

Spiritwood Herald

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www.spiritwoodherald.com

Timberwolves keep fans on the edge of their seats

The Spiritwood Timberwolves finished off regular season play on Jan. 31 with a 4-2 win against the Maymont Settlers, landing them 7th in league standings with 11 points.

They had 4 wins, 7 losses, and 3 overtime losses this season and a few players that made it onto the league's leader board.

The team finished with an average 4.4 goals for, 6.9 goals against, and 19.6 penalty minutes per game.

Team leaders for points were Anthony Radke with 30 points (18 goals and 12 assists), Jeff Caffet with 18 points (10 goals and 12 assists), and Tyler Cross with 13 points (2 goals, 11 assists). Radke lead the league in scoring and came in 3rd for total points this season. J. Caffet managed a top 15 spot for scoring alongside Radke.

Radke and Cross both made top 15 for league assists while Cross, Patrick Robinson, and Alain Caffet were in the top 15 for penalty minutes.

The Timberwolves matched up with the 2nd place Meota Combines for the first round of playoffs. They came up short in the first game, taking a loss 10-2 in Meota.

The second game of the series took place in Spiritwood on Saturday, Feb. 8 and drew a crowd.

Meota came out in usual fashion with their pepper-the-goaltender tactic getting 3 by Bussiere ,who was doing everything short of a headstand. But Spiritwood managed to sneak a few in past Meota's netminder Tyler Cockburn.

The teams were neck and neck in the first period leaving it tied 3-3.

Meota flew into the second period determined to space out the score and had three more goals in before the midway mark.

The first on a rebound, the second a slapshot from the point after a solid 3 minutes of pressure in Spiritwood's end, and the third a wrist shot from the slot.

The Timberwolves switched gears with the thought of a win quickly slipping away and started to get physical midway through the period.

A 'hit him before he hits you' tactic was adopted and provided some much-needed opportunities in the Meota end.

Carson McNabb, fed by Dallan Saam and Radke, snuck one in on a one-timer



The second game of the Spiritwood-Meota series was an eventful one and had the Spiritwood arena buzzing.

from the slot. The Timberwolves kept the momentum up, with the Caffet brothers using their size to slow down some of the Meota players and keep the puck in the opposition's end.

Meota caught a break and nearly had another goal but a no-goal call was made on account of a kicking motion.

Spiritwood ended up with a 2-man advantage after a disgruntled Meota bench ended up taking some penalties for unsportsmanlike conduct and crosschecking. McNabb put his second of the game in from Radke and Saam after some pressure on the Meota net.

Meota widened the gap again after Spiritwood gave up the puck in a bit of confusion, allowing for a breakaway on Bussiere.

The play slowed back down in the last few minutes of the period as Meota regained control of the puck and resumed

their usual rapid-fire game, hoping something ended up in the net.

They were disappointed, however, as Bussiere shut them out for the remainder of the period leaving it 7-5 for Meota.

The third period started out in Meota's favour again as they gained control of the puck early as an undefended player put a wrist shot past Bussiere on a cross-zone pass.

Spiritwood had a couple of unfruitful rushes early in the period, before trying to beat Meota at their own game of rapid-fire shots most of which ended up wide of the net. Tyson Poulin almost managed to get one through but the shot went wide.

Bussiere kept the team in the game pulling off some crucial saves, before the Spiritwood ended up with another 2-man advantage which they failed to capitalize on.

Things turned a bit ugly after Patrick Robinson made a bit of contact with Meo-

ta's goaltender behind the net which went unnoticed by the referees.

Meota managed to get one more slapshot in off the crossbar on a power play before the ice brawl that erupted with about 3 minutes left to go in the game.

Instigated by J. Caffet, the fight involved 3 players from Meota as well as A. Caffet, Robinson, and Tyson Turgeon.

Both Caffet brothers received a game misconduct and will not be allowed to play in Friday's game.

The period ended with Spiritwood holding their own despite their two-man disadvantage and leaving the game 9-5 for Meota.

The third game of the series will be Friday, Feb. 9 in North Battleford. Spiritwood will have to win this game in order to stay alive in the series.

The 50/50 pot ran up to \$687.50, and was won by Cal and Tammy Robinson.

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Students Free Throw their way to Regional Free Throw Championship

The District Free Throw Championship was hosted by Spiritwood Council #5353 on Sunday, Feb. 9, 2020.

Twenty-five girls and boys from Leoville and Spiritwood, aged nine through 14, gathered at the Spiritwood High School gym to take part in the Dis-

trict Championship.

The top three participants in each age category are eligible to take part in the Regional Championship taking place in Prince Albert on March 7.

If the participants do well at the Regional Championship, they will qualify to take part in the Provincial

Championship, which will take place immediately after the Regional Championship wraps up.

The students from Spiritwood and Leoville that have qualified to move on to the Regional Championship are:

- 9 year old girls, 1st Shanika LaChance, 2nd

Reese Hujber, 3rd Ciera Conacher;

- 9 year old boys, 1st Vince Montano, 2nd Gage Gardner, 3rd Cyrus Lingad;

- 10 year old girls, 1st Brooke Hepner, 2nd Quinn Williams;

- 10 year old boys, 1st Demetrius Metrunic, 2nd Logan Fisher;

- 11 year old girls, 1st

Danika Denis, 2nd Sarah McNabb, 3rd Tyne Benson;

- 11 year old boys, 1st Elijah Alagao, 2nd Chase Armstrong, 3rd Legion Bell;

- 12 year old girls, 1st Melodia Metrunic;

- 12 year old boys, 1st Lance Pano;

- 13 year old girls, 1st Kealie Schlout;

- 13 year old boys, 1st Cody Salisburg, 2nd Malachi Bell;
- 14 year old girls, 1st Riley Harris, 2nd Kali McKellop-Scott;
- 14 year old boys, 1st Marb Pano, 2nd Jayden Dauvin.



The first-place winners of the Knights of Columbus Basketball Free Throw District Championship.



Twenty-five students were out at the Spiritwood High School gymnasium for the Knights of Columbus Basketball Free Throw District Championship.

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The Tobacco and Vapour Products Control Act (Saskatchewan)

As of February 1, 2020:

- You must be 18 or older to purchase vapour products.
- Smoking and vaping are prohibited in enclosed public spaces, school grounds and vehicles with children.

For more information, visit: saskatchewan.ca/vaping



If you don't smoke, don't vape.

Junior Citizen of the Year Scholarship

For over the past four decades The Saskatchewan Weekly Newspapers Association, in partnership with SaskPower and with the Lieutenant Governor of Saskatchewan, have recognized the youth of Saskatchewan through the Junior Citizen of the Year Award.

These prestigious awards are given to youth who:

- Have a positive lifestyle
- Have had the ability to overcome life's challenges
- Have a strong sense of caring and responsibility
- Are dedicated to community and school
- Inspire others
- Are between the ages of 8 to 18

This year four deserving youth will receive \$3000 bursaries to use towards their post-secondary education.

Visit www.swna.com for further information and nomination forms

Nominations close March 31, 2020

Lions awarded Life Memberships

By Dave Hyndman

Two members of the Spiritwood and District Lions Club were presented with Life Memberships in the Lions Foundation of Canada (LFC) at the Feb. 6 meeting of the club.

The two, Lion Megan Allard and Lion Shelley Allard, were chosen by the club to receive these honorary distinctions, which are granted to the club by the Lions Foundation of Canada.

It is through the LFC that the Lions Dog Guide Program is able to help many Canadians each year by providing guide dogs to assist them with any of a number of disabilities.

The Dog Guide Program began in 1983. When the program began, dogs were trained to assist the visually impaired, and were referred to as "seeing-eye" dogs. The program has expanded over the years and

now includes Diabetic Alert Dogs, Hearing Ear Dogs, Seizure Response Dogs, Special Skills Dogs, Autism Assistance Dogs, in addition to the Canine Vision Canada Dogs.

