

Shellbrook Chronicle

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Canada's premiers gather on Big River First Nation



Flanked by Big River First Nation Chief Bruce Morin, and Ontario representative Greg Rickford, Premier Scott Moe gives an opening address ahead of the first round of talks about Indigenous youth. The talks unofficially kicked off the 2019 Council of the Federation meeting.

By Jordan Twiss

In what was at many times called a historic moment, provincial and territorial leaders, along with provincial and national representatives of indigenous organizations, gathered for on the Big River First Nation to talk about Indigenous youth.

The July 9 gathering, the first of its kind in Canadian history, marked the unofficial beginning of the 2019 Council of the Federation (COF) meeting, an annual three-day affair between Canada's premiers that, this year, was being hosted by Saskatchewan and Premier Scott Moe in Saskatoon.

The morning of intense talks on the

Big River First Nation began with the premiers arriving in the community via helicopter.

There, they were greeted by local officials, including Big River First Nation band council Chief, Bruce Morin, and his fellow councillors, Federation of Sovereign Indigenous Nation Chief Bobby Cameron, and Assembly of First Nations Chief Perry Bellegarde – Bellegarde's presence, too, was historic, as he has been boycotting the COF meetings since 2017, over criticisms that they failed to include indigenous voices.

With the provincial leaders assembled, save for Ontario Premier Doug Ford, Nova Scotia Premier Stephen

McNeil, Newfoundland and Labrador Premier Dwight Ball, and PEI Premier Dennis King, the gathering moved into a tent set up outside the band administration office, where welcoming ceremonies, including traditional indigenous dances with dancers in full regalia, and music provided by Harvey Dreaver and the Whitefish Juniors.

With that done, the premiers, provincial representatives, and indigenous leaders moved behind closed doors to begin their discussions about the challenges facing indigenous youth, and, in particular, the passage of federal legislation Bill C-92, which gives control of indigenous child welfare to First Na-

tions communities.

Before that, however, Premier Moe paused to express optimism about what the day would hold.

"We welcome the conversation that we're going to have around the table, talking about, no doubt, the challenges we've had in our communities, First Nations and otherwise, across the nation," he said, before turning his attention to the work being done within the Big River First Nation.

"There are some success stories here that we will discuss today, and hopefully will be able to celebrate and to replicate."

Continued on pages 2 & 3

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Canada's premiers gather on Big River First Nation



Fielding questions from the media after a day of discussion, Premier Scott Moe, Assembly of First Nations Chief Perry Bellegarde and Big River First Nation Chief Bruce Morin share a laugh.



Led by Harvey Dreaver, the Whitefish Juniors provided traditional indigenous music for the day's opening ceremonies and community engagement sessions.

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Conceding that he never expected such a gathering to be hosted by his community, Chief Morin said that the talks wouldn't "fix everything here today." However, he called the meeting a good step forward, and shared Moe's optimism.

"We all share a common goal. We're all trying to achieve a better way of life for our youth, and I'm hoping that we'll have a good dialogue."

As the morning of discussion wore on, lunch was served to both the leaders and the guests in attendance. Meanwhile, the community's youth were kept enter-

tained with fun and games on the local Miami Beach as part of an annual Family Day celebration put on in a different First Nations community each year by the Agency Chiefs Tribal Council.

As they continued to play in bouncy castles and enjoy canoe rides into the afternoon, the provincial and territorial leaders, along with band officials, community members, and other special guests, were reconvening above the beach, where a showcase of traditional indigenous dances was put on, followed by a gift giving ceremony.

The provincial and territorial guests each received hand-crafted medallions and custom beaded moccasins, presented to them by graduates of the community's cadet corps, and Premier Moe was also presented with a star blanket.

In return, Moe presented Chief Morin with a \$2,500 donation to the community's recreation facilities, in recognition of the work the community has done to provide its youth with more opportunities.

Last, but not least, Chief Bellegarde presented Morin and Moe with gifts of quill baskets on behalf of the Assembly of First Nations.

Here, for the first time, he took his opportunity to speak, and to remind all in attendance of the importance of the treaties between First Nations and Canada, which call for the sharing of land and resources, and peaceful, respectful co-existence.

"We maintain that relationship," he said. "But we have lots of work to do, and it's only by relationship building, by

bringing in these leaders now to work together with everybody on-reserve and off-reserve. We have to build a better a country together. That's what this symbolizes. It's very important work."

Following a few words from Premier Moe, the provincial, territorial and Indigenous leaders moved back behind closed doors for a second round of talks.

In a media scrum following these final discussions, Premier Moe

shared, in mostly broad strokes, details of what was discussed around the table, beginning with Bill C-92 and how the provinces will move forward with respecting the legislation.

