversation. Looking around at all the different bins and piles you might be tempted to ask, “how did it come to this?” Much like turning food and yard waste into crumbly compost, the change didn’t happen overnight.

Admittedly I was never totally green to the concept. My parents always kept an empty bucket under the sink for scraps. As thrifty farmers there was no way we were going to pass up a chance to make fertilizer rather than garbage. Throwing peels out felt quite unnatural to me, and my own ice cream pail followed me to university. But this was still a strictly laissez-faire compost system – food waste went to a bin in the backyard, got ignored for years, and then whatever lumpy material eventually resulted went onto my landlord’s tulips.

Things changed when I got involved with the Saskatoon Compost Coaches. The first shocking thing I learned was that whether bin or heap, compost needs a balance of “green materials” and “brown materials” to break down efficiently. These initially arcane categories turned out to actually be quite intuitive. Green materials include everything that is fresh and rots quickly like food



scraps, fresh plants and grass clippings. Meanwhile brown materials are more fibrous and woody like leaves, sawdust, newspaper or cardboard. Having a 50-50 balance of the two gives the compost microbes a tasty mix of energy from the greens and roughage from the browns. (It turns out even bacteria need fibre in their diet.)

I was similarly shocked to learn that I was supposed to water and

stir. Compost microbes can’t eat if their food is all dried out, or if they can’t breathe. At first it felt strange standing over the bin with a watering can, but I quickly fell into a biweekly groove. I even bought a compost aerator tool – a long, skinny thing that fluffed compost much more easily than a shovel.

While this was falling into place, my next awakening was learning that not all compost takes place in a backyard. In fact, sometimes compost is made indoors using squirmy friends known as “red wiggler earthworms.” This method is great for apartments, classrooms and offices – as I found out when it became my job to babysit the office vermicompost bin over a break. I initially viewed the shallow tub with some suspicion and exiled it to the closet. But to my delight the earthworms proved to be perfect houseguests. They were very quiet, made no mess, and ate whatever was

given to them without complaining. They even left me a gift – rich black compost. I’ve certainly had ruder roommates.

Meanwhile several months had passed, and the material in the bottom of my outdoor bin was looking (and smelling) surprisingly like soil. The softer items had disintegrated completely, and the tougher stuff like egg shells, peach pits and twigs were looking at least partly mellowed. My tomatoes were probably astonished to see such high-quality stuff.

The thrill of earthy success had me hooked now and there was no turning back. Soil biology books spilled out of my backpack and YouTube videos of swimming protozoa and humus took over my laptop. I bought a compost thermometer to better keep tabs on what my microbiota were up to. My final step came when I learned about bokashi compost – an exotic two-part process that uses fermentation to tame the usually-forbidden oily foods like bones, dairy, and eggs. A fermenting pail joined the other bins and buckets of percolating organic matter at my house. My transformation into The Compost Lady was complete, and my garden had never been greener.

If you too would like to delight your plants and starve your garbage can, you can contact the Saskatoon Compost Coaches for a free workshop or home visit, and answers to all your composting questions. The Compost Coaches are reachable year-round by phone (306-931-3249), email (compost@swrc.ca), or Facebook (@SaskatoonCompostCoaches).

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.

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Opportunity to Review Draft Forestry Plans

Sakaw Askij Management Inc. is holding the following information sessions to seek your comments on a draft Forest Operating Plan for a 5-year period starting in 2020. Draft maps of plans for the local area will be available to discuss with Planners in an open house format. There will also be an opportunity to discuss the 20-year Forest Management Plan for the entire landscape.

Date:	Community:	Time:	Location:
Monday, September 30, 2019	Chitek Lake	12 - 2 p.m.	Chitek Lake Community Hall
	Big River	5 - 8 p.m.	Big River Community Centre, Main Hall
Tuesday, October 1, 2019	Emma/Anglin & Christopher Lakes	9 - 11 a.m.	Lakeland R.M. Office, Christopher Lake
	Little Red River, La Ronge Band	1 - 3 p.m.	Little Red River Band Office/Arena
Wednesday, October 2, 2019	Candle & White Swan Lake(s)	1 - 3 p.m.	Candle Lake Hall
	Prince Albert	6 - 8 p.m.	Coronet Hotel, Coronet Room
Thursday, October 3, 2019	Weyakwin	9 - 11 a.m.	Weyakwin Fire Base (Maintenance Shop)
	Montreal Lake	1 - 3 p.m.	Montreal Lake Arena
Friday, October 4, 2019	Hall Lake	10 a.m. - 12 p.m.	Hall Lake Band Office

Sakaw Askij holds the forest management license for the Prince Albert Forest Management Agreement (FMA) area. The license gives our shareholders access to harvest wood for forest products mills and requires that good forestry practices, including forest renewal, be followed. Our shareholders are Agency Chiefs (AC) Forestry, Carrier Forest Products, Edgewood Forest Products, Meadow Lake Mechanical Pulp, Montreal Lake Business Ventures, NorSask Forest Products, and Tolko Meadow Lake OSB Division.

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