Foundation of Canada Dog Guides reported that 72% of its trained dogs were successfully trained and qualified as Dog Guides in 2017, up from 67% in 2016. In 2017, total operating costs per fully trained and qualified Dog Guide were \$20,575, down from \$27,882 in 2016. Dogs that are disqualified from the training program are put up for adoption. The charity reports 182 people were partnered with a qualified dog in 2017, meaning that total operating costs per pairing were \$25,640.

A survey from a sample of these people reports 92% experienced an improvement in their quality of life, 94% were satisfied with the program, and 97% would recommend the program.

The Spiritwood Lions contribute to the Dog Guide Program by holding the Walk For Dog Guides in May, in conjunction with the event held across the country.

**Advertising Deadline is
Friday 4:00 p.m.**

EFFECTIVE FEBRUARY 1

DISTRACTED DRIVING PENALTIES ARE GETTING TOUGHER IN SASKATCHEWAN. FINES ARE INCREASING:

- 1st offence – tickets more than double to \$580
- 2nd offence – \$1,400 ticket
- 3rd offence – \$2,100 ticket

Distracted drivers continue to face a 7-day vehicle impoundment and 4 demerits on their licence.

*Safe drivers save lives. They also save money.
Keep your eyes on the road.*



More info at sgi.sk.ca



Lion Megan Allard (left) and Lion Shelley Allard (centre) were presented with certificates denoting Life Membership in the Lions foundation of Canada. The presentation was made by Spiritwood Lion President Bryan Ferguson (right).

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OPINION

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Oil a tough sell in age of truth and reconciliation

For the proposed Trans Mountain pipeline expansion, the last week has been a case of one step forward, one step back.

Starting with the positive, the federally owned project, which will nearly double the existing pipeline's capacity, cleared an important legal hurdle in the Federal Court of Appeal.

In its unanimous ruling, the court's three-member panel stated that there was no basis for continued interference in the second authorization of the project, because the federal government met its obligations for consultation before re-approving the pipeline expansion last year.

In a more crushing blow to Indigenous opponents to the pipeline expansion, the court also said that the federal government's duty to consult with Indigenous peoples over resource development does not give them veto powers over said developments.

Barring any further appeals to the supreme Court of Canada, this essentially means that the legal hurdles preventing the Trans Mountain expansion from proceeding have been cleared.

For Ottawa, last week's legal victory marked the second major win on the Trans Mountain portfolio in as many weeks.

The first came in the Supreme Court, where the B.C. government's challenge of the project met its defeat, prompting B.C. Premier (and vocal Trans Mountain opponent) John Horgan to concede that the expansion will go ahead.



JORDAN
TWISS
~
Columnist

"Personally, I'm not enamoured with the prospect of seven-fold increase in tanker traffic in the strait of Juan de Fuca and the Salish Sea," Horgan said after the ruling. "But the courts have determined the project is legitimate and should proceed."

What's more, Horgan also called on the Wet'suwet'en hereditary chiefs to acknowledge a similar court ruling in favour of the Coastal GasLink pipeline to Kitimat, and cease their protests against the project.

However, the good news for Trans Mountain ends there.

Just days after the major legal win in the Federal Court of Appeals, Ian Anderson, president and CEO of Trans Mountain, announced that the cost estimate for completion of the project has skyrocketed to \$12.6 billion from the original forecast of \$7.4 billion (bringing the total cost, including purchase price and construction, to \$16 billion).

Some of these increased costs stem from the legal delays, which increased labour costs. Then, there's the additional concessions that Ottawa has been forced to make to impacted Indigenous communities (this part, alone, is expected to cost the government an additional \$3 billion).

And, if the Trans Mountain expansion goes like any other major government run construction project — say, for instance, a certain controversial Saskatchewan bypass — odds are that the costs are going to increase again between now and the company's anticipated in-service date of December 2022.



ber, 2022.

Ottawa does have \$600 million set aside in a contingency fund. But, with certain Indigenous groups vowing to continue their protests against the project, it's unlikely that this will be enough.

Will George of the Tsleil-Waututh Nation, for one, has said that the goal will be to keep any protests peaceful.

However, he also added, "If it has to get ugly, it will get ugly."

Meanwhile, others from the Tsleil-Waututh Nation have hailed the Federal Court of Appeal's ruling as a "betrayal" of the Truth and Reconciliation process.

"Reconciliation stopped today," said Rueben George.

The trouble with comments like these, however, is that they ignore the reality that 120 out of 129 First Nations communities along Trans Mountain's route have expressed their support for the project — or,

at the very least, signed agreements that are lucrative enough to silence their objections.

None of this is to say that the Truth and Reconciliation process is going perfectly, or proceeding at the pace it ought to be.

Nor is it to say that the consultation process when it comes to resource development couldn't be improved.

It is, however, to say that Truth and Reconciliation is a two-person tango. If each party cries foul every time a decision doesn't go in their favour, there will never be any way for genuine Truth and Reconciliation to move forward.

Oil is on the way out. Of that there is no question.

But odds are that it will be a major piece of Canadian and global energy for at least the next decade.

If Canada can provide a more sustainable and more ethically produced product to the world, it's to everyone's benefit if it does so.

A walk around town: Crafting Craze

By Alison Sullivan

When I finished up my master's degree it was as though I had lost one of my two full time jobs. Suddenly, I had all kinds of time on my hands for more leisurely activities than writing and editing. Surprisingly to me, it was difficult to shake that guilty feeling that would creep up every time I agreed to doing something fun with friends or spent an evening just lounging around the house. It took me a few months and some volunteer projects to help keep me busy, but I did manage to let go of that feeling.

One such friend of mine is Eleanor Pallo. Having spent most of her life working on the farm and raising a handful of children, Eleanor likes to keep her hands busy and her mind sharp. When she isn't visiting with family and friends or travelling the globe, she is looking for activities to

after work is probably similar to the feeling many retired friends of mine experienced shortly after hanging up their hats. Trying to find things to stay occupied can be a challenge.

I know people who have filled their time with travel, community service, or sports, while others, having decided retirement wasn't really for them, have simply gone back to work.

In the summertime, she can often be found putting around her little oasis of a yard, tending and talking to her flowers and vegetables.



Eleanor always has new crafts on the go and is constantly thinking up ways to repurpose used materials.

stay occupied.

In the winter, it's the craft room that keeps her busy. Every time I stop in for a visit, it seems she has found some new craft that she is anxious to share. From classic needlework crafts like Hungarian embroidery and machine sewing to new-found hobbies like diamond painting, dot painting, and paper quilling she always has something on the go.

Eleanor has recently been hosting crafting classes so she can share some of her favourite hobbies with people, young and old, in the community. With the help of her friend Andy Zary, she has put together craft kits that allow her students to try out new crafts like dot painting or paper quilling and have a completed project to take home at the end of the afternoon.

In the winter, it's the craft room that keeps her busy. Every time I stop in for a visit, it seems she has found some new craft that she is anxious to share. From classic needlework crafts like Hungarian embroidery and machine sewing to new-found hobbies like diamond painting, dot painting, and paper quilling she always has something on the go.

Most recently we did dot painting, giving some new life to old vinyl records with paint and some DIY tools made by Andy.

Eleanor always has lots of examples on display and is a fountain of ideas when it comes to repurposing. You can find lamps made from old wine bottles and margarine containers, vases made of 2L plastic pop bottles, and as it turns out, the lids from old prescription bottles are a great way to keep paint colours separate.

Something I have learned from Eleanor is that most things can be repurposed and turned into something beautiful or something useful. It just takes a little bit of creativity.

