Saskatchewan Premier Scott Moe was in the hot seat, when he met with members of the Shellbrook Seniors’ Association to discuss the challenges facing the province’s elderly population.

You learn to do without. That’s how Shellbrook senior Edith Henry explained the options many seniors in the province are left with each month, as they are forced to decide between purchasing groceries or necessary, but sometimes costly, prescription medications.

The comment came near the tail end of an informal discussion about the challenges facing Saskatchewan seniors. That discussion saw Premier Scott Moe spend nearly two hours with members of the Shellbrook Senior’s Association, listening and empathizing with the struggles they’re facing.

But, for some seniors, having to choose between prescriptions and groceries is just the tip of the iceberg. As Henry explained, some are stuck between “a rock and a hard place,” unable to handle the responsibilities of owning a home, but unable to afford (or find) a rental or assisted living.

“With fixed income, there’s no way we could possibly go into an assisted living place, because even a poor assisted living place is over $2,000 [per month],” she told Moe.

“If you want a place that offers the standard of life you’re used to, they’re up to $4,000. There’s no way we can do that on an income of $1,500 a month.” Commiserating that Levels 3 and 4 nursing homes can cost upwards of $6,000 per month — all of that paid for by provincial healthcare funding — Moe said that the government has tried to make things easier for seniors by investing in home care initiatives that allow seniors to stay in their homes longer.

“The longer that someone isn’t at that cost level is actually good for the system from an economics perspective, but it’s also good for us, as people, to be at home and near our families,” he said.

“Home care has been effective where it’s available. The best place for people to be is in their home for as long as they can be,” he continued, adding, as he would at many times during the meeting, that there’s always more discussions to be had on home care and individualized funding models.

With cost of living being a dominant theme throughout the afternoon, Moe conceded that there are times when government can inadvertently get in the way of supports for seniors.

He added that different levels of government (or even different ministries within government) don’t always do the best job of communicating, and that this is something his government, and its new Ministry of Seniors headed by Minister Warren Kaeding, intends to work on.

Continued on page 2
Hockey Day brings Mintos players back home

The Shellbrook Recreation Complex is set to be a hub of activity this weekend, as the fifth Hockey Day in Shellbrook officially gets underway.

Friday evening and Saturday morning will keep the focus fixed firmly on local hockey, with many of the events that people have come to love and expect from Hockey Day: The Tremblay Classic, the Shellbrook Silvertips showcase, and an IP hockey tournament.

Once Saturday afternoon rolls around, however, Hockey Day attendees will be able to watch some high-level action from young up-and-coming talent, as well-known league champion teams feature playing no shortage of hometown Contacts.

Mintos take on the Saskatoon Contacts, and Prince Albert’s AAA Midget Mintos take on the Martensville Blackhawks face off on Friday evening and Saturday afternoon.

While all four teams are coming from out of town, they’ll be bringing no shortage of homegrown talent with them. All told, three out of the four teams feature players from Shellbrook and the surrounding area (indeed, almost half the Blackhawks’ roster was wearing Shellbrook Elks jerseys last season).

In anticipation of these homecomings, the Chronicle spoke with three Mintos players who will be well known to the community: Ashton Ferster, Gage Helm, and Marek Schneider.

What’s your fondest memory of playing in the Shellbrook rink?

Ashton: The year we won provincials [2014]. I was a second year atom playing up at pee-wee. We won Provincial B playing against Balgonie. That was one of the best moments I’d had there, along with along with the atom league championships as well.

Gage: Playing on the Shellbrook rink always felt like home. Growing up with your schoolmates and classmates, everything happened in that rink: your first goal, your first assist, you met your best friend there. I still have those friends to this day.

Marek: It was just having a great time. I had Drew [Ferster] as my coach, and always used to play with Ashton, Gage, and we had Brooklyn Anderson on our team at one point. It was honestly really fun. A great time.

How did playing in Shellbrook help you reach the AAA level?

Ashton: I learned how to win. In our age group, I don’t think we ever had a year where we didn’t win. Knowing how to win just made losing that much worse. Whenever you lost, you didn’t want to keep losing.

Gage: The coaches I grew up with were the best coaches I have had until this day. They taught me everything I need to know to perform at this level, and I still use some of those aspects until this day.

Marek: Playing there, it was more of a team kind of thing. Drew always used to put us with different guys. I was always a defenceman and I would always be playing with different people and getting to know different people. That whole teamwork concept was probably the biggest.

What are you most looking forward to in returning to the Shellbrook rink?

Ashton: I’m looking forward to getting in front of people who maybe haven’t seen me play in awhile. I’m coming back to show them it was worth leaving.

Gage: I’m excited for the atmosphere, mostly, but also to play in the new facility. It’s pretty much all brand new, the boards, the lights, and even the dressing rooms have been updated. I’m just excited to come back and see what’s new at the rink.

Marek: I lived in Shellbrook for three or four years, and I remember just going to school and having a good time. I’m excited to see all those people again. It’s been a long time ago.

The Chronicle also tried to reach Dallyn Peekeekoot, a fourth Mintos player with local ties, but didn’t hear back before deadline.

Moe talks seniors’ issues in Shellbrook

“I have no doubt that the federal government is going to move on pharmacare, and we’ll be supportive of that as long as we’re able to work through the questions we have, just to be fiscally prudent – which I think we will,” he said, noting the province’s own pharmacare program.

“We have a very strong, vibrant program here in the province. I suspect it will get stronger, with respect to coverage, as the federal government moves towards universal pharmacare.”

With many seniors facing challenges when it comes to mobility and travel, Moe also heard many questions and comments about the shuttering of the Saskatchewan Transportation Company (STC) in 2017.

“Calling it one of the most challenging decisions the government has had to make, Moe said it was also a necessary decision to make in order to get the budget back to balance.”

While some limited private services have popped up in place of the STC, mostly operating in urban centres, Moe admitted that this was something his government yet to figure out.

“The conversation around access to medical professionals and getting there is one that continues in government. It’s expensive. We haven’t come to an answer on how we address that.”

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January 16, 2020
www.shellbrookchronicle.com
Shellbrook Chronicle
Ministerial hands out 42 Christmas food hampers

While Christmas is meant to be a time of joy and togetherness, this past holiday season in Shellbrook saw greater need than ever for the food bank operated by the Shellbrook and District Ministerial Association.

All told, the faith-based organization handed out 42 food hampers, complete with ham and turkey, to families and individuals, benefiting 134 people in the community (73 adults and 61 children). This is a startling uptick from the 29 food hampers handed out during the 2018 holiday season.

But although overall food bank contributions were down compared to 2018, Ministerial treasurer Dave Whalley says the ministerial was still able to come through and meet the great need in the community.

He adds that it was all thanks to the support of volunteers, community organizations, schools, local and area businesses, and, for the second consecutive year, the Green Leaf Hutterite Colony.

“I’m just so grateful that the people gave the contributions that they gave,” he said.

“The fact that people will come together for a common cause, and how the people come together for their own community, that’s what makes our community viable. The volunteers just about bring tears to your eyes.”

Calling the work “important” and “at the top of the list” of the services the Kinettes provide each year, Cyr says the Kinettes are happy to be able to say that they lightened the weight and the expense of the holiday season for families in need.

While the group’s members are hesitant to get political, Whalley adds that this lack of understanding also permeates all levels of government.

“When we look at our economy, we look at the richness and we forget about those at the bottom end. There’s more people falling off, and I just wish our governments would recognize that,” he said. “They’re always saying ‘We balanced our budget, we’ve done this and we’ve done that,’ but we’ve got people starving.”

One community organization that clearly understands the need within the community is the Shellbrook Kinettes, who, over the past five years (according to Kinette Theresa Cyr’s estimates), have offered a helping hand with the hampers.

Calling the work “important” and “the top of the list” of the services the Kinettes provide each year, Cyr says the Kinettes are happy to be able to say that they lightened the weight and the expense of the holiday season for families in need.

While the group’s members are not strangers to supplying donations for the food hampers and helping pack them, this year saw them go the extra mile by supplying a loaf of bread and butter for each of the 42 hampers (thanks, in some part, to cash donations received from the community).

While the giving is important, Cyr says that what she likes to see is the Kinettes’ kids pitching in and learning first-hand the impact that a selfless act can have.