While he could provide no concrete answers on how that will be done, he said the focus must and will remain on the children that the legislation was formed to protect.

"In Saskatchewan, we have a number of family and child services

agreements with our tribal councils across the province," he said. "They're working well, but there's much more room for improvement as we move forward, in ensuring that we can continue to advocate and recruit foster families in all of our communities, First Nations or otherwise, so that they are in place at the time they're required."

"We need to work hard to engage not only with our aboriginal communities, but communities across the province, as we remain focused on the wellbeing of the children, and the wellbeing of the families that we represent."

Continuing, Moe spoke of the Big River First Nation, and its own success story operating in the regional forestry economy to "fund the investment in that next generation, and education."

Calling the community an example to follow, he said more must be done to increase the engagement of First Nations communities in the provincial and national economies.

Rod & Rita Fisher
from Debden,
Grandparents of
Shelbey Savoie,
are proud to announce
that she has graduated from
**SIIT Aviation Technical
College with Honours**
on May 17, 2019.



REQUEST FOR TENDERS

Tenders are being accepted for a **Cleaning Contractor for the Post Office Building in Shellbrook, effective October 1, 2019.**

The work is to be performed between the hours of 5:00 pm – 10:00 pm every day that the Post Office is open, however, snow removal is required six (6) days per week and on Saturday (if required).

Duties include cleaning the floors, walls and loose weather mats, furniture, furnishings, counters, notice cases, pictures, sorting cases, bins, lockers, waste paper baskets, washrooms, vents, grills, venetian blinds (where applicable), lock boxes, lobby doors, windows and light fixtures. **Snow removal** from the entrance, sidewalks, ramps and steps is required by 8:00 am.

The Contractor must be fully familiar with the Workplace Hazardous Material Information System (WHMIS).

Suitable candidate required to get RCMP security clearance.

Please email tenders to ranpreetbal@yahoo.ca



Dressed in full regalia, Kevin Haywahe awaits the arrival of the premiers and his opportunity to welcome them with dance.

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Canada's premiers gather on Big River First Nation

Continued from 2

"There is one economy in this nation, and one economy on this globe, that we are all engaged in. How can we work together to ensure that all of the communities in Canada, First Nations or otherwise, are engaging to the maximum degree in the economy?" he said.

Referring, once again, to the discussions as "historic" Chief Morin said that the day's discussions were an eye opener for him, in that they showed him that communities across the nation, both First Nations and otherwise, are facing many of the same

issues.

Adding that he took a lot from the meetings, he maintained his optimism about the impact that discussions will have in his own community.

"I see a lot of hope. Our First Nation is built on hope. There's hope here that things are going to improve as we go along," he said.

While generally positive about the discussions held around the table, Chief Bellegarde minced few words in providing a sobering reminder about current prospects for Indigenous people, and Indigenous youth.

Citing the 40,000 First Nations children that remain in foster care, and a recent United Nations Human Development Index that ranked Canada 12th in quality of life but First Nations people 72nd, Bellegarde said that there's still much work to do to build a better country.

"We've really got to work together to close the gap and find greater investments in the economy, education, training, housing, and health care," he said, noting that some of this is already happening at the provincial level.

Adding that it makes "good sense" to break down the walls that make funding for reserves a federal jurisdiction, he said, too, that indigenous people's



Premier Scott Moe, Big River First Nation Chief Bruce Morin, and AFN Chief Perry Bellegarde stop for pictures with graduates of the community's cadet program, who were tasked with presenting gifts of medallions and moccasins to the provincial and territorial leaders.

voices need to be heard at more meetings like the Council of the Federation meeting.

"You get better policy, legislation, dialogue, and debate when you start respecting aboriginal treaty rights and

inherent rights. Having our voices at those tables is just value-added," he said, before reiterating the true focus of the day.

"It's all about building a better country together. No one's going anywhere, so let's roll

up our sleeves, and really talk about reconciliation. The gap's got to close. Once that gap closes, it's not only good for First Nations people. You're building a better province, and a better country, together."



Young female dancers from the Big River First Nation brought a splash of colour to the afternoon's proceedings.



While leaders discussed their futures, the community's youth were enjoying canoe rides and activities on the local Miami Beach. The activities were part of a Family Day event.



Premier Scott Moe presents a gift, and a \$2,500 donation, to Chief Bruce Morin, in honour of the Big River First Nation's hospitality.

