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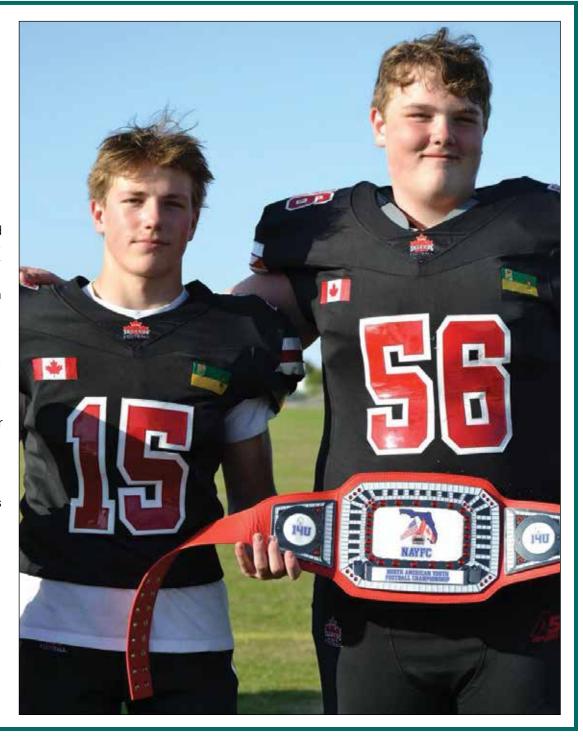
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#### Local boys are football champs

Vol. 4, Issue 16

Kerrobert's Cohen Phillips (left) and Jaxen Kwasney spent mid-October to the end of February travelling to Moose Jaw every other weekend training. They had their first tourney in Moose Jaw, called the Battle of the Prairies. They hosted teams from Alberta, Manitoba, California, and Boston. Their team, the 14U Sask Selects, was Victorious, winning their home tournament. The North American Youth Football Championship was held in Haines City, Florida. Jaxen was able to play with both the U13 and U14 Sask Selects team, Cohen and Jax played on U14 together. Both teams fought hard and both came home champions! Was a great successful season of developing and learning.

COURTESY JENN KWASNEY AND BREE PHILLIPS



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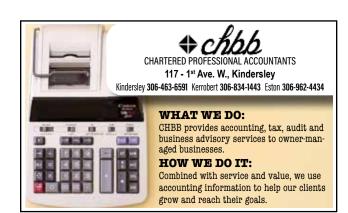
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Dorothey Bishop celebrated her 90th birthday and keeps busy crocheting for the people in her apartment building.

#### **Dorothey Bishop has an appreciation for** life despite challenges faced over 90 years

**BY JOAN JANZEN** 

Dorothey Bishop recently celebrated her 90th birthday at the D'Arcy School with fifty family members. Her actual birthday was on February 6, but the celebration was postponed twice due to winter storms. Dorothey resides at Evergreen Apartments in Kindersley, where she spends much of her time crocheting, a skill she learned as a child. Despite experiencing failing vision, she continues enjoying her needlework.

"They call me the happy hooker," she chuckled. Her apartment is filled with samples of her beautiful work. "It's all in my fingers; I don't have to see much to do it." She sells her pieces to residents in the apartment building where she has lived for the past ten years. It reminds her of all the markets she participated in during years gone by. "I made anything I was asked to make," she said. That included bedspreads, doll clothes, pot holders, sweaters and much, much more.

She was born in 1934 and grew up on a farm near Leask, Sask., which is located 80 km southwest of Prince Albert. She was the fourth child in a family of eight children. "My mother had a baby almost every year," she said. "I had five brothers and two sisters."

Because of poor economic conditions, Dorothey's

grandparents offered to raise her when she was 18 months of age, and her next sibling was about to be born. Her grandparent's home was just down the road from her parent's house.

Dorothey's mom, Linda, was a baby when her parents arrived by ship from Russia to Canada. During the voyage, Linda's eight siblings became very ill, and all perished from the devastating illness. Dorothey had been told the story of how their bodies were thrown overboard, and her mother was the only surviving child.

Because her grandparents only spoke German

and Russian, Dorothey had to learn how to speak English when she enrolled in school. Due to the language barrier, her grandparents were unable to help their granddaughter with her homework, which was a challenge for the young student.

At the age of just seven years, she learned how to crochet. Her mother taught the skill by standing behind her and demonstrating how to work the needles. The little girl caught on immediately, and so began a lifetime hobby.

She remembers being teased at school and an incident when a boy sitting behind her tied her long hair to her chair so she wasn't able to stand when the teacher called on her to read to the class. It was an embarrassing moment that caused the little girl to dislike her long hair. Not long after, she climbed a spruce tree and managed to have her hair become sticky with tree sap. Because she had done this on purpose, she was happy when her grandma had to cut her long hair.

The Dirty 30s were a time of lack for her family. "We ate a lot of pancakes," she recalled. But they were fortunate to have a continual supply of pork and beef, which they raised on the farm.

Dorothey's education stopped suddenly in Grade 8 when she didn't see eye to eye with her teacher and walked out of the classroom. When she came home, her grandmother asked, "What are you doing home?" That was the last day Dorothey attended school. At that time, she began to hone her artistic abilities by painting signs for farm yards and businesses. "Whatever they ordered, I would paint," she said.

When her grandfather passed away, she and her grandmother moved in with Dorothey's mother. By that time, her father had passed away. Dorothey was about 17 at the time and said she had to adjust to living with all her siblings.

It wasn't long before she began dating her future husband, Robert Coates. She remembered it took a long time before he asked her out because he was so shy. He would drive his motorbike close to their farm and park nearby, not brave enough to drive up to the house. But finally, he made his move.

Robert had been working at Tisdale's Sales & Service as a mechanic and transmission specialist in Kindersley, and the couple got married there on April 17, 1954. This was during the oil boom in Kindersley, so it was difficult to find a home. They rented for a while before purchasing a home. From 1955 to 1964,

**CONTINUED ON PAGE 3** 



Sheldon Kennedy, Steve MacIntyre, Dave Schultz and Ryan Tunall were the special guests for the evening. PHOTO BY HELENKA BERNARD

#### Eston's dinner and auction raises \$84,000!

**BY JOAN JANZEN** 

Eston's Celebrity Sports Dinner and Live Auction raised an amazing total of \$84,000! The event was held Saturday, April 13, at the AGT Community Centre in support of the Eston & District Recreation Committee Fairgrounds Project and the Eston Lions Swimming Pool. The community was excited to attend this event, which had not been held since 2017.

Special guests for the evening included Dave Schultz, a former professional hockey coach and a two-time Stanley Cup winner with the Philadelphia Flyers. Sheldon Kennedy, who played for the Detroit Red Wings, Boston Bruins and Calgary Flames was present, as well as Ryan Tunall, who grew up in Eston and was the voice of the Lethbridge Hurricanes. They were joined by Steve "Big Mac" MacIntyre to complete the list of guest speakers. After the crowd of 190 hungry guests had devoured a delicious roast beef supper catered by Jackie's Delicious Delights, they enjoyed listening to their special guests speak and share stories.

A very successful live auction followed.

Recreation Director Garrett Turner said there were over forty items donated to the auction. Dave Schultz donated four tickets to a Flyer game, one of the biggest items, along with a combine and header donated for a day by Western Sales.

The success of the evening was the result of a community team effort. Those who attended, along with the willing help of volunteers, made the event an incredible and unforgettable experience.

"The office staff at the Town of Eston and the entire Recreation Committee did an amazing job over the last three weeks," Garrett said. They were joined by six or seven volunteers who took shifts at the bar.

The \$84,000 raised will be put to good use in the near future. "We have 153 kids registered in minor ball this year, and we only have two useable diamonds," Garrett explained. "So we will upgrade a couple of diamonds and hopefully build two more in the next three years." Funds will also go towards upgrades for the Eston Lions Swimming Pool.

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#### ...Dorothey Bishop

#### **CONTINUED FROM PAGE 2**

their four children were born: Sylvia, Donald, Patricia and Brian. They enjoyed road trips with their Desota to visit relatives in Leask, mushroom picking and fishing. "I love fishing!" Dorothey exclaimed.

It was a shock when Robert had a heart attack at the age of 43 years and passed away. Their children were ages 14, 12, 10 and 4 at the time. Dorothey's family helped her and her children navigate through this

The family moved back to Leask, where she met and married Raymond Bishop, who was a school principal. They were married for five years, and had two sons, Walter and Winston. Both boys suffered from Duchenne Muscular Dystrophy, which causes progressive muscle degeneration and weakness. Walter passed away at the age of 16, and Winston passed away at the age of 25.

Later in life, Dorothey and her good friend, George Butler enjoyed spending time together and went on many adventures. "And we did a lot of fishing," she said. She provided care for George until he passed away in 2015.

Today, she enjoys regular visits and phone calls from her one surviving brother and time spent with her children. Although she's faced many challenges throughout her life, you will find her with a smile on her face and an appreciation for life.



Dorothey and Robert Coates were married in Kindersley on April 17, 1954.

#### Congratulations to the LUSELAND TRIP OF THE MONTH WINNER Blackstone Mountain Lodge April, 2024



#### Canmore, Alberta

Congratulations to Rick Blanchette from Unity who is this month's lucky trip winner.

Rick has won a trip to the **Rockies** where he will enjoy 4 nights at the

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offering a cozy mountain retreat with stunning alpine vistas. Thank you to Rick for supporting our fundraiser for rink improvements and enjoy your vacation that awaits you!



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"You never really understand a person until you consider things from his point of view... Until you climb inside of his skin and walk around in it."

