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# Local couple travel throughout Vietnam

*A couple from Kindersley spent the month of April traveling throughout Vietnam. Jonah and Kyla Janzen share their experiences as they toured throughout this unique country.*

By Jonah Janzen

Our journey began in the southern part of Vietnam, at Saigon. The city has a population of 10 million, and you take a slow walk of faith to cross the street as the traffic flows around you. Seven million motorbikes are on the road, and they're limited to four people (2 adults, 2 children) per motorbike. Motorbikes (50cc) don't require a license.

There would be a 100% tax if you own a car. And if you want something nicer, exotic cars carry a 300% tax. We saw a Lamborghini Uris on the street. Maybe the tax collector drives the Lamborghini?

We stopped by the Chu Chi tunnels, a 250 km web with three levels used during the war. We were told the tunnel we saw was heightened and widened so tourists could fit inside. We also saw an army tank left there after the war. The United States absolutely levelled that area; every tree we saw started growing after the war ended in 1975. We were told the land there holds 1 kg of shrapnel per square meter. The United States had also carpet sprayed a chemical called agent orange everywhere to kill the plant life, but the results were catastrophic. Three percent (3 million) of Vietnam's population suffer from effects today that can be horrific.

Tired of the city life, we made our way to a small island called Con Dao, which many tourists still haven't heard of. During the day, the beaches were empty. If you could handle the relentless sun, it was all yours.

We rented a bike and toured the island for a few days, and also went snorkelling and diving. While diving, I saw an octopus that instantly changed colours and became a dazzling white.



Jonah and Kyla Janzen spent the month of April touring throughout Vietnam. This photo was taken at a place called May Viewpoint.



Students practice their English skills by visiting tourist spots. A young girl asks Kyla a few questions in English.



Trees in Vietnam will grow through and twist around anything.

Later we went snorkelling and diving at Nha Trang, one of the best places to do so. There are no fishing regulations in Vietnam, and they catch and eat everything. So what fish are to be seen is limited.

Owning a boat is heavily regulated. Boats are used solely for tourism, fishing and for transporting goods. If you want your own personal craft to go out on the water, grab a paddle. But once an engine is mounted you're in trouble; we didn't see one personal boat.

Our first home stay was near a town called Buon Ma Thuat. We stayed with a family to try and catch a glimpse of the local lifestyle. Our accommodation included a bed, mosquito net, fan, shared bathroom and cold shower. This simple and economical option (\$15/night) provided our host family with a continuous stream of guests. Our home stay dinners cost about \$2.25 each.

Vietnam is the second largest producer of coffee in the world. I spent many days looking for someone who could roast coffee beans properly. My search was not in vain, as I finally found a man who hails from Siberia. In the cheapest country I have ever visited, I had my most expensive cup of coffee, costing \$20! The verdict? Superb! This coffee was out of this world, bursting with flavours that had nothing to do with the taste many recognize.

They also grow cacao beans in Vietnam. We found a place that sold delicious chocolate made straight from the bean.

Trees in Vietnam will grow through and twist around anything. While touring the countryside, we almost felt famous, as locals would break out in a smile, wave, and some would take pictures. No autographs though.

CONTINUED NEXT PAGE

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# You're entitled to a free pass this summer!

BY JOAN JANZEN  
Your Southwest Media Group

Wheatland Regional Library is helping its patrons enjoy a visit to a park this summer. This is the second year their Regional Park Passes have been available for patrons to borrow. The passes are available at participating regional libraries, including Palliser, Southeast, Pakkisimon and Wheatland Regional libraries.

Michelle Yates at the Kindersley Library said they have four passes on hand. All you have to do is use your library card to borrow a free Regional Park Pass to explore one of Saskatchewan's beautiful regional parks.

The passes are available from May 19th to September 15th, 2023. Michelle recalled the pro-

gram was quite popular in 2022 when the library had five passes available; there was one weekend when they were all spoken for.

"It's a first come, first serve basis, so they can't be set aside for people," she explained. The passes must be borrowed in person and can be checked out, just as you would a book. "The borrowing period is for seven days, which cannot be extended. But you can always bring it in and re-borrow it for another seven days if needed."

Each pass covers park access for one vehicle and its occupants, however, camping fees and firewood fees are not included with the pass. "Once you are ready to return the pass, it must go back



Michelle Yates at Kindersley Wheatland Library holds one of the four Regional Park Passes that are available for patrons to borrow this summer.

to the exact location you borrowed it from," Michelle said.

According to a Saskatchewan Today article, the Saskatchewan Library Association joined with the Saskatchewan Parks and Recreation Association and the Saskatchewan

Regional Parks Association to make this program possible.

A total of 800 passes are available to inspire people to get out and travel and visit any of the nearly 100 regional parks in our province.

# Trip to remember for Kindersley couple

CONTINUED FROM PAGE 2

Onward we ventured to Hoi An, a place specializing in tailors, shoemakers and leather crafters. Vietnam is the first country we visited where most of the crafts available for purchase were of good quality and made in their own country, not in China (which shares their northern border). We placed our order with the shoemaker in the morning, and the pairs of shoes were delivered that evening. Incredible service!



Behind Kyla is a view of the city of Saigon with a population of 10 million, and 7 million motorbikes.

The markets are open every day. They had eel, turtle, frogs and snails, which are hugely popular due to the French influence.

Leaving the coastline, we headed into the very scenic part of our journey, to Ninh Binh. Nearby this town are limestone formations, surrounded by rice fields and rivers.

Many school children practice their English by visiting tourist locations and conversing with the tourists. A little girl approached Kyla, asking if she could ask her a few questions.

For the next leg of our journey, we wanted to escape the tourism and experience something more majestic. So we visited Lac, a village just outside Mae Chau. On our first day, we rode bikes to a location where we hiked up 1200 steps and explored a cave where there wasn't another soul in sight. We also rented a motorbike for only \$9 and road to a nature reserve where we viewed some rice terraces.

We travelled from Saigon in the south up to Hanoi in the north and stopped in nine places over the span of one month. In Hanoi, it happened to be a holiday. Streets were closed for pedestrians to walk around, and we saw a mini car show of battery-powered cars for kids to rip around in, which was very cool.

Alas, it was time to say 'au revoir, Vietnam.' We never cared for their food. They are famous for eating soup three times a day, but eel soup for breakfast? No, thank you! And we discovered an unusual dessert at a shop in Halong Bay that was selling ice cream with red beans in it.

The Vietnamese drive like kamikaze and somehow survive. The sun can be relentless, the views are incredible, and the people are among the kindest we have ever encountered.

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# Pop89

## Duly Noted



BY MADONNA HAMEL

Your Southwest Media Group

I have seven floor-to-ceiling bookshelves in my apartment. I try to keep them organized according to themes and subjects so that I don't waste my day hunting for that great book on the history of snake bites or that collection of Victorian nursery rhymes.

The shelf on my left is for nonfiction - essays, biographies and true-life stories that read like fiction. Many of them I refer to more than once, others I've yet to crack open. The shelf next to that includes my favourite books, the ones that, if they didn't change my life, made me think twice, three times. Among them is Stephen Kuusisto's "Planet of the Blind." I read the book when I was a reviewer for CBC Radio back in 1998. I told my host on air that this would be my favourite book of the year. But it's only January, he laughed. I know, I replied. That's how good it is. And it was.

Stephen Kuusisto is blind. As he puts it: "I see like a person who looks through a kaleidoscope; my impressions of the world at once beautiful and largely useless." Kuusisto wouldn't admit to his blindness until early into his adult life when he was finally able to visit the Prado in Madrid to see the famous paintings of Velasquez and Goya. But when he finally gets close to paintings, he can't get close enough. He is "thwarted by guards and ropes." Oh well, he says, trying to console

himself, I'll buy a museum guide in the gift shop. I'll read about the paintings I cannot see. "But the print is microscopic. Instead of a book, I find I'm holding a little cup full of sand."

For a long time now, I've wanted to publicly acknowledge the writers whose words have moved or enlightened me, to make certain that all my influences and inspirations have been duly noted. I feel an urge to alert other readers who may have missed out on what I consider essential, if not required, reading. So, I've invited my friends Page and Judith to supper next week. But they have to read for their meat; they have to bring a page of some exquisite writing that moved them or stuck with them as long and as much as "Planet of the Blind" stayed with me. They assure me they'll have no problem finding something.

Yesterday I sat down to find the page that has stuck with me all these years. Re-reading it, it hit me: my brother knows about this firsthand. Though he's not blind, he says he still gets "the whirlies" which keep his world in constant recalibrating motion, like a gyroscope, seeking direction. He can get lost in his own woods, he says. Which saddens him, but doesn't stop him. I ask myself, would I choose, of all the books I own, to read from this book to him. Or would it just sadden him more? I love this book for the writing itself, but the proof of a good memoir is more than that. It has to ring true. When something

rings true, we can relate; we don't feel quite so alone, no matter how wretched the author's circumstance.

Which brings me to my "Exploring the Territory" bookcase, the one on the right of my desk, within reaching distance. These are my teachers, helping me approach my own writing about this territory at the turn of the 19th century with courage, truth and honesty. This is the vault of gold that I read and consult to "keep it real," "get the facts straight," and "stay current." To honour the power of true stories.

There's been a lot of great writing about the prairie, some by people who've lived here all their lives. Some by settlers who came, then left. Some by travellers, who would never dream of staying, but who long to commune with "the salt of the earth" for a while. (It never occurs to them that painting all country folk as decent is as prejudiced as painting all city folk as corrupt.) And some are by indigenous authors. They range from angered to bemused. Most are poets stepping forward with knowledge, spirit and body memory beyond my comprehension. But bring it on, I say. Because I want to know, I need to know, and there is no other way to tell the story of this place than through the people native to it.

Every day I dip into the treasure chest that is this shelf. Among the gems are the classics: "Many Tender Ties," by Sylvia Van Kirk, about indigenous women as integral to the fur trade society. Pre-mis-

sionary prairie fur traders and indigenous women often formed liaisons that served as marriages, as far as the two parties were concerned. When women from Europe and the Church moved in, their bonds were considered illicit.

Shelved beside "Tender Ties" is the contemporary classic: "The Northwest is Our Mother" by Jean Teillet. It's a thorough look at the Metis Nation, the country's new nation who served as interpreters, mediators, guides and scouts for newcomers and yet have been reviled as thieves and vagrants. The mothers of the Metis nation are the women in Van Kirk's book. They also appear in another important book: "Buffalo Days and Nights," the diary of the Metis interpreter Peter Erasmus. Erasmus was also a trader, a buffalo hunter and mission worker. These three books challenge assumptions about the ancestry and allegiances energizing this territory.