VIEWPOINT

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Agriculture: My journey today

**By Brenna Mahoney,
Cereals Canada**

I became part of the agriculture industry four years ago. Shortly after, I wrote, "Agriculture: My Journey so far". It was a reflection on my first six months working in this amazing sector. Despite being new to agriculture I knew I had found where I belonged!

Sometimes I think that we forget that agriculture really is amazing. One of my most memorable experiences was being able to stand in front of a few hundred high school students as a volunteer for Agriculture in the Classroom and tell them how this industry has changed my life and the way I view my own educational path. It was through this opportunity that I recognized how diverse agriculture is, even the team within Cereals Canada.

The diversity that agriculture attracts is one of its main strengths. Almost on a daily basis I meet people from all over the world that have been attracted to Canadian agriculture. The value chain brings together people of almost every educational and cultural

background. Agriculture's people are its biggest asset.

Diversity goes beyond people. Students contemplating their career pathway should come to agriculture. One in eight people work in agriculture and no matter your passion there will be a connection back to the industry. Every day there is something new to learn, talk about, or problem to solve.

Navigating diversity of issues is not always easy but is extremely rewarding. It should always be seen as an opportunity, never a challenge that cannot be overcome.

The issue of public trust is one example where agriculture's diversity can be used as a strength. We are privileged to have a window into every part of this industry, from farm gate to plate. But consumers do not have this window. Consumers should be viewed as a part of our industry; they participate in it by buying our commodities and making them into meals to which for their families. Canadian agriculture has the diversity to speak to consumers no matter their background

and help them answer the question "where does my food come from". But to do that we need to work together and collaborate.

Collaboration means that we recognize how each person, organization, or segment of the value chain may experience things differently. If we are going to be able to respond to changing consumer needs around the world, we must use these different experiences and work together instead of the natural silos that emerge from our province, background or the part of the industry in which we operate.

I am likely a bit biased about the benefits of collaboration as my job is completely dependent on successfully building partnerships. This includes working directly with the Cereals Canada membership, but also outside organizations. Collaboration has shown me how much each one of us has in common. Organizations and people who think they are different usually find that goals are usually similar.

Collaboration is must more effective than individual efforts. Once we get down to

specific projects it is always better if the message comes from not just one but many voices.

Farmers contribute to national organizations through their checkoffs. They are seeing the benefits of collaborative efforts among commodity groups to in joint projects like the Keep it Clean! campaign or the annual new crop missions. Both of these collaborative efforts have continued to become bigger and better each year in part to the cooperation between the national and provincial commodity organizations.

Another example of effective collaboration is the creation of a national wheat campaign designed to emphasize the nutritional benefits of products made from Canadian wheat and to counter some of the "wheat myths" growing on the internet. As a wheat value chain, we are seeing a positive impact of working together to develop messaging as well as fund research projects regarding wheat and its health benefits. Even though this project is still in its early stages, we are already seeing the advan-

tages of working together. An immediate benefit has been the interest we have been getting from international customers. Some of Canada's top importers of wheat are asking for the science-based messages around wheat's nutritional value that we have developed and information on how to celebrate and promote wheat.

Agriculture is now a big part of who I am. I often get told I must have drunk the Kool-Aid, to which I proudly reply, it was actually some delicious beer made with Canadian barley. We should be proud of our industry not just because we are feeding people, but also because we are attracting a level of diversity which I feel stands out amongst other industries. We are also fostering collaboration and most importantly we continue to engage individuals to whom are already working in it. Each day I get to come to work and face the day, a day with endless possibilities, filled with new opportunities and challenges to which I know I will overcome. I am indeed grateful to be doing it and looking forward to what comes next.

Moe speaks out on security detail

Though Saskatchewan Premier Scott Moe has been travelling with an RCMP security detail since the beginning of 2020, he has yet to say much about it.

That changed this week, when Moe explained that he only agreed to the new arrangement reluctantly.

"This was a decision made without my input," he said.

Though the provincial government has yet to outline any specific individual threat that resulted in the change, it has confirmed that the new security arrangement is permanent.

The presence of the new security detail was felt at last week's SUMA Convention in Regina, where Moe met and spoke with municipal leaders, and gave

his annual address — all while plain clothes officers stood watch along the perimeter of the convention hall, and Regina city police provided back up outside of the room.

To be sure, it's a stark difference from the days when former Premier Brad Wall travelled the province in a half ton, with a political assistant behind the wheel. It's even a change from the first two years of Moe's tenure as premier, when he would drive his own truck.

Despite the change, Moe says it has little to do with how his interactions with people from across the province have been going.

"My engagement with the people across this prov-

ince and really everywhere I've been has been almost exclusively positive," said Moe, adding that he doesn't think the police presence makes him less accessible.

"Times are changing as we pass through the years," he said. "I still will get to walk wherever I want to go and do for the most part whatever I want to do, so I don't see this as in any way impeding access to myself."

The government has refused to reveal the cost of police protection, citing security concerns.

The officers are being funded through the money the province provides the RCMP for policing in Saskatchewan. The budget will be increased to reflect the added costs.

Spiritwood Herald

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Member of



Defending universal medicare, NDP calls on Sask. Party to end costly private MRI experiment

Health Ministry officials have refused to clarify whether or not Saskatchewan's private MRI experiment will continue past April, in violation of the Canada Health Act's restrictions around for-profit healthcare. In response, NDP Leader Ryan Meili is standing in defense of universal medicare by calling on the Minister of Health to commit that Saskatchewan will abide by the Canada Health Act.

"The Sask. Party's failed experiment with American-style, two-tier healthcare has done nothing but let people down," said NDP Leader Ryan Meili. "The province has had two years to come into compliance with the Canada Health Act's protections for our universal healthcare system, but last week the Health Minister couldn't say whether or not he would. More people are waiting longer for MRIs so this government can let their wealthy friends jump the queue, and now they're putting federal health transfers at risk."

Between August 2018 and June 2019, the number of people waiting for an MRI in Saskatchewan jumped from 6,071 to 10,018 – a 65 per cent increase. Additionally, only 27 percent of Saskatchewan people received their scans within the Ministry's targeted time frame. As the numbers continued to rise, the Sask. Party stopped updating the figures, with the last report coming in June 2019.

The province is risking millions of dollars in federal health transfers by continuing to let private clinics bill patients directly beyond April 2020. Simi-

lar experiments with American-style healthcare in British Columbia cost that province \$32 million in federal health transfers in 2018-2019.

Other provinces have developed strategies to reduce wait times that didn't include letting the wealthy pay to jump the queue. In 2018, in efforts to address growing wait times, the British Columbia government introduced the B.C. Surgical and Diagnostic Strategy and began running 10 of the province's 33 MRI machines 24 hours a day, seven days a week. They also bought two privately

owned MRI clinics. In the first year, efforts to fully utilize existing provincial MRI infrastructure had a significant impact on wait times.

"The Sask. Party's failed experiment of queue jumping is obviously not the answer for getting people's MRIs delivered in a timely manner," said NDP Health Critic Vicki Mowat. "Meanwhile more and more people are waiting longer as the Sask. Party waffles on a decision to comply with the federal MRI rules. This poor leadership is failing Saskatchewan people."

Medstead hosts seven teams for Ladies Bonspiel

The Medstead and District Recreation Association (MADRA) put on their annual Ladies Bonspiel Jan. 24 through 25.

It was a busy couple of days at the Medstead rink with seven teams participating including two from out of town.

The kitchen was stocked up with the usual plethora of donated pies and soups being served up by local volunteers and the volunteer-run bar was hopping as

well.