“That is the point of Christmas right? To spread joy and help others,” she said, noting that a group of Grade 5 students also came to help pack hampers. “It is important to a lot of us to pass this on to our kids, and to make sure they see the meaning of the holiday season.”

Recalling a time when the Kinettes used to only give their time and whatever personal donations they brought with them, Cyr says she loves how much the Kinettes’ involvement has grown over the years.

She adds that the Kinettes will be back to help again next holiday season.

The Parkside Community Club got involved with the cause, donating $500. Here, Community Club member Melissa Moe presents the cheque to the Ministerial’s David Bodvarson.

The Shellbrook Kinettes (and some of their kids) continue to play an important role in putting the food hampers together and providing donations.

Junior Citizen of the Year Scholarship

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

These prestigious awards are given to youth who:

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

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

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

Nominations close March 31, 2020

HOCKEY DAY
In Shellbrook

Friday, January 17th

1:00 – 3:00 pm School & Community Skate
4:30 – 8:30 pm Street Hockey Tournament
4:30 pm Tremblay Classic
5:30 – 7:00 pm Come & Go Appreciation Event @ Curling Rink Lounge
6:30 pm SHEBBROOK RINK GROUP PHOTO
7:00 – 7:30 pm Skate Club Showcase
8:00 pm Shellbrook Silvertips vs. Birch Hills Blackhaws
"Beer Gardens & Smokie Sale"

The Sports Banquet promises to be a great night out! Tickets are selling fast, get yours soon by contacting Becky at 306-747-7976

Saturday, January 18th

8:00 – 10:30 am Pancake Breakfast @ Rink
8:00 – 11:00 am Initiation Hockey Tournament
9:00 am Street Hockey Tournament
11:15 am AA Midget Game – Beardsys Blackhaws vs. Martensville Marauders
2:00 pm AAA Midget Game – Prince Albert Mintos vs. Saskatoon Contacts
5:30 pm Banquet
- Emcee: Comedian Kelly Taylor
- Guest Speaker: Dennis Hull
- Live Auction
- Music & Socializing
Sex offender’s name change raises many questions

Can people ever really change? Or are the genetic markers and personality traits we inherit and develop immutable? It’s a simple question; a question that has been debated for longer than anyone can remember. But for all the arguing that has been done, it still boils down to one’s philosophical point of view.

An optimist will tell you that yes, absolutely, people can change. They can learn from their mistakes, grow and improve as people. The work to change may be challenging, and the desire to revert to what comes naturally may be overwhelming at times, but anyone who genuinely wishes to change can do it.

A pessimist will say that we are who we are, warts and all, and that there’s nothing that can really be done about it. A bad person will always be a bad person—or, in the very best of times, just one step away from relapsing into being the bad person they are at their very core.

Conveniently, we tend to lean more towards the side of optimism when it comes to ourselves. Who, after all, would want to believe themselves incapable or undeserving of redemption?

When it comes to others, though, we’re rarely as forgiving.

If it’s a family member or a close friend, we might give them the benefit of the doubt. But for strangers, especially ones who have been convicted of a crime, an old saying about leopards and their spots comes to mind rather quickly.

The debate about change seems rather apropos, given recent headlines that a convicted sex offender relocated to Regina and changed his name without anyone batting an eye or asking a question.

The offender, David Donald Stryker (né David Donald Shumey) was convicted in Nevada in 1999 for incidents involving a young girl. After he made parole in 2018, the United States shipped him back to us, on the grounds that he was an “illegal immigrant.”

Information about Shumey’s name change is available to the public through the Saskatchewan Gazette. But if not for the media, it’s easy to imagine that no one would be the wiser.

Needless to say, with this not being the first time this has happened in the past few years, the Saskatchewan government is conducting an internal review into how these things keep happening.

“The Ministry of Justice and the Ministry of Health are currently examining changes to the application process including not allowing a change of name where an offender has been convicted of committing specific sexual offences,” Minister of Justice Don Morgan said.

The trouble, however, is that these are almost the exact same words that were said in 2018, when sex offender Justin Gerard Gryba succeeded in changing his name (Gryba was convicted of producing, possessing and distributing child pornography).

While the public scratches its head about how convicted sex offenders keep being allowed to change their names — no doubt as a means to hide from their past wrongs — the debate about change once more comes to mind.

So, too, does a common debate about the intended purpose of our criminal justice system.

For some, prison is no more than a place where the worst of society goes to rot so that the rest of us law-abiding folk can live in peace. That’s it. That’s all.

Others, meanwhile, have a more aspirational idea for what prisons can do. They contend that the criminal justice system’s focus should be on fixing criminals so that they can become productive, law-abiding members of society in the future.

Regardless of where one stands, one can’t deny that the latter would be the ideal scenario, if for no other reason than it would allow us to recoup some of the costs of locking the bad guys away.

The question, then, becomes whether or not it’s feasible.

Can the David Donald Shumey’s and the Justin Gerard Grybas of the world be fixed? Or will they always be nothing more than the heinous and perverse acts they committed?

Are criminals they way they are because something inside of them is lacking or irrevocably broken? Or are they led to a life of crime by externalizing factors?

History tells us that crime is more complex than “bad guys being bad guys.” There’s also evidence to suggest that restorative justice can help some criminals turn their lives around.

Nonetheless, the idea of Shumey and Gryba hiding from their past sins by taking new names remains highly palpable. The Saskatchewan government’s review of how criminals change their names needs to be swift and fulsome.

Sex offender’s name change raises many questions

I drive by the old Spiritwood Ag Barn just about every day on my way to go feed pigs but I hadn’t ever seen the inside of it. Friday, I took a trip over there to hang out with the Spiritwood Spirited Arrows for their weekly archery shoot.

It was the second shoot of the year for the club, which is currently organized by Jennifer Epp and Tannis Franson. Jennifer and her son Travis help coach the youth archers (aged 21 and under) who are participants in the Junior Olympic Program which has clubs across North America.

Epp said the first thing that youth are taught about safety when shooting arrows. A green and red lighting system is used to indicate when it is safe to be shooting and when it is safe to be collecting arrows.

After safety, posture and technique are worked on to help kids improve their personal accuracy and consistency.

Every Friday from now until April the 15-20 youth that participate in the club come out for 10 rounds of 3 arrows. If an archer obtains 60 points 2 evenings in a row, the following evening they move up to a farther distance to practice at. After the youth portion of the evening is over, adults can drop in around 8:30 to do some shooting of their own. It’s $10 a week to get 10 rounds in.

The archery season wraps up with the Provincial Junior Olympic Program Shoot in April, which determines whether any youth archer in the club gets to advance to a bigger shoot throughout the summer.

Michael Robinson was one youth who did very well in his younger years at these archery shoots. After placing 1st at the provincial shoot in Prince Albert and 2nd in Estevan, he came 1st at a national shoot in Prince George, B.C. and went on to the World championship in Snow Shoe Mountain, West Virginia where he came 6th out of 450 shooters.

His father Cal Robinson, who originally helped found the Spiritwood Spirited Arrows, has had his share of winning as well. Cal has placed 3rd at a provincial shoot in Estevan and 2nd at a national shoot in Prince George, B.C.

A walk around town: Spiritwood Spirited Arrows

CONSERVATIVE LEADERSHIP RACE!

THERE’S NO WAY THIS WILL LIVE UP TO THE HYPE.
Silvertips keep wins coming in Dalmeny

The Shellbrook Silvertips were back in action on the road Sunday afternoon, stopping in Dalmeny to cross sticks with the Dalmeny Sabres.

Though the Twin Rivers Hockey League’s regular season campaign is only weeks from wrapping up, this marked the first meeting between the Tips and the Sabres. But like all but one of the Tips’ opponents this season, the Sabres were unable to weather the offensiveness storm.

The Sabres hung tough, but in the end, the Tips skated away with a hard-earned 7-4 victory on the strength of a solid (and rare) start between the pipes for netminder Todd Bazley.

Where games over the last few weeks saw the Tips get off to slow starts, the team wasted no time getting on the board and building a good lead.

Mitch Wourms got things started 11 seconds into the match, scoring on an assist from Parker Turner. Brett Robillard struck, unassisted, about five minutes later.

Closing out the first period score sheet, Wourms netted his second of the evening on the power play, thanks to helpers from Brendon Beaulac and Nathaniel Martin. Building on the momentum they’d established in the opening period, the Tips pushed the score to 4-0 early in the second frame. Daryl Blais netted a short-handed goal, drawing assists from Devin Dicus and Beaulac on the play.