SALE BY PUBLIC TENDER

The Village of Debden offers for sale the following properties:

- a) Block B Plan 79PA01485 Extension 1 Civic Address 101 Highway 55 Parcel #150919139
COMMERCIAL - **SUBJECT TO GST**
- b) Lot 8 Block 3 Plan AB780 Civic Address 329 Main Street Parcel #133175662
Lot 9 Block 3 Plan AB780 Civic Address 329 Main Street Parcel #133175718
- c) Lot 17 Block 12 Plan 63PA02167 Civic Address 237 2nd Ave East Parcel #133176832

Tender must be submitted in a sealed envelope marked "Property Tender - Village of Debden" and corresponding letter of property and addressed to:

c/o Cogent CPA LLP
Box 760
Rosthern SK
S0K 3R0

Please describe the plans for the property and the timeline in which it will be completed.
Tenders must be postmarked by July 31, 2019.

A certified cheque to the Village of Debden for 10% of the bid must accompany the tender. Tenders submitted without certified funds will not be considered.

Highest, or any tender not necessarily accepted.

Successful bidder will have 30 days to provide the balance of cash to complete the purchase.

All legal costs, title transfer fees and applicable taxes are the responsibility of the purchaser and are in addition to the bid price.

Dated this 2nd of July, 2019
Tamara Couture
Administrator, Village of Debden

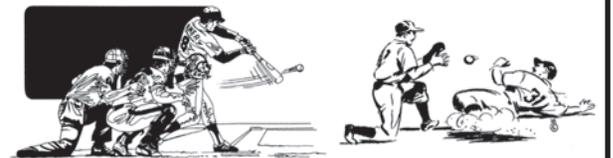
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Date: FRIDAY, JULY 19

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Place: SHELLBROOK

Adults \$10.00 ~ Students & Seniors \$5.00
Any player in Ranger or Heat uniform - FREE Admission
BEER GARDENS & CANTEEN

“What a trip”

As I am busy returning from yet another trip out to see the grandkids (this time the younger set, aged 3 and 7), I thought it might be a fitting time to recall just how wrong road trips can go. So here it is, my column from July 17, 2009.

“I recall last issue saying that our trek to see the grandchildren was uneventful, which was a good thing given the soap opera, drama and comedy that was our vaudevillian trip from Toys ‘r’ Us to the safety and comfort of our own garage.

I was mistaken. I guess it wasn’t as uneventful as we thought it was, only we didn’t know it until just a few days ago.

I looked at the envelope and wondered why the City of Lloydminster would be sending me mail.

I looked at the picture inside the envelope and wondered why they’d send me a picture of the back end of my truck.

Then I read the fine print - “82 kph in a 60 zone. That’s speeding, buddy, and you’re going to help us reduce the City’s deficit for the year.”

Well, it didn’t say that exactly, but the message was clear. On a section of highway near the outskirts of town, the cameras were busy taking snapshots and my truck was one of the subjects.

A few days later, I heard an item on CBC radio on Lloydminster’s photo radar. Apparently, photo radar to catch speeders is a new venture for Alberta, one that is paying off quite handsomely for the city, and no doubt for other locations that have adopted the cameras.

There were 1600 tickets handed out in May, thanks to the photo radar. They didn’t give a number of June, but I was one of them, and it’s a good bet that there are upwards of 3,000 who have been nabbed since the cameras began whirring.

So, just a friendly reminder to slow down through Lloydminster. You may be on the highway, but you don’t have a highway speed limit until you get well-past 80th Ave, which is just left of the Tim Horton’s Mall.

That wasn’t the final adventure with the truck, either. Having lost the load once, we felt sure that it could never happen again.

Well, it did, this time carrying half a tree, with tons of branches all intermingled helping to hold each other in place.

Or so we thought.

When one branch decided to jump off the back end, it was so intermingled with other branches that by the time I hit the brakes the entire load was blocking one lane of highway.

Well it certainly wasn’t as big a distraction as the great tree-dragging incident, which I am not at liberty to talk about, but it was bad enough, particularly because there was traffic coming from both directions, and one lane of it would have to wait and go around. Gawkers.

We had to thank our lucky stars that Ian Wasden was one of the vehicles blocked by our unloaded load. He stopped, loaded half of the debris onto his flatdeck and followed us to the dump.

All this has taken away from what we really wanted to write about this week - DeBolt and their friendly little campground and golf course out in the middle of almost nowhere.

You’ll probably never find a more kid-friendly facility than that, although there is no playground equipment to provide that kind of entertainment for the little gaffers.

No matter. There’s a big open space right in front of the campsites and which runs along much of fairway one. Kids are free to play, practice golf, do whatever it is that kids do. And kids are welcome on the course. It’s actually rare to see a cart without a kid or two on board and learning how to golf.

And when you’re ready to leave for home, you just go into the clubhouse and tell the girl at the counter how much you golfed and how many times you rode in one of their carts. And she figures out what you owe.

Very relaxed atmosphere. You’d love it.”



Historic moment is just the beginning

A historic moment.