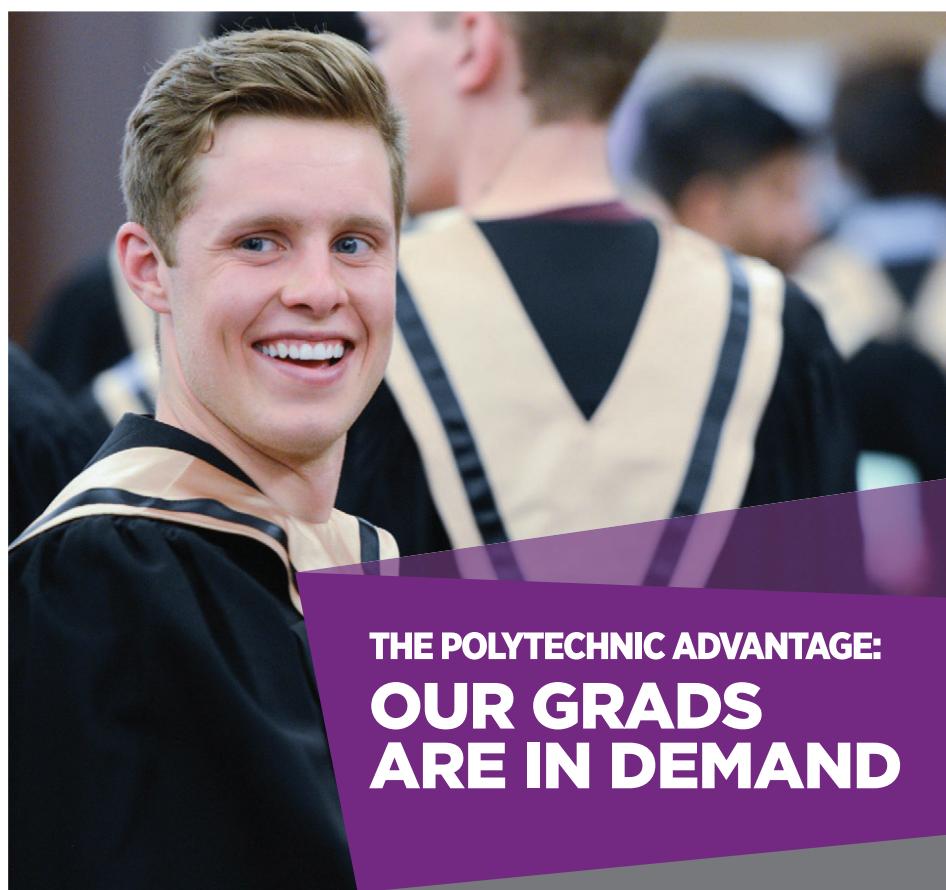
The traditional Saturday Night Supper and games was prepared by Medstead Hometown Grocery and served up by MADRA volunteers.

Sheets were full of games as only one team had a bye all weekend. In the end, Darcy de Montarnal's team hailing from Edam beat out Kristine Raess' hometown crew to

take the top spot in the tournament.

Prizes were donated by local businesses: Glaslyn Agencies, Cavalier Agro, Stinkin' Pretty (Heather Pederson), Shorty's Gardens and Greenhouse, Steeped Tea by Annette Benson, and McConnell Farms.

It was a fun filled weekend to kick off Medstead's Bonspiel season.



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AGRICULTURE

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Research investments a big positive for ag sector

The future ability of agriculture to continue to feed the world relies solely on scientific research which will help increase yields, fight diseases, fend off insect pests, and growing plants in places that they traditionally have not.

But, research only happens with an investment today, in order to reap the benefits at some point down the road. It is not necessarily an immediate return on investment, and not every path scientists take will lead to anything worthwhile, but they must still make the journey.

It is important that governments play a role in funding research on behalf of the populace. The future of food security is far too important to leave entirely to profit driven big business. It might sound a bit Orwellian to distrust big business, but it never hurts for public coffers to keep a hand in the game as a way to ensure public interests are considered at least on an equal footing with profit margins.

So it has to be seen as a positive when one reads in a release of investments such as the recent announcement federal



CALVIN
DANIELS

Minister of Agriculture and Agri-Food Maire-Claude Bibeau and Saskatchewan Agriculture Minister David Marit dedicated nearly \$8.1 million in funding under the Canadian Agricultural Partnership for 28 livestock and forage-

related research projects through Saskatchewan's Agriculture Development Fund (ADF). This includes \$4.9 million in funding for 27 livestock and forage-related research projects and \$3.2 million in operational funding for the Livestock and Forage Centre of Excellence.

Producers too must play a role in funding research as they are the ones who benefit first from whatever is developed.

So, again it is a huge positive when one reads a story from the University of Saskatchewan that "with \$2.35 mil-

lion in funding from the federal government and the Beef Cattle Research Council (BCRC), University of Saskatchewan (USask) veterinary researcher Dr. Cheryl Waldner will undertake a major five-year research program to advance beef cattle health and productivity, helping to sustain the profitability and competitiveness of Canada's \$17-billion-a-year beef industry."

Similarly, partnerships can achieve progress that individual investment may not.

So seeing 30 University of Saskatchewan

(USask) crop research projects having been awarded a total of more than \$8 million through Saskatchewan's Agricultural Development Fund (ADF), a program jointly supported by the federal and provincial governments and supplemented by industry partners, again shows that agriculture research is generally on a positive path.

There will of course never be the funds to cover all the research scientists would like to undertake, but it still needs to be an area deemed as a good investment by producers and the public.

Mestead Leisure Life Club highlights



Helen Conacher and Wilma Johnson celebrated their birthdays at February's meeting.



Helen Cherwoniak celebrated her 80th birthday at January's meeting.

The Medstead Leisure Life Club held their 1st meeting in 2020 on Jan. 6 at 1 p.m.

Helen Cherwoniak celebrated her 80th birthday — congratulations on reaching this milestone.

The jam session was held on Jan. 26.

On Feb. 3, 2020 at 1 p.m., the Leisure Life Club held its February meeting.

We had two birthday recipients: Helen Conacher on the left and Wilma

Johnson.

Our next meeting will be held on March 2, 2020 at 7:30 p.m. once again.

Our February jam session will be held on Feb. 23, 2020 at 2 p.m. Bring your instruments, voices and dancing shoes for an enjoyable Sunday afternoon.

Enjoy a good lunch and entertainment free of charge.

Every age is welcome. Hope to see you there!

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Spiritwood STARSkaters clean up at Regional Competition

By Larissa Swityk-Conacher

The Spiritwood Skating Club's STARSkaters attended Regionals in Carrot River Jan. 25

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through 26. Attending from the Spiritwood club were Ava Beuker, Emeri Simonar, Avarie Conacher and Maya Doucette. They did such a good job representing our club. Not only did these ladies put in a lot of extra time on the ice in prep-

aration for the event, they also stepped out of their comfort zones to work on different elements in their events. The wonderful coaches, Tasje Sharron and Sherryl Britton, have dedicated their time and expertise into preparing the girls for this competition. The girls came home with a variety of

gold, silver and bronze level assessments in their respective events, which included Creative Improv, Free Skate, Elements, Solo Pattern Dance (the Canasta Tango) and the Team Elements event. The Town of Carrot River did an excellent job hosting such a great event!

More photos on page 9



STARSkater Ava Beuker.



STARSkater Avarie Conacher.



STARSkater Emeri Simonar.



STARSkater Maya Doucette.

BILL 194 MAKES LOCAL GOVERNMENT LESS OPEN

Bill 194, the Miscellaneous Municipal Statutes Amendment Act, was recently given second reading in the Saskatchewan Legislative Assembly and could soon become law. It recommends amendments to several Acts relating to the publication of official notices by city, town and rural municipalities.

In short, Bill 194 removes the requirement for city, town and rural municipalities to provide 'public notice' of valuable information that affects our daily lives, in exchange for 'public access' to that information.

It gives local government the option to post information only on its own website rather than using independent media to inform citizens of its actions.

If this bill is passed, it will be up to you to have to go and find out yourself if any land is being rezoned, or if your municipality has hired people without advertising that a position was available, or if there is a notice of an upcoming election.