Later in the frame, however, the Tips’ penchant for ineptitude penalties came back to bite them, allowing the Sabres to finally get on the board. Joe Luciano scored the power play marker, with assists from Daniel Blick and Caleb Scheller.

Dalmeny would wrap up the frame with another goal in the dying seconds, this one netted by Dawson Rowley on assists from Terrin Belosovsky and Rylan Couture.

Where the first period of the game was all Tips and the second period was mostly Sabres, the third period of Dalmeny’s matinée match was a back-and-forth game, which in the end was won by the Tips.

Shellbrook’s Justin Kerr got things started early, scoring on assists from Braiden Turner and Daryl Blais. But penalty troubles would dog the Tips again, allowing Ben Strautman to bring Dalmeny back within two on helpers from Kyle Martin and Scheller.

Tips forward Braiden Turner would fire back minutes later, scoring an unassisted marker, but again the Sabres would strike to close the gap to two. Couture scored the goal, on an assist from Dawson Rowley.

As the action settled down in the back half of the final frame, the Tips would add an empty netter for extra insurance to claim their 7-4 victory. Dicus scored the goal, unassisted.

For his 54-save performance on the afternoon, Bazley earned “Tip of the Game” honours.

Most importantly, the victory saw the Tips climb to 12-1 on the season and retain their one-game hold on first place.

This weekend will see the Tips in action on home ice for the Hockey Day in Shellbrook festivities.

They’ll be hosting the Birch Hills Blackhawks, the only team to beat them this season, in the headline game on Friday evening. The game, sponsored by Lake Country Co-op, will feature a guaranteed $1000 50/50, smokies, and a beer garden.

Puck drop for the match is slated for 8:30 p.m.

Your Two Cents

Is a flat earth really so out of the question?

Dear editor:

There is a worldwide discussion happening as to whether the earth is flat and stationary as the Bible teaches or if it is a revolving sphere hurtling through space.

Some questions should be answered before one writes off the flat earth belief as being nonsensical.

How can planets and moons maintain an orbit when just a slight variance in the balance between centrifugal force and gravity would quickly compound with the moon or planet either flying off into space or being pulled quickly in to a crash.

Yet we are to believe that this balance has been maintained for billions of years.

Moon light is cold, sunlight is hot. Moon light aids in fermentation, sunlight is a disinfectant.

Why can we see objects which supposedly should be hid behind the curve of the earth? For example, I have taken a picture with the camera flat on the ice and I can see the lake edge 3.7 miles away. The lake edge should be hidden behind 9 feet of earth curvature.

Laverne Isaac
Saskatoon, Sask.

Ottawa needs to act on Global Polio Initiative

Dear editor,

What is the government waiting for? The international community has pledged a new round of disease prevention through the Global Polio Initiative, but Canada is nowhere to be found.

Vaccinations are the cheapest, most effective way to prevent disease and reduce poverty worldwide. Disease and poverty are two sides of the same coin: someone suffering from measles, malaria or polio or a whole host of other preventable diseases cannot work or support a family.

The lake edge should be hidden behind 9 feet of earth curvature.

Francis Beckow
Victoria, B.C.

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Member of
Anderson, Wolfe commit to Trinity Western

Just two-months ago, Brooklyn Anderson was making history as a member of the Team Saskatchewan squad that won the province’s first-ever U18 Women’s Nationals medal (a silver).

Now, the 17-year-old Shellbrook-born hockey player, who currently captains the Prince Albert Northern Bears of the Saskatchewan Female Midget AAA Hockey League, is further padding her resume with a commitment to play for the Trinity Western University Spartans in Langley, B.C.

“It’s something I’ve always looked forward to,” Anderson said. “I always want to become the best player I can be, so I think it’s the best opportunity for me.”

Trinity Western only came onto Anderson’s radar when she received a text from an unknown number while sitting in class one day. That text was from Spartans head coach Jean Laforest, who was interested in seeing more video of Anderson, and also curious about her plans for university.

“I was looking to go to university for further education and to play hockey, but I wasn’t sure where yet,” Anderson said. “I was talking to a few schools, but I wasn’t too keen on any of them.”

After that initial text, Anderson says she and Laforest began talking over the phone, and discussing what it would look like for her to apply to the university and join the team. Then, in December, Anderson and a fellow teammate travelled to Langley for a campus visit.

Based on that visit, and Trinity Western’s educational offerings, Anderson says she made her mind up.

“They’ve got a few programs I was interested in, and the program I’ll be taking is the pre-medicine one,” she said. “Then, when we got to visit the campus, it felt comfortable. I could see myself living there.”

On the hockey side, Anderson says that Laforest has hopes that she’ll become one of the team’s top forwards and goal scorers, and that she’ll bring her style of play to the team’s overall game.

While she shares those hopes, she’s also aware that playing at the university level will be a whole new experience; one that requires her to focus intently on her training and diet regimen during the upcoming offseason.

“It’ll be a different atmosphere with all new girls,” she said. “It might be a little bit intimidating, but to further my hockey, that’s something I’m really looking forward to.”

Helping to ease the transition, Anderson will be joined by fellow former Shellbrook hockey talent Ashlee Wolfe, who has also committed to play for Trinity Western.

The two started going to school together in Kindergarten, and were separated in Grade 9 when they went to play hockey in different cities. For Anderson’s part, she’s excited to suit up with her old teammate again.

“Now that we get to come back together, and go to school and play hockey together again, that’s really something I’m looking forward to.”

After years of playing in different cities, local hockey talents Brooklyn Anderson and Ashlee Wolfe will be reunited at Langley, B.C.’s Trinity Western University.
If there is one thing I am rather confident in, when I look toward the future of agriculture, is that producers will face more and more rules and regulations in terms of what they do on their own land. That is perhaps not a particularly surprising statement since there has been a trend in that direction for years now.

Regulations rarely start here on the Canadian Prairies, but as new rules come into play in other jurisdictions they are often adopted here, albeit at times tweaked to specific situations here. As examples, farmers today face much more regulation when they go to trench across their land to drain a slough than they did a decade ago. The new rules developed as it was better understood that draining a slough might well aid the producer doing the draining, but the impact on neighbours ‘downstream’ where the water would flow might well be negatively affected.

Farmers can also face localized regulations for the rather straightforward fall burning of straw, which of course creates smoke that can be an issue for neighbours, especially for urbanized clusters near the fields in question. There are also rules, developed in the last decade or so, regarding the disposal of dead farm animals. Simply dragging them to a fence line for the coyotes and magpies to clean up being frowned upon, for some rather obvious reasons.

Livestock producers also face new regulations when it comes to veterinary work on the farm. It is no longer a simple case of going to the farm supply store to buy a bottle of penicillin and going home to self-treat a sick animal. The list of regulations will only get longer moving forward. Producers wanting to get a glimpse of what might be coming down the road need only watch international news, in particular in Europe and California, both locales where the urban voice is organized, strong and ultimately listened to by governments. It can be argued politicians should listen to those who put them in power, but often voters come at perceived issues from an emotional viewpoint rather than one based on good science and common sense. That can create some real issues for governments trying to appease the voters they need to keep happy to be re-elected, and doing the best thing, for in this scenario, agriculture.

That was the apparent case in France recently, when the government established safe distances for pesticide spreading on crops near homes in an attempt to settle a debate between farmers and environmentalists. From Jan. 1, there must be a five-metre gap between sprayed fields and housing for shorter crops like cereals and a 10-metre zone for taller crops like fruit trees, the agriculture, environment and health ministries said in a joint statement according to a recent story at www.producer.com.

The government regulations haven’t made either side happy, not a surprise, but it does show how politicians have to juggle to try to develop reasonable rules and to hold onto votes.

John Feige inducted into Sask. Ag Hall of Fame

The Saskatchewan Agricultural Hall of Fame (SAHF) has announced the five individuals and one couple who will be inducted into the Hall in 2020.

The inductees being recognized for their contributions to Saskatchewan agriculture are: John Feige, Adele Buettnet, Jack Hay, Eileen and William Lamont, the Honourable Gerry Ritz and Ted Serriheno. The Lamonts and John Feige are being honoured posthumously.