I've just scratched the surface of the thousands upon thousands of pages I've read and have yet to read. Because to write historical fiction that rings true, you have to read a lot of nonfiction. In the end, I will have to trust my muse and imagination, then write from the heart. But in the meanwhile, I bow to all the books on my shelves and to the authors who poured their body and souls into them: duly noted.

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*Opinion*

# CHECK IT OUT

**Joan Janzen**

Your Southwest MEDIA GROUP

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# How does screen time affect kids?

A grandparent handed her grandson a book and explained, "It's called reading. It's how people install new software into their brain."

Reading hard-copy books has become much more uncommon compared to spending time looking at a screen. I listened to a psychologist explain how screen time affects children and young adults.

In a recent interview, Dr. Phil McGraw of television fame said, "Parents need to understand they're not raising children; they're raising adults. When you look at your 5-year-old, everything your child will ever need, they are becoming."

Allie Beth Stuckey interviewed psycholo-

gist Dr. Nicholas Kardaras, who has written two books about social media and mental wellness. He specializes in digital media and how it impacts mental health. "I keep emphasizing to parents: delay, delay, delay. Delay exposure to devices," he stressed and went on to explain why.

Dr. Kardaras said the prefrontal cortex of a young person gets compromised developmentally the more they're on a screen, and it actually begins to shrink in the same way as it would in someone with a chronic substance addiction.

The prefrontal cortex, behind the forehead, is where dense grey matter (DGM) is located. It's where our critical think-

ing and decision-making originate, allowing us to foresee the consequences of our actions. The prefrontal cortex is not fully developed until age 25.

Dr. Kardaras said screen time not only shrinks DGM but also attacks the Myelin sheath, allowing our brains to communicate and function. He has first-hand knowledge of the long-term impact as he treats individuals 17 years and older who have tech addiction and social media issues.

"We're seeing people who can only see things in black and white and have a hard time discerning things. They're emotional, reactive, nuclear bombs who need safe spaces," he said. "There's this fragility in young people; it's socially media-driven fragility."

He compared the effect of television on children to digital screen time. From ages 2-6, the brain is developing the ability to focus and pay attention. He said research from the 1990s showed for every three hours of television, a

child would have a 30% chance of having Attention Deficit / Hyperactivity Disorder (ADHD). That percentage increases exponentially with the use of digital screens.

"As a researcher working with young people, it's (ADHD) is happening more; we're not just diagnosing it more," he observed. "Kids are overstimulated and always need stimulation."

As a psychologist, he sees firsthand the long-term consequences of toddler to adult screen time. He said the result is blurred kids who can't function and spew venom instead of engaging in rational discourse.

"We've created addicted people who can't manage without their devices," he said. Because younger people don't have a core sense of identity, they are more vulnerable to the brainwashing that takes place on social media, he noted.

The concept of social contagion is not new. It's defined as behaviour that spreads via social means; smoking is an example of social contagion. How-

ever, the impact of social media influencers with millions of followers is far more extensive than face-to-face social pressures we experienced in the past.

Decades ago, social media promised to be an amazing tool used to connect people. However, that connection proved to be a counterfeit, robbing people of face-to-face interaction, causing people to become isolated while staring at their screens. "We're seeing kids who can't leave the house," he observed.

Unfortunately, algorithms send content that essentially attacks the vulnerabilities of adolescents, such as body image issues. As a result, Dr. Kardaras said they're seeing huge spikes in anxiety, depression, personality disorders and gender dysphoria.

"Gender dysphoria is real but is extremely rare," he said. "Now we're seeing a 4000 percent spike in late-onset gender dysphoria female to male. There's no explanation other than social media."

Dr. Kardaras described part of the process used to treat people who come to him with gender dysphoria diagnoses. "We have two months with no phones, no media. By the end of two months, it has gone away. If you have the real thing, it doesn't get cured in 2 months."

Considering everything he's shared, the doctor's advice to "delay, delay, delay" seems to make sense. He continued to explain that not only is a child's prefrontal cortex developing, but also their sense of identity.

"Your kids will get a little more immunized the older they get as their sense of identity develops," he assured. "We (adults) are still susceptible, but less so than children."

It serves as a reminder to all of us to set aside our devices and enjoy face-to-face interaction. There's no threat of addiction involved with community interaction, and it strengthens our sense of identity and mental well-being.

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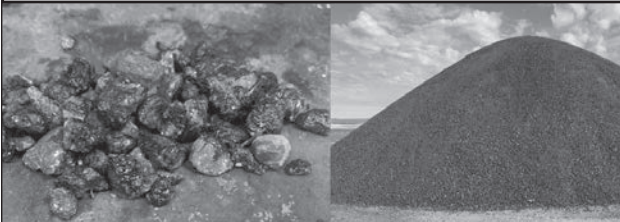
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# Sustainable Fertilizer brings Regenerative Agriculture into the Mainstream

BY NEIL WIENS

Whether we like it or not, agriculture must change to meet today's challenges. I say this as someone who grew up on the farm near Watrous, Saskatchewan, and who loves farming, partly because I love the independence. I don't like being told what to do. But I'm also prepared to change when I can see which way the world is going. If you don't adapt with the times, you don't survive, and countries around the world are changing their farming practices to improve soil health, meet ever higher consumer standards, and to address the challenge of climate change.

We might not agree with how government approaches these challenges but it's also unwise to pretend that these trends aren't real. It's even harder to ignore what our soil tells us. And it's pretty much impossible to ignore whether our profit and loss statements are printed in black ink or red. So, do we fight global trends, or do we see them as opportunities? The answer is clear. We do what farmers have always done, we meet change head on and become more successful than ever.

As a biochemist and nutritionist, I've been concerned about the amount of salt that synthetic fertilizers leave in the soil. Too much salt kills the microbes that make up healthy topsoil, the beating heart of a productive farm, and we've been pouring synthetic fertilizer and salt onto our fields for decades. Over time it crushes yields. My team and I set out to find solutions and we found one. What we didn't realize at the time is that our solution to improving soil health would also tackle another of the biggest problems now facing farmers, climate change.



If you farm, you know that GHG emissions from agriculture are under scrutiny from Ottawa and almost every national government in the world. Agriculture feeds the planet but in producing food, farm operations emit greenhouse gases, roughly 25% of all worldwide emissions. Half of the emissions from agriculture come from the use of synthetic fertilizer. Meanwhile, farmers themselves are among the hardest hit by climate change. The Government of Canada's solution is to propose a 30% reduction in emissions from nitrous oxide, most of which comes from the application of synthetic fertilizers. Our solution is better in every way, a regenerative mineral based fertilizer that maintains or improves yield, without the heavy salt load and without the nitrous oxide that is a major by-product of synthetic fertilizer.

Our approach uses recycled organic matter, and elemental mineral sources. The result is a fertilizer that restores the nutrient balance of the soil, meaning higher yields, reduced input costs, and bigger profits. Soil health is restored, while also addressing a problem that can no longer be ignored.

Every year Canadians waste approximately 2.3 million tonnes of food worth more than \$20 billion. This food rots in our landfills,

emitting harmful methane into the atmosphere, compounding climate change. Our manufacturing process turns this waste into healthier soil and reduced emissions.

By diverting this waste food from landfills, we turn waste into economic opportunity. Because we manufacture in facilities close to end users, we bring jobs to rural communities, and our approach avoids or reduces about 200,000 CO2e tonnes annually, the total annual CO2 emitted by a community of 15,000 people. These numbers will only improve as more and more farmers fully embrace this new technology.

Change can be painful, but we also know that government and public demand for solutions to climate change will only grow louder. It's better if farmers and entrepreneurs address those challenges before governments impose solutions. We think we've made a good start at doing just that.

*Neil Wiens is an agriculture scientist and the founder of Replenish Nutrients, an Alberta-based, publicly traded, regenerative fertilizer manufacturing company trading under the symbol EARTH on the Canadian Securities Exchange. For more information, visit our website <https://replenishnutrients.com>*

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For more information contact  
**Janice Morland 306-834-8180 or [kerrobertagsociety@gmail.com](mailto:kerrobertagsociety@gmail.com)**

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**Check out our Facebook page!**



# An oasis of beauty in the prairies

BY JOAN JANZEN  
Your Southwest Media Group

The Victoria Day long weekend officially marked the beginning of camping season on the prairies. A picturesque camping retreat nestled in the river hills by the South Saskatchewan River, is Sandy Point campground. Located between Hilda and Oyen along Highway 41, the campground is part of Cypress County. When you see a bright green bridge, you will know you have arrived.

If you're looking for peace and quiet, Sandy Point is the camping site for you! It may not have power and access to conveniences, but it offers great fishing and its landscape is an oasis of beauty amidst a lonely stretch of pasture and prairie.

At the river's edge I talked to a fisherman who had caught an eight-pound Walleye within a half hour. However his girlfriend convinced him to throw it back and let someone else enjoy catching it.

The hills and rock formations across the highway are an invitation to take a hike up to the top and view the scene below. Along the ascent, you'll see beautiful wildflowers and the occasional fossil fragment. But watch your step; there are cactus and on one occasion I've encountered a rattle snake.

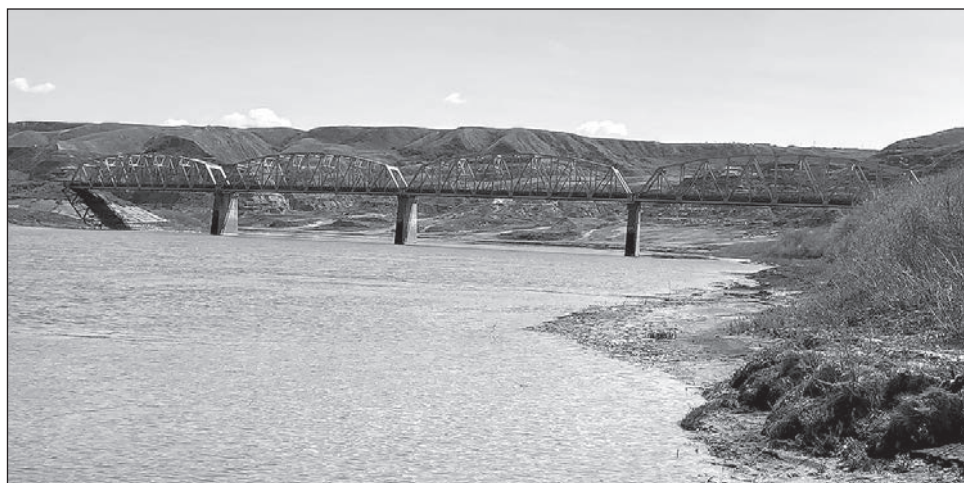
There's a playground for the kids when they get restless, and a rough boat launch for fishermen wanting to get out on the river. And, on a hot day, the river water looks very inviting for some, but not so inviting for others.