Local government has said that the sections in Bill 194 that affect mandatory publishing of public notices in newspapers will be at the discretion of the council or municipality as to whether they will do that.

Bill 194 must be amended to keep public notice in independent media and to protect openness and transparency of local government.

BE INFORMED. BE HEARD. BE PART OF THE PROCESS

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Phone: (306) 787-6100 or Email: minister.gr@gov.sk.ca
Mailing address: Room 30, Legislative Building, 2405 Legislative Drive, Regina, SK, S4S 0B3

Spiritwood STARSkaters clean up at Regional Competition



The Spiritwood Skating Club's STARSkaters with their coaches Tasje Sharron and Sherry Britton.



STARSkaters preparing for the Team event.



The STARSkaters had an early morning visit from Premier Scott Moe during Hockey Day in Spiritwood.

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Funds are Accessible

Minimal Growth

*Based on historical 5 year average rate of return of 1.35%

5 YEAR TERM DEPOSIT

Initial Contribution:

\$10,000

Total After 5 Years:

\$11,587*

Zero Risk of Losing Money

Funds Locked In for 5 Years

Moderate Growth

*Based on 5 Year Upgrader effective rate of **2.99%** available now!

GROWTH PORTFOLIO

Initial Contribution:

\$10,000

Total After 5 Years:

\$14,693*

Returns are Not Guaranteed

Funds are Accessible

Potential for Higher Growth

*Based on historical 5 year average rate of return of **8.00%**. Mutual funds and other securities are offered through Qtrade Advisor, a division of Credential Qtrade Securities Inc. Mutual funds are offered through Qtrade Asset Management Inc.

Record Revenue Sharing with Municipalities

In the upcoming fiscal year, Saskatchewan municipalities will see a record \$278 million in Municipal Revenue Sharing. This funding supports key local priorities and helps to lay the foundation for a growing Saskatchewan.

Did You Know?

Municipal Revenue Sharing will increase nearly 11% in 2020-21 and almost 119% from the 2007-08 fiscal year.



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Spiritwood Library meeting highlights

The Spiritwood Library board met on Jan. 29, 2020 at 5 p.m. Seven members were present.

The Library hours for 2020 are Tuesday 9-5, Wednesday 9-5 and Friday 9-5. Story time for preschool children will be Friday at 10 a.m..

Our fundraiser is the Dessert of the Month. Tickets are available from the library or board members. The dates have been decided with boards members taking turns preparing a dessert.

An Aboriginal storyteller, Chad Solomon, will be at Hart-

ley Clark school on Feb. 11 at 10:30. Everyone is welcome.

The theme for the Summer Reading Program is "Game On". We are hoping to get an entertainer for one day this summer. We have teamed up with the Summer Rec. Program in the past and are hop-

ing to do this again. More info will be available in June.

The Literacy Program and the Library will partner to offer after school programs in March and April.

We would like Lindsay to come from Headquarters to explain the Libby App. This is

a download app for books.

Wapiti Regional library is celebrating 70 years in 2020.

Joyce gave the Annual Library Report for 2019. A Financial Report was given as well.

Next meeting is April 1 at 5 p.m.

6 steps to start researching your genealogy

Identifying one's family history and lineage can be an exciting and rewarding endeavor. Many people are compelled to trace their ancestry and ultimately gain much from having done so.

Interest in genealogy has grown in recent years. The popular and free family tree application FamilySearch Family Tree had 1.6 million contributors in 2018 who added 28 million new people to the global tree. Thousands upon thousands also utilize other genealogy resources to paint a more accurate picture of their histories.

According to the Massachusetts Institute of Technology, more than 26 million people shared their DNA with ancestry firms as of the start of 2019. MIT predicts that number will rise to 100 million by the end of 2020.

Those ready to get started on researching their lineage may won-

der where to start. These guidelines can map the way.

1. The first step is to work from the known to the unknown, advises The New England Historic Genealogical Society's American Ancestors program. Write down names, dates, places of birth, marriage and death announcements, and other pertinent information you can dig up

from looking at personal effects. This will provide a starting point and serve as a springboard for further research.

2. Establish what you want to learn about your family. Maybe you simply want to have a complete family tree that dates back to a particular ancestor? Perhaps you want to see where your family name originated? Identify what is behind your

interest and allow those goals to guide your research.

3. Access census records, military records, travel documents, and other official papers, which can provide key clues to family history. These can be researched individually, but many people like using resources like Ancestry.com because their databases pool information from a variety of sources. The National Archives offers free access to its records database at www.archives.gov/research/databases.

4. Consider privacy concerns before digging deeper. Acquiring

DNA testing and sharing results in an effort to connect with relatives has become a popular side effect of genealogy research. However, experts advise caution before submitting any DNA samples. MIT Technology Review indicates that, if the DNA collection trend continues, the companies that hold this data will have genetic information on more than 100 million people. The Review goes on to say, "as these databases grow, they have made it possible to trace the relationships between nearly all Americans, including those who never purchased a test."

5. Learning new information can be overwhelming, so it's best to focus on one family story at a time rather than tackling the entire family tree in one sitting, suggests the service Findmypast.

6. Connect with like-minded individuals if you find that your genealogy interests expand beyond personal history. Family historians often connect via social media or through local genealogical societies.

Genealogy research is a growing pastime that can reveal secrets and insight into one's family history. It's never too late to start uncovering information.



COMMUNITY CALENDAR

SPIRITWOOD: Wapiti Regional Library - Tuesday 9:00 am - 5:00 pm, Wednesday 9:00 am - 5:00 pm & Friday 9:00 am - 5:00 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.

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Rev. Nora Borgeson

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Time is on the sign

Rev. Kun Kim

Rev. Don Skinner

PENTECOSTAL

Glaslyn
Pre-service Prayer
Sunday, 10:30 am
Sunday Service 11:00 am
Kids Club Tuesday
3:30 pm - 5 pm
Wednesday Prayer
7 pm - 8 pm
Pastor Ruth Phillips

CATHOLIC SUNDAY

Spiritwood - 11:15 a.m.
Leoville - 9:30 a.m.
Chitek Lake - Closed for
the Season
SATURDAY
Medstead - 6 p.m.
Shell Lake - Closed for the
Season
Father Peter Nnanga MSP

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Shell Lake - Sun. 10 am
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Worship 10:50 am

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Glenbush
Worship - 11:00 am

BETHEL

Medstead
1st Sunday, 10 am -
Worship
Pastor David Jensen

3rd Sunday - 10 am
Worship
Pastor David Jensen

EVANGELICAL FREE

Mont Nebo
Wed., 7:30 pm -
Bible Study & Prayer
Sun., 10:30 am - Worship
Pastor Bill Klumpenhower

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Spiritwood
Sun., 11 am - Worship
Service & Sunday School
Pastor Gerry Zak

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1st Sun., 7:30 pm
- Hymn Sing

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Spiritwood
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pm
Spiritwood Legion Hall
Pastor Rick Martin

Money Matters

How to begin building a credit history

Credit scores play a significant role in the lives of millions of adults across the globe. A strong credit history can help people secure more borrower-friendly terms on home and auto loans, potentially saving them thousands of dollars.

Credit scores are not typically on the minds of young adults who are years away from purchasing their first homes. However, young adulthood is a great time to begin building a strong credit history. By laying a strong foundation now, young adults can reap significant rewards when they try to finance major purchases, such as cars and homes, down the road.

• Open a credit account. It's important to begin building credit histories once you're eligible, as young people with no credit histories may find

it hard to get loans or even apartments of their own. Cosigners can help, but loans secured with cosigners won't do much to improve young people's credit scores. Borrowers want loan applicants who have shown they can pay their own bills, and length of credit history is one of many variables that are used to determine borrowers' credit scores. A long history that documents a young person's track record of paying bills on time is to his or her advantage. Many credit card companies issue credit to applicants as young as 18, so young people should not hesitate to begin exploring their options. The online financial resource NerdWallet notes that young people with no credit history may need to apply for secured credit cards. Unlike more traditional cards, secured cards are backed by

upfront cash deposits. However, secured cardholders must still make payments on time and will still incur interest charges if they don't. These cards can be a great way for young people to begin showing lenders their creditworthiness.