Atticus Finch (Harper Lee, To Kill a Mockingbird)

## Higher and higher... the number of drivers getting suspended for drugs

To anyone who will be partaking in any sort of "celebration" this weekend: your friends at SGI would like to make sure that your plans also include a way to get home safely.

Here in Saskatchewan, the number of drug-related suspensions is significantly higher than it was three years ago.

Canadian police have roadside oral fluid testing devices they can administer to any driver suspected of driving under the influence of drugs. Failing the test means a driver will see their licence suspended for at least three days (60 days for a Novice, a Learner and anyone age 21 and under), along with a three-day

vehicle impoundment and four demerits. The driver is also required to take a two-day "Driving Without Impairment" class.

There are many options to get home safe: ordering a taxi or rideshare is as easy as ordering a pizza.

However, if paying for a ride would strain your finances, calling a sober friend or family member is an option, too. Either option is better than getting your licence suspended and your vehicle impounded for driving impaired, to put it bluntly.

Can we ask a favour? Talk to your friends and make the joint decision that none of you will drive impaired tomorrow or any other day of the year.

## SaskEnergy, SaskPower expand commercial space and water heating rebate

SaskEnergy, in collaboration with SaskPower, is expanding its popular Commercial Space and Water Heating Rebate (CSWHR) to include the replacement of rooftop units (RTU) and variable speed electronically commutated motor (ECM) circulating pumps.

Available to commercial customers since 2019, the CSWHR helps offset the cost of upgrading to high-efficiency equipment while reducing energy costs and greenhouse gas emissions.

Some types of buildings that could be eligible for equipment replacements under the CSWHR include shops, apartments, malls, offices, clinics, restaurants, civic buildings, community centers, buildings owned or run by non-profit organizations, barns, workshops, and farm buildings that are not used for living. Eligible equipment must be installed by a SaskEnergy Network Member or a Technical Safety Authority of Saskatchewan (TSASK) Licensed Contractor.

"The alignment of SaskEnergy and SaskPower on this initiative supports commercial customers to easily access the rebate through a single-point application," said Kevin Adair, SaskEnergy Executive Vice President, Customer Service Operations, "By expanding the eligible equipment options within the CSWHR, it gives us an opportunity to reach a larger segment of commercial customers who are upgrading their heating and cooling equipment."

The expansion of this program will now see rooftop units and ECM circulating pumps join the list of eligible equipment that includes furnaces, boilers, water heaters, and more. Rebates are based on the type, efficiency, number of units and size of the equipment installed.

"SaskPower is pleased to be a part of this important rebate program to help Saskatchewan businesses and communities increase their energy efficiency and to save money on their power bills," said Rhea Brown, SaskPower Executive Vice-President of Customer Experience and Procurement. "SaskPower is committed to supporting our customers looking to implement new, more efficient technologies, and this rebate program will help enable this."

Learn more about the CSWHR, including details on eligibility and how to apply, at Commercial Space and Water Heating Rebate | SaskEnergy.

For more information visit saskpower.com/efficiency and saskenergy.com/ways-save.

## Water Security Agency issues updated runoff forecast

The Water Security Agency (WSA) has issued an update to the Spring Runoff Forecast for 2024.

Above freezing temperatures throughout the middle of March resulted in snowmelt runoff either

beginning, or in some instances being complete, over much of southern Saskatchewan.

While many areas of the province's moisture levels remain below normal or well-below normal in many areas of the province, late season snowfalls at the end of March have improved conditions.

Out of the 45 water supply reservoirs across the province, 33 are currently at or are expected to be at or near full supply when the runoff is complete. Six reservoirs are expected to be in the 70 to 90 percent full range.

Only six are expected to remain low (Harris, Junction, McDougald, Downie

tion, McDougald, Downie Highfield and Roughbark reservoirs).

In mid-March, a snowstorm brought significant precipitation to a good portion of southern Alberta and to southwestern Saskatchewan. Much of this area across both provinces was snow free prior to this storm. This snowfall event improved the expected additional runoff volumes to some degree across Southern Alberta and southwestern Saskatchewan. How quickly the snow melts will impact how much additional runoff will be experienced in these basins. With the area being so dry prior to the snowfall event, if a slow melt occurs, a lot of the water will infiltrate into the soil.

Another snowstorm in late March brought 5 to 15 centimetres of snow across most of eastern

Saskatchewan, with the heavier snow falling in the northeastern portions of the grain belt.

The river is still ice-covered in North Saskatchewan and the Saskatchewan River System. Flows are slightly above the median for this time of year. With most snowpack melted in the prairie and foothills of the basin, flows are not expected to pick up until the mountain runoff occurs.

A decent snowpack still exists in the Assiniboine Basin. In this area, ice layers were present during the snow surveys done at the end of February, and with the additional snow received over the past month, a near normal runoff is still expected.

The current snowpack accumulation in the Rockies currently varies significantly from well-below to near normal. The amount of runoff that we see from the mountains this year will depend on the timing of the melt event as well as May and June rains. These rains can quickly change the conditions in the basin. The high flow events that we often see during this these months are a result of the rainfall events. Based on the current snowpack in the mountains and the low water supply levels in Alberta, there is a higher probability that the inflows into Lake Diefenbaker this spring and summer will be below normal.

With the conservative winter plan implemented, the water level at Lake Diefenbaker was at 552.39 metres (m) on April 1, which is above normal for this time of year. Normal April 1 elevations are around 551.56 m.



Even if you have

type 2 diabetes,

it is always best to

work on naturally

reversing it.

Dr. Suneel Dhand

## Taking responsibility for your health

**BY JOAN JANZEN** 

This was recently posted on Facebook: "When people say - enjoy them while they are young, they're talking about your knees and hips, not your kids."

Everyone considers their health a priority, and there are more doctors who are encouraging people to take responsibility for their own health. Dr. Suneel Dhand is a doctor who offers advice on his podcast and has observed a shocking rise in type 2 diabetes. Chances are you know of someone in your circle of family and friends who has recently been diagnosed with the condition. Dr. Dhand said this once rare disease has turned into a full-blown epidemic affecting older and younger adults, as well as teens. Pre-diabetes can linger for years as insulin resistance gradually worsens over time.

Meanwhile, the medical-industrial complex is profiting, pharmaceutical giants are lining their pockets, and patients are still struggling with this chronic disease. "Yet, the reality is the prescribed medications and injections hardly ever truly control the diabetes; they merely put a band-aid over the bigger upstream issue," he observed.

He listed the possible ramifications of the disease as cardiovascular complications, nerve damage, kidney disease,

and even blindness.

However, the doctor has a good report: contrary to popular belief, type 2 diabetes is highly reversible through adopting a healthier lifestyle, including nutrition, exercise, stress management, adequate sleep and optimal antioxidant intake. Yet he observed that the medical establishment often encourages dependency on medications.

Comments posted by people listen-

ing to his podcast verify his conclusions. One listener wrote, "I dropped processed foods and sugars, went on intermittent fasting, and dropped 52 pounds. As a result, I got off four prescription medications."

Another person wrote about their ex-

perience. "My father lived over half of his life as a type 2 diabetic, and his doctors were happy to administer drugs. When my mom passed away, my sister took over cooking for him. She found low-carb broccoli and cauliflower salad recipes that kept my father happy without pasta, rice and garlic bread at every meal. After 42 years of being treated for type 2 diabetes, his doctor's tests showed he no longer had diabetes."

Dr. Suneel advised, "Even if you have type 2 diabetes, it is always best to work on naturally reversing it. It is a fallacy to think that we control type 2 diabetes with medications and insulin. You might fix the number, but the upstream problem is still there."

"Type 2 diabetes is not your destiny and is very reversible if you want to avoid a lifetime of expensive medications, constant doctor visits, and com-

> plications," he concluded. He advised older people to focus on a diet rich in protein, antioxidants and in moderation - fats. He listed carbohydrates as the problem, not fats.

Dr. Casey Means agreed and pressed her point of view in an interview

on Relatable. Her observations appear to align with those of Dr. Suneel. Dr. Casey noted we're the only species that is eating ourselves to death, and stressed the importance of being metabolically

She also mentioned various devices that help people monitor their health, such as wearables to help keep track of blood pressure, core vital signs, sleep, steps, oxygen saturation, heart rate and glucose levels. "You can see it all in real time to help you be in control of your day to day health," she said.

She noted being metabolically healthy will help you avoid suffering from symptoms and diseases and ensure longevity. She listed five markers on your annual physical that will tell you if you're metabolically healthy.

Those markers are fasting blood glucose under 100 mg/deciliter, a triglyceride level under 150 mg/deciliter, a waist circumference of 40 inches for men and 35 inches or less for women, HDL cholesterol level of 40 mg/dL for men and 50 mg/dL for women, and blood pressure of under 120 over 85.

However, she reported that less than 7 percent of North Americans have all those markers in a healthy range. "If one or more of those biomarkers aren't in the healthy range, it's a signal that there's a fundamental problem on how your cells are converting food energy into cellular energy. That will lead to dysfunction that shows up as symptoms," she stated.

But even when symptoms show up, Dr. Suneel offers encouragement. Those who receive a diagnosis of type 2 diabetes need not resign themselves to a lifetime of medication dependency and declining health. Anybody can reclaim their health and reverse the course of this disease.



We welcome the opinions of our readers in the form of letters to the editor, as long as submissions do not include: • Profanity, vulgarity and/or obscenities • Slurs and/or personal attacks • Misinformation We reserve sole discretion to decide whether or not a reader submission will be published.

We will not publish anonymous submissions or letters containing personal attacks. We reserve the right to edit or refuse all letters.