On my last visit, a couple was trying to convince their dog to take his first dip in the river. They dragged him into the water, while he placed his big paws on their shoulder, begging to be rescued.

If you're looking for a quiet and picturesque weekend get-away, Sandy Point will not disappoint you. It's an oasis of beauty located right in our neighbourhood.



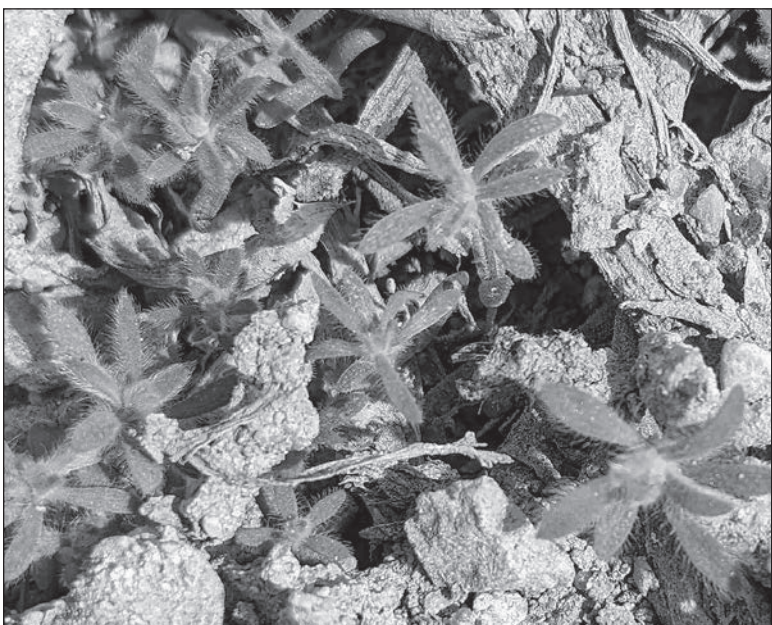
The river hills and their rock formations offer a picturesque landscape at Sandy Point campground.



When you see the big green bridge, you will know you have arrived at Sandy Point campground.



Kochia Seedlings. | PHOTOS BY CLINT JURKE



Shawn Senko is an agronomy specialist with the Canola Council of Canada. Email [senkos@canolacouncil.org](mailto:senkos@canolacouncil.org).

## Stop kochia from setting seed

By Shawn Senko

Kochia that survived pre-seed burnoff needs to be taken out before it drops seed later in the season. The big weeds can produce at least 15,000 seeds per plant – often many more – so letting them set seed and then spreading that seed with the combine can move a herbicide-resistant population across a field very quickly.

Kochia with resistance to both Group 2 and Group 9 herbicides is found all across the Prairies in big numbers. Agriculture and Agri-Food Canada weed scientists have also confirmed kochia populations with resistance to Group 4 and Group 14 herbicides.

The best practice is to control small kochia plants in the pre-seed window with a tank mix of effective herbicides. If kochia is still alive after crop emergence, growers have fewer options in canola fields.

The only in-crop herbicide option that works on Group-2 and Group-9 resistant kochia is an early application of Liberty on Liberty Link canola cultivars. Group-10 glufosinate in Liberty will control all resistant kochia populations as long as plants are not too large to kill

at the time of spraying.

Roundup Ready, TruFlex and Clearfield systems based on Group-9 and Group-2 weed control are no longer effective on most kochia across the Prairies.

In all cases, scout after spraying. If kochia plants survived pre-seed burnoff and the first in-crop spray, use these other measures to stop them.

Physically remove kochia plants. Options include mowing areas where kochia is the dominant species and crop yield expectations are low. Hand weeding could be worthwhile in areas where individual resistant (or likely resistant) plants are present.

Use combine seed destroyers. Combine weed seed destroyers, the mechanical hammer mills that pulverize all seeds in the chaff, can effectively destroy at least 90 per cent of kochia seeds – as long as harvest is not delayed to the point where major seed drop has begun.

Apply Edge in the fall. This won't stop seed set this year, but could be part of the solution in fields with a lot of resistant kochia. Group-3 ethalfluralin (Edge) applied in the fall on

fields planned for canola the following year can help manage kochia resistant to glyphosate and other herbicides.

Canola growers with herbicide-resistant kochia may want to look at other long-term management strategies. They could seed kochia-infested areas to salt-tolerant perennial forage rather than continue to throw inputs at acres with no hope of profitability. They could diversify the crop rotation with early- and late-seeded crops, including winter cereals and forages that provide early season competition. If poor drainage is at the root of salinity problems, localized tile drainage may remediate low productivity areas where kochia tends to thrive. Farms that prefer Roundup Ready or TruFlex canola may want to consider cultivars with stacked systems – TruFlex and Liberty Link – to give them flexibility to manage herbicide-resistant kochia.

For more on this topic, please read "How to contain herbicide-resistant kochia" and "Integrated weed management: Best practices" in the Weeds section at [canolawatch.org/fundamentals](http://canolawatch.org/fundamentals).

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# Eston couple helped make things happen

BY JOAN JANZEN  
Your Southwest Media Group

Volunteers play an essential role in our communities, and they're often the ones who make things happen. The former mayor of Eston, Al Heron and his wife, Claire, not only know this to be true but have lived it out in real-time. Al's passion for helping out in his community began many years ago when he first lived in Eston for a period of time.

"The Chamber of Commerce came to me and said they're having a problem with kids 10-15 years of age and asked if I could do something,"

Al recalled. "I suggested baseball on one condition; we're going to do it so we can get better citizens in our community."

Five days a week, between 20-40 kids would be waiting for Al when he got off work, and they would run about five blocks to the ball field. It was part of their fitness training, and evidently, it worked because the 12 and under team won the provincial championship that year.

"We beat the best team in Saskatoon that had been provincial champs for four years," he said.

Al's concerns regarding volunteerism go back

to his time of being a recreation director in Eston and then going on to work for Sports, Culture and Recreation as a field man. "It was the late 60s and 70s that we established many recreation boards in the province. Now every community has a recreation board," he said.

As a recreation director, Al recalled half of the work involved recruiting volunteers. "You're usually dealing with kids, so volunteers should be respectful of others and concerned about young people and their future development as citizens in our community," he advised. His suggestion to volunteers is to try it for a year and then decide if they're going to continue.

Claire said, "It's really important to work with people's interests." For example, parents become interested when their kids are involved in an activity. "And quite often, once they begin coaching, they want to continue the next year because they enjoy it. But if you want a good volunteer, it's a process. They need to know when the volunteer period begins and when it ends."

Al agreed that communication is vital. "You have to sit down with them and talk about the program, which allows you the opportunity to find out some things about the people who will volunteer."

When Al and Claire moved back to Eston in 2001, they didn't waste any time getting involved in the community. Al suggested the community do fundraising to help with the rink's operational expenses. "I suggested we have a long-distance River Trek," he said. "Long story short, the River Trek ran for 15 years, and we raised over \$230,000 for the operation of the rink."

On more than one occasion, Al proved that fundraising can be fun. When the canteen at the hockey rink needed an ice machine, Al took on the job. "I let my hair grow all winter, and in the spring, we had a draw of people who had bought tickets on the chance to cut my hair," he recalled.

It turns out the lucky winner was a hairdresser,



Al and Claire Heron from Eston are passionate about volunteering.

but that didn't benefit Al. "He came with his clipper and went straight over my head from ear to ear and from front to back. The remaining hair was dyed four different colours. It was kind of humorous, I guess. Anyway, we raised enough money to buy the ice machine, and my hair grew back." And everyone had a lot of fun!

Claire said she grew up with parents who were models of volunteerism.

"When I was teaching, I found it difficult to teach and be a parent, so I made a choice to be a parent, and we became a single-income family," she explained. "And so I became very involved in the Catholic Women's League (CWL)." Claire was involved, both internationally and nationally.

This is just an overall glimpse of this couple's contributions throughout the years and among the communities where they

were residing. Now Claire is involved with delivering Meals on Wheels, conducting a lodge service and Bible studies, while Al spends more time relaxing because of failing eyesight.

But their passion for volunteering remains as vibrant as ever. And if you contact Al, I'm sure he'll come up with a few fun-loving fundraising ideas. All he needs is a team of volunteers to make them come to life.



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[www.eston.ca/recreation](http://www.eston.ca/recreation)  
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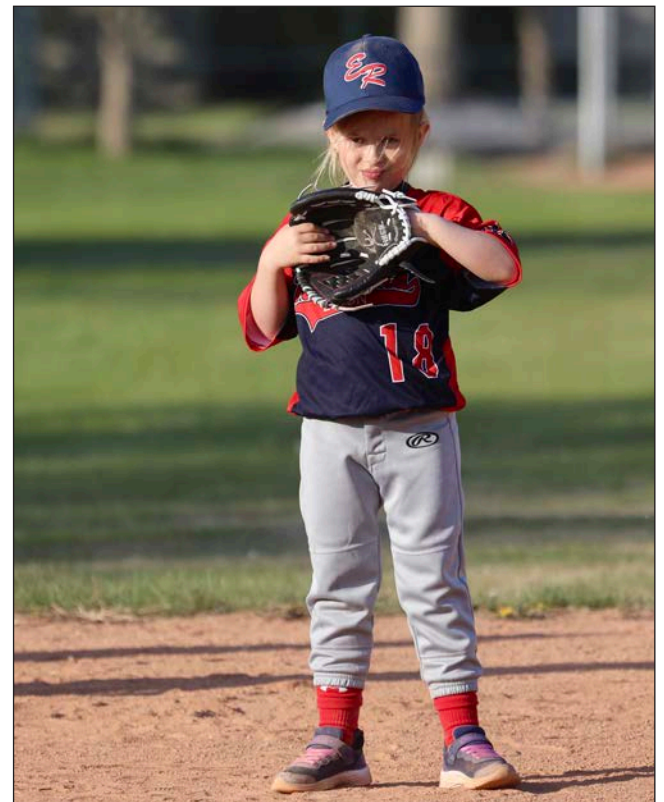




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The 2023 ball season is well underway. U15 Boys Baseball, U15 Girls Fastball and U9 Girls Softball were all in action last Thursday. | PHOTOS BY KATE WINQUIST

# Leafs break their fans' hearts again

BY BRUCE PENTON  
Sports Columnist

Leaves fall in autumn. The Leafs, meanwhile, traditionally do it in the spring. And it's happened again.