- Apply for an installment loan. Installment loans are another great way for young people to build their credit histories. According to the credit reporting agency Experian, auto loans are among the easiest types of loans to obtain. Young borrowers may need cosigners, though some

lenders may not require that. Young people who want to buy new vehicles can avoid leaning on their parents to facilitate their purchases and instead take out an auto loan that requires monthly payments. A track record of making installment loan payments on time and in full is a great way for young people to prove their creditworthiness and improve their credit scores.

- Ask your landlord to help. Young people who rent and pay their rent on time might finally be able to benefit from that. In the past, the only way rent payments were included

on credit reports was if tenants were delinquent with their rent payments and subject to lawsuits or were reported to collection agencies. However, Experian recently started to include positive rental payment information in their credit reports. Young people with histories of making rent payments on time can ask their landlords to report their positive payment histories to the credit bureaus.

Strong credit histories can benefit adults from all walks of life. It's never too early for young adults to begin building their financial reputations.

3 investing tips for beginners

Investing is a key component of long-term financial planning. By choosing the right investments, investors can ensure their money outgrows inflation, making it possible for them to realize their retirement goals and live comfortably long after they have stopped working.

Risk is a part of investing, and many veteran investors recognize that. However, the fear or losing their hard-earned money might compel would-be beginners to avoid the markets altogether. That can be a costly mistake, and it's one research suggests millennials are making, choosing to keep their mon-

ey in savings accounts, which provide very little return in terms of interest, rather than invest in the markets. According to a recent analysis from the online financial resource NerdWallet, a 25-year-old millennial who is not investing today and does not invest until he or she retires at 65 could lose out on more than \$3.3 million in retirement savings.

It can be nerve-wracking for novices to begin investing their money, but these three investment strategies can help calm those nerves and pave the way for a bright financial future.

1. Identify your risk tolerance.

Young investors may be told that they're in prime position to choose risky investments because they have less responsibilities than older investors and more time in the workforce to make up for losses. While that's true, young investors should only be as risky as they're comfortable being. The financial experts at Principal® advise beginners to identify their risk tolerance before investing. Investments with a high potential for return, which might include emerging markets and lim-

ited partnerships, also generally have a higher potential risk for loss, and vice versa. Investors should only accept a level of risk they're comfortable with.

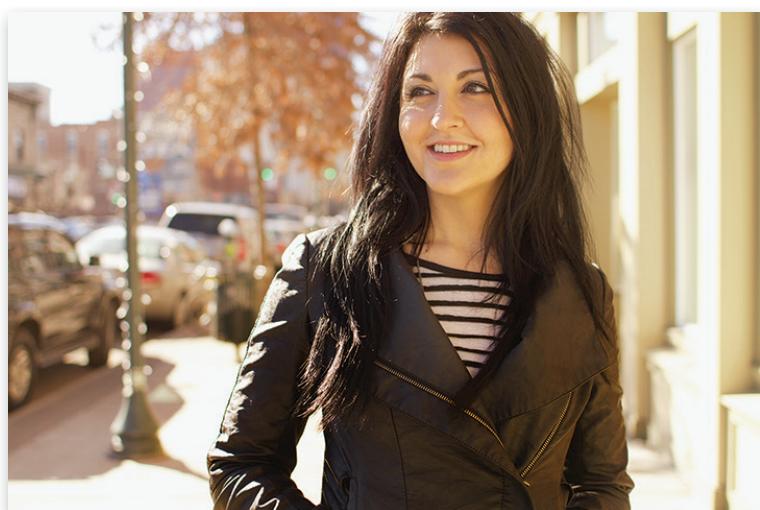
2. Diversify your investments.

Principal® notes that one way to manage risk is choose a mix of investments from various asset classes. For example, stocks and bonds traditionally move in different directions. So when stocks are up, bonds may be down, and vice versa. Investing in different types of assets is known as diversification, which can help investors protect themselves against risk.

3. Make changes as you age.

As investors age, their aversion to risk should grow. The closer you get to retirement the closer you are to needing all the money you have invested and earned over the years. Speak with a financial planner about how to reallocate your investments as retirement draws near.

Investing requires risk, but novice investors should not allow that to keep them on the sidelines.



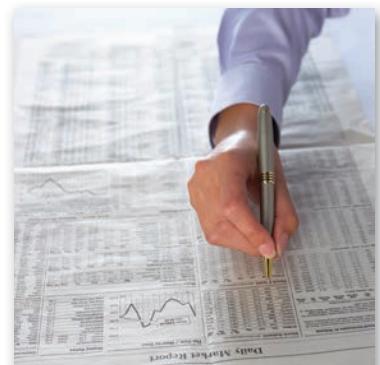
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Money Matters

RRSP vs. TFSA: What's the difference?

(NC) As tax season quickly approaches, many of us are re-evaluating our finances and looking for the best place to put our money. RRSPs and TFSAs are two popular investing options that can help grow your savings. But what's the difference, and how do you choose the right one for you?

We asked Jenny Diplock, Associate Vice President, Personal Savings and Investing at TD, to share key information and differences between the two.

Tax-Free Saving Account

When to use it: A TFSA is designed to help you save for both long-term and short-term goals – this includes big ticket items like a new home, vehicle, travel, a wedding or your retirement. A key benefit of a TFSA is that your savings grow tax-free.

Withdrawals: All withdrawals are tax-free and re-added to your contribution room at the start of the following year.

Contributions: Unlike an RRSP, TFSA contributions are not tax-deductible. The amount of money you're allowed to contribute is based on an annual limit set by the Federal Government; in 2020 it's \$6,000. If you withdraw money one year

and want to put it back in the same year, you'll need to make sure you have contribution room left for that year, otherwise you'll have to wait for the following year. If you contribute more than your limit, you'll pay a penalty of 1 per cent per month on the excess amount. You can confirm your total contribution limit with the CRA.

Registered Retirement Savings Plan

When to use it: An RRSP is designed to help you

save for retirement. Contributions are deposited pre-tax, which means you only pay tax when you withdraw your funds. And RRSP contributions are typically tax-deductible.

Contributions: The amount of money you're allowed to contribute is based on your earned income. The 2020 limit is up to 18 per cent of your annual earned income to a maximum of \$27,230 (the 2019 maximum is \$26,500), subject to any pension adjustments plus any unused contribution room from past years. And you won't pay any taxes on this money until you withdraw it.

Withdrawals: Since RRSPs are designed for long-term saving, withdrawals are subject to tax. However, under the Home Buyers' Plan, first-time homebuyers can withdraw up to \$35,000 (or \$70,000 for a couple) to finance a down payment, subject to eligibility and conditions. The withdrawal is tax-free but must be paid back into your RRSP within 15 years.

How do I decide?

There is no one-size-fits-all approach. If you're unsure, Diplock suggests speaking to an advisor who can help you assess your options.



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Money Matters

Are you missing out on these tax benefit payments?

(NC) Filing your taxes isn't fun, but the upside is it's the only way to receive benefits and credits that can help you pay for things like groceries, your kids' activities or even a dream vacation.

You only need to apply for benefits and credits once, but you do need to do your taxes on time every year to continue getting your payments without interruption. You also need to keep your personal information — like your address and marital status — up to date. Make sure to keep all the information you needed to do your taxes for at least six years, in case the CRA asks for it.