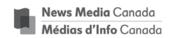


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## Pop89:

#### The love of a place to land

BY MADONNA HAMEL

My brother is making his way back to his island home, longing for land to light on. I am left with an empty home. Who knew that at sixty-six, I would experience empty nest angst? But such is love.

Love is something I've been experiencing a lot lately. I was going to say, "thinking about," but love works differently and is deeper than a thought process. It envelops the entire being and tugs at the heart, forcing it to expand. Evidence of struggle in one you love sparks a wildfire of feeling.

Tears spring to the eyes at the sight of a scribble on a piece of paper - my brother's attempt to describe a dream about a gate in the back of his orchard. I found his toque yesterday and actually felt a cold breeze pass over my head just thinking about his bare head. I pray for a miracle. And what comes to mind are the words of the Buddhist monk, Thich Nhat Hanh: "The miracle is not to walk on water. The miracle is to walk on earth."

This embodied love is not restricted to my brother and his struggle with all the craziness of a stroke. Shimmering on the surface, this Love & Tears duet is triggered - yes, there are triggers of love, joy, happiness and hope as well as triggers of pain - by the sudden return of the grackles and the prairie crocuses and the red globes of geranium blooms in the window. I like this feeling, so I must protect it. Feed it.

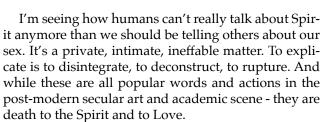
And so, remembering the monk's words, I make for the Grasslands.

Today, it's just me and the wide open space: The undulating sand dunes giving way to mounds of hard clay and scatterings of crystals, and deer paths navigating around wild juniper cover, their roots poking through the crust of the earth like snakes jumbling out of a pit. I stop and sit. Here is where the inner atmosphere of love is filled up like a tank taking water or fuel. I refill by simply watching and listening to the bare branches of the aspens trembling in the warm breeze. And by gazing at the ever-changing face of the constant sky as it moves from late afternoon to evening. The only other creatures around are giant bunnies, curious deer and creaking magpies. And a hawk or two. Oh, and ticks.

I come here to feed this love in the same way the mystics and the desert mothers and fathers and Christ himself went to the desert. Why this particular wilderness is so conducive to an expanded sense of love, I cannot say. Nor is it even necessary to know. What I can say is: when the sky goes on forever and the land beneath is serves as a Translator of Light, then everything that is immortal in me must echo everything outside of me and expand. Apparently into Love. Worry, anger, pride, and resentment simply cannot sustain themselves here; they are too small and too petty. And the longer I stay here, the longer they go without feeding - I starve them off while at the same time filling my soul with this prairie feast.

"This here's a spiritual experience," I laugh to myself. Though I no longer try to wax on about it to my prairie friends. They know better than to break its spell by squeezing it into language. Once, my friend Ervin cut me short as I blabbered about my intense experiences on the land. Now I know why. It's not that I don't get what you're saying, he tried to explain. "We just don't talk about it."





I exist in that space between land and sky, between the Spirit of Love and the God of Dirt, between being frustrated by my attempts to talk about poetry or theology with my neighbours and in awe of their cellular understanding of the poetics and divinity of the land. These are people who have spent thousands of hours alone with hawks and deer, and ticks and steer, who've not just wandered occasionally with them. They've come up against storms and tangles far bigger than themselves and had to bend to the task and their own egos. They have seen and felt and known Earth and Heaven in ways they cannot explain nor feel a need to. And that's why I need to be here.

But I am a writer and will continue to seek for a language that does not separate. We don't all see eye to eye, but we share some things in common. Life is where you put your time and energy; I tell my writing students. It is also about place - the place where our feet land and meet the ground - common ground. To find what we used to call "our common humanity" seems more efficient and worth our time and energy than spotting a common enemy.

The other night, I made a beeline for a giant boulder. I wanted to get a closer look at the lichen on its back. Maybe rest on it for a while. I figured if there were any rattlers living beneath it, they'd still be asleep this time of year. Sitting there reminded me of the first time I saw an erratic. The giant, plucked and dragged and dropped by ice, looked so alone. Misplaced. A reminder that, out here, time and space share the same face. Those of us, plopped here, like that big rock hundreds of years ago, share a common language: The language of love of a place to land.



Callie Swan from North West Central School in Plenty went to Davidson for the Sun West School Division's annual Student Leadership Conference. This year's theme was, "Take a Trip into Leadership." Callie was part of Team Sun West this year and helped bring the conference to life. If you are interested in being part of Team Sun West and building your leadership skills, be sure you apply next fall! PHOTO COURTESY NWCS



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#### **One word for Caitlin Clark: Dominating**

BY BRUCE PENTON

She was born on the 22nd day of January, 2002, wears No. 22 for the Iowa Hawkeyes and her team finished No. 2 in the NCAA women's basketball championship, but Caitlin Clark has No. 1 written all over her.

There was perhaps no more famous athlete in North America during the month of March than Clark, whose dominance



BY BRUCE PENTON Sports Columnist

on the basketball court turned her from a prodigy to a legend. She was the obvious No. 1 selection in last week's Women's National Basketball Association draft, going to the Indiana Fever, and most sports analysts in the U.S. predict that thanks to Clark, the women's pro game will get the same attention boost she gave the college game the past couple of seasons.

Not especially tall at 6-foot-0, Clark nonetheless dominated her sport for the past two years and her team's games became must-see TV across most of the basketball-crazed U.S.A.

With a deadly eye for the three-point shot, Clark averaged 31.6 points per game as Iowa posted a 34-5 record en route to the national final against South Carolina, which completed its undefeated season with a 87-75 win over Clark's Hawkeyes. The Clark legend grew and grew and grew all year, to the point where her team's championship game against South Carolina drew a TV audience of 18.7 million, more viewers than any basketball game in 2024 of any level — men's or women's college games, NBA and WNBA included. ESPN has already announced that 36 of Indiana's 40 WNBA games next season will be nationally televised.

Coach Dawn Staley of South Carolina was quick to pay tribute to the Clark effect, saying after the championship game that she wanted to "personally thank Caitlin Clark for lifting up our sport. She carried a heavy load for our sport and it just is not gonna stop here on the collegiate tour. But when she is the No. 1 pick in the WNBA draft, she's gonna lift that league up as well. So Caitlin Clark if you're out there, you are one of the GOATs of our game. We appreciate you."

Besides becoming a household name, Clark also became the collegiate game's all-time leading scorer, with 3,685 points in four seasons. The men's mark which she surpassed was held by LSU's Pistol Pete Maravich, who scored 3,667 points in three

Clark will undoubtedly sign a lucrative contract with Indiana and continue to be a Sports Centre darling, but money is the least of her worries. Thanks to the introduction a couple of years ago of Name, Image and Likeness payments to college athletes, Clark is already worth more than \$3 million, with dozens of endorsement contracts to her credit. Good thing, too, because the maximum salary for a WNBA rookie is \$76,300. Tip money, basically.

The phenomenon that is Caitlin Clark now enters its next chapter, and the WNBA will be the beneficiary. In stock-market parlance, the WNBA's arrow is pointing straight up.

- Mike Bianchi of the Orlando Sentinel: "Even though Dec. 25th is on Wednesday this year, the NFL announced that it will play two games on Christmas Day, thus commandeering a holiday that was once the NBA's showcase day. In the NBA's eyes, the NFL truly is 'The Grinch Who Stole Christmas.'
- Eamon Lynch of golfweek.usatoday.com: "Bryson **DeChambeau**, one of the arsonists who set golf's house on fire, is now complaining that others aren't moving quickly enough to extinguish the blaze."
- Augusta National chairman Fred Ridley, saying the 12th hole will never be lengthened, as suggested by 2000 champ Vijay Singh: "That's almost like asking, you know, can we touch up the Mona Lisa a little bit."
- Headline at TheBeaverton.com.: "O..J Simpson funeral to feature ceremonial televised white bronco chase."
- Another one from the Beaverton, which wrote a story headlined: "Ten names for Utah's new NHL team even less representative of the state than Jazz. No. 5: Utah Gangster Rappers; No. 8. Utah Open Past 10 p.m.-ers"
- O.J. Simpson death headline in the The New York Post, exhibiting extreme New York Posty: "Real Killer is Dead.'
- And the Beaverton, piling on: "O.J. Simpson dies surrounded by family members he didn't kill."
- Comedy guy Torben Rolfsen of Vancouver: "The Masters music makes Barry Manilow sound like
- RJ Currie of sportsdeke.com: "Tiger Woods says if everything comes together, he believes he can win another Masters. He got me so fired up I sent another set of marriage proposals to Ann Hathaway, Margot Robbie and Gal Godot."
- Another one from **RJ Currie**: "Pittsburgh police arrested a Nashville Predators fan for throwing a catfish onto the ice, then later dropped all charges. Poetic justice — he was caught and released."
- Headline at fark.com: "Shohei Ohtani was not involved with his interpreter's gambling scandal according to the Brinks truck of money MLB used to make it the truth."

Care to comment? Email brucepenton2003@yahoo.ca



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Tuesday: Leader AA Meeting

8:00 PM, Leader United Church, 1st St. W.

Wednesday: Eston AA Meeting 8 PM, St. Andrew's United Church, 1st St. W.

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**NEW ARRIVALS:** There was plenty of chirping going on at Peavey Mart on Wednesday morning, April 17th. The staff arrived at the post office to pick up the boxes of chirping baby chicks, and transport them to Peavey Mart where they were placed in pens with heat lamps. The chicks were warm and cozy, even though it was 1 degree and snowing outside. They also got a whole lot of attention from the staff who were excited about receiving the fuzzy babies. PHOTOS BY JOAN JANZEN

SPORTS TALK

### **Talk of National Hockey League expansion**

**BY GREG BUCHANAN** 

There has been a decisive uptick in discussion about National Hockey League expansion in recent weeks. And we aren't merely talking affiliate expansion and the push towards a 34-team league. The public debate as to whether the NHL should pursue an NBA-style playoff format expansion has also increased.

