

Shellbrook Chronicle

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Goertz rink tops Shellbrook Open Bonspiel

The Shellbrook Curling Club was the place to be for curling fans of all ages, when the club hosted its annual open bonspiel on Friday, Feb. 7 and Saturday, Feb. 8.

This year's open bonspiel saw 12 teams come out to compete for bragging rights, and for the prizes from the prize table, which, as always, was amply stocked (thanks to the support of local and area sponsors).

Following a brand new bonspiel format that was just introduced this year, all games played throughout the two-day event were six ends. However, in keeping with tradition, each foursome was guaranteed at least three matches.

The bonspiel started in earnest, with the first draws kicking off at 6:30 p.m., and the second draws following at 9 p.m.

The action picked up early Saturday morning, with draws at 9 a.m. and 11:30 a.m. leading into the C-Event final draw at 2 p.m., and the A and B Event final draws at 4:30 p.m.

On the C-Event side, the third-place teams from pools A and B and C and D faced off to determine who would end up on the consolation side, and who would rise up to the championship event. In a showdown between team BUFU and team Kvinlaug, the BUFU foursome took the win to advance to the championship.

After the Lens Rink



A-Event Winners (in no order): Skip Donn Goertz, third Clint Rissling, second Terry Goertz, and lead Dave Kopera. The Team topped Mostly Sticks in a gruelling final match at the Shellbrook Open Bonspiel on Saturday.

topped the Herdin team in their match, the finals showdowns were set. In those showdowns, the Lens rink triumphed over the BUFU foursome to claim the C-Event title, while team Kvinlaug earned the consolation honours.

Moving to the B-Event, the action began with showdowns between the Stochmanski and Cripps rinks, and the Thomas and Affinity 2.0 foursomes.

The Stochmanski and Affinity 2.0 teams emerged victorious, setting up their face-off if the B-Event final.

In what was a nail-biter, Affinity 2.0, comprised of Richard and Tricia Bell, Crystal Schmitz, and Lydia McQuillan, was able to claim victory by winning a best-of-four closest to the button extra end.

Flipping to the A-side, the action began with showdowns between

team Roughrider and team Mostly Sticks, and the Affinity 1.0 and Goertz rinks. After six ends of curling, Mostly Sticks and the Goertz rinks emerged the winners, while the Roughrider and Affinity 1.0 teams were relegated to the consolation.

In a hard-fought A-Event final, team Goertz, including Donn Goertz, Clint Rissling, Terry Goertz, and Dave Kopera, remained unbeatable

and claimed the title.

Win or lose, Shellbrook Curling Club member Tricia Bell says the curlers seemed to enjoy themselves over the two-day event. Much of that, she adds, is due to the strong support of the local business community.

"We again had fantastic support from our business community in donating prizes to support the event and cannot thank them enough," she said. "Everyone went

away with a prize, and from what we saw, a smile on their face!"

With the 2020 open bonspiel in the books, curlers have just one more opportunity to get in on the bonspiel action in Shellbrook this curling season.

That chance comes in the form of the "Magical Mystery Fun Spiel," which will be hosted by the club on Saturday, March 21.

More pictures on page 2

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Goertz rink tops Shellbrook Open Bonspiel



Shellbrook Open Bonspiel B-event winners, from left: Richard Bell, Tricia Bell, Crystal Schmitz, and Lydia McQuillan.



In a particularly close end in the A-event final, the measure had to be brought out to see who had the closest rock.

Shellbrook Councillor reflects on SUMA 2020

Municipal leaders from across Saskatchewan met and rubbed shoulders in Regina from Feb. 2 to 5, during the 115th annual Saskatchewan Urban Municipalities Association Convention.

The town of Shellbrook was well-represented at the conference, with Mayor George Tomporowski, and councillors Bruce Clements and Dave Knight attending.

Mayor Tomporowski, and the town, even took the spotlight on day one of the four-day event, with an educational session on asset management — Shellbrook is considered a pioneer and leader in this tool for budgeting.

Giving Mayor Tomporowski all the credit for introducing asset management to the town's bud-

geting process, councillor Knight said it's made a real difference in how the council prioritizes municipal needs.

"When you think of how it was done in the old days, it was the back of a napkin, and let's just look at last year's and add five per cent," he said. "The big benefit is that we have the data and the outlook. Facts and data are what should drive a budget."

With this extra data, Knight says the town is avoiding the traps that many small municipalities are falling into.

"A municipality with some pretty old infrastructure, that's not making plans about revitalizing and modernizing it, is in trouble. Those municipalities are the

ones where the population is decreasing and people are moving to cities," he said.

Looking beyond day one and Mayor Tomporowski's session, Knight says that the big highlight for Shellbrook, as a community, comes in the form of an increase to the provincial government's municipal revenue sharing program.

As announced by Premier Scott Moe at the conference, funding is increasing by \$27 million (or 11 per cent) this year, climbing to \$278 million.

Though the impact this will have on the town's cut of the funds isn't yet known, Knight says it's great news for the town.

"Any impact is a big impact, but it will be a positive thing," he said. "When that came out, that was probably, for our little town, one of the big ones. Putting money into the town is a good initiative."

With day four of the SUMA Convention providing an opportunity to meet with provincial cabinet ministers from the ministries

of Government Relations, Environment, Highways and Infrastructure, Justice, Corrections and Policing, Health and Rural and Remote Health, Knight says there were a few highlights that could be felt locally.

Mental health and addictions was a key theme throughout the conference, with Premier Moe pledging to maintain support for mental health services and addictions treatment in the upcoming provincial budget.

Health Minister Jim Reiter reiterated this commitment.

"I think it's fair to say with an upcoming budget, you'll see us show that we're still extremely concerned about this issue," he said.

A similar message was also sent by the premier, and by Minister of Highways and Infrastructure, Greg Ottenbreit, on highways.

"The Province's plan is to upgrade or rebuild 10,000 kilometres of highways over the next decade as part of its growth plan," he said.

Where past SUMA Con-

ventions have been known to cater more to major urban centres than smaller municipalities, Councillor Knight says he saw less of that this year, and adds that small communities were providing plenty of feedback.

However, he did note that bigger and smaller communities are clearly on different pages.

"The big cities are probably more aware of climate change than the small towns are," he said. "But the big cities aren't as focused on municipal infrastructure. They've got a tax base. It's automatic, it just gets done."

As an example of the differences, Knight cites a defeated resolution brought forward to by the city of Prince Albert.

The motion called for SUMA to lobby government to give municipal councils the power to set hours of operation for liquor stores "as council thinks appropriate for its own community."

All told, there were 20 resolutions brought forward to this year's Convention.