Toronto Maple Leafs' fans, without a Stanley Cup to celebrate since 1967, thought this might be the year. Hated rival Boston Bruins were surprisingly dumped in the first round by Florida Panthers, seemingly paving the way to the Eastern Conference final for the Leafs, who got by Tampa Bay in the first round.

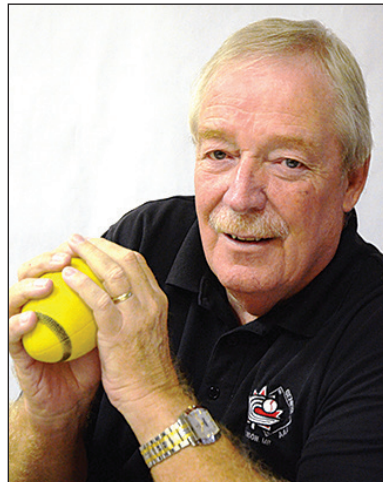
But the script went askew in that second round. The Panthers, who barely squeaked into the playoffs in the first place, needing a wildcard entry to get there, apparently saved their best hockey for April and May and well, here they are: In the Eastern Conference final against Carolina while the Leafs book tee times at the Adios Golf Club in Coconut Creek, Fla.

In each of the series' five games, the Leafs could muster only two goals. As they went down 3-0 in the series, the six Toronto goals were scored by players with surnames Knies, Kerfoot, O'Reilly, Bunting, Gustafson and Lafferty. Conspicuous by their absence on the scoresheet were the names

of Auston Matthews, Mitch Marner, John Tavares and William Nylander, the Leafs' so-called Core Four whose offensive production during the regular season (146 goals, 351 points) propelled them to an 111-point season, tied for the fourth highest total of the NHL's 32 teams. This could be the year, Leaf Nation hoped.

But not to be. As both Matthews and Tavares were held without a goal during the entire series, Florida dispatched the Leafs in unceremonious fashion, winning Game 5 in overtime, 3-2, after the Leafs stayed on life support with a 2-1 Game 4 victory. The unexpected elimination of the Leafs caused much anguish not only among the team's executives, but from the two Canadian sports networks, who don't openly root for the Leafs to succeed, but know that their audiences are boosted with every Maple Leaf victory.

But if you're a Leaf fan in misery this spring, save a tear for Boston Bruins' fans, who watched their team get stunned in the first round after an historically sensational regular season, where the B's accumulated more points than any other team in history. You may have heard the phrase 'anything can happen in a short series' and



that was painfully true for the Bruins and the Leafs. Defending champion Colorado Avalanche could also commiserate with the woeful fortunes of the Bruins and Leafs, surprisingly getting sidelined by the second-year Seattle Kraken in the opening round.

The Stanley Cup playoffs don't always identify the best team in the NHL. That was undoubtedly Boston this season. But the run to the Stanley Cup identifies the team that got hot at the right time, that avoided serious injuries and possessed the undefinable qualities that separate winners from losers at crunch time.

Maybe next year for the Leafs. Again, the old refrain. Maybe next year.

• **Mike Bianchi** of the Orlando Sentinel: "I just saw where **Sam Hammond** of the

Royal Marines set a Guinness World Record by running the London Marathon in 4 hours, 56 minutes – with a refrigerator on his back. That's almost as impressive as the Ravens winning the Super Bowl – with Trent Dilfer starting at quarterback."

• Scalped from **Bob Molinaro** of pilotonline.com (Hampton, Va.) **Kathy Guillermo**, PETA senior vice-president, after seven horses died at Churchill Downs in Louisville in the leadup to the Kentucky Derby: "They should play 'Taps' at the Derby instead of 'My Old Kentucky Home.'"

• Comedy writer **Alex Kaseberg**: "**Mark Zuckerberg** won gold and silver medals at a local jiu-jitsu tourney in Northern California. How much would it suck to get your (butt) kicked by a nerd worth \$76 billion?"

• From the Canadian parody website The Beaver: "Leafs pleased they could find a more creative way to devastate fans than just losing in first round again."

• Comedy writer **Torben Rolfsen** of Vancouver: "The last time the Leafs won a first-round series, a few people on MySpace went crazy."

• Headline at fark.com: "**Brian Reynolds** signs the most lucrative contract in Pitts-

burgh Pirates history: eight years, \$106 million. Meanwhile, the Dodgers, Mets and Yankees are plotting to sign **Shohei Ohtani** for, like, a billion."

• Rolfsen again: "Rumour is **Lionel Messi** might be going to play in Saudi Arabia for an insane amount of money. The club is Sportswashing FC."

• **RJ Currie** of sportsdeke.com: "Have you seen the life-size bronze statue of **Shaquille O'Neal** outside of Staples Center? It's just like Shaq, only it's lighter and more mobile."

• Headline at the onion.com: "Little Leaguers concerned introducing pitch clock would cut into grass-picking time."

• **Phil Mushnick** of the New York Post, on the death of CFL and NFL quarterback **Joe Kapp**: "Kapp's three seasons in Minnesota were fun to watch. He threw 37 TD passes for the Vikings, some of them spirals."

• From Mushnick column in the Post: "Quality Control Graphic of the Week was submitted in a screen shot sent by reader **John Longfield**. TBS, an NHL TV partner, posted the Islanders-Hurricanes score at 'halftime.'"

Care to comment? Email [brucepenton2003@yahoo.ca](mailto:brucepenton2003@yahoo.ca)

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## Kerrobert's Emery Cholin receives Agriculture Scholarship

On May 16, federal Agriculture and Agri-Food Minister Marie-Claude Bibeau and Saskatchewan Agriculture Minister David Marit awarded scholarships to students from across the province pursuing a post-secondary education in agriculture.

"Canadian youth are the future of our sector. This scholarship program gives young leaders the opportunity to pursue their studies and discover the almost limitless career options this multi-faceted industry has to offer," said Bibeau. "Supporting the next generation will ensure a resilient food supply chain and keep the agriculture and agri-food sector strong."

"It's great to see how passionate and well-versed Saskatchewan youth are about agriculture and the potential of this vital Saskatchewan industry," Marit said. "Our agriculture sector is growing, and it's important for us to effectively communicate to everyone in Saskatchewan about the abundant career opportunities available in this

industry."

Caitlyn Spratt from Melfort was awarded \$4,000 toward her post-secondary studies as the grand prize recipient. Her essay discussed Saskatchewan's sustainability efforts, which included implementing practices like zero till and GPS technology as well as addressing the environmental benefits of cattle grazing on the province's native rangelands. Caitlyn plans to further her education at the University of Saskatchewan at the College of Agriculture and Bioresources.

"Education is key to success!" Spratt said. "Winning this scholarship enables me to share the story of agriculture while furthering my education and pursuing a career in the industry I love."

Danielle Dyok from Saskatoon, Katherine Andree from Val Marie and Emery Cholin from Kerrobert were all awarded \$2,000 as runners-up for the scholarship. Danielle and Emery will both be attending postsecondary at the University of Saskatchewan this

fall at the College of Agriculture and Bioresources.

Katherine will attend Olds College in the Agricultural Management Program.

The Agriculture Student Scholarship is funded through the Sustainable Canadian Agricultural Partnership, a five-year, \$3.5 billion investment by Canada's federal, provincial and territorial governments that supports

Canada's agri-food and agri-products sectors. This includes \$1 billion in federal programs and activities and a \$2.5 billion commitment that is cost-shared 60 per cent federally and 40 per cent provincially/territorially for programs that are designed and delivered by provinces and territories.

For more information on the scholarship winners and their submissions, visit [www.saskatchewan.ca/agpublic-trust](http://www.saskatchewan.ca/agpublic-trust).

You can read Emery's submission on page 11.

## Saskatchewan Weekly Crop Report

Producers have made substantial progress in seeding over the last week. Seeding is currently 38 per cent completed in the province, up 29 per cent from last week. This is behind the five-year average of 53 per cent, but it is close to the 10-year average of 44 per cent. Currently, seeding is more advanced in the western half of the province. Rain in the southeast has provided moisture relief while halting seeding operations for a few days.

The northwest is currently furthest along with 55 per cent of crop in the ground. The west-central is at 54 per cent and the southwest 43 per cent. The southeast region has the least amount of acres seeded in the province with 18 per cent of crop

in so far. Wet fields in the southeast and east central regions have slowed fieldwork.

Field peas are the crop with the most seeding progress, with 54 per cent seeded. Lentils (50 per cent) and spring wheat (43 per cent) are leading the crops in seeding progress. Oats (19 per cent), canola (19 per cent), flax (10 per cent), and soybeans (seven per cent) are the crops with the least amount of seeding progress.

Pockets of rain moved through the province last Friday and replenished many dry areas in the southeast.

The Bienfait region received the most with up to 78 mm of rain. Other notable rain in the last week includes the Vanguard area receiving 24

mm and the Marengo area receiving 22 mm of rain. Rain was also received in the northern region of the province, with a maximum of 13 mm reported in the North Battleford region.

Provincial topsoil moisture levels have shifted slightly from adequate to short this week. Topsoil moisture for cropland is reported as 69 per cent adequate and 24 per cent short. Pasture and hayland topsoil moisture follows a similar pattern with 63 per cent being adequate and 28 per cent short.

Producers are busy seeding while watching their early seeded crops begin to emerge. Many are busy applying pre-seed herbicide applications and pre-working their fields ahead of seeding. Cat-

tle are being moved out to greening pastures and branding has started.

With the dry conditions, producers are reminded to stay vigilant about fire risk and to have fire prevention equipment at the ready. Stress is high this time of year for producers and producers are reminded to take safety precautions in all the work they do. The Farm Stress Line can help if you are managing farm difficulties by providing support for farmers and ranchers. Toll Free: 1-800-667-4442.