“Saskatchewan agriculture, and by extension the province as a whole, has benefited from the contributions of these leaders,” SAHF board chairman Reed Andrew said in a release.

“We are stronger as an industry due to the dedication and hard work of the 2020 inductees and it is my honour to announce their upcoming inclusion in the Hall of Fame.”

The inductees’ portraits will formally be added to the Hall at a ceremony in Saskatoon on April 18, 2020.

John Feige (deceased in 2004), born in Shellbrook, helped promote beef genetics across the globe through his involvement with the Hereford Association and has a long list of community involvement.

He received the Cattlemen of the Year Award in 1991 and the Saskatchewan Livestock Association Honour Roll in 1995. He received the Canadian Hereford Association Honor Roll, and was honoured at the Prince Albert Exhibition and Saskatchewan Fall Fair, both in 1998.

He was then honoured posthumously by the Prince Albert 4-H in 2005. John loved life on the farm and was proud to be a part of the agricultural business in Saskatchewan.

Sask Wheat commits $1.9 million to collaborative wheat research

The Saskatchewan Wheat Development Commission (Sask Wheat) has committed $1.9 million to support wheat research projects funded under the Saskatchewan Agriculture Development Fund (ADF) in 2019.

Saskatchewan’s Minister of Agriculture, the Hon. David Marit, announced the funding of all crop-related ADF projects at CropSphere 2020 on Tuesday morning.

“The ADF funding process is a key mechanism to connect researchers and wheat breeders with Saskatchewan’s wheat producers, keeping producers involved in developing new varieties and finding solutions to pests, diseases and environmental stressors,” says Ken Rosasaen, Sask Wheat Director and Research Committee member. “These projects will allow Sask Wheat to continue our mandate of maximizing returns on producer check-off investments and building long-term, sustainable growth for the industry.”

Sask Wheat has committed over $9.3 million to projects through the ADF process since 2014. This research falls into the areas of variety development, production and post-production.

“Investing in targeted research and allowing researchers and wheat breeders to leverage funding from several sources will benefit Saskatchewan wheat producers now and in the future,” Rosasaen says. “We are very pleased to partner with the Government of Saskatchewan and collaborate with other ADF co-funders to find new opportunities for wheat producers and strengthen the future of Canadian agriculture.”

For a look at currently funded research, visit www.saskwheat.ca.
Highlights of an R.M. of Leask council meeting

(Where necessary, the following minutes may have been edited for clarity or brevity)


The meeting was called to order by Reeve Cantin at 9:05 a.m. Present were Reeve Len Cantin, administrator Judy Douglas and the following Council members: Grant Thiel - Division 1; Gordon Stieb - Division 3; Ed Musich - Division 4; Robert Girod - Division No. 5; and Clarke Gossen - Division 6. Absent was Real Diehl - Division No. 2.

Girod: That the Minutes of Dec. 4, 2019 regular Council meeting be adopted as presented. Carried

Thiel: That Bylaw No 8-2019 A Bylaw to Appoint a Bylaw Officer be read for the second time. Carried

Stieb: That Bylaw No 8-2019 A Bylaw to Appoint a Bylaw Officer be read for the third time. Carried

Thiel: That we send a letter to Robert Lane to attend a Council meeting to discuss options regarding the roadway to the North Emerald subdivision. Carried

Stieb: That we accept the attached list of fire fighters for 2020. Carried

Girod: That Wayne Minnie be approved under the tree clearing policy for clearing brush and trees on the east side of SE 2-48-5-W3 and NE 2-48-5 and the SE 11-48-5-W3 for a total of 1 ½ miles. Carried

Musich: That the Budget Control Report for Dec. 11, 2019 be received as presented. Carried

Stieb: That we accept the Report from the Superintendent of Public Works. Carried

Stieb: That the RM agrees to the route of the proposed power line as per Service Order 20266245. Carried

Gossen: That the Reeve and Chief Administrative Officer be authorized to sign the Statutory Declaration Clearing The Path Incremental Maintenance. Carried

Gossen: That we notify Sasktel that we welcome the proposed plan for a wireless expansion with the proposed location of SW 04-48-07 W3 for constructing a tower in the RM for enhanced wireless cell service. Carried

Musich: That we enroll all of the municipal Council and staff into the Respect in the Workplace program at a cost of $20 per participant. Carried

Thiel: That we authorize the Reeve and CAO to sign the Letter of Engagement with Jensen Stromberg for the 2019 audit. Carried

Girod: That we authorize the CAO to apply for the Rural Integrated Roads for Growth program for construction on the road East of Sec 16, 21, 28, 33 - Twp 47 - Rge 6 W3 and the road North of Section 22 and 23 - Twp 47, Rge 6 W3. Carried

Thiel: That we cancel the taxes for Lot 2, Block 1 Plan 102073913, Darren & Randi Lamotte in the amount of $3,432.02 due to a 293 error on roll # 2196 102. Carried

Thiel: That the correspondence be received and filed. Carried

Stieb: That this meeting be adjourned at 4:25 p.m.

Smart Meters to Cut Costs for Businesses

SaskPower is offering a new program that could help cut power costs for businesses. The new smart meter program is a helpful tool for businesses to track their power use. The company is offering 1,000 smart meters to selected small- and medium-sized business across Saskatchewan in the coming months.

Here’s how it works: interested business owners can go online to apply. If you are selected, SaskPower will send out a technician to replace your existing power meter with a smart meter. SaskPower provides these meters at no cost. The smart meter will automatically track your power use. SaskPower then bills for the exact amount of power a business uses each month. This means no more estimated bills between actual meter reads.

Smart meters track data points every 15 minutes. Business owners can see this data online. This access to power use data can help businesses cut costs. How much a business saves depends on how much action they take. Businesses in North America that use smart meters have been able to save 2% on their power bill just by having better data. No-cost or low-cost actions can help increase these savings up to 15%. These actions include improving your heating/cooling schedules and having staff be more conscious of power use.

According to the US Department of Energy: Federal Energy Management Program, some businesses with smart meters have noticed savings up to 45% on their power bills. This happens when business owners combine tracking their power use with long-term procedures changes. Changes can include upgrading equipment or changing operating procedures.

Safety is another key feature of the new smart meters. All meters have passed third-party testing. They’ve also passed harsh condition tests, which means that business owners can rely on them during Saskatchewan’s toughest weather. One business owner who has taken advantage of this offer is Alan Dougherty, owner of the Orpheum Theatre in Estevan. The Orpheum opened in 1914 and is a landmark of the community. “The theatre, being this old, has a lot of power consumption,” says Dougherty. “The boiler uses it, the air conditioning, the projectors. It has limited insulation because of the brick building. It definitely consumes a lot of power.” He was drawn to the program because he wanted to avoid true-ups and estimated bills. For interested business owners, installing a smart meter is easy. Contact SaskPower online at www.saskpower.com/smartsgain-up to sign up. Quantities are limited. If chosen, SaskPower will contact businesses to schedule their free installation. “It was a very simple process,” says Dougherty. “[The technician] came and talked to me about what the procedure was—shutting off the main power to the building. It only took two or three minutes. It went very smoothly.” For Dougherty, the smart meters are a welcome improvement to his business. He’s looking forward to seeing his power usage in real time. “No one is excited about paying bills, but this is one bill we’re looking forward to.”

Valerie Priestley, Taneisha Bell, and Daisy Dunning. Missing - Iyana Boissoneau.

**How to shovel snow without hurting yourself**

(NG) Save yourself a trip to the clinic the next time you shovel the snow from your driveway by following these tips from Dr. Kevin Velicaria, M.D. family medicine:

Warm up and cool down. Shovelling snow can be as much of a workout as going to the gym, so prepare your body with a brief warm-up to get your muscles ready. When you’re done, be sure to do some cool-down stretches, especially for your lower back.

Use the right tools. An ergonomic shovel with a curved handle will help reduce the strain on your back. Avoid choosing one that’s too large because you’re likely to strain yourself if you try to move too heavy a load. Be sure to also wear footwear with good grip to prevent falls.

Bend your knees. Protect yourself from back injuries by bending your knees when lifting any amount of snow. Try to avoid twisting your body as you work and you’ll keep your lower back happy.

Take your time. Don’t try to do everything at once. Shovelling too much, too fast usually leads to injury. Pace yourself and do only as much as your body can take. If necessary, come back at another time to clear the rest.