Of those 20, some of the key ones that were carried include a resolution that will see SUMA lobby gov-

ernment to lower electricity rates for community-owned recreation facilities. If SUMA finds government agreeable, this would, naturally, be a benefit to small-town recreation facilities.

Elsewhere, there was a resolution to change the revised net-metering program, a resolution to reinstate the PST exemption on municipal construction projects, and a resolution to put a limit on interfacility transfer fees, like the Senior's Cap which caps ambulance fees at \$275.

On the defeated side, there was a resolution to give SUMA representatives a seat at the table for provincial government decisions, as well as a resolution to begin negotiations to merge SUMA and SARM.

Of particular local interest, however, was a defeated motion to introduce changes to the Government Election Act, 2015, to allow business owners who don't reside within a municipality to run for municipal council.

This very issue was brought up locally by the Shellbrook and District Chamber of Commerce in 2017.

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Canwood Regional Park Supper and Auction

Canwood Elks Community Center

Sat., March 14, 2020

Happy Hour 5:00 p.m.

Supper at 6:00 p.m. Auction to follow

Adults \$15.00 ~ 6 - 12 yrs. \$8.00 ~ 5 & under Free

For information call

Bob 306-468-7942 or Terry 306-468-4425

Proceeds to Canwood Regional Park & community improvements




CAMEO COMMUNITY SNOWMOBILE RALLY Saturday, February 15

Register 12 noon to 2 p.m. @ Cameo Hall
6 miles west of Shellbrook, then 2 miles north - on Cameo-Buckingham Road

Tickets \$10 each or 3/\$20
every rider must purchase a \$10 ticket

24 hr permit will be available
at local SGI's for \$20

Call Keith at 306-747-3765 or 306-747-2101
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KAISET TOURNAMENT ~ Sunday, Feb. 16

Cameo Hall, Register 12 noon - 1 p.m.

\$5.00/person



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for our annual **Day of KINdness**

This year celebrates 100 years of Kin Canada!

Come help us kick off our week of Kin and acknowledge Kin Canada as we raise our flag in recognition. Ceremony starts at 10 am.

FREE hot dogs, cake & hot chocolate!

Bring your skates and have some fun!

Tips pushed to game three by Dalmeny

The Shellbrook Silvertips kicked off their playoff-opening best-of-three series against the Dalmeny Sabres this weekend, playing game one in Dalmeny on Friday evening and game two in Shellbrook on Saturday night.

The Tips met with the Sabres twice during their regular season campaign, topping them 7-4 in the first showdown and 6-4 in the second.

If they thought the playoffs would bring more of the same, they had another thing coming.

Showing up ready to play, the Sabres beat up the tips 9-5 in game one, and just barely came out on the losing side of a 3-2 decision in game two.

Tips (5) @ Sabres (9)

The Tips got everything they ever could have asked for to start the playoffs, jumping out to an early lead on a power play goal from Devin Dicus. Wyatt Hinson provided the lone assist on the play.

Later in the frame, Shellbrook grew its lead to two on a goal by Matthew Kutnikoff, with Justin Kerr earning himself a helper on the play.

But the Sabres fired back just under a minute later, when Tanner Schick beat Jory Segberg, unassisted.

Mirroring the first

frame, the second period saw the Tips come out of the gate strong, scoring two early goals to go up 4-1.

Kerr kicked off the offensive flurry, with assists from Brendon Beaulac and Braiden Turner, and Jayden Skauge followed up with a helper from Shane Pickett.

Just when it seemed that the Tips had everything in hand for game one, everything came unravelled. Over the course of the next 30 minutes, the Sabres roared to life, rattling off eight unanswered goals to take a commanding 9-4 lead.

Harlan Wutzke got things started with assists from Daniel Block and Dawson Hegestad, and Kyle Martin followed up on helpers from Dawson Rowley and Keenan Chomwyn.

Just under two minutes later, Ben Strautman knotted things up at 4-4, scoring on assists from Terrin Belowsowsky and Rylan Couture.

Rowley closed out the frame with two goals less than a minute apart to drive the score to 6-4. Joe Luciano assisted on the first, with Kyle Martin providing the lone helper on the second.

The Sabres would talk on three more goals in the third period, with Strautman scoring on assists from Be-

losowsky and Couture to get things started.

Austin Walker scored about 30 seconds later, with assists from Block and Braden Trapp. With a late power play, Martin rounded out the Sabres scoresheet. Rowley provided the lone assist on the play.

The Tips closed out game one with a late marker from Braiden Turner, assisted by Brett Mason, to send the action back to Shellbrook the next night.

Tips (3) vs Sabres (2)

With their backs against the ropes in game two, the Tips came out swinging in what turned out to be a rough and tumble match.

Having the hometown crowd on their side, The Tips racked up two early goals in the first, scored just 45 seconds apart.

Daryl Blais drew first blood with a perfect set-up from Braiden Turner and Justin Kerr in front of the Sabres' goal.

Then Wyatt Hinson scored an unassisted marker, walking out in front of the Dalmeny net and backhanding one home.

Hinson's goal preceded nearly more than thirty minutes of scoreless back-and-forth action, which ended only when Rylan Couture found the back of the Silvertips goal with a loose rebound. Keenan Chomwyn and Terrin



Silvertips Devin Dicus and Jayden Skauge were in the thick of it, when the action took a turn for the ugly in the second period of game two.

Beloowsky provided the assists on the goal.

Fast forward to the third period, after another goalless stretch, and the Sabres pulled even.

Ben Strautman scored on an ugly squeaker that slipped through Tips netminder Jon Nelson, and was assisted on the play by Couture and

Shayne Gwinner.

Late in the frame, with time winding down and an overtime period seemingly inevitable, the Silvertips finally got the break they needed to force game three.

Wyatt Hinson found himself in the right place to take a picture-perfect setup from Jody Blais and tip it top shelf.

Parker Turner drew the second assist on the game winner.

Hinson's two goals on the evening earned him a well-deserved "Tip of the Game" nod.

Game three of the best-of-three series will be played in Shellbrook Friday, Feb. 14. Puck drop for the match is slated for 8:30 p.m.

The Tobacco and Vapour Products Control Act (Saskatchewan)

As of February 1, 2020:

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

For more information, visit: saskatchewan.ca/vaping



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

JUNIOR CITIZEN OF THE YEAR AWARDS

Junior Citizen of the Year Scholarship

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

These prestigious awards are given to youth who:

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Nominations close March 31, 2020

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OPINION

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Oil a tough sell in age of truth and reconciliation

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

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

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

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

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

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

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



JORDAN
TWISS
~
News Editor

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

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

However, the good news for Trans Mountain ends there.