For a variety of reasons (and surely, a topic worth getting to in the off-season here), I don't think the NHL should expand its playoff footprint, though it's a nuanced debate and one that brings real incremental business opportunity to a league yearning for growth.

Setting aside the playoff expansion debate for a moment, let me bring to your attention that what seems like an annual recurrence since the league reformatted to a divisional-based playoff format in 2014, to a colossal issue that can be fixed in a moment's notice? It's the current playoff format. It is a topic I have exhausted in this space, but it's also a problem the league has yet to address. When the NHL made its format changes, much of the focus was on rewarding divisional win-

ners and the hybrid wild-card system. What was lost, or at least sorely misunderstood, were the ramifications of forcing the second and third best teams within a given division to play each other in the first round. Simply put, any time you have a talent imbalance at the divisional level, you carry the risk of creating a very inefficient playoff seeding. This season, we have seen this train barreling down the tracks at full speed.

While the Western Conference playoff race has been amazing (notably without any wild-card chase, thanks to the clustering of the top eight teams), the Eastern Conference has been abysmal. None of the wild-card teams, save for the Pittsburgh Penguins, are playing like they want to qualify for the playoffs. This season, the two-versus-three first-round matchup is creating major problems in the Metropolitan and Central divisions. The Metropolitan, of course, is by far the weakest of the four groups. The New York Rangers and Carolina Hurricanes each look like Stanley Cup contenders, but the rest of the division has been appalling to watch for much of the year.

Meanwhile, in the other Eastern Conference divi-

sion, Toronto and Tampa Bay, two other high-quality teams, are jockeying for the third and final seed in the Atlantic, which means the loser of that race will draw into a wild-card seed against a top-seeded Eastern foe.

So, despite almost certainly finishing below presumptive division winner Boston in the standings, Carolina will face a materially easier opponent in the first round. The regular season is intended to do many things; one of those things is to separate contenders and pretenders, and to ensure that there is a meaningful reward for outperformance over those 82 games. In a sport as volatile as hockey, you would think the NHL would at least seed teams to start the playoffs in top-down fashion.

Even if the league doesn't want to dramatically overhaul its playoff format and thinks divisional based hockey is good, this format only works when you have equitable talent and performance across each division. Ten years later, we have yet to see that be the case. In the instance of this season, there is dramatic impact in multiple divisions, with some benefitting while others are pulling their hair out at their likely playoff fate.



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#### **Red Cross nurses stationed** at Loverna in the 1950s

**BY JOAN JANZEN** 

Did you know the community of Loverna had a resident doctor until November 1944? Loverna is located 50 km northwest of Kindersley. An article published in the history book entitled 'The School Beneath the Hill' details healthcare access in that region following the Second World War.

The Saskatchewan Hospitalization Plan began in 1951, covering hospital bills and some medication. At that time, coverage was \$10 per person and \$30 per family. In 1954, the rates increased to \$15 per person and \$40 per family, eventually rising to \$36 per person and \$72 per family. Later on, the government instituted free hospitalization for

Saskatchewan residents.

However, before that happened, the residents of Loverna began a fund to convert a printing office into a Red Cross nursing station. The completed project included an office, one bed, and living quarters for the nurse. The Red Cross at Regina sent out Red Cross nurses, and the first to arrive was Lee Shapley. The nurses visited the sick in their homes and kept patients in the hospital when necessary. The nursing station continued to serve the community for eleven years, closing its doors in 1961.

After the closure, the people of the Antelope Park district travelled to Consort, Kindersley or Kerrobert for healthcare services.





Fresh from recording a new original full-length album with Vancouver surf legends Kitty and the Rooster, Jack Garton is excited to be bringing this strong, honest and vulnerable collection of songs to audiences everywhere, including Kindersley on April 26, JACKGARTON.COM

#### **Jack Garton to perform at NRC**

The Kindersley and District Arts Council is pleased to present the musical talents of Jack Garton on Friday, April 26 at the Norman Ritchie Community Centre.

Jack Garton performs a breadth of music that spans the intimate, bombastic, funny, skillful and profound. Garton, a sometime gravedigger, tells stories from this unusual day job between catchy original folk and blues songs known to make audiences laugh, dream and dance. A lifetime musician, proficient on many instruments, his repertoire includes dazzling combinations of trumpet and accordion, backed by a sensitive and groovy rhythm section. Like an oldtime showman, Jack Garton will leave you humming his tunes, tired from dancing, and in love with the mystery

The performance will begin at 7:30 PM on Friday, April 26. You can find more information about Jack on his website www.jackgarton.com



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#### Caleb's spring market draws a crowd

**BY JOAN JANZEN** 

The Spring Craft and Trade Fair at Caleb Village in Kindersley was bigger and better than ever. Visitors of all ages streamed through their doors Saturday afternoon, April 13, to check out the varied items available. The vendors filled the entire main floor and provided a great assortment of products.

There was jewelry, clothing, baking, raffle tickets, books, plants, crafts, food and snacks; something for everyone. The staff was on hand to welcome plenty of shoppers, but more importantly, there was lots of visiting with friends and family throughout the after-

The staff at Caleb deserve a round of applause for all the work and organization involved in putting on this event, as well as for providing daily meals and service to the residents.

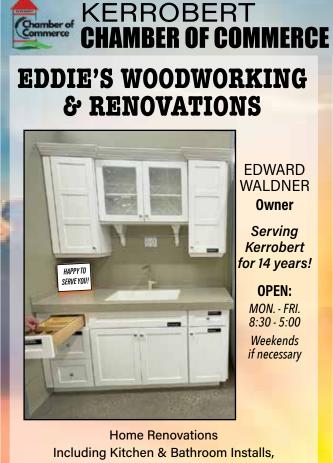




Residents at Caleb enjoyed shopping and visiting the spring craft and trade fair. PHOTOS BY JOAN JANZEN



One of the numerous vendors serving customers at Caleb's spring craft and trade fair on Saturday afternoon, April 13.



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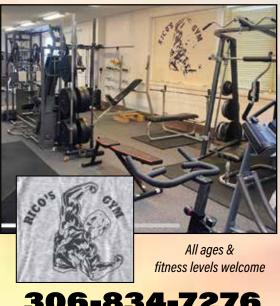
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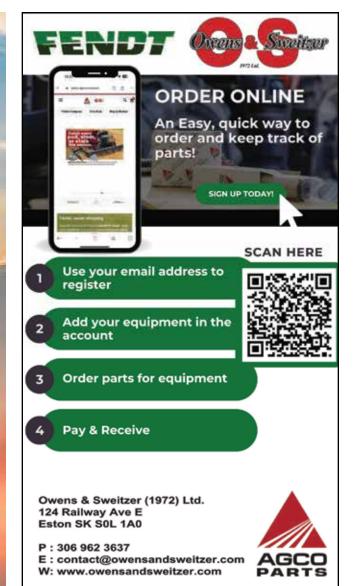
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# Kindersley's annual Goose Festival is changing dates this year

The annual Goose Festival in Kindersley, typically held on the last weekend of September, is shifting its dates this year.

According to Kevin Martin, the Executive Director of the Kindersley & District Chamber of Commerce, the festival will now take place a week earlier, from the 19th to the 22nd. This change was made ditional evidence be revealed months. So West Centroller of the weekly Be formation.

to avoid conflicts with other events and ensure the success of all activities.

The upcoming festival will be the 52nd edition, with additional events scheduled to be revealed in the upcoming months. Stay tuned to Your West Central Voice, The Kerrobert Chronicle and The Weekly Bean for further information.



PHOTO BY KATE WINDLIIST

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## Pipeline Online.ca Saskatchewan's Energy News

#### Saskatchewan funding aero-magnetic survey in southwest Sask to drive further critical mineral development

BY BRIAN ZINCHUK

**REGINA** – In recent months, there have been more rigs drilling for helium in southwest Saskatchewan than there have been drilling for oil. The region has become a hotbed for helium development in recent years, but it's not the only resource underground. There might be a lot more potential geological development in that area, if only more was known about what's possibly there.

That's the tack the provincial government is taking in announcing a program to take a deeper look at the resources that could be developed in southwest Saskatchewan. The Government of Saskatchewan announced on April 16 it will invest \$500,000 for an airborne survev in southwest Saskatchewan in partnership with Natural Resources Canada. The survey will collect data about the area's geology and natural resources.

"This survey work will support Saskatchewan's Critical Minerals Strategy," Energy and Resources Minister Jim Reiter said in a release. "The data we collect will be made publicly available so that it can be used to inform investment decisions on new and existing exploration projects."

Airborne geophysical surveys are an effective way of providing insight into the province's mineral potential over relatively large areas. Similar surveys have been conducted over regions of northern Saskatchewan in recent years, the Ministry of Energy and Resources said. These surveys have resulted in the staking of new mineral dispositions, particularly in areas with potential for copper, zinc and gold and have provided valuable technical data to support exploration companies working in these areas.

The Swift Current area has been identified for the work due to the lack of modern geophysical survev data available. Potential lithium-in-brine, helium and petroleum resources may exist in the area, which could spur exploration and development.

Southwest Saskatchewan has been studied for decades for poten-



Aeromagnetic surveys can be critical in identifying possible drilling targets. While this is an example of helicopter-borne aeromagnetic surveying, it can also be done with a fixed-wing aircraft. PHOTO BY BRIAN ZINCHUK

tial helium development by one of the province's research geologists, Melinda Yurkowski, whose publicly available work has been of notable assistance to helium explorers. This sort of fundamental research is a key function of the Saskatchewan Geological Survey, part of the Saskatchewan Ministry of Energy and Resources.