If you do overdo it, there are ways to control pain and inflammation. Applying ice to the affected areas is always helpful as is an application of Awaye, a natural, topical pain cream developed in Canada. It works by leveraging the body’s own defense system and combines two pain-relieving agents to help you get back to normal faster.

Leask Legion &79 presented awards to the following students from Blaine Lake and Leask schools for their entries to the Remembrance Day Poster and Literary Contest. Dillon Weber, Paige Luciw, Valerie Priestley, and McKenna Swystun. Missing - Jourri Atabbas, Violet Moshenko.
Minutes of a Village of Leask council meeting

(Where necessary, the following minutes may have been edited for clarity or brevity)

The Minutes of the Regular Meeting of the Council of the Village of Leask which was held in the Leask Village Office on Wednesday, Nov. 20, 2019 commencing at 6:30 p.m., with Deputy Mayor Gordon Harris, Councillors JoAnne Lapierre and Thomas Spriggs, and administrator DeAnne Robblee present.

Absent was Mayor Arthur Spriggs.

G. Harris: The Leask Hardware Store Meeting on Nov. 20, 2019 was called to order by acting Mayor (Deputy) Gordon Harris at 6:20 p.m. Carried

G. Harris: The Council Meeting on Nov. 20, 2019 was called to order by acting Mayor (Deputy) Gordon Harris at 7 p.m.

B. Galambos: That council update resolution No. 275/19 to read: “Resolution to get a No Fee Cash Back business Credit Card with a maximum limit of $500 from the Affinity Credit Union for DeAnne Robblee, Village Administrator’s use.” Carried

J. Lapierre: That the Council approved the minutes of the Regular Meeting of Council on Oct. 16, 2019. Carried

T. Spriggs: Robert McHanson – Title Transfer – to Leask Community Hardware Ltd. from McHanson’s Hardware. Carried

Delegation: 6:20 - 7 p.m. Kathy Sevigny from the Leask Community Hardware Store presented the monthly and annual financials to council along with a monthly reporting of operations. Carried

T. Spriggs: Resolution to accept the Quote from Pricewaterhouse Coopers to perform the Audit for the 2019 Financials for the Village. Carried

B. Galambos: Resolution to give Mike Rogers a gift for his years of service. Carried

J. Lapierre: Resolution for council to sign the “Annual Resolution of the Board of Directors of Leask Community Hardware Ltd.” corporation documents. Carried

B. Galambos: Resolution for council to approve and sign the Annual Resolutions for the Leask Community Hardware Corporation. Carried

T. Spriggs: Resolution for Dec. 11, 2019 be the designated day for the Tree Lighting Ceremony. Carried

B. Galambos: Resolution to hold the Village Holiday Party on Dec. 13, 2019 at the Legion. Carried

J. Lapierre: Resolution to approve Accounts for Payment as presented. Carried

(7:15 p.m.) Councillor Harris removed himself from the meeting declaring pecuniary interest for reimbursements. He returned to the meeting at 7:20 p.m.

B. Galambos: Resolution to accept the Financial Statement from the Leask Community Hardware Store - October 2019. Carried

T. Spriggs: Resolution to accept the Financial Statement October 2019 for the Village. Carried

T. Spriggs: Resolution to begin having discussions about the 2020 Budget. Carried

J. Lapierre: Resolution to accept the following reports:

- Foreman Report
- Water Treatment Plant Report
- Employee Time Sheets
- Leask Sports Center Meeting Minutes 09/03/2019
- Leask Sports Center Meeting Minutes 11/05/2019
- RCMP Quarterly Report
- Administrators Report. Carried

T. Spriggs: Resolution to accept the Correspondence:

a. Letter and donation from the Leask Historical Committee for restricted funding for the upkeep and beautification of the area between the fire hall and the library. Carried

G. Harris: The next meeting of council be held on Wednesday, Dec. 18, 2019 at 6:30 p.m. at the Village Office.

G. Harris: 9:45 p.m.; that this meeting of council be adjourned. Carried

BILL 194 MAKES LOCAL GOVERNMENT LESS OPEN

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

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

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

BE INFORMED. BE HEARD. BE PART OF THE PROCESS

Call, write or visit your MLA to let them know you deserve PUBLIC NOTICE not just public access.

Or contact the sponsoring minister Hon. Lori Carr, Ministry of Government Relations

Phone: (306) 787-6100 or Email: minister.gr@gov.sk.ca

Mailing address: Room 30, Legislative Building, 2405 Legislative Drive, Regina, SK, S4S 0B3

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Shellbrook Chronicle

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Sports fans love debates. Who starts in goal? Who should be traded? Should the coach be fired? Who gets time on the power play?

So with that in mind, let’s pretend that some sort of international hockey championship — Winter Olympics, for example — is approaching and every country has to select a 22-player roster (12 forwards; seven on defence; three goalies). Canada has such a deep pool of talent that some tremendous players would be left at home.

Sorry, John Tavares, you simply aren’t good enough to play for Canada. Our country is too deep at centre.

Our fictitious Canadian team starts in the middle, with the world’s best player, Connor McDavid, leading the way. He’s backed by fellow centremen Nathan MacKinnon, of reliable Sidney Crosby and Steven Stamkos, who edges Tavares for the final centre position.

Other star centres left at home include the likes of Patrice Bergeron, Logan Couture, Matt Barzal, Ryan O’Reilly, Taylor Hall, Brayden Point and Tyler Seguin. Wow! Canada has enough centres to fill three rosters.

On left wing, the Canadian squad might be led by Brad Marchand, even though he’d be likely to incite an international incident. Others on the port side are Jonathan Huberdeau, David Perron and Matthew Tkachuk. (Maybe the coaches can add Tavares to the roster and use him on left wing to shore up an otherwise weak collection of players.)

Mark Scheifele would lead the Canadian right-wingers, followed by Mark Stone, Mitchell Marner and Brendan Gallagher, whose grit would come in handy to help deal with the March-sparked “incident”. A spare part on the right side would be Travis Konecny.

Defence would be another area of strength for Canada, with Drew Doughty, Shea Weber, Alex Pietrangelo, Dougie Hamilton, Morgan Rielly, Brent Burns and super rookie Cale Makar mansing the blue line. Just missing the cut are Kris Letang, Ryan Ellis, Thomas Chabot, Shea Theodore, Josh Morrissey and the reigning Norris Trophy winner, Mark Giordano.

While many of the best NHL goalies are internationals, Canada would still be strong in the net behind Carey Price, No. 1 for perhaps the final time in this fictitious event. Backing him up would be Jordan Bennington and Marc Andre Fleury, with Braden Holtby and Darcy Kuemper waiting in the wings.

How would Canada stack up against the world’s best with this squad? Almost unbeatable, IMO. Next week, we’ll select a U.S. team that, at first glance, looks decent but has nowhere near the roster depth of Canada.

RJ Currie of sportsdeke.com: “Police in China have used an unusual method to try to slow down speeders — cardboard cutouts of squad cars. They were inspired by the Cincinnati Bengals defence.”

Norman Chad of the Washington Post: “Watching Tom Brady throw these little hitch passes would be like listening to Sinatra sing ‘Freddy Jacobs’.”

While dyslexia cannot be cured, with early identification and proper instruction, it can be managed. This is why it’s important to understand how to recognize dyslexia. How to succeed. “Just because someone is diagnosed with a learning disability doesn’t mean that they cannot be successful. They just learn in a different way,” explains Christine Staley, executive director of Dyslexia Canada. “Early identification and proper reading instruction are key to managing dyslexia and creating a successful future.”

For more information on the test and resources that exist in Canada, please visit dyslexiaCanada.org.

Canada’s hockey talent overflowing
There is a story I heard years ago that still speaks to me. It is about a Chinese man who had one son and one horse. As life has it, the one horse he had broke out of the corral and ran away. His neighbours came by and commented “Your horse got out? What bad luck!” I love the Chinese man's response he said, “Why? How do you know it’s bad luck?” Interestingly, the next night the horse came back to the corral looking for his usual feeding and watering, leading some 12 wild stallions with him! Not bad! The young son saw the 13 horses in the corral, and he quickly slipped out and locked the gate. Wow! Now the Chinese man had 13 horses instead of none. One got to love his neighbours. They came by and said, “Oh, you have 13 horses now! What good luck!” The wise Chinese man said, “How do you know it’s good luck?” As the days went by, the young son decided to break one of the wild stallions. Things happen. The young guy got thrown off the horse and broke a leg. Of course the neighbours heard about it and had to come by and say to the Chinese man, “Your son broke his leg? What bad luck.” The wise father answered again, “How do you know it’s bad luck?” Interestingly, a warlord came through the very area the Chinese man lived and conscripted every able-bodied young man. You may have guessed, it was the young man who was spared because he had a broken leg. Only Jesus knows what’s good for us and what’s not. Romans 8:28 says, “ ... we know that all things work together for good to them that love God, to whom they are called according to His purpose.”