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

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

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



ber, 2022.

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

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

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

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

"Reconciliation stopped today," said Rueben George.

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

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

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

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

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

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

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

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

A walk around town: Crafting Craze

By Alison Sullivan

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

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

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

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



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

stay occupied.

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

Idlework crafts like Hungarian embroidery and machine sewing to new-found hobbies like diamond painting, dot painting, and paper quilling she always has something on the go.

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

I have been out to a couple of these classes myself and always leave feeling relaxed and with a little more knowledge.

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

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

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

VIEWPOINT

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Agriculture: My journey today

**By Brenna Mahoney,
Cereals Canada**

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

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

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

ground. Agriculture's people are its biggest asset.

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

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

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

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

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

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

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

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

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

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

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

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

Moe speaks out on security detail

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

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

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

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

arrangement is permanent.

The presence of the new security detail was felt at last week's SUMA Convention in Regina, where Moe met and spoke with municipal leaders, and gave his annual address — all while plain clothes officers stood watch along the perimeter of the convention hall, and Regina city police provided back up outside of the room.

To be sure, it's a stark difference from the days when former Premier Brad Wall travelled the province in a half ton, with a political assistant

behind the wheel. It's even a change from the first two years of Moe's tenure as premier, when he would drive his own truck.

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

"My engagement with the people across this province and really everywhere I've been has been almost exclusively positive," said Moe, adding that he doesn't think the police presence makes him less accessible.

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

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

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

Shellbrook Chronicle

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Member of



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, Dec. 16, 2019 commencing at 6:30 p.m., with Mayor Arthur Spriggs, Deputy Mayor Gordon Harris, Councillors JoAnne Lapierre and Thomas Spriggs, and administrator DeAnne Robblee present.

Absent was Mayor Arthur Spriggs (arrived and took over as chair as 7:25 p.m.).

G. Harris: The Leask Hardware Store Meeting on Dec. 16, 2019 was called to order by acting Mayor (Deputy) Gordon Harris at 6:30 p.m. - 7 p.m. Carried

G. Harris: The Council Meeting on Dec. 16, 2019 was called to order by acting Mayor (Deputy)

Gordon Harris at 7 p.m. Carried

J. Lapierre: That the Council approved the minutes of the Regular Meeting of Council on Nov. 20, 2019. Carried

T. Spriggs: Robert McHanson – Title Transfer – to Leask Community Hardware Ltd. from McHansons Hardware. Tabled

Delegation: 6:30 - 7 p.m. Kathy Sevigny from the Leask Community Hardware Store presented the monthly financials to council along with a monthly reporting of operations.

B. Galambos: Resolution to approve the New Building Canada Fund - Small Communities Fund Confirmation of Final Payment. Carried

J. Lapierre: Resolution to approve the Federal Gas Tax Fund Program Plan. Carried

G. Harris: Resolution to sign up for the Hudson Energy Natural Gas Fixed Rate Program. Carried

G. Harris: Resolution

to accept the offer of \$150 from a resident for the salvage price of the old Zamboni. Carried

J. Lapierre: Resolution for DeAnne Robblee, Administrator to become the Fine Option Agent for the Government of Saskatchewan, Community Corrections Branch. Carried

G. Harris: Resolution to accept the quote from SK Schultz Electric for the installation of a new 20.4 kw system at the pump-house. Carried

B. Galambos: Resolution to approve the rezoning application for Lot 23, Block 1, Plan S3969. Carried

J. Lapierre: Resolution to waive the rezoning application fee for Lot 23, Block 1, Plan S3969. Carried

B. Galambos: Resolution to approve Accounts for Payment as presented. Carried

T. Spriggs: Resolution to accept the Financial Statement from the Leask Community Hardware Store - November 2019.

Carried

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

T. Spriggs: Resolution to begin having discussions about the 2020 Budget and determine a Special Meeting for Budget purposes on Feb. 5, 2020 at 6:30 p.m. Carried

J. Lapierre: Resolution to accept the following reports:

- Foreman Report
- Water Treatment Plant Report
- Administrators Report. Carried

T. Spriggs: Resolution to accept the Correspondence:

a. Letter regarding SUMA Group Benefits rate increase. Carried

A. Spriggs: The next meeting of council be held on Wednesday, Jan. 19, 2020 at 6:30 p.m. at the Village Office. Carried

A. Spriggs: 9:15 p.m.: That this meeting of council be adjourned. Carried

EFFECTIVE FEBRUARY 1

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

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

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

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



More info at sgi.sk.ca

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Shellbrook Chronicle

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Record Revenue Sharing with Municipalities

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

Did You Know?

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



Nadine Wilson

MLA for Saskatchewan Rivers
saskrivers@sasktel.net

Hon. Jeremy Harrison

MLA for Meadow Lake
jharrisonmla@sasktel.net

Hon. Scott Moe, Premier

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

AGRICULTURE

February 13, 2020

www.shellbrookchronicle.com

Shellbrook Chronicle 7

Research investments a big positive for ag sector

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

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

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



CALVIN
DANIELS
~

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

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

So, again it is a huge positive when one reads a story from the University of Saskatchewan that "with \$2.35 million in funding from the federal government and the Beef Cattle Research Council (BCRC), University of Saskatchewan (USask) veterinary researcher Dr. Cheryl Waldner will undertake a major five-year research program to advance beef cattle health and productivity, helping to sustain the profitability and competitiveness of Canada's \$17-billion-a-year beef industry."

equal footing with profit margins.

So it has to be seen as a positive when one reads in a release of investments such as the recent announcement federal Minister of Agriculture and Agri-Food Marie-Claude Bibeau and Saskatchewan Agriculture Minister David Marit dedicated nearly \$8.1 million in funding under the Canadian Agricultural Partnership for 28 livestock and forage-related research projects through Saskatchewan's Agriculture

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

So seeing 30 University of Saskatchewan (USask) crop research projects having been awarded a total of more than \$8 million through

Saskatchewan's Agricultural Development Fund (ADF), a program jointly supported by the federal and provincial governments and supplemented by industry partners, again shows that agriculture research is generally on a

positive path.

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

Marcelin Library Kid's Club helps kids get artsy and crafty



Young members of the Marcelin Library's Kid's Club work on art projects. The Club meets every Saturday from 9 a.m. to noon.

CALL FOR DIRECTOR NOMINATIONS

The Elections Committee of Diamond North Credit Union will receive written nominations for the position of Director of Diamond North Credit Union.

In 2020 three (3) director terms are open for nomination. All three positions are three year terms.

Interested persons must attest to director qualification requirements in writing by the nomination deadline. Information is available from any member of the Elections Committee or at our branches.