Indeed, North American Helium has been leading the charge in developing multiple sites for helium throughout the southwest region. Royal Helium has also done extensive helium exploration in the Climax and Val Marie areas. Indeed, the same morning of the government announcement, Royal Helium announced it had reached an economic participation agreement and letter of intent for a \$25 million joint venture investment by Sparrow Hawk Developments in the development of Royal's Val Marie helium project. That includes a new helium processing plant, Royal's first in the province.

Back in 2021, Royal Helium did similar extensive aerial surveys to develop its resource. Royal CEO Andrew Davidson told Pipeline Online on April 16, "We've relied heavily on aero-mag programs. Generally, it's the first step that we do whenever looking at new area. So that's a good program. I'm glad they're doing that. I wish they would have done it three years ago."

Ryan Morelli, chief geologist of Saskatchewan with the Ministry of Energy and Resources spoke to

Pipeline Online on April 16 about the program.

"This one we're planning is an aero-magnetic survey. And most likely it will be done by fixed wing aircraft. That hasn't been 100 per cent finalized yet. But that's typically how they're done."

Aero-magnetic surveys are also done by helicopter, as Royal did back in 2021. Morelli said, "It's the same principle. It's an aircraft of some sort that is use a grid over a certain area and collect the data."

Morelli said the size of the area to be studied is yet to be determined. It will be driven by the funding available. The province is working with Natural Resources Canada on procurement. Once the cost per line-kilometre of survey is known, they'll be able to determine how large of an area can be surveyed.

The province isn't saying exactly where this will be done at this point of time. That's because in doing similar surveys in the north, it led to staking of properties. And while that's the eventual desired outcome, the province also wants to be fair to everyone. "We have to be a bit vague, here, because it could be considered a competitive advantage to know the location of the survey." Morelli explained.

Eventually the data will be made available publicly, as that's the entire purpose of the survey.

It's been a while since the province has done surveys like this in the south, according to Morelli, **CONTINUED ON PAGE 13** 



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#### **Growing more for less – create a bountiful** garden without breaking the bank

BY GENEVIEVE MATHIEU

This year, many of us will be looking to the vegetable garden to save money on groceries. To avoid growing a \$64 dollar tomato, we wanted to share some ideas to help you grow more for less.

#### Reuse potting mix

New potting mix is best for starting seeds as previously used mix may contain fungi that cause damping off disease which can kill or weaken seeds or seedlings. But don't throw out the old potting mix from last season! It can be reused for bumping up seedlings into larger pots, or for outdoor container-growing.

#### Cheap and cheerful

Skip buying a heat mat. Those few warm-season plants that benefit from added heat will still germinate without it; they just take a few more days. Indoor seedlings need supplemental light. An expensive full-spectrum light is for growing plants to maturity indoors, which most of us are not doing. Try an affordable alternative like buying a grow bulb for an existing lamp, LED shop lights, or borrowing a light from a friend. Seeds do not need to be fertilized in the first few weeks of life. After that, only apply fertilizer if your potting mix does not contain any.

#### Start from seed

Test your old seeds before throwing them away; they might surprise you! Place 10 seeds on a moistened paper towel inside a zip-top bag and see what sprouts in the next week or two. If only half sprout, just plant twice as many! If you do need a new supply of seeds, look out for local events like Plant Swaps and Seedy Saturday/Sunday to find seeds, plants, tools, garden books, and more. Many communities have seed libraries created to help gardeners share seeds that they have saved or purchased with one another.

#### Plant in ground

Raised beds are trendy but less practical on the prairies where their improved drainage means apply-



ing more water. Buying the raised beds and the soil to fill them is also costly. Unless you need the accessibility of raised beds, consider growing an in-ground garden. There are some great native soils in southern Alberta that usually only need some added organic matter (like compost) to grow a beautiful garden.

#### **Sharing is caring**

Talk to friends and neighbours. Many gardeners have at least one perennial that is trying to take over and are happy to split it and give some away. Some delicious examples are rhubarb, strawberries, raspberries, walking onions, chives, lovage and (so much)

Genevieve Mathieu is the Garden Program Coordinator with Community Food Connections Association (CFCA)

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#### ...Aero-magnetic survey

#### **CONTINUED FROM PAGE 12**

and the last time it was done, the resolution wasn't very high. He said, "We don't really have modern aero-magnetic coverage in the south, to the extent we do in the north. So I think in the last survey, which was more of sort of a regional resolution, the spacing was 800 metres to a 1000 metres spacing between lines. And we're trying to reduce that. So we're trying to cut it in half or better with this modern survey."

He noted some of the drivers for this are development of helium, lithium, and petroleum as well. "We need to better understand the geologic framework in our region, especially understanding the rocks at depth that are, in a lot of cases, are controlling characteristics of rocks above."

Specifically, this will help define the basement ck below the Western Canada Sedimentary Basin. And that's significant because one of the current the-

ories of where the helium comes from is radioactive decay of uranium and thorium in the basement rock. The helium is then captured by very tight cap rock above the lowest layers of the sedimentary column.

"Really, it comes down to the geology at the end of the day," Morelli said. "So the more we can understand about the geology and the resources the rocks contain, is furthering our understanding of how to develop those resources."

Saskatchewan's Growth Plan aims to increase mining exploration, along with the value of mining exports and oil production to 600,000 barrels per day, the

ministry said. Saskatchewan has 23 of the 31 critical minerals on Canada's

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Folks."

Scout Finch (To Kill a Mockingbird by Harper Lee)

Tramping Lake Park in 1923. View of food booths pavilion at back right, rodeo grounds to the left, kids' slide down the grandstand hill. PHOTO TRAMPING LAKE REGIONAL PARK HISTORY BOOK

#### The development of Tramping Lake Park

**BY JOAN JANZEN** 

Tramping Lake Park is situated at the south end of Tramping Lake between the RM's of Mariposa and Grandview. The original site was a large level area in the valley between the lakeshore and the hilly background. Annual picnics were held there as early as 1916 and possibly earlier.

In about 1915, the Federal Government donated part of the SE 1/4 4-35-20 W3rd to the RM of Mariposa to develop a public park. The first meeting of the park board was held on October 20, 1917.

Digging a well, building toilets, a pavilion and the possibility of getting a Chautauqua for 1918 were dis-

cussed. A Chautauqua was a social event where plays, concerts, and lectures were held. Financial support was needed, so the neighbouring RM's and towns were asked for grants. The estimated cost for starting work on the  $32 \times 40$  ft park pavilion was \$500. Two accommodation houses would cost \$100; a water well: \$50; tree planting and playground improvements: \$50, for a total of \$700.

By 1925, orders were in for four new rowboats to be built at a cost of \$40 each. In response to the Veterans Club of Dodsland, the placing of a war memorial in the park was approved. It was also decided to reimburse members at the rate of 10 cents per mile for travel to and from board meetings, with a maximum of ten meetings per year.



This photo of the Marengo School was taken by Mrs. Goodrich in 1915. The first teacher was W.W. Thompson. Enrolment grew and in 1922 another room was added to the school, so there was a junior and senior room. The district had one of the first consolidated schools in the province, with the country points transporting the students. Magna Bonum joined the Marengo school district in 1934, and the Clow school joined in 1940. РНОТО МАЯЕNGO HISTORY BOOK

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> SLRP ATTN: Park Caretaker Box 121, Senlac Sask. S0L 2Y0

- Tenders MUST be in the hands of SLRP by May 17, 2024 6:00 pm.
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- Tenders will be opened by the SLRP Board meeting on Saturday, May 18, 2024 at 1:30 pm MST.

For more information and pictures available on Facebook page: Suffern Lake Park or by E-mail: board@suffernlakeregionalpark.ca or contact Hal Wright call/text to 306-823-3611 or email: board@suffernlakeregionalpark.ca



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by Jeff Pickering





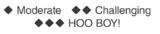
#### Weekly SUDOKU

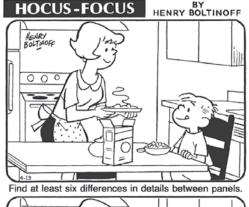
by Linda Thistle

	2				6	3		
		6	5	1				8
4				2			7	
6					3			9
	5		8				4	
	8	2		6		1		
		1	9				6	2
7					8		5	
	9			4		7		

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:** ◆







missing. 4. Mouth is different. 5. Jong. 6. Oven handle is missing. Differences: 1. Spoon is missing. 2. Box is different. 3. Collar is missing. 4. Mouth is different. 5. Refrigerator handle is not as

Raymond."; 8. Rocket Baby Dolls.; 9. Synapses.; 10. Arthur Miller. nine.; 5. "On the Road" by Jack Kerouac.; 6. Carbon dioxide.; 7. "Everybody Loves I. "V for Vendetta" (2005).; 2. The Philippines.; 3. Antebellum.; 4. California, with Trivia Test Answerst

#### King Crossword

26

42

52

#### **ACROSS**

- 1 Siren
- 5 Cagers' gp. 8 Halt
- 12 Eventful periods

15

18

- 13 Cleric's tunic
- 14 Jared of "House of Gucci"
- 15 Persistence
- 17 Privy to
- 18 Tar
- 19 Laid down the lawn
- 21 Cattle call
- 22 Crystal gazer 23 Not "dis
- 26 Scale abbr.
- 28 Impetus 31 Crunchy
- cookie 33 Chef Garten
- 35 Faux pas 36 Reddish dye
- 38 PC screen type
- 40 Salty expanse 1 Nov. honor-
- 41 Leave an impression?
- 43 Gear tooth 45 Salsa ingredi-
- ent 47 Chopin piec-
- 51 Say it's so
- 52 Stresses
- 54 Hindu royal

2 | 6 | 2 | 9 | 4 | 1 | 2 | 8

8 8 3 8 2

9 4 5 6 2 8 1 4

8 6 7 7 1 9 9 2 8

7 | 1 | 2 | 9 | 8 | 2 | 6 | 7 | 9

**19wsnA** 

Weekly SUDOKU

DED ED

Solution time: 24 mins.