Here are some tips to help make sure you're getting the benefits and credits you're entitled to:

1. Do your taxes. Even if you don't have any income to report for 2019 or your income is tax exempt, you can still claim helpful tax credits and get benefit payments. You just have to do your taxes by April 30, 2020.

2. If you have children under 18 in your care, you could get Canada

child benefit payments every month. You need to apply (if you haven't already); then, make sure you do your taxes on time every year so you can continue to receive it without interruption.

You can also get past payments for up to 10 years prior.

3. If you have a disability, you may be eligible for the disability tax credit. And, if your child is eligible for the disability

tax credit, you could get child disability benefit payments.

4. If you work but earn a modest income, you could get the Canada workers benefit (formerly the working income tax benefit) every three months. You can also apply for advance payments of this benefit.

5. Sign up for direct deposit to get your benefit payments deposited directly into your account. That way, you'll still get your payments no matter where you are.

6. If you stopped getting benefits and credits, call the CRA as soon as possible and they'll help you figure out why your payments were stopped and tell you what you need to do to keep getting them.

7. If you need help doing your taxes, a community volunteer may be able to do your taxes for free. If you work for a community organization and want to help your clients with taxes and benefits, you can request a free visit from the CRA. To find a tax clinic near you or request a visit, go to canada.ca/taxes-help.



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SPORTS

February 13, 2020

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Spiritwood Herald 15

Will Votto follow Walker into the hall?

Canada went 29 years between the induction of Ferguson Jenkins and Larry Walker to the Baseball Hall of Fame, but it likely won't be that long a wait for the Canadian duo in Cooperstown to become a trio.

Toronto's Joey Votto is a good bet for the Hall of Fame, but two things have to happen before he'll be considered for enshrinement: 1. He has to retire from playing; and 2. He has to wait five years before his name appears on the ballot. Then, his name stays on the ballot for up to 10 years unless he achieves at least 75 per cent of the votes cast.

Jenkins, a star pitcher with the Cubs and Texas Rangers, grew up in Chatham, Ont., and was the first Canadian inducted into the Hall in 1991. Twenty-nine years went by before Walker, the pride of Maple Ridge, B.C., received the necessary number of votes in January (he got 76.6 per cent) in his 10th and final year on the ballot.

His first love being hockey, Walker, a goalie, concentrated on baseball after being cut twice by the Western Hockey League's Regina Pats. It was a wise choice. Signed by the Montreal Expos after being scouted at the world junior baseball championships

in Kindersley, Sask., Walker played six seasons with the National League team and then signed a four-year deal for \$22.5 million as a free agent with Colorado.

Walker's career numbers were spectacular, and it's shameful that Hall of Fame voters overlooked him for nine years before finally doing the right thing in his final year of eligibility. Graced with speed, power, and a terrific throwing arm, Walker batted .313 for his career, belted 383 home runs, stole 230 bases and had an OPS (on-base plus slugging percentages) of .965. That last figure ranks 11th among all Hall of Famers, trailing illustrious names like Babe Ruth, Ted Williams and Lou Gehrig, but ahead of immortals such as Willie Mays, Johnny Mize, Ralph Kiner and Hank Aaron. In 1997, when Walker was voted Most



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Valuable Player in the N.L., he batted .366, slammed 49 homers, had an OPS of 1.172 and drove in 130 runs.

Walker's father, Larry Walker, Sr., said he felt immense pride after the announcement. "There'll be a lot more people ... in Canada, trying to play the game of baseball because they want to be like Larry Walker," he said in a CBC.com story.

Votto, meanwhile, should give Canada a hat trick of Hall of Famers when his name hits the ballot. Votto, 36, is

currently 27th on that all-time OPS list. He's signed with the Reds through 2024, when he'll be 40 years old and probably ready to retire.

- Norman Chad of the Washington Post: "Jimmy Garoppolo, the 49ers quarterback reportedly has dated adult film star Kiara Mia, model Alexandra King and, recently, a VIP bottle-service gal from Sacramento. With the ladies, he makes Tom Brady look like Trent Dilfer."

- Bruce Ellisen of Washington, D.C., asks Chad: "Does MLB's one-year suspension of (former Astros' manager) A.J. Hinch prevent him from getting a job with the New England Patriots?"

- CBS's Pete Blackburn, on Twitter: "I'm OK with rigging the NHL if it means Battle of Alberta playoff matchup."

- Vancouver humorist Steve Burgess, on Twitter, after the Mike

Smith-Cam Talbot centre-ice fracas during the most recent Battle of Alberta: "The NHL only discourages goalie fights because they know a professional goalie fight league would put them out of business."

- Headline in theion.com: "Seattle Mariners Offhandedly Suggest Astros' Red Sox' Titles Be Awarded To Them Instead"

- Comedy writer Brad Dickson of Omaha, on the 'unbeatable' aura surrounding Mike Tyson in his prime: "He routinely knocked out most of his opponents just as they were removing their robes."

- Dickson on how big a favourite Tyson was leading up to his fight with Buster Douglas in 1990: "Imagine the Golden State Warriors of 2017 about to play a donkey basketball team consisting of senior citizens on three-legged donkeys and then dou-

ble that."

- One more from Dickson, on the huge Buster Douglas upset win: "All things considered it was the most amazing sporting event I've ever watched. I don't think I'll see a bigger upset in my lifetime unless Lindsay Lohan wins 'Celebrity Jeopardy.'

- Dwight Perry of the Seattle Times: "The most-relieved coach to lose a playoff game in NFL history? That would be Tennessee's Mike Vrabel, after six-month-old video resurfaced of him vowing to cut off his own manhood if the Titans won Super Bowl LIV."

- Comedy writer Jim Barach, on why 70-year-old manager Dusty Baker appealed to the Astros: "At his age he is too old to know how to work any electronic equipment newer than a VCR."

Care to comment?
Email brucepenton2003@yahoo.ca



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What happens when you don't advertise?

Very little.

Monkshood: a flower with a sordid past

By Sara Williams

Monkshood (*Aconitum*spp.), whose common name describes the flower, has a dark history. All plant parts are poisonous and it was used to poison animals (hence its other common name, wolf's bane). In its darker past, concentrates were slipped into food or drink to dispatch enemies to the hereafter. (If you're into Medieval mysteries, try the novel *Monkshood* by Ellis Peters. Set in the Welsh borders in 1136, it is the story of how Brother Cadfael, the monastery herbalist, solves a murder.) The genus name, *Aconitum*, is derived from the Greek word "akoniton" meaning dart and refers to its past use to poison darts or arrow tips. Likewise, American species were used by Indigenous Peoples to poison their arrow tips. Yet despite its reputation as an agent of evil, monkshood makes an attractive contribution to our prairie perennial



Aconitum carmichaelii. Photo credit: Hugh Skinner.

borders.

Different species flower over a long period through the summer, but the most popular varieties bloom in late summer. Their spikes resemble delphiniums (to which they're related) but are stiffer and sturdier. Deadheading spent flowers may result in the production of smaller blooms from secondary spikes. They seldom require staking unless in an exposed windy location or planted in deep shade and reaching for the sun.

There are various hardy species and varieties that are well suited to our northern gardens. Most of our garden varieties originated in Europe or Asia. The monkshood flowers are generally blue to azure but some have flowers that are white or largely white with blue edges. Most cultivars of European origin bloom in mid- to late summer while the Asian species, *A. carmichaelii* (syn. *A. fischeri*), produces azure flowers in autumn.

Bicolor monkshood (*A. cammarum*'Bicolor') has white flowers with blue edges on 90-120 cm (3-4 ft) stems in mid-summer. Azure monkshood (*Aconitum carmichaelii*, syn. *A. fischeri*) blooms in fall on 120-150 cm (4-5 ft) stems with azure blue flowers. 'Arendsii', with deep blue flowers in fall, was developed by the German nurseryman, George Arends. Blue monkshood (*A. napellus*) is native to Western and Central Europe and is about 1.0 m (3 ft) tall with deep purplish blue flowers in midsummer. 'Spark's Variety' has dark purplish-blue flowers in dense terminal racemes about 120 cm (4 ft) tall in late summer. 'Bressingham Spire' is a compact plant of 60-90 cm (2-3 ft) in height with blue flowers in summer. Northern monkshood



Azure Monkshood. Photo credit: Hugh Skinner.