Sask. adds 10,400 new jobs in 2019

According to new Statistics Canada data, Saskatchewan saw an increase of 10,400 jobs, or 1.8 per cent, from 2018 to 58,400 jobs. More than half of that job growth is due to full-time jobs. Saskatchewan’s annual unemployment rate was the fourth lowest among provinces at 5.4 per cent and remained below the national rate of 5.7 per cent in 2019. “In spite of external headwinds, the creation of 10,400 jobs in 2019 is an indication that Saskatchewan has a robust, diverse and growing economy,” Immigration and Career Training Minister Jeremy Harrison said. “Saskatchewan’s growth plan set an ambitious target of 100,000 new jobs by 2030, last year’s job growth targets that this show is reachable and well on its way of being met.” December 2019 also marked the 17th consecutive month of job growth on a year-over-year basis. In December 2019, there were 579,900 people employed, an increase of 6,700 jobs over December 2018. Saskatchewan’s monthly unemployment rate was 5.7 per cent (seasonally adjusted) in December 2019, down from 5.8 per cent in November 2019. Other December 2019 highlights: Record highs for the month of December for labour force 662,000 persons, Affinity Credit Union - Coxmoney, full-time employment (470,000 jobs) and female employment (269,500 jobs); Off-reserve Aboriginal employment increased by 4,400 jobs (+9.8 per cent) and Aboriginal youth employment was up 3,200 jobs (+45.1 per cent). Major year-over-year gains were reported for information, culture and recreation up 3,500 jobs; accommodation and food services up 3,500 jobs; and manufacturing up 3,000 jobs and youth employment up 1,500 jobs (+2.1 per cent) compared to last December.

PRAISE & WORSHIP

Regular services, Sunday school and special services will be listed.

LUTHERAN CHURCH
Zion - Canwood Sunday School, Worship Sunday, 11 a.m. St. John’s - Shellbrook Sunday School, Worship Sunday, 9 a.m. Rev. Emmanuel Aitkenside

IMMANUEL LUTHERAN
Parkside 11 a.m. - Worship Pastor Chris Dean

PENTECOSTAL CHURCH
Parkside 10:30 a.m. Worship Pastor Doug Hope 306-747-3572 Shellbrook Sun., 10:30 a.m. - Worship Pastor David Bodvarson 306-747-7233 Canwood 10:00 a.m. - Sunday School 11:00 a.m. - Worship Pastor Glenn Blazosek 306-448-2138 Leak Golstop Tabernacle Sunday 11 a.m. & 6:30 p.m. Pastor Randy Valuek

SOVEREIGN GRACE BAPTIST CHURCH
Currently meeting in homes on Sunday morning & Wednesday evenings Canwood 306-747-2309 Leask 306-466-4498 Marcelin 306-226-4115

EVANGELICAL FREE
Big River 11:00 a.m. - Worship Bible Classes 9:45 a.m. Summer: 10:30 a.m. - 12 306-469-2258 Youth Night: Fridays 7:00 p.m. Mont Nebo Bible Study & Prayer Sun., 11:00 a.m. - Worship Pastor Bill Klumpenhower

CATHOLIC CHURCH
Debden Sun. Mass, 9:30 a.m. Fr. Michael Fahlman Big River - Sacred Heart Sun., 11:30 a.m. - Mass Whitefish Sun., 2:30 p.m. - Mass, Victoire Sat., 7:30 a.m. - Mass, Fr. Michael Fahlman Eucharist Celebrations Muskeg Saturday, 5 p.m. St. Agatha’s - Shellbrook Mass - Sunday 9 a.m. St. Henry’s - Leask Mass - Sunday 11 a.m. Misticaw 2nd & 4th Sundays, 1:30 p.m. Fr. Phong Tran

PRESBYTERIAN
Misticaw Sunday worship 11:00 a.m. Rev. Katherine Bretzlaff

SEVENTH DAY ADVENTIST
402nd Ave E, Shellbrook Sat., 9:45 a.m. - Sabbath School Sun., 11:00 a.m. - Worship Broadcast on WRV 101.1 FM Pastor Lavin Tillohi 306-313-8685

LEASK CHURCH
Leask - All Saints' Sunday, 9 a.m. - Service St. Andrew’s - Shellbrook Sunday, 11 a.m. Service Canwood - Christ Church Sunday, 11 a.m. - Service 2 p.m. Service 2nd Sunday of the month Rev’d Eyad Ajii 306-980-5916

ANGELNANN CHURCH
Shellbrook - Knox United Sun., 10 a.m. - Service 306-747-3434 Student Minister Jon Worrall Canwood - Christ Church Sun., 11 a.m. - Service at Anglican Church Rev. Dave Whalley 306-980-2607

UNITED CHURCH
Shellbrook - Knox United Sun., 10 a.m. - Service 306-747-3434 Student Minister Jon Worrall Big River Sundays 10 a.m. - Worship at Anglican Church Rev. Dave Whalley 306-747-2607

MENNONITE BRETHREN CHURCH
Blaine Lake Gospel Chapel 198 Railway Ave. W. Blaine Lake 306-497-3316 Pastor: Rick Schellenberg Sunday, 10:30 a.m. - Worship

COMMUNITY CALENDAR

BLAINE LAKE: Wapiti Library - Books, Movies, Magazines, Children’s Section, Internet, Printing, Study/Meeting Space, Proctor Service, Community Programming. Hours: Wednesday 12 pm - 6 pm; Friday 1 pm - 5 pm; Saturday 12 pm - 4 pm. Contact us for more info 306-947-3130, www.wapitilibrary.ca.

CANWOOD: Canwood Branch of Wapiti Regional Library. Regular Library Hours - Tues. 1:5 pm, Thurs. 10:00 a.m. - 4 pm & Friday 1 - 5 pm. Storytime: Fridays 2 pm. Play clubs the 1st and 3rd Wednesday of the month at 2 pm. Childer’s Choice the 2nd & 4th Tuesday of the month at 1 pm.

DEBDEN: Wapiti Library hours: Monday 3 pm - 7 pm; Tuesday 11 am - 4 pm. Librarian: Aline Hannon

LEASK: Wapiti Library & Legacy Gallery Hours: Tuesday 10:30 am - 5 pm; Friday 10:30 am - 5 pm; Saturday 1 pm - 5 pm.

MARCELIN: Wapiti Library is open Tues. 2 pm - 7 pm; Thur. 2 pm - 8 pm; Sat. 9 am - 2 pm. For information on all your library needs, please contact 306-226-2110.

SHELLBROOK: Shellbrook Branch of the Wapiti Library located at 105 Railway Ave., West (Provincial building). Library Hours: Mon. 2 - 6:30 pm; Tues. - Fri. 12 - 6:30 pm; Sat. 12 - 1 pm.

LEASK: Leigh’ Sports Centre Inc. A/Gm. @ Rink. January 21, 2020 - 7 pm. Opinions & support needed.

CANWOOD: Canwood Curling Club Elimination Draw - Saturday, February 1, 2020, Starting at 8:30 pm, Canwood Skating Rink. Grand Prize $5,300 Cash plus every 50th ticket wins $100; and last ticket drawn wins $500 (total value of prizes $4,500) $50 per ticket - max 500 tickets sold. Need not be in attendance to win. Lottery License: #R19-1457. Tickets Available: Affinity Credit Union - Canwood, Grant Person 306-893-8085. Annual Billy Spiel - Canwood Skating Rink, Jan 31 & Feb 1, 2020. Entry Fee $120.00/team. Call or Text Grant 306-893-8085.

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With caregiver burnout on the rise, who helps the caregivers?