A complete, printable version of the Crop Report is available online at <https://www.saskatchewan.ca/cropreport>.

Follow the 2023 Crop Report on Twitter at @SKAgriculture.

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# Building a Sustainable Future

BY EMERY CHOLIN

The agriculture world has huge effects on the people of Saskatchewan and it is vital that we can find a way to make it a sustainable place for years to come. Saskatchewan has a heavy farming based community and economy. Agriculture supplies a large number of the jobs in Saskatchewan. It is also a huge part of our economy. Agriculture helps to feed not only our people but people around the world. It is important to remember that the agriculture world is not always forgiving if you do not take care of the environment around you. We have to find ways to make it sustainable for the long term. In recent history, we have seen a large push to promote renewable results and healthier land. Creating a more sustainable system can benefit everyone. Farmers, consumers, and the climate all can see benefits from a more sustainable form of agriculture. Learning from our mistakes, practicing good habits, and looking to the future are all vital parts of making the world of agriculture a better place.



Emery Cholin

This idea or goal has been around for a long time and we are starting to see results from farmers utilizing the best management practices. One of the largest changes that have been made by the majority of farmers in recent history is the reduced tillage on land. As technologies advanced and research into farming grew, many farmers started to reduce the amount of tillage they were doing on their land. New technologies allowed farmers to move towards zero tillage and continuous cropping. Zero tillage farming allowed for greater yields even through drier years. They were able to make use of the rainfall they did receive. This has happened in many areas of farming in very recent history. Many of the

issues have been solved by changing practices but some rely simply on the available technology. Technological advancements have allowed farmers to become more efficient in almost all aspects of farming. The use of GPS guidance systems and variable rate technology has helped to ensure that the crop will be getting its best opportunity to grow with the most efficient use of inputs possible. Other things such as soil tests have also come a long way to help farmers plan what to grow and what their soil needs. Crop rotations and extensive planning have become typical practices for most farms. We are seeing a shift in the agriculture world that is bringing light to past problems and allowing farmers to make the most out of their situations.

The agriculture industry has a huge role and responsibility when it comes to climate issues. The agriculture industry is in a unique spot where it can directly impact the environment. In past years we have seen a large push to be more conscious of how our actions are affecting the environment. Agriculture is hugely involved in this and has a job to do when it comes to playing its role. Communicating with the general public about how positive chang-

es can and are being made can help. The industry has been looking into creating more efficient and less harmful ways of farming. It all boils down to how efficient you can make the land and many inputs are required. Technological advancements have helped immensely but there is more to it than just that. Extensive research is being done in all aspects of agriculture to help find a solution. It's important to remember that we are working together to build a future that works for all. Carbon sequestration has been a hot topic in agriculture lately, and for good reason. Carbon sequestration is the process of taking carbon dioxide from the atmosphere and storing it in the soil. Being able to reduce your carbon footprint and create a sustainable environment is essential for agriculture.

Regenerative agriculture is an idea that has become widely adopted by many farmers. It focuses on building up soil health, increasing biodiversity, and reducing how much input is needed on the land. It addresses how you should try to not take any of the carbon from the soil and maintain a steady balance. One important step that is being taken is happening in the livestock industry. Regenerative grazing has helped farm-

ers not only increase the efficiency of their land but also has allowed producers to sequester carbon in the soil. Regenerative grazing involves rotational grazing, multi-species grazing, and low-stress handling. The main goal of regenerative grazing is to make an ecosystem where the animals and plants can reap benefits from each other and thrive together. This same idea also applies to grain farming. Many farms now have adopted new crop rotations that are better for keeping the soil healthy. All of these aim to help with managing the soil's health. It has allowed farmers to get more out of their land while allowing the soil to retain carbon and build a sustainable environment.

Through making mistakes, adapting and learning from them and pushing for even better practices, the agriculture industry is continuously changing. This change is not detrimental to anyone and only aims to bring benefits. With bringing in these new practices we have to consider a few things. When we are making decisions on new practices in farming there are three aspects that come into play. New practices need to be economically profitable, environmentally sustainable and regenerative and must not take away from the quality of life of people. New practices that meet all three of these aspects will benefit agriculture as an industry and the population as a whole. With positive changes being made it is crucial to be better at communicating with the general public about new practices and how they can be beneficial to everyone. The world is constantly changing and Saskatchewan farmers are looking for ways to change with it. The future of Saskatchewan agriculture is very bright and promising. By being open to new ideas and management practices, we can work together to help keep Saskatchewan's agriculture sustainable for generations to come.



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## Saskatchewan's Energy News

BY BRIAN ZINCHUK

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## How a new natural gas power plant in Saskatchewan could lead to a national unity crisis

There are major events and projects happening in Saskatchewan that, when you sum it all up, will have profound impacts not only on the Saskatchewan economy, but national unity.

We are rapidly coming to a point where an irresistible force – federal greenhouse gas emissions efforts, are meeting an immovable object – Saskatchewan's need to keep the lights on, and its economy rolling.

Justin Trudeau's planet-saving efforts are coming to a head against Scott Moe's efforts to save Saskatchewan from Trudeau.

I watched a rather extraordinary legislative committee meeting on May 3. NDP Energy and SaskPower Critic Aleana Young asked three hours of hard-hitting, but reasonable questions – basically 95 per cent of what I've been working on over the last year and change. And in response, she got very solid, reasonable answers from Crown Investments Minister Don Morgan, SaskPower CEO Rupen Pandya, and vice presidents Tim Eckel and Troy King.

A substantial portion of that time was dedicated to the previously proposed, but now planned Aspen Power Station, to be built 17 kilometres west of Lanigan. That's really close to an existing potash mine, but more importantly, it's roughly 30 minutes from the BHP Jansen potash mine which will soon be going into production. This mine will be the crown jewel in the Saskatchewan economic crown.

The new powerplant will be very similar to the combined cycle gas turbine plants built by SaskPower in recent years at Swift Current and Moose Jaw. It's 370 megawatts in capacity, and Jansen is expected to require over 200 megawatts.

In other words, you want the biggest potash mine in the world, you've got to provide the juice to power it.

And wind and solar simply won't cut it. Morgan said as much in the committee.

Governments like mantras. And Premier Scott Moe's current mantra he inserts into every speech is how Saskatchewan has the food, fertilizer and fuel the world needs.

This power plant combines all of that. Natural gas (which we mostly get from Alberta) will provide the power to get the fertilizer so we can grow the food. So

far, so good.

### Irresistible force

But there's a huge roadblock coming up ahead, in the form of the proposed federal Clean Electricity Standard. We've already got regulations saying coal fired-power generation must be gone by 2030. So SaskPower has been dutifully moving to replace its coal fleet by that time, building these large gas plants. If you include the two gas power stations at North Battleford built around 2013, by the time Aspen is complete, we'll have largely done that. And in so doing, every megawatt produced by a natural gas power station produces about half the greenhouse gasses as a megawatt from unabated coal.

But the proposed Clean Electricity Standard, trumpeted by federal Minister of Environment and Climate Change, say that's not good enough. They are now saying that all natural gas-fired power, except in exceptional circumstances, must also shut down by 2035.

That means our new Aspen Power Station would need to shut down after about seven years of operation, the definition of a "stranded asset."

### Immovable object

On any given day, coal and natural gas combine to produce up to 84 per cent of Saskatchewan's power (and around 90 per cent in Alberta, at night, when the wind isn't blowing). Saskatchewan has been putting all its eggs into the natural gas-fired basket (until we can build nuclear), only to have Guilbeault seeking to swipe that basket away.

So on May 2, at the Williston Basin Petroleum Conference, Moe said it's impossible for us to meet the Clean Electricity Standard.

"We will not attempt the impossible when it comes to power production," he said.

And this is where the national unity issue will raise its head. What if the federal government persists with this impossible standard, one this province simply cannot meet? What if the Supreme Court backs the feds, as it did with the carbon tax?

As Young said, "I hope there's not going to be a federal government who like marches in and turns off the power plants or anything like that." These are

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# Zinchuk continued

words I've been saying for a while now. What are the feds going to do? Send in the Canadian Army and turn off the power, for the sake of stopping climate change?

No matter the noble intentions (like saving the earth), when a law imposed on a people become impossible to follow, is it a just law?

## What are the people's options?

These are the very real and looming issues Scott Moe is dealing with. He must keep the lights on, full stop. We don't have magical options other than coal and natural gas. We don't have much hydro capacity left. It's going to take at least a decade to get the first nuclear power plant onboard. None of that takes into consideration we're going to need enormous amounts of additional power to deal with all the electric vehicles the Biden and Trudeau administrations are forcing automakers to build.

Wind and solar are simply not an op-

tion. They may be supplementary. But they can not be relied upon. Just Tuesday morning, Alberta's 3,618 megawatts of wind power dropped to 13. You can't run a potash mine that needs 200 megawatts on 13. And Alberta already has a lot more wind and solar than Saskatchewan wants to build.

No, it's natural gas or nothing. All of this has been a strong motivating factor behind the Saskatchewan First Act. It's right in there, if you read it, as I have.

If the federal government persists with these Clean Electricity Standards, if no allowance is made for Saskatchewan, and if the courts back the feds, Saskatchewan will have to question its place in Canada.

That's the whole ball game, folks.

*Brian Zinchuk is editor and owner of Pipeline Online, and occasional contributor to the Frontier Centre for Public Policy. He can be reached at [brian.zinchuk@pipelineonline.ca](mailto:brian.zinchuk@pipelineonline.ca).*



I went for a drive the other night and discovered Bickleigh! It's hard to imagine that it was once bustling with a school, gas station, grain elevators and a general store. #discoversask | PHOTO BY KATE WINQUIST

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Knowledge of credit union products and services, computer literacy and dedication to ongoing self-development would all be assets. Salary will be commensurate with experience, qualifications, and competency.

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## EMPLOYMENT OPPORTUNITY

# Full-Time Swamper

Kindersley, SK CA

### EMPLOYEE OVERVIEW

Good To Go Trucking & Good To Go Rentals offers rental and transportation for completions and drilling equipment to the oil and gas industry throughout Western Central Saskatchewan and Eastern Alberta. Our goal is to provide excellent customer service with safety being the highest priority!!