Answers

— King Crossword —

9 M A V

8 2 4 6 7 1 3 5 p | 9 | 2 | 6 | 8 | 6 | 4

8 8 2 7 7 2

8 3 1 6 2 2

- 55 911 responder 9
- 56 Tizzy

9 6

57 Sax range

#### 55

59 JFK postings

58 — Angeles

#### DOWN

45 46

54

- ees
- 2 Bailiwick
- -pedi 4 Sacred song
- 5 Capital of Kenya
- 6 Crunchy sandwich
- Void
- 8 Small burgers
- Curly strands
- 10 Oklahoma
- tribe
  - 34 Emphasizes

20 British ref. work

19 20

23 Homer's cry

11 Frogs' hang-

out

16 Hip

- 24 "Right you
- 25 Multi-family
- dwelling 27 NBC week-
- end show
- 29 Compete 30 Ecol. watch-
- dog
- 32 Toronto's
- province

37 Play segment 39 Pixels 42 "Monopoly"

56

30

29

48 49 50

- buy 44 Appearance
- 45 Skater Lipinski
- 46 Ellipse 48 Word of warn-
- ing 49 Author
- Bagnold 50 Bygone fliers
- 53 Punk-rock subgenre
- © 2024 King Features Synd., Inc.

# test by Fifi Rodriguez

- 1. MOVIES: Which dramatic film features the character "V"?
- 2. GEOGRAPHY: Luzon belongs to which island nation?
- 3. LANGUAGE: What is the Latin phrase for "before the war"?
- 4. U.S. STATES: Which state has the most national parks?
- 5. LITÉRATURE: Which 1950s novel includes the line, "Nothing behind me, everything ahead of me, as is ever so on the road."

6. CHEMISTRY: What kind of gas makes a

- drink bubbly? 7. TELEVISION: Which sitcom features a
- mom named Debra Barone? 8. MUSIC: What was the former name of the
- English band Muse: 9. SCIENCE: What are the gaps between nerve
- cells called? 10. THEATER: Who wrote the play "The Cru-
- cible"? © 2024 King Features Synd., Inc.



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In the Estate of HELEN BETTY GRAHAM, late of Kindersley, Saskatchewan, Deceased.

ALL CLAIMS against the above Estate, duly verified by statutory declaration and with particulars and valuation of security held, if any, must be sent to the undersigned before the 3rd day of MAY, 2024.

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#### WANTED

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Todd 250-864-3521



#### **NOTICE OF PREPARATION OF ASSESSMENT ROLL R.M. OF PRAIRIEDALE NO. 321**

Notice is hereby given that the Assessment Roll for the RM of Prairiedale No. 321 for the year 2024 has been prepared and is open to inspection at the office of the assessor from 8:00 a.m. to 4:00 p.m. on the following days:

#### Monday to Thursday, April 18 - May 21, 2024

A bylaw pursuant to section 214 of The Municipalities Act has been passed and the assessment notices have been sent as required.

A notice of appeal, accompanied by a \$50 appeal fee, which will be returned if the appeal is successful, must be filed with:

> The Secretary of the Board of Revision **Marlene Hassard** Western Municipal Consulting Ltd. Box 149, Meota, SK S0M 1X0

By the 21st day of May, 2024.

For more information about your assessment notice, please contact the assessor, R.M. of Prairiedale No. 321, Box 160, Major, SK S0L 2H0.

Dated this 18th day of April 2024.

Charlotte Helfrich Assessor

#### **Notice of Preparation** of Assessment Roll

#### R.M. of Deer Forks No. 232

Notice is hereby given that the assessment roll for the R.M. of Deer Forks No. 232 for the year 2024 has been prepared and is open to inspection in the office of the Assessor from 8:30 a.m. to 12:00 noon and 1:00 to 4:00 p.m. on the following days:

#### Monday and Wednesday April 24 to May 25, 2024

A bylaw pursuant to section 214 of The Municipalities Act has been passed and the assessment notices have been sent as required.

Any person who wishes to appeal against his or her assessment is required to file his or her notice of appeal with:

The District Board of Revision Secretary Kristen Tokaryk PO Box 149, Meota, SK S0M 1X0

by the 25th day of May, 2024. Dated this 24th day of April, 2024.

> Kim Lacelle Assessor

#### **NOTICE OF PREPARATION OF ASSESSMENT ROLL**

#### R.M. OF HAPPYLAND NO. 231

Notice is hereby given that the Assessment Roll for the RM of Happyland No. 231 for the year 2024 has been prepared and is open to inspection at the office of the assessor from 8:30 a.m. to 12 noon and 1:00 to 4:00 p.m. on the following days:

Monday to Thursday, April 24 - May 25, 2024

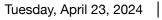
A bylaw pursuant to section 214 of The Municipalities Act has been passed and the assessment notices have been sent as required.

Any person who wishes to appeal against his or her assessment is required to file his or her notice of appeal with:

The District Board of Revision Secretary Kristen Tokaryk Box 149, Meota, SK S0M 1X0

By the 25th day of May, 2024. Dated this 24th day of April 2024.

> Kim Lacelle Assessor





L-R: Lanna Morgan, Daryl Wingenbach and Dave Hammel from Medicine Hat performed at Liebenthal on the April 13-14th weekend. Both Daryl and Dave grew up at Liebenthal. РНОТО ВУ JOAN WAGNER

#### **Homegrown talent performs at Liebenthal**

**BY JOAN JANZEN** 

The recreation board at Liebenthal featured two days of talented country music entertainers on the weekend of April 13th and 14th. Liebenthal Community Hall became a hall of fame during the annual event, which has taken place annually since 2010, with the exception of a two-year absence.

The talent comes from Eatonia, Fox Valley, Medicine Hat, and beyond. Each band or singer performs two songs, and the recreation board prepares and serves sausage on a bun during the Saturday break. On Sunday, the same group serves a full supper after the show. It's a huge endeavour for such a small com-

"We always receive great comments about the ta-

lent of all the performers," Cheryl Ehresman, a rec board member, said. This year, twelve acts entertained on Saturday and fourteen acts performed on Sunday. As usual, the rec board hired a coach bus to bring people from Medicine Hat to the event on Sunday.

Many of the talented individuals grew up in Liebenthal and the surrounding area or had connections with family and friends. All the performers volunteer and receive a free ticket and meal. Many out-of-town guests stayed to help clean up after the weekend concluded, which was greatly appreciated by the group of twelve to fifteen volunteers who hosted the event. The tiny hamlet receives more than 250 visitors throughout the weekend.

Hats off to a small group of volunteers who put on a successful two-day event every year.

## Removal of carbon tax keeps inflation low in Sask

Saskatchewan continues to tackle inflationary pressures. In March 2024, the consumer price index in

Saskatchewan increased by only 1.5 per cent from March 2023 (seasonally-unadjusted). This is the second lowest increase in Canada, and well-below the national average of 2.9 per cent.

"Saskatchewan is well-below the national average in terms of consumer price index increases in Canada, and we are seeing further proof that removing the carbon tax on home heating is keeping inflation down," Trade and Export Development Minister Jeremy Harrison said. "We will continue to push back against policies and initiatives that are not in the best interest of Saskatchewan and help to make life more affordable for the people of our province."

The Consumer Price Index (CPI) measures changes in the price of goods and services over time. Inflation

is indicated by the growth of CPI, which helps assess changes to the cost of living. An individual's ability to buy goods and services is affected by changes in income and prices.

Earlier today, Statistics Canada released their data on housing starts, where Saskatchewan saw an

impressive increase of 12.1 per cent in March 2024, compared to March 2023. Housing starts on single

family dwellings also increased by 35.7 per cent, and multiple units increased by 3.8 per cent compared to March 2023.

Government is committed to enabling Saskatchewan's economic growth, which can be seen with the

launch of Securing the Next Decade of Growth: Saskatchewan's Investment Attraction Strategy, along

with a new investSK.ca website. To learn more, visit: InvestSK.ca.

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#### **NOTICE OF PREPARATION OF ASSESSMENT ROLL VILLAGE OF MAJOR**

Notice is hereby given that the Assessment Roll for the Village of Major for the year 2024 has been prepared and is open to inspection at the office of the assessor from 8:00 a.m. to 4:00 p.m. on the following days:

#### Monday to Thursday, April 18 - May 21, 2024

A bylaw pursuant to section 214 of The Municipalities Act has been passed and the assessment notices have been sent as required.

A notice of appeal, accompanied by a \$50 appeal fee, which will be returned if the appeal is successful, must be filed with:

> The Secretary of the Board of Revision **Marlene Hassard** Western Municipal Consulting Ltd. Box 149, Meota, SK S0M 1X0

By the 21st day of May, 2024.

For more information about your assessment notice, please contact the assessor, Village of Major, Box 160, Major, SK S0L 2H0.

Dated this 18th day of April 2024.

Charlotte Helfrich Assessor

"I never loved reading until I feared I would lose it. One does not love breathing."