Nominations must be received by the credit union no later than the close of business on Friday, March 13, 2020.

Elections will be held during normal business hours from **Thursday, March 26 to Friday, April 3, 2020**. Members have one vote which they can cast by paper ballot at any branch of Diamond North Credit Union or online by accessing the credit union's website at diamondnorthcu.com.

For further information, please contact one of the Elections Committee members listed below:

Colleen Harmatiuk, CEO	306-862-0700
Sandra Gillies	306-468-2817
Marcel Head	306-768-3557
Kent Nickel	306-862-1697
Greg Pagan	306-428-2321
Leslee Serack	306-862-9721
Christopher Warriner	306-469-4970

PRINCE ALBERT LIVESTOCK SALES

A division of Northern Livestock Sales



To consign cattle or for on-farm appraisals please contact Brent, Glen, Boyd or Frederick

Friday, February 14, 2020

Bred Cow/Heifer & Pair Sale 1:00 p.m.

Monday, February 17, 2020

Presort Sale 9:30 a.m.

Regular Sale 1:00 p.m.

Producers wishing to market cattle prior to sale day please contact the office 306-763-8463 for delivery.



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Office 306-763-8463 ~ Fax 306-763-4620

For market info visit: www.northernlivestocksales.ca



Shellbrook Public Library news highlights

The New Year, 2020, has started out busy at Shellbrook Public Library. Both old and new programs are on the calendar for an exciting new year.

Storytime

Storytime continues to be held at 10:30 on Friday mornings. Librarian Dian Campbell leads an hour of stories and fun for children aged 2-6. We are continuing our way through the alphabet, exploring different occupations. In January we studied P is for Paleontologist by opening dinosaur eggs and making our own fossils. In March we will be learning about Teachers, and Underwater Divers.

Makerspace

Our Makerspace program brings S.T.E.M.



With some adult supervision, kids had fun hatching dinosaur eggs.

learning to the library. We meet every second Thursday from 3:30 to 5 p.m. Kids favourite Makerspace activities are Cubelets and Ozobots (robotics), and Snap circuits.

Book Review

Suggested reading from our Evening Book Club in January includes:

The Peppermint Tea Chronicles by Alexander McCall Smith – ex-

cellent continuation of the people at 44 Scotland Street beginning with Bertie whose overbearing and protective mother has left the family to be with her lover. Olive is still persecut-

ing him at school and at 7 threatening him with marriage – typical Smith – great characterization – should be read in order

Say Nothing by Patrick Radden Keefe – narrative history about 1969 in Ireland – true story of murder and kidnapping and the people behind the IRA – excellent read

Becoming by Michelle Obama - Her life as a child, student, lawyer, First Lady. The book is an open, honest account of her struggles and successes with political life and how she, Barack, and their daughters weather it all. Definitely worth reading.

New at the Library

T.O.P.S. (Take Off Pounds Sensibly) will be meeting at the library

on Wednesdays (weigh-in 5:50 p.m., meeting 6 p.m.) T.O.P.S. can help you reach your weight-loss goals by providing you with the tools, information, support and accountability you need to be successful.

Coming in March: Creative Crafting – Do you like to craft: knit, crochet, spin tatting etc.

We are meeting at the Library every second Wednesday at 6 p.m. to craft and share ideas.

Come join us, we'd love to see what you are crafting.

For more information talk to Marlene Fellows or librarian Dian Campbell.

Sneak preview: on Wednesday, March 18, Jennifer Thiel will be in to do a spinning demonstration.

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AND ENTER FOR A CHANCE TO WIN AN IPAD.



Milo Naber – G is for glasses.



Zayden and Frazer Parsons enjoy robotics at Makerspace.

PIHC News: February is Recreation Therapy Month

Submitted By Trina Chamberlain

Recreation Therapy enhances the quality of the lives of the people, in this instance those living in a care setting, by offering meaningful recreation and leisure opportunities.

This is done through knowing the person: their life history; past and present interests, passions and desires; by modifying offerings which promotes a positive experience; by encouraging new experiences and revisiting past interests.

Recreation and leisure offerings focus on individual/small/medium and large group settings and include the physical, social, emotional, spiritual, and intellectual/cognitive domains.

Making a difference by providing planned and spontaneous Recreation and Leisure opportunities is made possible

by the help and leadership of enthusiastic Recreation Therapy professionals, Care providers, family support, and by the many dedicated registered Saskatchewan Health Authority Volunteers (individual, intergenerational and community groups can clubs).

Volunteers are an important part of the Health Care Team. If you are not a registered volunteer and want to get involved no problem, contact Recreation Therapy or Volunteer Services at 306 765 6119.

Volunteers are needed for the following:

Musical/singing – most 1st and 3rd Tuesday mornings of the month from 10:30-11:30 for assisting with singing hymns (30 minutes), turning pages, encouraging and portering residents to and from hymn sing (15 minutes before/15 minutes after).

Creative art – 1-2 times /

month for 1-1.5 hours usually in the afternoon. Assist or lead art opportunities for elders and /or intergenerational groups. Supplies provided.

On call – 1-2 times/month for 1-4 hours per commitment in opportunities such as party set up, breakfast club assistance, excursions (portering, socializing),and more.

Love is in the air.....

Couples celebrated with a lovely meal, romantic piano music and love song serenading at the annual Sweetheart Lunch on Feb. 11.

The Golden Girls sing out love songs at the Sweetheart Ball at 2:30 p.m. on Feb. 14.

The Health Care Auxiliary will provide a special afternoon sweet treat for this occasion.

Elders and guests are encouraged to wear their best ball gowns (or night gowns) and bow ties with white colored shirts! Prize for the best dressed!

Share A Little Love Raffle- Get your tickets from staff members before the 3 p.m. draw on Feb. 14 for the incredible raffle items on display in the Hair Salon. Much appreciation to all donors (list posted in Hair Salon window). Ticket Prices are 1/\$5.00 or 3/\$10.00 or 8/\$20.00.

If you love music Community, friends and family are welcome to join in as The Happy Wanders play Feb. 20, and Marvin Moberg on Feb 27. Both shows start at 2:30!

Alzheimers Awareness

Month was celebrated in January. The Alzheimer's Society partnered with SGI to sponsor and evening of education called "Understanding Dementia".

Fourteen family, friends, volunteers and residents attended the telehealth opportunity.

The attendees went away with a broader awareness and are eager to learn more on tips

and ways to support people going through the dementia journey.

We are pleased to invite you to an hour of learning just that, tips & tricks on supporting people with Dementia on Wednesday, March 11 at 2:30 in the Health Center's Great Room.