(NC) Caring for a family member or friend with a health issue can be a challenging and often overwhelming responsibility. But if you’re one of the 8.1 million Canadians who are untrained and unpaid, yet responsible for care, you know exactly what this involves.

With the new Caregiver Friendly Pharmacy Program now available, caregivers can confidently connect with local pharmacists who have been specially trained to support them and address the many questions and issues they may have. Through education tools, an online caregiver support network and a collection of other resources, the program can help caregivers navigate the terrain of care, support their own well-being, and advocate for their loved ones with increased knowledge, confidence and assistance from their pharmacy team.

“The program takes a unique approach by recognizing the burden of caregivers – many of whom must give up their jobs to assume responsibilities they just don’t have the training to do,” says Iris Krawchenko, a pharmacist consultant and caregiver to her own elderly parent. “We see caregivers in pharmacies every day, in every region, and this program provides a tremendous opportunity for pharmacists to start a dialogue, offer education, provide guidance and build trusted relationships over time.”

The 2018 Canadian Carers Pulse Survey revealed that seven in 10 Canadians feel that caregivers are overlooked or under-supported by the current healthcare system. Given that more than 80 per cent of caregivers pick up medications for loved ones, pharmacists were identified as a critical healthcare provider whom caregivers and their loved ones see more often than physicians, specialists and other members of the healthcare team.

“Our healthcare system is stretched for time and resources and pharmacists are no different,” says Krawchenko. “But when you have professionals that are accessible seven days a week and often 24 hours a day, ready with the tools and information, they now become a critical pillar of support.”

The online tools are designed to optimize the in-pharmacy experience, helping caregivers recognize their own needs, assist pharmacists’ engagement and enhance their important shared role in supporting patients.

Find a pharmacy in your local community that has been trained to support caregivers at tevacaregivers.com.

How to bring your finances back on track after the holidays

(NC) Since the festivities are over, it’s time to take back control of your personal finances, especially if you spent more than you intended.

Everybody knows that the holidays can quickly become expensive in terms of gifts, trips and dinners. If you have exceeded your budget and are in debt, immediately restore order in your finances before the situation becomes a source of stress.

Establish a budget
Creating a budget may seem complicated when you don’t know where to start. However, some tools will make your task easier. The Financial Consumer Agency of Canada has just launched a new practical and innovative tool that will help you establish a budget tailored to your needs.

Simple and easy to use, their budget calculator provides instant feedback and personalized suggestions that will help you develop a budget that suits you. You can update it anywhere and anytime to adjust your spending plans as they change.

Practice active saving
This means adopting the habit of saving on a regular basis. People who practice active saving have higher levels of financial resilience as well as higher levels of overall financial wellness. In other words, regardless of the amount of money someone makes, regular efforts to save for unexpected expenses and other future priorities appear to be the key to feeling and being in control of personal finances.

Plan to pay off debt
This enables you to significantly reduce the interest you are paying. Start by making a list to identify all your debts. Don’t omit any, even if some of them are small. Review your budget and identify all your sources of income and expenses. Then, choose a repayment strategy. Start with the debts with the highest interest rates, or those with the smallest balances. Eliminating the number of debts you have can increase your motivation to repay your debts more quickly.

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OBITUARIES

Noreen Kasner

Phyllis Vaughan

VAUGHAN – Phyllis Phyllis Vaughan, late of Canwood, SK, passed away in Prince Albert on January 9, 2020, at the age of 86 years. Phyllis grew up in Emma Lake area and attended school in Tweedsmuir until grade 10, completing her education in Prince Albert. Her first employment began at McIntosh Point working for the store/hotel and dance hall. In the early 1950’s, Phyllis moved to the Shellbrook area to work for the Lauder family. She was later employed in Shellbrook at the bakery lunch counter and also worked for the Lauder family/hotel and residence until they moved to the farm family in 1980.

Noreen worked at Abrametz & Eggum Law Office for the 7 years they lived in Prince Albert.

In 1979, they decided they would move to the family farm and take it over. Their daughter Lisa was born August 1979 and they moved into the farm house December of 1980. Their son Tyson was born 1 year later, in October 1981. They resided on the farm for 39 years, just moving into Shellbrook one year ago. Their son Tyson & wife Marliese, and their 3 boys are now living on the 112-year-old Kasner family farm.

Noreen started working at Bradley & Lane Law Office in Shellbrook in 1985, and worked there for just about 30 years.

Noreen loved country music concerts and attending any Broadway show that she could! Noreen kept busy with many hobbies & interests. From stained glass projects, being a part of the rural craft tour, to painting projections and classes, and casual projects with friends.

To learning how to clog at age 50, gathering and organizing clogging events locally, and developing great fellowship over those years.

Noreen loved golfing, rarely missing a lady’s night, and enjoying the times spent golfing with her family.

Noreen was a golfing partner, handy, shopping assistant, craft partner and most of all a loving wife, mother and grandmother who will be deeply missed by everyone that knew her.

Noreen is lovingly survived by her husband of 47 years, Robert Kasner; her children, Lisa (Chad) Tutroff and children, Brooke, Julia and Jordan; Tyson (Marliese) Kasner and children, Will, Dallan and Travis; her siblings, Virginia Kasner (Gord Marud); Jim Herriott; her sister-in-law, Diane Benson.

Noreen was predeceased by her parents, Adeline and Thompson Herriott; her mother and father-in-law, Mary and William Kasner; and her brother-in-law, Allan Kasner.

There was a Memorial Service held for Noreen on Monday, January 13, 2020 at 2:00 pm from the Shellbrook Community Hall with Rev. Emanuel Aristide officiating. In lieu of tributes, memorial donations may be made in memory of Noreen to either the Shellbrook Hidden Hills Golf Club or to the Shellbrook Skating and Curling Rink c/o Town of Shellbrook. Those wishing to send online condolences are welcome to visit www.beaulacfuneralhome.com Arrangements were entrusted to the care of “Lac” Funeral Home, Tammy Smart, Funeral Director, Shellbrook, SK 306-747-2828.

Bernard Verbonac

VERBONAC – Bernard

It is with sadness that we announce the passing of Bernard Verbonac on December 24, 2019. Bernard was born on February 22, 1946. The second of seven children born to Peter and Hilda Verbonac. Bernard grew up on a farm two miles west of Leask, where he became acquainted with the aspects of farm life and established a life of frugality and hard work. Bernard attended elementary school in Leask, making the long trek to school by horse and buggy in summer and horse and caboose in winter along with his brother and sisters.

After a brief period in high school, Bernard decided school was not for him. He was able to attain various jobs in the construction industry in Saskatoon and surrounding area.

In 1965, Bernard moved to Surrey, B.C., and was employed in a plywood factory where he worked the graveyard shift for six years. On his holidays he like to return home to help on the farm. In 1971 he returned home to Leask to work in partnership with his brother Melvin on the farm. They worked side by side for 48 years. In 1976 they purchased their uncle’s land east of Leask. On this land was the original quarter section that had been homesteaded by their grandparents on the homestead side in 1906. The house where Bernard’s mother grew up became his home where he resided until his passing. Bernard was most content when he was farming. He especially enjoyed harvesting. He was an accomplished mechanic and could repair any piece of machinery no matter how much time it took as he had the patience to stick to it until it was done. Bernard liked family gatherings. The family remembers that he never missed spending Christmas and birthdays celebrating with them. He loved music and taught himself to play the guitar by ear. He also enjoyed a bonfire and a good roasted hot dog.

Bernard will be remembered by his daughters, Kathleen Verbonac of Prince Albert and Carrie Verbonac (Shale Galloway) of Regina and children, Selena Anderson, Seanna Galloway, Santana Galloway and Noah Galloway; his siblings, Melvin Verbonac (Jean) of Leask, Bernice LaFranois (Shelton) of Saskatoon, Mary Jean Steffler of Edmonton, Alberta, Margaret Ritter (Dan Bartley) of St. Laurent, Manitoba, Joe Verbonac of Edmonton, Alberta, Celine Gueuck (Howard) of Port McNeill, B.C.; as well as numerous nieces, nephews, other relatives and friends. Bernard was predeceased by his parents, Peter and Hilda Verbonac; and his brother-in-law, Richard Steffler. A Celebration of Bernard’s Life was held at 10:30 a.m. on Saturday, January 4, 2020 at St. Henry’s Roman Catholic Church, Leask, SK. In remembrance of Bernard, memorial donations can be made to S.T.A.R.S Foundation or to Kinsmen Telemiracle.