### POSITION SUMMARY

Good To Go Trucking & Good To Go Rentals are looking for a swamper to join our team. You will be under the direct supervision of the Driver. The Swamper is responsible for assisting the Driver with duties related to jobs and basic truck maintenance. The Swamper will also be responsible to work with drivers and field personnel with a variety of tasks, pre- and post-trip inspections and maintaining tanks and various equipment.

**This is a full-time position based out of Kindersley, SK location.**

### SUMMARY OF DUTIES

*(Duties may include, but are not limited to the following):*

- Communicate with the drivers at all times to spot equipment using, radios & hand signals (e.g., eye contact, verbal, hand signals)
- Is required to wear proper PPE
- Identify hazards!
- Assist driver with the pre/post trip inspections
- Assist with:
  - Loading and unloading of equipment
  - Chaining up trucks
  - Pulling winch lines
  - Hooking and unhooking slings
  - Help others with load securement
  - Inspecting rigger
  - Maintenance of equipment
- Is responsible to help keep equipment clean (inside & out)
- Responsible for the safety of other workers
- Follow company policy & procedures at all times

*Approximate Weights of Items Moved Frequently by the Swamper*

- Planks - 20 to 50 lbs.
- Tire Chains - 80 to 125 lbs.
- Dolly legs - 40 lbs.
- Boomers - 10 lbs.

### WHAT WE OFFER

- Health & Dental benefits
- Short-Term & Long-Term Disability
- Matching Savings Plan
- Committed to employee advancement

**Please email your resume to:**  
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## EMPLOYMENT OPPORTUNITY

# Bed Truck, Texas Bed Truck & Winch Tractor Driver

- FULL TIME - Kindersley, SK CA

### EMPLOYEE OVERVIEW

Good To Go Trucking & Good To Go Rentals offers rental and transportation for completions and drilling equipment to the oil and gas industry throughout Western Central Saskatchewan and Eastern Alberta. Our goal is to provide excellent customer service with safety being the highest priority!!

### POSITION SUMMARY

Good To Go Trucking & Good To Go Rentals are looking for Winch Tractor and Bed Truck, Texas Bed Drivers, Winch Tractors to join our team. Bed Truck, Winch Tractor and Texas Bed Truck Drivers are responsible for the safe and professional transportation of equipment in compliance with company and customer policies and procedures, as well as government regulation. Driver must be in possession of a valid Class 1 driver's license and all required training certificates (will train). The driver will utilize the unit as a light bed truck, hauling loads.

**This is a full-time position based out of Kindersley, SK location.**

### SUMMARY OF DUTIES

*(Duties may include, but are not limited to the following):*

- Hooks up and decks off trailer
- Pre/post trip inspections as well as company associated paperwork
- Chains up truck if muddy or icy
- Contacts dispatch and field personnel to ensure clear directions
- Loading and chaining downloads (rental equipment, drilling equipment etc.
- Ensures safety of all surrounding workers
- Organize loads, work on lease operation
- Identify hazards!
- Knowledge and experience with the oil and gas industry
- Willing to work outdoors in varying weather conditions
- Must have valid Class 1A driver's license
- Pulling the winch line - lifting 3' x 10' planing
- Training and guidance of swamper
- Load and unload equipment on various oil well sites and yards
- Ensures safe operation of the unit and equipment as per manufacturer's specs and company policies
- Maintenance requirements of the unit
- Is responsible to help keep equipment clean (inside & out)
- Demonstrated ability, with extensive experience operating winch tractor, scissor neck trailers
- Communicate with customer's on-site representative as required

### WHAT WE OFFER

- Top of Wage Scale
- Short-Term & Long-Term Disability
- Committed to employee advancement
- We are a very respectable and caring company
- Health & Dental benefits
- Matching Savings Plan

**Please email your resume to:**  
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## EMPLOYMENT OPPORTUNITY

# GPE Fluids Management

## Class 1 A Fluid Hauler

Kindersley, SK CA

### EMPLOYEE OVERVIEW

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### WHAT WE OFFER

- Top Wages
- Health & Dental benefits
- Short-Term & Long-Term Disability
- Matching Savings Plan
- Committed to employee advancement
- We are a very respectable and caring company

### SUMMARY OF DUTIES

*(Duties may include, but are not limited to the following):*

- Reliable team player
- Safety conscious
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- Mechanically inclined and able to complete minor repairs on the road
- Class 1A driving experience
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## CARDS OF THANKS

Thank you to everyone who helped celebrate my retirement of 47 years of work. The coffee and tea social was held at the Kindersley Legion. It was great to see the familiar faces and have a quick chat with them. The social was hosted by my family. Thank you so very much. Thank you for attending. - The David & Caroline Burke Family

## COMING EVENTS

**West Central Crisis and Family Support Centre**

**ANNUAL GENERAL MEETING**

**Wednesday, June 21**  
**7:00 PM**  
**Morgotch Law Board Room**

*Includes Auditor's Report and Bylaw Revisions. Public welcome.*

Prairie West Historical Society in Eston is holding their AGM on Tuesday, May 30 at 2:00 in the Heritage Gallery at the Museum. Everyone welcome. Refreshments served.

Saturday, May 27th from 11:00 to 1:00 will be the kickoff to Saturday hot-dog sales at the Eston Museum. Also "Opening Day" for the Museum's 2023 season. Complimentary pie and ice cream treats until 2:30 Come for the BBQ or just for pie. Tour the museum and see captivating clothing displays and newly donated furniture original to the Evans House.

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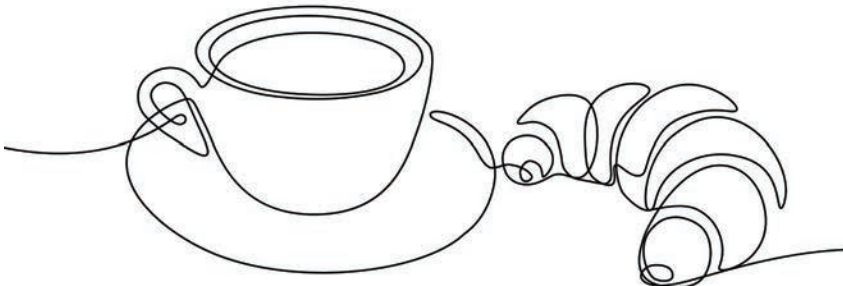
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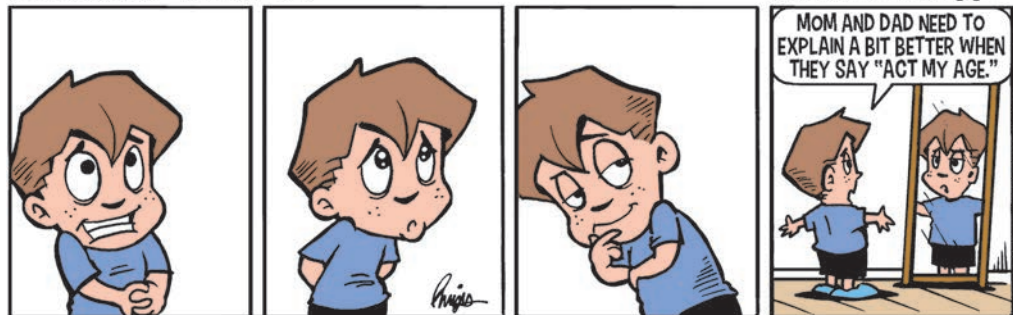
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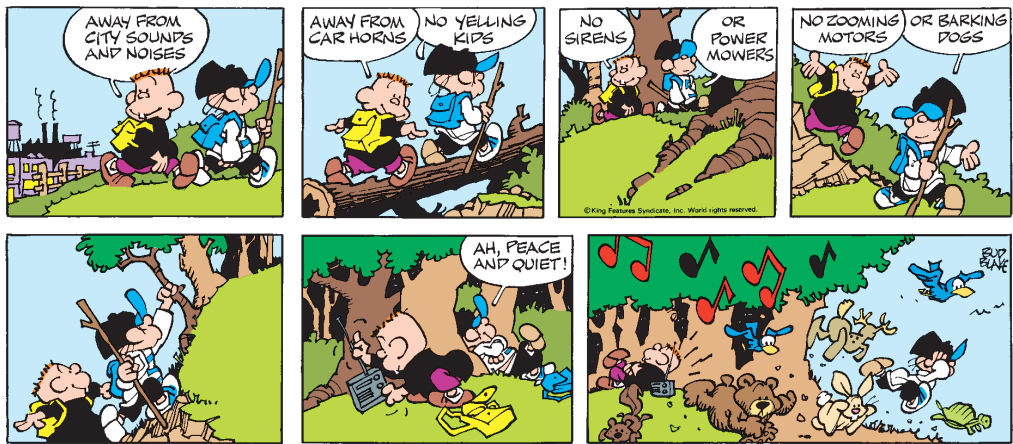
coffee time

Amber Waves



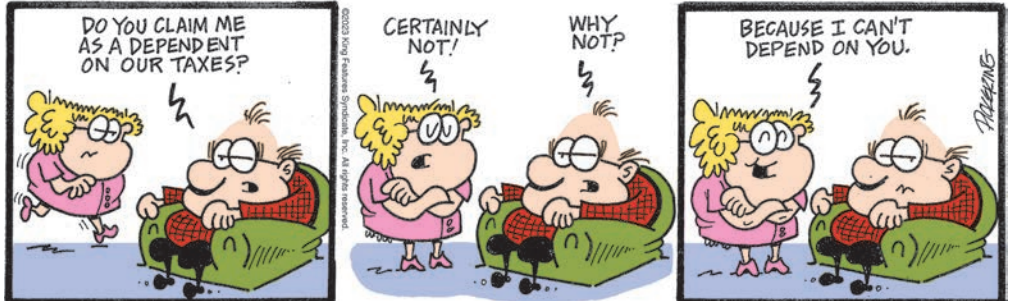
by Dave T. Phipps

TIGER



by BUD BLAKE

The Spats



by Jeff Pickering

King Crossword

ACROSS

- 1 Beer ingredient, 5 Adj. modifier, 8 Taverns, 12 "The Middle" actress, 14 Denny's rival, 15 Susan of "Dead Man Walking", 16 Donated, 17 Business mag, 18 Rose and fell on the sea, 20 Chicago cagers, 23 Seethe, 24 God of war, 25 Adirondack lake, 28 Martini ingredient, 29 "Star Wars" baddie, 30 Pirate's chart, 32 Arabian nomad, 34 Minus, 35 Melodies, 36 Blitzen's boss, 37 Two-piece suit, 40 Jazzy style, 41 Greek vowels, 42 Revolutionary War battle, 47 Hamlet, e.g., 48 Stumble on