In closing we hope you enjoy "What is Love," (above) compiled by 16 lovely elders.

Say

I Love You

Hugs n' Kisses

Facial Expressions



Show Love

with your eyes ☺

Offer to help others ☺

Be Kind ☺ Be nice ☺ ☺

Tell others how much ☺ ☺ ☺ they mean to you ☺

☺ Tell them they are kind ☺ Nice Firm hand shake

Say thank you and put your arms around them ☺

Protect them and be willing to give your life

☺ Offer homemade food and items ☺

Praise them when they do well

Support them when they

☺ need it most ☺

☺ Feed them

Just LOVE

Them



What is Love: written, with love, by 16 very lovely elders/ Mind Work/ Feb. 3, 2020.

Leask Sports Centre receives Affinity CU District Funding

Thanks to Affinity Credit Union District Funding, the Leask Sports Centre was able to purchase a new Fire Suppression system for above the grill and deep fryer.

It's a safety system that's needed to operate the grill and

deep fryer and ours needed replacing.

The lunch counter is where we make our income on our Fun Fridays wing nights and during skating and hockey events.

Without it our goose was literally cooked!

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Monkshood: a flower with a sordid past

By Sara Williams

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

Different species flower



Azure monkshood. Photo credit: Hugh Skinner.

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

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

in autumn.

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

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

Monkshoods are woodland plants and prefer rich evenly moist soils in partial shade and a deep mulch. Fertilize them in spring with an organic fertilizer. They are said to resent being dug but I have never experienced this as a problem and they benefit from division every 4 years or so to renew the clumps. The clumps are easily divided in early spring. Although plants can be grown from seed, this form of propagation is only for patient gardeners as the seed is usually dormant and can take up to 100 days to germinate and 3 years to bloom. Monkshood are best placed at the back of a perennial border or in a woodland garden where they will add blue and white

to the predominant green.

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

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

This column is provided courtesy of the Saskatchewan Perennial Society (SPS; saskperennial@hotmail.com). Check our website (www.saskperennial.ca) or Facebook page (www.facebook.com/saskperennial) for a list of upcoming gardening events.

Rose Garden Hospice receives major boost from PA Auto Dealers Association



Pictured from left to right: Scott Ripley from Mann Northway, Scott Newsom, Managing Partner of Lakeland Ford, Marina Mitchell, Board Member and Media Relations, Ralph Boychuk Spokesperson and media relations for Rose Garden, Steve Jeffers, General Manager of Carlton Honda, Peter Simpson, General Manager and Partner of Frank Dunn Toyota, Joe Weinrick, President of the Automobile Dealership Association, and Co Owner and Director of Operations at Riverside Dodge, Jed Fletcher, General Manager of Rally Motor Group, Ron Jones, Owner and General Manager of Evergreen Nissan, and Don Jones, Partner and Dealer Principal of Anderson Motors.

The Automobile Dealerships Association from Prince Albert teamed up to give a \$100,000 donation to the Rose Garden Hospice. This was the second largest announced donation to date for Rose Garden, after the announcement of \$500,000 from Malcolm Jenkins.

President of the Prince Albert Automobile Dealerships Association, Joe Weinrick, says it was the single larg-

est donation the association has ever made.

Marina Mitchell said, "We are very humbled to have the generous support from these local businesses. This brings us closer to our fundraising goal."

The Rose Garden Hospice Association has now raised \$2.2 million of the \$4 million needed to construct the Hospice.

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 Aristide

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 Nite: Fridays
Mont Nebo
Bible Study & Prayer
Sun., 11:00 a.m. - Worship
Pastor Bill Klumpenhouwer

SEVENTH DAY ADVENTIST

407-2nd Ave E, Shellbrook
Sat., 9:45 a.m. - Sabbath School
Sat., 11:00 am - Worship
Broadcast on
VOAR 92.1 FM
Pastor Liviu Tilihoi
306-313-8685

ANGLICAN CHURCH

Leask - All Saint's
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

UNITED CHURCH

Shellbrook - Knox United
Sun., 10 am - Worship
306-747-3434
Student Minister
Jon Worrall
Big River
Sundays
10 a.m. - Worship
at Anglican Church
Rev. Dave Whalley
306-747-2804

MENNONITE BRETHREN CHURCH

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

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
306-747-7235
Canwood
10:00 a.m. - Sunday School
11:00 a.m. - Worship
Pastor Glenn Blazosek
306-468-2138
Leask Gospel Tabernacle
Sunday 11 a.m. & 6:30 p.m.
Pastor Lorne Valuck

SOVEREIGN GRACE BAPTIST CHURCH

Currently meeting in homes on Sunday morning & Wednesday evenings
Parkside 306-747-2309
Leask 306-466-4498
Marcelin 306-226-4615

PRESBYTERIAN

Mistawasis
Sunday worship
11:00 a.m.
Rev. Katherine Bretzlaaff

GOOD NEWS

AM I THE “SALT OF THE EARTH”?

Dave Whalley, D.L.M. (R)
First United Church, Big River

People are watching us. You never know who is watching you. Did you hear about the minister who was building a garage? He was being watched by a young boy. The youngster didn't say a word, so the minister kept on working, thinking the boy would leave. But he didn't. Pleased that his work was being admired, the minister finally said, "are you trying to pick up some pointers on how to build a garage?" "no," the boy replied, "I'm just waiting to hear what a preacher says, when he hits his thumb with a hammer."

We are always influencing someone, either positively or negatively. People are watching you! What do they see? What they observe has an influence on them. And it should.

Chapters 5 to 7 of the Gospel of Matthew contain what is known as the "Sermon on the Mount." The theme of this greatest sermon ever preached, is how God's people should live. In verses 13-16 of chapter 5, Jesus is speaking about our relationship with other people. Jesus links our inner attitude with our outward action. Jesus uses the metaphors of salt and light to indicate our outward action.

The Romans believed, for instance, that there was nothing as valuable as salt, except for the sun. Many of their soldiers received their pay in salt. That's where the phrase "not worth his salt" comes from. .

I want you to notice that Jesus doesn't say, in those verses in Matthew, is that you are like salt, He says, "You are the salt of the earth". This is what we're called to be. It's who we are and why we live in this world.

We have at least two roles, one negative, and the other positive. Salt exercises the negative function of delaying decay, and warns disciples of the danger of compromise and conformity.

Jesus said, "You are the "salt of the earth".

But if the salt loses its saltiness, it is no longer good for anything, except to be thrown out. This "salt" scripture is so familiar and so much a part of our evangelical vernacular, that it's lost much of its power today. It doesn't make sense for salt to lose its saltiness. Technically speaking, if salt is not salty, it's not really salt.