(To Kill a Mockingbird by Harper Lee)

#### **NOTICE OF PREPARATION OF ASSESSMENT ROLL VILLAGE OF SMILEY**

Notice is hereby given that the Assessment Roll for the Village of Smiley for the year 2024 has been prepared and is open to inspection at the office of the assessor from 8:00 a.m. to 4:00 p.m. on the following days:

#### Monday to Thursday, April 18 - May 21, 2024

A bylaw pursuant to section 214 of The Municipalities Act has been passed and the assessment notices have been sent as required.

A notice of appeal, accompanied by a \$50 appeal fee, which will be returned if the appeal is successful, must be filed with:

> The Secretary of the Board of Revision **Marlene Hassard** Western Municipal Consulting Ltd. Box 149, Meota, SK S0M 1X0

By the 21st day of May, 2024.

For more information about your assessment notice, please contact the assessor, Village of Smiley, Box 160, Major, SK S0L 2H0.

Dated this 18th day of April 2024.

Charlotte Helfrich Assessor



**LIFE'S A BEACH!** The Town of Kindersley was thrilled to receive word they have been awarded "Facility of the Year" in the category of "Recreation" for The Beach at the Motherwell Reservoir. The award will be presented in person to Kim Vogel at a future community celebration.

These awards are presented to those who have displayed outstanding commitment and dedication to the betterment of Sport, Culture and Recreation within the Rivers West District through their volunteer efforts. Congratulations to the Town of Kindersley. Now they are looking forward to warmer weather when everyone can enjoy the first full season at The Beach.

Warmer weather is drawing more people to the beach at Kindersley. These boys were having fun in the sand on a Sunday afternoon. PHOTO BY JOAN JANZEN

#### **Social Media wants your money**

BY NICK KOSSOVAN

The American way (read: capitalism's primary goal), which greatly influences the Canadian way, has always been about separating you from your money. I'd wager that within moments of the Internet becoming available to the public on April 30, 1993, many asked themselves, "How can I use this new medium to hawk stuff?" In 1997, SixDegrees launched the first online social networking site, marking the birth of social media. Almost immediately, Hucksters, charlatans, snake oil merchants, and outright fraudsters tumbled out of the woodwork alongside corporate advertisers.

Have you seen the online ad for the Bluetooth-enabled Shiatsu foot massager? How about the one for the organic mushroom supplement powder? How about the micro-magnetic slimming earrings? Initially, social media thrived on feel-good content. However, social media companies have bills to pay and profits to make; thus, understandably, monetization became their focus, resulting in social media being flooded with ads for cheap, bright, and shiny items. Today, you can't scroll through your feed without being inundated with ads promoting supplements, subscription services, or self-proclaimed "experts" teaching a craft they've never mastered.

Remember the days of browsing the Internet and having to venture off to visit the seller's website? The creation of social commerce—the marriage of

inated the need to venture off. Instagram, Facebook, Pinterest, and TikTok now have native social commerce features baked into their respective platform. This feature, when leveraged by Svengali-like marketing strategies introducing you to products you didn't know existed, not surprisingly, leads to impulse purchases.

Who knew there was an avocado slicer 3-in-1 tool for hassle-free avocado preparation for only \$3.47? According to the ad, there are less than 400 left. At that price, it's a must-have. Never mind that I can't recall the last time I ate an

As kitchen junk drawers, closets, garages, basements, and storage lockers will testify, creating fear of missing out (FOMO) by offering a cheap product and claiming inventory is dwindling is a proven marketing strategy. It's anyone's guess what percentage of our online and offline consumerism are impulse buys.

Thanks to social commerce, a "marketer" can present you with a wellpriced hoodie as you scroll through TikTok. To take advantage of this deal without overly interrupting your viewing of shuffle dance videos, simply click "Buy."

I find it exhausting to scroll through my social media feeds, feeling everyone is trying to sell me something. Social media has become cluttered with "Buy me!" and become an algorithmic traffic driver for targeted advertising. Then there's the fakery factor.

"free." Everything has a price: time (attention) and/or money.

- There's no genuine "I want to help you" advice, only pitches and sales
- The freebies are shallow. A life improvement e-book offered for "free," in exchange for your email address, is just recycled advice you've already heard or read. There's nothing revolutionary or exclusive about the advice, as was promised.

How many businesses behave on social media irritates me. Naively, I assumed social media would evolve into a people-to-people medium, like the whole world sharing one big kiss, as opposed to the business-to-consumer digital marketplace it has become.

Weight loss programs, get-rich-quick schemes, influencers shilling products that don't produce results, Facebook friends selling beauty products, salons pushing Botox and fillers and ads that intentionally make asterisk text impossible to read. Companies that stretch the definition of "free," "guarantee," and "unlimited." Products designed to wear out quickly. Subscription-based models for everything. At some level, social media and the Internet thrive on veiled

My angelic side believes that those behind the transformation of social media into a Turkish bazaar simply want what we all want: money to buy time and freedom. Because our economic system works like a Ponzi scheme, everyone, to some degree, tries to make e-commerce with social media—elim
• Despite all the claims, there's no money, to move around with their con-

sumerism, by taking advantage of others. In other words, who am I to judge those who sin differently than I do?

When you consider how social media companies generate their revenue, it's hard to condemn their monetization

Your role in social media isn't that of user. You're the product offered to advertisers and those who are dreaming of making money on social media. Platforms aggregate your attention (aka views), which they then sell to advertisers. It shouldn't come as a surprise that your attention span and actions are being commodified when you're on social media.

In economics and finance, there's an adage that's especially relevant here: "There's no such thing as a free lunch." From an economic perspective, nothing is ever free. In general, if something appears to be free, like a social media account, you're paying for it in some tricky way.

Always consider where your money is going. Consider your life goals more carefully. Don't let social media dictate your dreams. Sadly, social media has replaced the American dream of working hard and making money with the dream of not working hard and making money, resulting in our social media feeds being inundated with shameless attempts to separate us from our money.

Nick Kossovan, a self-described connoisseur of human psychology, writes about what's on his mind from Toronto. You can follow Nick on Twitter and Instagram @NKossovan





#### **BOOK REVIEW**

#### 2 Women 2 Generations 26 Poems

By Sheri Hathaway **Welcome Home Publishing** 

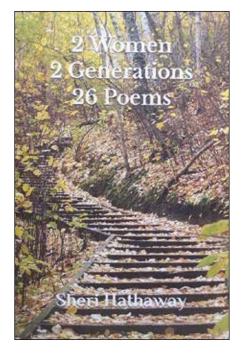
**REVIEW BY SHELLEY A. LEEDAHL** 

I like to be surprised. Upon receiving the slim poetry collection 2 Women 2 Generations 26 Poems by Saskatoon's Sheri Hathaway, I noted the book's short, back cover description: "This is a mother-daughter project containing verse from two women of very different pasts," and I fully expected that Hathaway—a grandmother of eight-had collaborated with a daughter on this collection of prairie-based poems. I was wrong. This book actually features the work of Hathaway and her mother, Louise (McLean) Hathaway, a former teacher who experienced the Great Depression and World War II. The elder poet died in 2009. Her daughter explains that she "didn't know [her] mother wrote any poems," but Sheri discovered them after her mother's death "In her boxes of books, papers, photos and diaries". Another surprise: both poets had published work in local publications.

The book mostly features Sheri Hathaway's work; eight poems were penned by her mother, one of which, "Heart Cry," is a fine example of showing emotion, rather than stating it. It begins: "Snow covers all./The brown mound of cloggy earth,/Our spray of mums,/gold, russet, and bronze for October,/The wreath of everlasting flowers/from his classmates". Readers glean that the poet's describing a child's grave. The poem powerfully ends with three words: "our only son". I also enjoyed the senior poet's "My Childhood Home," a descriptive piece written in quatrains. Rhyme was more commonly used when these poems were written, and she's elected an ABCB rhyme scheme that doesn't seem forced, ie: "Beneath the piano window/Stood the organ and its stool/ Round which on Sunday evenings/Hymn singing is

Interestingly, in organizing the poems for this book, Sheri Hathaway has included a prayer poem, "A Prayer for Family," in her "Of Faith" section, and her mother's section begins with "A Mother's Prayer". The latter piece was found "on the back of an old envelope with a grocery list on the other side and used as a bookmark".

Christianity and the poets' personal relationships



with their God is evident in several of the pieces.

The younger Hathaway shows great diversity in her subject matter. She begins with two sprightly children's poems, includes a humorous poem about being a young bride learning to ski, and also writes compelling pieces about making marmalade: when the winter sun streamed through the window, "The jars lit up like light bulbs, glowing orange and yellow as if lighted from the inside". The poem "Thoughts from a cancer clinic waiting room" reveals a strong faith.

A freelance writer and watercolour artist, Sheri Hathaway was raised on a farm near Marwayne, AB. I consulted her website (sherihathaway.com) and learned that she's "a former teacher and explorer of other occupations that now add fodder to her articles, poems, books and paintings." The small graphics (not the author's) dispersed throughout the book add to the generally upbeat tone of the poems, some of which earned prizes in contests.

Mother and daughter, different lives, similar passions for the prairies, poetry, and God's "pure gold"

> This book is available at your local bookstore or from www.Skbooks.Com



This family photo of the Harry Warrington family can be found in the history book for the Milton Municipality. It pictures what is called stairstep kids. The term describes three or more siblings born with similar space gaps between their ages. These eleven children appear to qualify.(L-R) Jack, Zelda, Beryl, Lester, Ina, Arnold, Roy, Donald, Harriet, Ora, Ken. PHOTO: THIS LAND OF OURS: CHRONICLES OF THE MILTON MUNICIPALITY

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"I'm little, but I'm old." Dill (To Kill a Mockingbird by Harper Lee)



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E-mail: kcfh@sasktel.net Fax: 306-463-2650

www.kindersleyfuneralhome.com

Tuesday, April 23, 2024

500 - 12th Ave. E., Kindersley, SK 306-463-2005

#### **Our Annual**

#### CUSTOMER APPRECIATION DAYS SALE

is on NOW until APRIL 30, 2024! Air Seeder Hose • Lubricants & Filters are among the items on sale!