Friends and family wishing to send online condolences are welcome to visit www.beaulacfuneralhome.com.

Arrangements have been entrusted to the care of “Lac” Funeral Home, Tammy Smart, Director, Shellbrook (306-747-2828).

KASNER – Noreen 1953 – 2020

It is with heavy hearts, the family of Noreen Kasner announce her peaceful passing on Jan 7, 2020 at the age 66, after a courageous battle with cancer. She was born in Prince Albert, SK, on Feb. 25, 1953, to Tom & Adeline Herriott, the youngest of 3.

Noreen attended and graduated high school in 1971 in Prince Albert. She was very involved in all high school sports. Noreen and Robert were married October 7, 1972 and lived in Prince Albert where they purchased their first home and resided until they moved to the family farm in 1980.

Noreen worked at Abrametz & Eggum Law Office for the 7 years they lived in Prince Albert.

In 1979, they decided they would move to the family farm and take it over. Their daughter Lisa was born August 1979 and they moved into the farm house December of 1980. Their son Tyson was born 1 year later, in October 1981. They resided on the farm for 39 years, just moving into Shellbrook one year ago. Their son Tyson & wife Marliese, and their 3 boys are now living on the 112-year-old Kasner family farm.

Noreen started working at Bradley & Lane Law Office in Shellbrook in 1985, and worked there for just about 30 years.

Noreen loved country music concerts and attending any Broadway show that she could! Noreen kept busy with many hobbies & interests. From stained glass projects, being a part of the rural craft tour, to painting projections and classes, and casual projects with friends.

To learning how to clog at age 50, gathering and organizing clogging events locally, and developing great fellowship over those years.

Noreen loved golfing, rarely missing a lady’s night, and enjoying the times spent golfing with her family.

Noreen was a golfing partner, handy, shopping assistant, craft partner and most of all a loving wife, mother and grandmother who will be deeply missed by everyone that knew her.

Noreen is lovingly survived by her husband of 47 years, Robert Kasner; her children, Lisa (Chad) Tutroff and children, Brooke, Julia and Jordan; Tyson (Marliese) Kasner and children, Will, Dallan and Travis; her siblings, Virginia Kasner (Gord Marud); Jim Herriott; her sister-in-law, Diane Benson.

Noreen was predeceased by her parents, Adeline and Thompson Herriott; her mother and father-in-law, Mary and William Kasner; and her brother-in-law, Allan Kasner.

There was a Memorial Service held for Noreen on Monday, January 13, 2020 at 2:00 pm from the Shellbrook Community Hall with Rev. Emanuel Aristide officiating. In lieu of tributes, memorial donations may be made in memory of Noreen to either the Shellbrook Hidden Hills Golf Club or to the Shellbrook Skating and Curling Rink c/o Town of Shellbrook. Those wishing to send online condolences are welcome to visit www.beaulacfuneralhome.com. Arrangements were entrusted to the care of “Lac” Funeral Home, Tammy Smart, Funeral Director, Shellbrook, SK 306-747-2828.

Friends and family wishing to send online condolences are welcome to visit www.beaulacfuneralhome.com. Arrangements have been entrusted to the care of “Lac” Funeral Home, Tammy Smart, Director, Shellbrook (306-747-2828).

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The Government of Saskatchewan is providing a quarter of a million dollars to save students money on their textbook purchases.

The innovative approach supports professors and instructors at Saskatchewan Polytechnic, the University of Saskatchewan and the University of Regina to develop open textbooks and other open educational resources for students. The initiative is expected to save current and future students at least $6.4 million with the resources developed so far.

"The Government of Saskatchewan supports innovation in the delivery of public programs and services," Advanced Education Minister Tina Beaudry-Mellor said. "We continue to invest in supports and affordability efforts that make a difference for post-secondary students. Our province's $1.25 million investment in the development of open text books over the past five years is helping reduce costs for approximately 70,000 students."

"This year marks the fifth consecutive year open textbook funding has been allocated to Saskatchewan's three largest institutions. Saskatchewan Polytechnic, the University of Saskatchewan and the University of Regina each received a $83,000 grant for 2018-19." Open textbooks benefit students by lowering costs, increasing access and enriching the quality of learning.

Faculty members benefit from the flexibility to tailor resources to their teaching styles, add local context and meet unique cultural needs.

The original group has been helping to manage wildland fire incidents in the areas around Glen Innes, Grafton, Casino and Kempsey in the northeastern part of the state.

The National Resource Sharing Centre in Melbourne requested assistance from Canadian wildfire agencies to fight bushfires along the east coast of Australia. Canadian fire management staff are filling operational, planning and aviation roles.

A severe and early fire season in eastern Australia has led to fatalities, property loss and the destruction of large areas of New South Wales and Queensland.

Saskatchewan is a member of the CIFFC. When appropriate, Canadian provincial wildfire agencies export firefighting resources at the request of other jurisdictions through mutual aid resource sharing agreements.

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Your Guide to Home Services & Repair Professionals
Hosta of the Year (2020): ‘Dancing Queen’

By Erl Svendsen

There are hundreds if not thousands of registered hosta cultivars. From 10-centimetre (4-inch) miniatures to 2-metre (6-foot) giants, hostas come in a range of leaf colours including green, yellow, blue and variegated (usually in a few shades of green with/without pink to lavender flowers) and some with noticeable fragrance. They are great perennials for the shade, but some cultivars have amazingly good sun tolerance. In my previous south-facing yard, ‘Patriot’, a green and white variegated medium-sized cultivar, excelled in full sun without bleaching or wilting. Hostas are long-lived, well-behaved (will not spread beyond their allotted space or self-seed to any extent) and are easy to propagate by division. Depending on size, they can be mass planted, used as a groundcover, placed in the front or mid-section of a border, or featured as specimens in the garden or containers. One thing to note is that not all cultivars are equally hardy; at least in my experience.

With all this variety, how do you choose? Since 1996, the American Hosta Growers Association (http://www.hostagrowers.org/) has tried to make this easier by featuring a ‘Hosta of the Year’, a cultivar that is a dependable performer and with guaranteed availability at a reasonable price in garden centres across North America.

This year’s winner is ‘Dancing Queen’. It is definitely a showstopper with its sunny golden foliage, it is sure to brighten any shady nook. The bright yellow leaves emerge in mid- to late spring and stay yellow throughout the summer. The pale lavender funnel-shaped flowers appear in mid- to late summer, overtop the leaves on 70-centimetre (28-inch) stems. Bees love them and they may attract the occasional hummingbird. They also make a perfect addition to bouquets. ‘Dancing Queen’ tolerates some sun, up to 4-6 hours, but unlike ‘mad dogs and Englishmen’ it should be placed in a location that avoids the mid-day sun. Given its moderate size, ‘Dancing Queen’ can be planted in the front to mid-border, used as edging, a ground cover or specimen. It can even be used as a feature plant in a larger patio container. While I haven’t grown this particular cultivar (yet), it is rated for USDA hardiness zones 3-9 (Saskatoon is in zone 3A).

In general, the key to growing hostas is to ensure that the soil stays evenly moist but not wet – a thick layer of organic mulch may be much appreciated. They do best in rich, well-drained soils (e.g. clay to loam). Lighter, sandier soils should be amended with lots of compost, well-rotted manure or peatmoss. Remove flowering stems close to the base after the flowers have faded. Also remove any damaged leaves to keep the plants looking tidy. Slugs can be a problem. To my shame and consternation, I have been battling little grey garden slugs for several years, but they seem to ignore my hostas until the very end of the season. For fall cleanup, remove the leaves once they’ve been killed by frost or, in spring before new growth appears. The best time to divide hostas is in the spring just as new growth starts (when the purple ‘eyes’ or growing tips have just emerged). Dig up the entire clump and cut the root mass in sizeable sections. Replant the sections immediately at the same soil level as before and water well until they’ve established. You can also pot up some sections immediately after they’re established. You can also pot up some sections to share with your gardening friends.

Erl gardens in Saskatoon and tweets about it on occasion @ErlSw. This column is provided courtesy of the Saskatchewan Perennial Society (SPS; saskperennial@hotmail.com). Check our website (www.saskperennial.ca) or Facebook page (www.facebook.com/saskperennial) for a list of upcoming gardening events.