During the time of Jesus, most salt was derived from marshes, lagoons, or from the rocks around the dead sea and contained many impurities. Because of this, salt that was of an inferior quality, due to the contamination of foreign substances, sometimes did spoil and had to be thrown out.

Salt gives taste. I like making soup. I'll never forget the first time I made it without salt, because the doctor had put me on a salt free diet. It looked ok, but is had no taste to it. None of us wanted to eat it, because it was so bland. Salt by itself doesn't taste very good, but when it's added to food, it unleashes the flavour. As Christians, we are God's seasoning in the world. Just as salt adds zest and fires up the taste buds, we should be making life more "tasty" for others. Christians should be adding spice, to a spiritually bland world.

Some of us are way too boring and devoid of joy. Oliver Wendell Holmes is reported to have said that he might have become a minister, if certain ministers he knew had not looked and acted so much like undertakers. Of course, that doesn't apply to any undertakers that I know and respect.

People back then, didn't have refrigerators so they put salt in their meat, to keep it from rotting. Used in this way, salt doesn't make something good; it just keeps it from going bad. Friends, we are a preservative in our culture. God has put us into a rotting and dead world, in order to preserve it. We are to have an antiseptic impact on our society.

Salt creates thirst. I'm sure you've heard, that you can lead a horse to water but you

can't make it drink. While that may be true, you can still put salt in the horse's mouth to make it thirsty! That's why a lot of restaurant buffets have salty food – you end up drinking more water, so you make fewer trips to the feeding trough.

Salt is a seasoning, it's a preservative, and it makes people thirsty. In all cases, salt must be brought into contact with its object, in order for its power to be released. Salt that just sits in the shaker, does no good for anyone. It might just as well be thrown out. Keeping Christ bottled up in our church, and in our lives, is like keeping salt in the cupboard of Christianity.

Salt must not just be sprinkled on meat to preserve it. It must be blended into the food. We are to spend time, with people who are looking for God, by mixing it up with them. We need to hang out where they hang out.

Dietrich Bonhoeffer, a 20th century Lutheran theologian who was murdered by the Nazis', said it strongly! "a flight into the invisible, is a denial of the call -- a commu-

nity of Jesus which seeks to hide itself, has ceased to follow Him."

When Christians get right with God, and begin to express their Christianity, through their lifestyle; our neighbourhoods and workplaces cannot help but be changed. God continues to bring revival and renewal to humankind, in order to preserve this world. What difference are we making? Have we lost our saltiness?

Jesus teaches that a person's faith is to be openly shared and lived, before the watching world. It is to shine forth for all to see, not so we can proclaim how good a person we are, but so that others can know there is a God, who loves them, and will act on their behalf. We are to influence others for God.

Our lives should be lives that reflect something more than the world has, because we have more than they have-- we have Jesus. He has forgiven us, changed our hearts, given us hope, and put His love in us, given us joy, set our feet on the rock which cannot be shaken. How is the salt in your salt shaker?

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 306-497-3130, www.wapitilibrary.ca.

CANWOOD: Canwood Branch of Wapiti Regional Library. Regular Library Hours - Tues. 10 am - 3 pm, Thurs. 10:00 am - 4 pm & Friday 1 - 5 pm. Storytime: Fridays 2 pm. Play cards the 1st & 3rd Wednesday of the month at 2 pm. Crafter's Choice the 2nd & 4th Tuesday of the month at 10 am.

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. 12 - 8 pm; Wed. 2 - 8 pm; Thur. 12 - 6:30 pm; Fri. 9 - 4 pm. Children's Story Time: Fri. 10:30 am (Sept - June).

CANWOOD: Canwood Regional Park Supper & Auction, Canwood Elks Community Centre, Saturday, March 14, 2020. Happy Hour 5 pm; Supper 6 pm; Auction to follow. Adults \$15; 6-12 yrs \$8; 5 & under free. For information call Bob 306-468-7942 or Terry 306-468-4425. Proceeds to Canwood Regional Park & community improvements.

CAMEO: Cameo Community Snowmobile Rally. Saturday, February 15, Register 12 noon to 2 pm @ Cameo Hall (6 miles west of Shellbrook, then 2 miles north - on Cameo-Buckingham Road). Tickets \$10 each or 3/\$20 *every rider must purchase a \$10 ticket* 24 hr permit will be available at local SGI's for \$20. Call Keith at 306-747-3765 or 306-747-2101 or Ralph at 306-747-3611. Kaiser Tournament ~ Sunday, Feb. 16, Cameo Hall, Register 12 noon - 1 pm, \$5 per person.

SHELLBROOK: Shellbrook Kinsmen & Kinettes invite everyone to join us at the outdoor rink, Mon., Feb. 17 - 10 am to 2 pm for our annual Day of KINDness! This year celebrates 100 years of Kin Canada! Come help us kick off our week of Kin and acknowledge Kin Canada as we raise our flag in recognition. Ceremony starts at 10 am. FREE hot dogs, cake & hot chocolate. Bring your skates and have some fun!

SHELLBROOK: Shellbrook Senior Centre Tea & Social – Friday, February 21, 2 – 4 pm. Dessert & Coffee/Tea \$5.

SHELLBROOK: Shellbrook Theatre Movie Night, Fri., Feb. 21, Frozen 2; Doors Open 7 p.m. Showtime 7:30 p.m. Cost is \$5

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Money Matters

How to begin building a credit history

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

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

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

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

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

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

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

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

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

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

3 investing tips for beginners

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

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

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

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

1. Identify your risk tolerance.

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

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

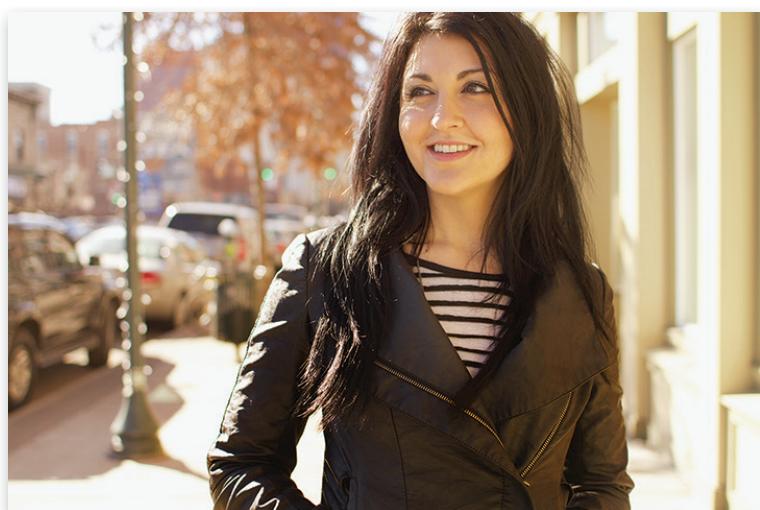
2. Diversify your investments.