UPCOMING



to our Customers for their continued patronage.

Watch for the flyer!

Submit your upcoming

event to:

Kate Winquist

kate@yourwestcentral.com

Deadline for submissions is

FRIDAY at noon.

306-463-2211

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Email resume to jeanabaker@lukplumbing.com



#### **SUNDAY, MAY 19**

- First CFS Alsask Radar Dome Tour of 2024! Tours at 12 PM, 2 PM and 4 PM. Please pre-register by emailing info@civildefence. ca. Entry will be a donation of your choice. Please arrive 15 minutes before your tour and wear closed toe shoes. Each tour is 1 hr and
- Drop-in Pickleball 7 PM at the Alsask Rec Centre. All ages are welcome. \$5 drop-in fee.
- Free Fun Learn Different Line Dances. Monday nights 7:00-8 PM at the Alsask Rec Centre. All welcome.

- Sunday Service Hoosier Community Church 10:30 am at the Community Hall. Contact Joel Hamm 306-460-7056 or Curtis Kornelson

#### **KERROBERT**

#### **TUESDAY, APRIL 23**

 Kerrobert Golf Club AGM Meeting 7 PM at the Kerrobert Golf Clubhouse. All are welcome to join.

#### **SUNDAY, APRIL 28**

 Kerrobert Cemetery Clean Up Day 1 PM. Bring your gloves, rakes and shovels. Alternate day will be May 5th.

#### **TUESDAY, APRIL 30**

· Kerrobert Courtroom Gallery new exhibition- "Striking Dreams" by photographer and storm chaser Jenny Hagan. Artist Reception 7

#### **WEDNESDAY, MAY 8**

 Spring Clean Up. Pick up dates for bagged leaves and branches. Only leaves in clear bags will be picked up. Pick up will be done on front boulevard (not back alley). Questions? Call the Town Office at

#### **TUESDAY, MAY 21**

• Spring Clean Up. Pick up dates for bagged leaves and branches. Only leaves in clear bags will be picked up. Pick up will be done on front boulevard (not back alley). Questions? Call the Town Office at

#### SATURDAY, JUNE 1

 Kerrobert Seniors Centre Annual Town Wide Garage Sale. Free maps available at the Seniors Hall 9 AM. To register your property for free on the map, contact the Town Office 306-834-2361. BBQ 11 AM - 2 PM at the Seniors Hall 541 Atlantic Avenue

#### SATURDAY, MAY 4

· Kin Club iof Kerrobert 2nd Annual Cinco De Mayo. Music, Food, Drink at the Kinsmen Hall. Proceeds will be donated to support Walker Lodoen and family. Email: kerrobertkinettes1@gmail.com



507 Pacific Ave., Luseland 306-372-4420



(306) 358-2034

porksgarageltd@sasktel.net • 303 Brooks Ave, Denzil

- FRIDAY, JULY 26 · Kerrobert Gumball Rally & Show & Shine. Cool Cars, Lots of Prizes, Live Music, Food & Drinks and More! More details to come.
- Storytime at the Kerrobert Library the first and third Thursday of every month at 10:30 AM.

#### **KINDERSLEY**

for more info

#### FRIDAY, APRIL 26

· Kindersley Arts Council presents Jack Garton at the Norman Ritchie Community Centre 7:30 PM

#### **SATURDAY, APRIL 27**

- · Kindersley Screen Arts presents "The Claw" 4 PM at Sunset Theatre. \$10 at the door.
- Trooper & The Northern Pikes at the West Central Events Centre. Tickets available through Ticketmaster, the Kindersley Town Office or Kindersley Co-op Food Store.

#### MONDAY, APRIL 29 - SUNDAY, MAY 5

• Tim Horton's Smile Cookie Campaign in support of Kinder Kollege. If you are looking to volunteer or place an order, you can contact

#### **WEDNESDAY, MAY 8**

- Kindersley Minor Sports AGM 8 PM at the Curling Rink Lounge. It is very important that everyone attends. We will be voting on important items, including: New Ball Scoreboards, Ball Fence. Positions to be filled: Vice President, Fundraiser X2, Secretary, Bus Garage. WEDNESDAY & THURSDAY, JUNE 12 & 13
- Kindersley & District Chamber of Commerce 35th Annual Trade Show & Exhibition at the Kindersley West Central Events Centre. Wednesday 1:00-9 PM. Thursday 11 AM - 7 PM. \$2.00 entry fee.
- FREE! Drop-In Soccer (Ages 15-99) Westberry School Gym every Thursday at 8 PM; Elizabeth School Gym every Friday at 7 PM. All welcome. Contact Kevin for more info: 306-430-4103 or email: kindersleysoccerboard@gmail.com
- Parkinson's Support Group Meetings are held the second Wednesday of the month 1:30 PM at 401 - 4th Ave West (New Life Church). Everyone welcome! For more info call Nancy at 306-463-4514.
- 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 PM in the Kindersley Senior Centre OR contact Jill at 306-463-4210.
- PickleBall every Sunday & Wednesday 7:00-9 PM at Elizabeth School \$50 per season or \$5 drop in. More info call 306-460-8356. - Prairie Crocus Quilt Guild meet the second Tuesday of the month (September to May) at the Pensioners Hall (3rd Ave. E., Kindersley) at 7 PM. For more info contact Donna at 306-463-4785.

#### **THURSDAY, APRIL 25**

 Sandhills Music Festival Association Grand Concert 7 PM at the Leader Community Hall. Social to follow. Silver collection. Coffee & Snacks. Join us in celebrating the performing arts.

#### SATURDAY, APRIL 27

• The WSCH Ladies Auxiliary asks you to join us for entertainment, refreshments, cake and fellowship at 2 PM for our Spring Tea at the WSCH. Silver collection. Door prizes.

#### SATURDAY, MAY 11

· Leader Walking Trail Fundraiser "Donut Dash 2024" 10 AM Leader Community Centre.Registration and Pledge Sheets available at the Town Office. Deadline to register is April 18th.

· Leader Wild West Daze Slo-Pitch Tourney. Enter your team today.

GRANITE

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Call Travis 306-628-7930 or Becky 306-604-3206 for more info. **SATURDAY, JUNE 22** 

- · Community Garage Sales 9 AM to 3 PM. Pick up maps at the Tourist Caboose.
- Marketplace Kick-Off 5 PM at Sandhills Credit Union Marketplace. Live Music, Food & Drinks!
- Mondays are Family Fun Night (open to all ages) at the Leader Library 6:30-7:30 PM.
- Tuesdays & Thursday Stretch Exercises 10 AM at the Leader Friendship Centre. Wednesdays Toddler Time (ages 1.5 to 3) at the Leader Library
- Thursdays Baby & Me at the Leader Library 10:30-1 AM 0-2 years
- old (older siblings welcome) Adult Volleyball every Tuesday 7:30 PM at LCS Gymnasium (student parking lot door). Participants must be Grade 10 or older. Call Shelley 306-628-7643 for more information.

#### FRIDAY & SATURDAY, APRIL 26 & 27

 Annual Dinner Theatre "The Engagement by Jared Fischer and Kirk Meyers at the Luseland Homecoming Hall. Tickets available at Luseland Town Office 503 Grand Avenue 306-372-4218.

#### SATURDAY, MAY 4

 Flora's Walk for Perinatal Mental Health 1 PM at the Pool Park. Flora was a 44 year-old, single mom who had a 2 month baby and committed suicide due to undiagnosed Postpartum Psychosis. We will walk the perimeter of Luseland and meet back at the park for refreshments and a quick speech.75% of the funds raised will go to West Central Crisis Centre Inc. SATURDAY, MAY 11

· Luseland's Town-Wide Garage Sale. \$20 gets your name on the map. Pick up a form at Skyline Convenience or contact Jean Halliday 306-372-7367.

#### Recurring events at The Luseland Pioneers Club: **PUBLIC**

- Every Monday 2:00-4 PM Coffee
- Last Monday of the month 2:00-4 PM Pie 'n Ice Cream
- Monday-Saturday 8:30 AM Noon, Coffee, Pool, Cards, Visiting - Tuesday 1:00-4 PM Cards
- Tuesday 7:00-10 PM Games
- Wednesday 1:00-4 PM Cards
- Thursday 1:00-4 PM Cards
- Third Friday of the month Birthday Lunch at noon.

#### **SATURDAY, MAY 25** · Community Garage Sale 10 AM - 2 PM. \$20 / table or street space.

Major Hall & Centre Street. Lunch - Major 4H Club BBQ Fundraiser. Contact Janice Borland 306-834-8180 (call or text) to book your space or table. Home based businesses welcome.

#### **PLENTY**

#### SATURDAY, APRIL 27

- · Plenty's 5th Annual Spring Fling Quilt Show 10 AM-4 PM at the Plenty United Church on Main Street. Featuring quilts by local quilt makers and special exhibits including vintage gowns from the private collection of Joan MacCrimmon, and vintage artwork by local artists. Admission by donation.
- · Spring Trade Show in the United Church basement. Fundraiser soup & sandwich luncheon served from 11:30 AM - 1 PM.



ROYAL LEPAGE **Wheat Country Realty** 

Mary Kloster

Luseland / Kerrobert Cell: 306-372-7832

marykloster@royallepage.ca

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