Grid for King Crossword with numbers 1-51

- 49 Winter coaster, 50 Thanksgiving veggie, 51 Section, 9 Melville captain, 10 Peregrinate, 11 Raced, 13 Hostels, 19 Sharif of "Funny Girl", 20 Purse, 21 "Topaz" author, 22 Sultry Horne, 23 Loses color, 25 Clerics' robing room, 26 "So be it", 27 Group of actors, 29 Futile, 31 Unpaid TV ad, 33 Elevated, 34 Portable PC, 36 Daytime drama, 37 Hotel furniture, 38 Slanted type (Abbr.), 39 Welles role, 40 Edge, 43 Coach, 44 Parseghian, 45 Eggs, 45 Berlin's country (Abbr.), 46 Museum display

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Weekly SUDOKU

by Linda Thistle

9x9 Sudoku grid with numbers

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

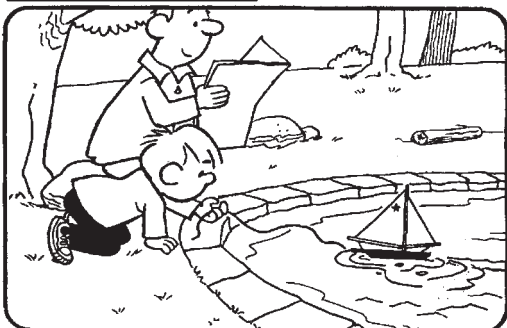
DIFFICULTY THIS WEEK:

- Moderate, Challenging, HOO BOY!

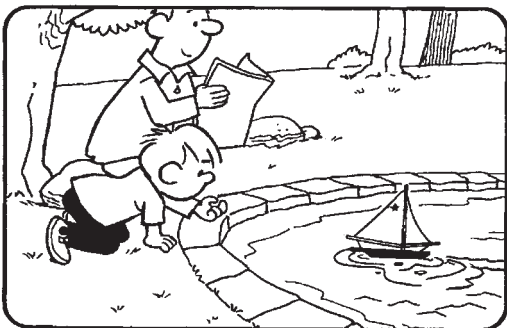
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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Sneaker is different, 2. Sleeve is shorter, 3. Paper is smaller, 4. String is missing, 5. Sail is different, 6. Log is missing.

4x7 grid for Trivia test

Answer

Weekly SUDOKU

9x9 Sudoku grid with numbers

Solution time: 22 mins.

Answers

King Crossword



by Fifi Rodriguez

- 1. TELEVISION: What is the name of the high school in "Buffy the Vampire Slayer"? 2. MOVIES: Who voiced the character Woody in "Toy Story"? 3. LITERATURE: Who are the tragic lovers in the novel "Wuthering Heights"? 4. AD SLOGANS: Which product invites consumers to "taste the rainbow"? 5. FOOD & DRINK: Which root vegetable is known as Japanese horseradish? 6. ANATOMY: What substance gives skin its color? 7. GEOGRAPHY: Where are the Great Pyramids of Giza located? 8. HISTORY: Who was the first female prime minister of Great Britain? 9. SCIENCE: What is the hollow, woody tissue that carries water and nutrients from a plant's roots to the entire plant? 10. U.S. STATES: Which is the only state that doesn't have a mandatory seat belt law for adults?

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- 1. Sunnydale High; 2. Tom Hanks; 3. Heathcliff and Catherine; 4. Skittles; 5. Wasabi; 6. Melanin; 7. Egypt; 8. Margaret Thatcher; 9. Xylem; 10. New Hampshire.

Trivia Test Answerst



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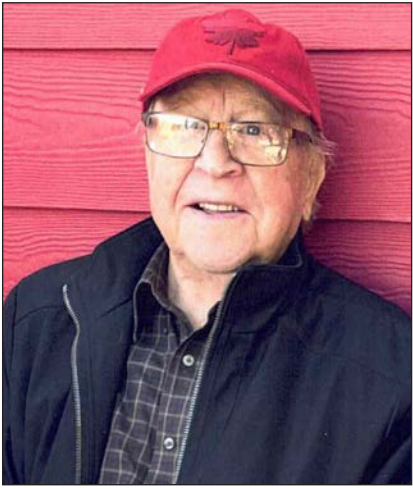
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**OBITUARIES**



**SCOTT** - It is with great sadness we announce the passing of Ronald (Ron) James Scott on January 21, 2023, four days before his 87th birthday, after a brief illness at Medicine Hat Hospital, surrounded by his family.

Ron was born on January 25, 1936 at a farm north of Loverna, Sask. to the late James and Rose Scott. He married the love of his life, Beatrice Wagner of Laporte,

Sask. on July 23, 1965, 57 years ago. Ron had many jobs and lived in many places. His first jobs included working for the railroad shovelling snow from the tracks to hauling coal from Hanna to Loverna at the age of 14. Once Ron moved away from home, he hauled grain, did construction and mechanics. He owned his own business, Scott Construction, Scott Industries and International Auctions.

Ron's expertise at mechanics and selling always shone through. His comments were, "he could sell a refrigerator to an Eskimo", and "if a job was worth doing it was worth doing well". His love of mechanics often led him to mentoring young fellows in mechanics.

In 2000 he moved to Alsask, SK where he rekindled friendships from his old days and set up a mechanics shop on the old military base. He worked for the Village doing maintenance and was a mem-

ber of village council. Ron could be seen checking out the town with Beatrice by his side.

Ron can be remembered for his love of life, kindness, generosity to others, touching the hearts of many. He could be heard telling a joke or giggling at a joke. He loved all animals and could be seen playing with the neighbours' cats and dogs every chance he got.

Ron was proud of his accomplishments and those of his children and grandchildren. Family meant everything to Ron and he loved them dearly.

Ron is survived by his wife Beatrice, children, Trevor, Sheila and Nicole and 7 grandchildren; siblings Jack, Mary (Marlyn) Warrington, Dick, Dave (Dorothy) and sister-in-law Shirley plus numerous nieces and nephews.

We thank all the nurses and doctors at Medicine Hat Hospital and Pattison Funeral Home.

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# Growing Through Grief: Laughter

BY ANGELA CLEMENT

for Your Southwest Media Group

As I write this it almost feels like I am doing something wrong putting laughter in the same title as the word grief. It does raise some questions doesn't it? Is it okay to laugh and grieve at the same time? I think culturally death and dying is considered a very serious topic and humor can be seen as inappropriate. This is not true of every culture. I personally believe we can grieve and laugh at the same time. I will even go so far to say that laughter is the best medicine, even in grief.

I remember back to the Celebration of Life that we held for Blaine. His first cousin Jim stood up and told stories about Blaine. Jim has always had a gift for telling stories and making people laugh. I am sure it was difficult for him to do what he did because Blaine and Jim were so close. He had us all in stitches laughing and remembering. My niece also got up and told a story and it was so comforting and funny at the same time. I don't think everyone has the ability to get up and do this well. I am not a big fan of the whole open mic thing at funerals because of that. It takes a bit of tact to be able to carry off a good funny story when people are grieving.

Blaine too knew how to make people laugh. It was just natural for him. I think that is one of the many reasons I fell head over heels in love with him. Fortunately my kids have inherited his gift of being funny and they do make me laugh when I am with them. My grandson makes me laugh and it is easy to make him laugh so that is fun! Normally I have to work at it if I want to make people laugh. In fact I would say for the most part I take things a bit too seriously. I think I do honor my husband to be able to laugh sometimes. A funny thought or story will elicit a giggle in me and at the same time some fond memories. As humans we are built to be able to do both laughter and grief at the same time.

I absolutely love being around funny people. I think we all do. Not the type that are "trying" to be funny but the type that can naturally elicit that deep belly laugh. I enjoy a good belly laugh. I especially love those times where you just can't stop laughing and it actually hurts. Those are the best! This got me thinking, what if I added laughter to my wellness plan?

It has been proven that laughter IS healing. I think we know this intuitively too. There have been many studies show that laughter releases endorphins and other positive hormones that contribute to both

physical and mental health. It can reduce pain, improve blood circulation, and oxygenate your blood. These facts are what prompted me to write this post. I feel compelled to add laughter to my wellness plan alongside exercise, sleep and healthy eating.

I have been thinking of how I might incorporate laughter into my day. Maybe it will become part of my morning routine. I could get one of those calendars that has a joke a day and/or I could purposely smile as I step into the shower or look out the window. I could find a great comedian to watch on YouTube. I really like Michael McIntyre. I think I need to watch him more. I have in the past enjoyed watching funny sitcoms on Netflix like Grace and Frankie or Big Bang Theory in the evenings. I need some suggestions for more. I have also just recently heard about Laughter Yoga and Laughter Meditation. Maybe I think I need to check into those as well.

I really feel like I need to laugh at myself a bit more too, not take things so seriously. Life can be serious and challenging enough. Balancing it with some laughter seems like a great plan! What do you think? Let me know if you have suggestions for me! I would love to hear from you. [awakenyoursoul-journey@healingenergy.world](mailto:awakenyoursoul-journey@healingenergy.world)

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This photo taken at last year's Kindersley Indoor Rodeo by Kate Winqvist, received high praise from the judges for the Better Newspapers Competition.

## Winqvist wins 2022 Photographer of the Year

On Friday, May 12th, the winners of the 2023 Better Newspapers Competition were announced. Publisher Kate Winqvist received the highest honour in the photography category, capturing Photographer of the Year. The following are the judges comments:

"As judges deciding who will be deemed the Saskatchewan Weekly Newspaper Association's Photographer of the Year, and receive the coveted top shooter's accolades for 2022, we can honestly say the task has demanded some significant and serious attention to detail considerations. Pouring through the 40-plus tear sheet entries we were challenged over and over again to reflect on the importance of quality composed, visually eye-popping camera shots capable of drawing both reader's and advertising client's into today's print media week after week. Saskatchewan's prairie life, after viewing the entries, is obviously a shooter's paradise.