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

3. Make changes as you age.

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

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



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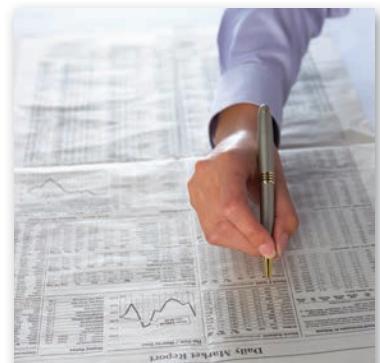
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Money Matters

RRSP vs. TFSA: What's the difference?

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

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

Tax-Free Saving Account

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

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

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

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

Registered Retirement Savings Plan

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

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

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

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

How do I decide?

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



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Money Matters

Are you missing out on these tax benefit payments?

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

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

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

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

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

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

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

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

tax credit, you could get child disability benefit payments.

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

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

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

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



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Will Votto follow Walker into the hall?

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

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

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

10th and final year on the ballot.

His first love being hockey, Walker, a goalie, concentrated on baseball after being cut twice by the Western Hockey League's Regina Pats. It was a wise choice. Signed by the Montreal Expos after being scouted at the world junior baseball championships in Kindersley, Sask., Walker played six seasons with the National League team and then signed a four-year deal for \$22.5 million as a free agent with Colorado.

Walker's career numbers were spectacular, and it's shameful that Hall of Fame voters overlooked him for nine years before finally doing the right thing in his final year of eligibility. Graced with speed, power, and a terrific throwing arm, Walker batted .313 for his career, belted 383 home runs, stole 230 bases and had an OPS (on-base plus slugging percentages) of .965. That



BRUCE
PENTON

last figure ranks 11th among all Hall of Famers, trailing illustrious names like Babe Ruth, Ted Williams and Lou Gehrig, but ahead of immortals such as Willie Mays, Johnny Mize, Ralph Kiner and Hank Aaron. In 1997, when Walker was voted Most Valuable Player in the N.L., he batted .366, slammed 49 homers, had an OPS of 1.172 and drove in 130 runs.

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

they want to be like Larry Walker," he said in a CBC.com story.

Votto, meanwhile, should give Canada a hat trick of Hall of Famers when his name hits the ballot. Votto, 36, is currently 27th on that all-time OPS list. He's signed with the Reds through 2024, when he'll be 40 years old and probably ready to retire.

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

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

- CBS's Pete Blackburn, on Twitter: "I'm OK with rigging the

NHL if it means Battle of Alberta playoff matchup."

- Vancouver humorist Steve Burgess, on Twitter, after the Mike Smith-Cam Talbot centre-ice fracas during the most recent Battle of Alberta: "The NHL only discourages goalie fights because they know a professional goalie fight league would put them out of business."

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

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

- Dickson on how big a favourite Tyson was leading up to his fight with Buster Douglas in 1990: "Imagine the Golden State Warriors of 2017 about to play a donkey basketball team

consisting of senior citizens on three-legged donkeys and then double that."

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

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

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

Care to comment?
Email brucepenton2003@yahoo.ca

NDP calls on Sask. Party to end costly private MRI experiment

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

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

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

The province is risking millions of dollars in federal health transfers by continuing to let private clinics bill patients directly beyond April 2020. Similar experiments with American-style healthcare in British Columbia cost that province \$32 million in federal health transfers in 2018-2019.

Other provinces have developed strategies to reduce wait times that didn't include letting the wealthy pay to jump the queue. In 2018, in efforts to address growing wait times, the British Columbia government

introduced the B.C. Surgical and Diagnostic Strategy and began running 10 of the province's 33 MRI machines 24 hours a day, seven days a week. They also bought two privately owned MRI clinics. In the first year, efforts to fully utilize existing provincial MRI infrastructure had a significant impact on wait times.

"The Sask. Party's failed experi-

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

A man charged in connection to a shooting last fall on the Big River First Nation pleaded not guilty and will face trial this spring.

Tristan Whitefish, 20, was charged with aggra-

vated assault and faces numerous firearm-related charges following the Sept. 22, 2019 incident.

At the time of the incident, police were called to a residence on the First Nation for a discharged

firearm complaint.

A 33-year-old man was found suffering from a gunshot wound to his upper body and taken to hospital for surgery.

The trial is scheduled for May 14.

Shooting incident at Big River First Nation heads to trial

OBITUARY

Leslie Henry Radics

Leslie Henry Radics was born Feb. 23, 1935 in Coaldale, Alberta. He was the first-born child of Steve and Elsie Radics. They moved to Surrey, BC in 1937 and in 1950, his dad bought 4 quarters of land, sight unseen in the district of Leask. His dad farmed the land for 2 years, and on July 1st, 1952 the rest of the family joined him.

That fall, Les started school. He spent 1 day in grade 11, came home and said, "I'd rather shovel grain than go to school." And thus, began his farming career.

He and his dad raised pigs and cattle as well as grew wheat, oats and barley. With his dad's help, Les bought his first quarter of

land. He paid him back in pigs. It is unknown how many pigs were traded before the debt was paid off.

He met the love of his life, Margaret in 1958 and on Jun 10th 1960, they were wed. Their family began to grow when Randy was born. Their family of 3 soon grew to be 4 with the blessing of their daughter Donna followed by the birth of sweet baby Myrna, however, tragedy struck on Aug. 26, 1972 when she drowned on a family day trip, to Emerald Lake. It was a very sad time, but Leslie always told Margaret, "It's OK, we have each other."

Along with the encouragement, support and prayers from their family and friends, in time, they managed to overcome the loss. Shortly after, David was born, and finally Blaine. The family was raised in the traditional family farm setting, with everyone pitching in to help.

The Lord Jesus was the centre of Les's life. He had a very caring heart. He looked for the good in everyone he met. When it was placed upon his heart, he would give without anyone having to ask. But most im-

portantly, you knew that he was praying for you.

Les and Margaret served the Lord in many ways. Les felt in his heart that the mission field was right here at home. He and Margaret actively supported home ministry on the Muskeg Lake and Mistawasis reserves, as well as Chapel ministry in the correctional facilities in Saskatoon and Prince Albert. In 2006 he became an ordained Missionary. This was a ministry they did together for 47 years.