(*A. septentrionale*'Ivorine') has white flowers in midsummer and grows 60-90 cm (2-3 ft) in height.

Monkshoods are woodland plants and prefer rich evenly moist soils in partial shade and a deep mulch. Fertilize them in spring with an organic fertilizer. They are said to resent being dug but I have never experienced this as a problem and they benefit from division every 4 years or so to renew the clumps. The clumps are easily divided in early spring.

Although plants can be grown from seed, this form of propagation is only for patient gardeners as the seed is usually dormant and can take up to 100 days to germinate and 3 years to bloom. Monkshood are best placed at the back of a perennial border or in a woodland garden where they will add blue and white to the predominant green.

While plants are deer and rabbit resistant, monkshood may fall victim to green delphinium worms in early spring just as the stalks are emerging. Pick them off and place them in a pail of soapy water – or if you're squeamish, pay the ten-year old next door.

Sara Williams is the author of Creating the Prairie Xeriscape and with Bob Bors, Growing Fruit in Northern Gardens. She gives workshops on gardening topics throughout the Prairies.

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.

CROSSWORD

CLUES ACROSS

- | | | | | | | | | | | | | | | |
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| 42 | | | 43 | | | | 44 | 45 | | | | | | |
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| 65 | | | | | 66 | | | | | | 67 | | | |
| 68 | | | | | 69 | | | | | | 70 | | | |
1. Small deer
4. Khoikhoi peoples
9. South African statesman
14. Keyboard key
15. Remove
16. A conspicuous constellation
17. Data executive
18. Retired NASCAR driver
20. Tightens
22. A picture of the Virgin Mary
23. "The Mission" actor Jeremy
24. Confidently
28. More (Spanish)
29. Sports highlight show (abbr.)
30. Hand out cards
31. Distinctive Asian antelope
33. Arabic greeting
37. Of I
38. Hip hop trio
39. Meat roll
41. One's mother (Brit.)
42. ___-GYN
43. Belgian city
44. Plucks
46. Leak slowly
49. Denotes a particular region
50. General's assistant (abbr.)
51. Divides
55. Kid
58. Inland Empire Expanded Learning Symposium
59. Engaged in conflict
60. Former CBS sportscaster
64. Characterized by unity
65. Working-class
66. Corners
67. ___ de plume
68. Influential French artist
69. "Very" in musical terms
70. Financial account

CLUES DOWN

- | | | | |
|----|-------------------------------------|--|---|
| 1 | Long, flat abdominal muscles | 19. Southern India island | 45. German river |
| 2 | Small Eurasian willow | 21. Grab quickly | 47. Concluding speech |
| 3 | Justified in terms of profitability | 24. Ancient Mesopotamian city | 48. Spanish dish |
| 4 | Required | 25. With three uneven sides | 52. Prominent California cape Point ___ |
| 5 | River that starts in Turkey | 26. Football visionary Hunt | 53. Any high mountain |
| 6 | Disfigure | 27. Primordial matters | 54. Ethiopian lake |
| 7 | A way of communicating (abbr.) | 31. Facing towards the flow of a glacier | 56. Mr. |
| 8 | Leaks slowly | 32. "A Delicate Balance" writer | 57. Excessive fluid accumulation in tissues |
| 9 | Shady place under trees | 34. Emits coherent radiation | 59. Large, flightless bird |
| 10 | Made a speech | 35. Commercial | 60. Oil industry term (abbr.) |
| 11 | Long, angry speech | 36. Groups of foot bones | 61. Something one can draw |
| 12 | Mortar trough | 40. Out of print | 62. Officers in charge |
| 13 | Autonomic nervous | 41. Partner to cheese | 63. Greek island |

Answers on page 18

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Recognize signs of heart attack in women

Many people are familiar with the image of a heart attack sufferer clutching his or her chest or feeling surprising, tingling sensations in his or her left arm. While those symptoms are common, heart attacks can produce a wide array of symptoms, and some of them may actually be much less apparent than chest pain or tingling in the left arm. That's especially so for women.

The organization Go Red for Women, which highlights women's heart health during the month of February, advises that many symptoms women can experience when suffering from heart disease may be overlooked or misunderstood as signs of less threatening conditions. However, jaw pain, nausea, pressure, and sweating all may be indicative of a heart attack. A failure to recognize that and act quickly could prove fatal.

The American Heart Association says that heart disease is the foremost killer of women in the United States. The Heart and Stroke Foundation says heart disease and stroke kill 31,000 women in Canada annually. Despite those figures, many women are unaware of the threat of heart disease and its symptoms.

Heart attack occurs when blood flow to the heart is blocked by a buildup of a substance called plaque in the coronary arteries. Heart attack can strike any woman, though women who deal with high stress, are overweight or are heavy smokers are at the greatest risk.

Symptoms of heart attack

Symptoms of heart attack in women generally are more subtle than in men. These can include but are not limited to:

- shortness of breath as though you just ran a marathon
- a feeling of a squeezing rope tied around the upper back

- dizziness
- lightheadedness or actual fainting
- unusual fatigue
- neck, jaw, shoulder, upper back, or abdominal discomfort
- indigestion
- perspiration

How heart attacks are different for women

Women tend to have blockages not only in their main arteries, but in the smaller ones that supply blood to the heart. This is a condition called coronary microvascular disease, says the Mayo Clinic, and it may be why symptoms are more vague and not as apparent in women as they are in men.

Women also can have symptoms while resting or even when asleep, and emotional stress can trigger heart attack symptoms in women.

A woman's risk for heart disease increases if she has diabetes, has experienced mental stress or depression, smokes, has gone through menopause, has had complications during a pregnancy, has an inflammatory disease,



and/or is physically inactive.

Women of all ages should take heart disease seriously and schedule a check-up with a doctor to discuss risk and heart health. Women who suspect or notice any symptoms of heart attack

should not hesitate to call for help. If you suspect you are having a heart attack, call 9-1-1 immediately; do not drive yourself.

Women can learn more about heart disease at www.heart.org.

Sask. Health Authority volunteer opportunities

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

Special Groups or Individuals – Evergreen Health Centre, Leoville (306) 984-2136

Volunteers entertain, provide interesting educational presentations (i.e. Travel presentations), assist with special events, sing, and have fun with the residents.

Shifts: Flexible – 1 – 1 ½ hrs. Once per month

Family Visiting Program
- Spiritwood and District Health Complex, (306) 883-4432

Volunteering as a family can bring families closer together. Family members along with their young children can visit residents on a one-to-one basis or in small groups to make a positive impact in the life of the resident. Parents are responsible for

their children at all times.

Shifts: Flexible
Pet Therapy – Hafford Special Care Home (306) 549-2108

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.

If you are interested in this or any other Volunteer ser-

vice 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.

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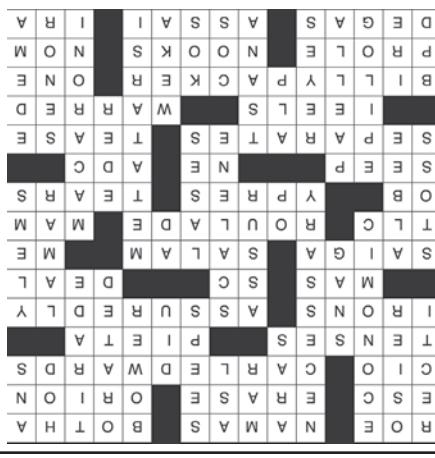
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