The Photographer of the Year Award goes to top shooter Kate Winqvist with 95-points, although the moniker 'shooter' should be politely preceded by 'owner, publisher, photographer' Winqvist. This tal-

ent fills a handful of roles at Your West Central Voice in Kindersley and at her additional operations. Winqvist's top-scoring entry garnered 95-points, interestingly enough included only one front page photo and several from inside pages, understood as equally important. All were consistently interesting, eye-grabbing, shot from very good angles, and very well edited and cropped. In particular, Kate scored her top prize winning numbers on her page 8 shot titled 'Wanna wrestle?', depicting a cowboy labouring to wrestle a young steer to the ground. The photo, could just as well represent any community newspaper guide as to how photos work best, and was captured at the Kindersley Indoor Rodeo."

This is the third time that Winqvist has won the Saskatchewan Weekly Newspaper Association's Photographer of the Year award.

Your West Central Voice also won first place accolades for Best Editorial Page and their Salute to Veterans feature; second place finished for Best BW Photo, Best Advertisement and Special Section. The Kerrobert Chronicle won third place for Editorial Page.

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# UPCOMING EVENTS

**Submit your upcoming event to:**  
**Kate Winquist**  
[events@yourwestcentral.com](mailto:events@yourwestcentral.com)

*Deadline for submissions is Thursday at noon.*  
**306-463-2211**

**ALSASK SATURDAY, JUNE 10**  
 • Alsask Life-Size Foosball 3:00 PM - 2:00 AM at the Alsask Recreation Centre. 6 players to a team \$90 entry fee. Fun event involving very little skill! Call or text Sara Wilke 306-460-4303 to enter your team. Food provided by Herbal Twist Beer Gardens on site.

**BURSTALL SATURDAY, MAY 27**  
 • Motorcycle Poker Rally. For more information contact Darrell Fitterer 306-679-7147.

**DENZIL SATURDAY, JUNE 24 & SUNDAY, JUNE 25**  
 • Denzil & District Rec Board presents Denzil Community Days. Sports Grounds Gate & Booth open at 11 AM each day. Bones Tournament, Antique Tractor Pulls, Kids Pedal Tractor Races, Parade, Kids Carnival, Weiner Roast, Beer Gardens. Admission by donation.

**EATONIA TUESDAYS, MAY 30, JUNE 6, 13**  
 • Eatonia & District Recreation Board "Adult Walking Soccer" 6:30 PM at Eatonia Football Field. Drop-ins.  
**SATURDAY, MAY 27**  
 • Eatonia Chamber of Commerce 27th Annual Community Garage Sales 9:00 AM - 2:00 PM. Call Eatonia Agencies to register 306-967-2201. Spaces available to rent in arena \$25 registration fee. Food specials around town!  
**SATURDAY, JUNE 24**  
 • Eatonia Show & Shine 11:00 AM - 4:00 PM on Main Street. Call 306-460-7767 for more info.

**ESTON SATURDAY, MAY 27**  
 • Opening Day at the Eston Museum! 11:00 AM - 1:00 PM Hot Dog Sales. Complimentary pie and ice cream treats until 2:30. Come for the BBQ or just for pie. Tour the museum!  
**TUESDAY, MAY 30**  
 • Prairie West Historical Society is holding their AGM at 2:00 PM in the Heritage Gallery at the Museum. Everyone welcome. Refreshments served.  
**SATURDAY, JUNE 3**  
 • Join us in support of Eston Caring Hands Annual Community Garage Sale 9:00 AM - 2:00 PM. Pick up your maps at Eston Jubilee Lodge Gazebo \$1 each. Meet us under the Gazebo for BBQ Burgers and Drinks \$5 11:00 AM - 1:30 PM.  
**FRIDAY, JUNE 9 - SUNDAY, JUNE 11**  
 • 2023 Eston Summer Kickoff at the fairgrounds and arena. Slopitch tournament, food trucks, petting zoo, kids carnival, market, pancake breakfast, beer gardens, dance. Contact Kim Lane at [ecdev@eston.ca](mailto:ecdev@eston.ca) for more information.  
**SATURDAY, JUNE 17**  
 • Eston Bull Riding Committee presents 2nd Annual World Professional Bull Riding.  
 \* Wheatland Centre Potluck Supper fourth Friday of each month 6:00 PM. \$5.00. Bring your own utensils. Coffee & tea provided.  
 \* Wheatland Centre Bingo - 1st & 3rd Thursday of the month 7:00 PM. Regular Bingo plus Bonanza, 50/50 Draw. Must be 14 years of age. Call 306-962-7117 (ask for Linda) for more info.

\* Adult Recreational Volleyball Monday 7-9 PM at the ECS Gym May through June. \$30 registration.  
 \* Adult Recreational Slo-Pitch Sunday at 7 PM Reburn Field May 7 - August 6. \$50 registration.

**FLAXCOMBE SATURDAY, MAY 27**  
 • Flaxcombe Community Club's Garage Sale & BBQ 10:00 AM - 5:00 PM at the Flaxcombe Community Hall. Burger & Drink \$7.50. Hot Dog & Drink \$5.00.

**HOOSIER SUNDAY SERVICE**  
 • Hoosier Community Church 10:30 am at the Community Hall. Contact Joel Hamm 306-460-7056 or Curtis Kornelson 306-460-7327.

**KERROBERT WEDNESDAY, MAY 24**  
 • Kerrobert Spring Clean-Up (bagged leaves and small branches. ) Call 834-2361 for more info.  
**SATURDAY, MAY 27**  
 • Kerrobert Minor Ball Day at the Fairgrounds. Contact Tina 306-834-7617.  
 • Town Wide Garage Sale hosted by the Kerrobert Seniors Club (see ad in this paper for more info).  
**SUNDAY, MAY 28**  
 • 4H Beef Project Achievement Day at the Kerrobert Fairgrounds.  
 • Kerrobert Rec Ball begins (every Sunday). Contact Garret 306-834-8332 to put in a team.  
**MONDAY, MAY 29**  
 • Artist Reception for Anne Nordstrom "Africa and Abstracts" A collection of acrylic paintings influenced by the colour and light of Africa 7:00 PM at the Kerrobert Courtroom Gallery. Exhibition runs from May 29-August 31.  
**FRIDAY & SATURDAY, JUNE 2 & 3**  
 • Prairieland Players Dinner Theatre at the PCC  
**SATURDAY, JUNE 3**  
 • 1963 Class Reunion visiting 2:00-4:00 PM Seniors Hall.  
**TUESDAY, JUNE 6**  
 • Kerrobert Swimming Pool Opening  
**TUESDAY & WEDNESDAY, JUNE 6 & 7**  
 • Kerrobert & District 4H Show & Sale  
**FRIDAY, JUNE 9**  
 • KCS Elementary Track & Field  
**FRIDAY, JUNE 23 - SUNDAY, JUNE 25**  
 • Tralapa  
**FRIDAY, JUNE 20**  
 • KCS Graduation  
**FRIDAY, JULY 7 - SUNDAY, JULY 9**  
 • Kerrobert Rodeo  
**FRIDAY, JULY 28**  
 • Kerrobert Kinsmen Gumball Rally & Show & Shine. Cool cars, live music, food & drinks and more!  
**WEDNESDAY, AUGUST 16**  
 • Kerrobert Library presents Danny Kazam and his Young Wizards Day Camp 1:00-4:00 PM. This is for ages 6-12 with a magic show at 3:30 open to the public. Preregistration is required for the camp. Register by contacting [Kerrobert.library@wheatland.sk.ca](mailto:Kerrobert.library@wheatland.sk.ca)  
 \* Storytime at the Kerrobert Library the first and third Thursday of every month at 10:30 AM.

**KINDERSLEY TUESDAY, MAY 23**  
 • Lego Club at the Kindersley Library. Ages 8-14 3:45-4:45 PM. Lego is provided. Contact Michelle Yates at 306-463-4141 or email: [kindersley.library@wheatland.sk.ca](mailto:kindersley.library@wheatland.sk.ca) for more info. Last one of the season!

**WEDNESDAY, MAY 24**  
 • 2nd Annual Variety Night Talent Show at KCS featuring performances by students and staff of KCS and Elizabeth Schools. Showtime at 7:00 PM. A Fundraiser for the Interact Club of Kindersley.  
 • AWANA Boys and Girls Club 7:00 pm - 8:30 pm at the Kindersley Alliance Church, 74 West Rd. Stories, Songs, Games and Learning about God's Word! For everyone in grade K-6. Call 306-463-6568 or email: [kacoffee7@gmail.com](mailto:kacoffee7@gmail.com)  
 • PickleBall is at the outdoor court next to the West Central Events Centre 6:30 PM. \$50 per season or \$5 drop in. More info call 306-460-8356.

**THURSDAY, MAY 25**  
 • Kindersley Legion Branch #57 Pig Roast Supper 5:30 PM Cocktails. 6:30 PM Meal. \$25 / ticket. Limited number available. Call 306-378-1206.

**SATURDAY, MAY 27**  
 • Kindersley Screen Arts presents "The Whale" 4:00 PM at Sunset Theatre. \$10 at the door.  
**MONDAY, MAY 29**  
 • Monday Night Jam Sessions at the Norman Ritchie Community Centre. Doors open at 6:30 to set-up, then the fun begins at 7-11 PM. Call Keith 306-460-8633.  
 • Interested in a support group for weight management? TOPS meetings; every Monday at 6:00 PM in the Kindersley Senior Centre OR contact Jill at 306-463-4210.  
 • PickleBall is at the outdoor court next to the West Central Events Centre every Monday & Wednesday 6:30 PM. \$50 per season or \$5 drop in. More info call 306-460-8356.

**MONDAY, JUNE 12**  
 • Kindersley Chamber of Commerce Board Meeting 12 Noon at the Museum  
**WEDNESDAY, JUNE 21**  
 • West Central Crisis and Family Support Centre Annual General Meeting 7:00 PM Morgotch Law Board Room. Includes Auditor's Report and Bylaw Revisions. Public welcome.  
**SATURDAY, AUGUST 26**  
 • Kindersley Chamber of Commerce Golf Tournament

**LEADER MONDAY, MAY 29**  
 • Soup & Bun Luncheon 11:30-1:00 at the Leader Friendship Centre. \$8 (includes bowl of soup, bun, juice, coffee & dessert).  
**SATURDAY, JUNE 10**  
 • Annual Community Garage Sales brought to you by Leader Tourism 10:00 AM - 4:00 PM. Maps can be picked up at the Leader Tourist Booth on that day.  
 • Leader & District Chamber of Commerce is holding their Sandhills Credit Union Marketplace Kick-Off from 5:00 - 8:00 PM. Live music, food vendors.

**MAJOR SATURDAY, JUNE 17**  
 • Community BBQ



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