Again, tragedy struck on Aug. 29th, 2010 when receiving the news of the loss of their second daughter Donna. It was again, their faith in the God above and overwhelming support of the family and community that saw them through.

In his retirement, Les loved to ride around the yard on his riding mower. He even built a spot on the back to cart his sweetheart around. Les enjoyed fencing and gardening. There was always a daily project whether it was trimming trees, painting out buildings, cleaning the yard or cutting grass. Once the daily project was complete, the reward was always cof-

fee and fellowship. He was always one to start the conversation, but first asking the Lord to direct his way if there was anyone who He needed to hear the word of God. Les proclaimed to so many of the eternal reward in heaven, if you choose to believe in the One who saved you. Les has finally earned his reward. He passed away peacefully on January 26, 2020.

Les is lovingly remembered by: his wife, Margaret; his children, grandchildren and great grandchildren, Randy (Susan) Radics and family, Danay (Conrad) Smart - Gavin, Camerin, Haydin Jocelyn; Jordan Radics and sister-in-law, Denise Stiglich; his brothers-in-law, John Fabian and Ed Konjolka; his parents-in-law,

Wyatt and Abby; Blaine (Tanya) Radics and family, Emily and Ava; Donna's family, Cherish (Levi) Schutte - Hudson; Melody (Paul) Slemming - Matea, Kate and Vaughn; Amelia (Riley) Kennedy; Saelah (Kirsten) Almen; his son-in-law, Owen Johnson; his sister, Grace Konjolka as well as numerous other nieces, nephews, relatives and friends.

He is predeceased by: his parents, Steve and Elsie Radics; his daughters, Donna Johnson and Myrna Radics; his great grandson, Dominic Schutte; his son-in-law, Maurice Lande; his sister, Lillian Fabian and sister-in-law, Denise Stiglich; his brothers-in-law, John Fabian and Ed Konjolka; his parents-in-law,

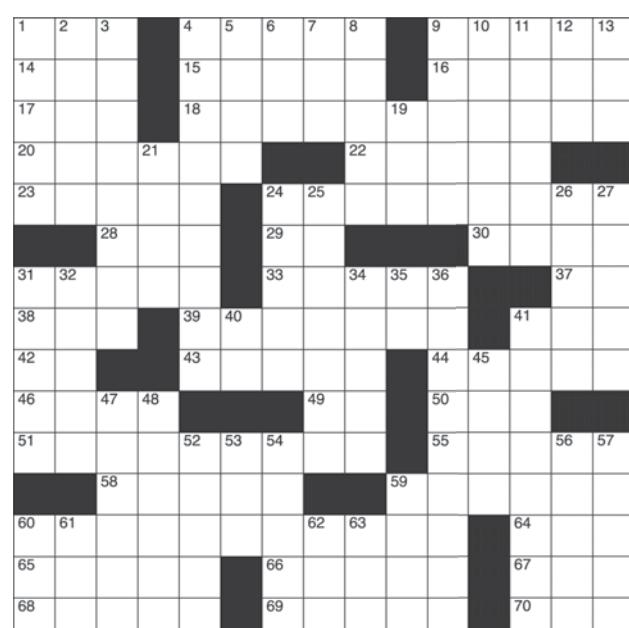
Emile and Lorenza Garand; his niece, Colleen Konjolka and his nephew, Andrew Crowder.

The funeral service for Les was held on Saturday, February 1, 2020 at 2:00 PM at the Leask Community Hall with Lorne Valuck officiating. Music was provided by Danay Smart and Melody Slemming and Brian and Chris Arcand. Readings were by Tracey Johnson and Blanche Crowder. The eulogy was by Christie Radics and shared memories by Les' grandchildren. Pallbearers were Jordan Radics, Jalen Radics, Wyatt Radics, Conrad Smart, Levi Schutte and Paul Slemming. Memorial donations may be made to the Multiple Sclerosis Society. Interment will be at a later date.

CROSSWORD

CLUES ACROSS

- Small deer
- Khoikhoi peoples
- South African statesman
- Keyboard key
- Remove
- A conspicuous constellation
- Data executive
- Retired NASCAR driver
- Tightens
- A picture of the Virgin Mary
- "The Mission" actor Jeremy
- Confidently
- More (Spanish)
- Sports highlight show (abbr.)
- Hand out cards
- Distinctive Asian antelope
- Arabic greeting
- Of I
- Hip hop trio
- Meat roll
- One's mother (Brit.)
- __-GYN
- Belgian city
- Plucks
- Leak slowly
- Denotes a particular region



- General's assistant (abbr.)
- Divides
- Kid
- Inland Empire Expanded Learning Symposium
- Engaged in conflict
- Former CBS sportscaster
- Characterized by unity
- Working-class
- Corners
- __ de plume
- Influential French artist
- "Very" in musical terms
- Financial account

CLUES DOWN

- Long, flat abdominal muscles
- Small Eurasian willow
- Justified in terms of profitability
- Required
- River that starts in Turkey
- Disfigure
- A way of communicating (abbr.)
- Leaks slowly
- Shady place under trees
- Made a speech
- Long, angry speech
- Mortar trough
- Autonomic nervous system
- Southern India island
- Grab quickly
- Ancient Mesopotamian city
- With three uneven sides
- Football visionary Hunt
- Primordial matters
- Facing towards the flow of a glacier
- "A Delicate Balance" writer
- Emits coherent radiation
- Commercial
- Groups of foot bones
- Out of print
- Partner to cheese
- German river
- Concluding speech
- Spanish dish
- Prominent California cape Point __
- Any high mountain
- Ethiopian lake
- Mr.
- Excessive fluid accumulation in tissues
- Large, flightless bird
- Oil industry term (abbr.)
- Something one can draw
- Officers in charge
- Greek island

Answers on page 18

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Recognize signs of heart attack in women

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

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

nize that and act quickly could prove fatal.

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

Heart attack occurs

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

Symptoms of heart attack

Symptoms of heart attack in women generally are more subtle than in men. These can include



but are not limited to:

- shortness of breath as though you just ran a marathon
- a feeling of a squeezing rope tied around the upper back
- dizziness
- lightheadedness or actual fainting
- unusual fatigue
- neck, jaw, shoulder, upper back, or abdominal discomfort
- indigestion
- perspiration

How heart attacks are different for women

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

Women also can have symptoms while rest-

ing or even when asleep, and emotional stress can trigger heart attack symptoms in women.

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

Women of all ages should take heart disease seriously and schedule a check-up with a doctor to discuss risk and heart health. Women who suspect or notice any symptoms of heart attack should not hesitate to call for help. If you suspect you are having a heart attack, call 9-1-1 immediately; do not drive yourself.

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

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.

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