That’s how First Nations and provincial leaders billed their July 9 tête-à-tête on the Big River Cree Nation, as part of the annual Council of the Federation meetings being hosted by the province of Saskatchewan and Premier Scott Moe.

The gathering of dignitaries in the First Nation community of about 3,000 people unofficially kicked off two days of intense, high-level discussion between the provincial and territorial premiers with a focus on the challenges facing Indigenous youth.

Certainly, the discussion of Indigenous youth in the wake of the recent passing of federal Bill C-92, which aims to reduce the number of indigenous children in government care and passes control of child welfare to First Nations communities, couldn’t have been more timely.

However, the discussion of Indigenous issues at Council of the Federation meetings is nothing new for Canada’s premiers.

No, what truly made the day historic was the fact that it marked the first time in Canadian history that such a meeting had been held in a First Nation community.

Equally important, it also marked a rare instance in which indigenous leaders, including Assembly of First Nations (AFN) Chief Perry Bellegarde, who had been boycotting the Council of the Federation meetings since 2017 over the exclusion of First Nations representatives, were allowed a seat at the table, and a voice in the talks.

In this age of truth and reconciliation, this was, without a doubt, a key step forward in the often rocky relationships between the provinces and their respective First Nations communities. And yet, until whatever was discussed behind closed doors becomes meaningful policy that improves the lives of indigenous youth across Canada, that’s all it is: a step forward, a beginning point not an end.

For, where Bill C-92 represents important progress for indigenous people, other recent developments demonstrate the progress that still needs to be made for indigenous people to enjoy a quality of life that is comparable to non-indigenous people.

On June 28, less than two weeks before last Tuesday’s meeting, Statistic Canada released findings that outline the disparity in suicide rates between indigenous and non-indigenous people. Those findings show that, between 2011 and 2016, the suicide rate for indigenous people was three times higher than in non-indigenous people.



JORDAN
TWISS

~
News Editor

What’s more, StatsCan’s research found that the suicide rate for indigenous people living on-reserve was two times higher than in those living off-reserve, and that youth and young adults aged 15 to 24 had the highest overall suicide rates.

More recently, a report, co-authored by the AFN and released the morning of last week’s meeting on the Big River First Nation, found that half of all First Nations children on-reserve live in poverty, and that on-reserve children are four times as likely to live in poverty than non-indigenous children.

On education, too, the gulf between non-indigenous and indigenous students remains vast, both within Saskatchewan and across Canada.

Looking specifically at Saskatchewan, the provincial government and the Saskatchewan School Boards Association set a goal in 2014 to have 85 per cent of all students, and 65 per cent of indigenous students, graduate on-time (within three years of starting Grade 10) by 2020.

While the province looks like it will fall well short of those targets, 86.5 per cent of non-indigenous students graduated on time in 2018. For indigenous students, however, the on-time graduation rate lagged far behind at just 44.5 per cent.

From poverty, to education, to physical and mental health outcomes, it seems that there isn’t a single quality of life metric in which indigenous people rank ahead of their non-indigenous counterparts.

And yet, a recent online poll conducted by the Environics Institute for Survey Research found that nearly 75 per cent of indigenous youth remain optimistic that “meaningful reconciliation” will happen in their lifetime.

Now that they have returned to their home provinces, the provincial leaders who took part in the July 9 meeting must work to prove to these indigenous youth that their optimism hasn’t been misplaced.

The road to reconciliation will be a long and, at times, winding one. It will demand that non-indigenous people possess the courage to confront uncomfortable truths about their attitudes and beliefs when it comes to First Nations people, and the will to work collaboratively alongside First Nations communities.

For First Nations communities, meanwhile, the work of overcoming generations of trauma, cyclical poverty, and other daunting obstacles to build a better future for today and tomorrow’s youth will be no less difficult, and require an altogether different kind of courage.

But every journey begins with a first step, and last Tuesday’s historic moment was exactly that.

Highlights of a Shellbrook town council meeting

Shellbrook's town council met on July 15 at the council chambers of the municipal office in Shellbrook. Present at the meeting were Mayor George Tomporowski, councillors Lyle Banda, Bruce Clements, Lois Freeman, David Knight, and Kathleen Nording, as well as the town's administrator Kelly Hoare.

Mayor Tomporowski called the meeting to order shortly after 6 p.m., and council began by approving the meeting's agenda, as well as the minutes of its June 17 regular meeting. With no urgent business arising from those minutes, council approved payment of its regular accounts and payroll.

Then, it moved on to welcome Leo Moore, who was in attendance to request an abatement on his taxes from 2011 to 2018. Moore was seeking the abatement as compensation for flooding in his basement in 2011 that he says was caused by improper drainage.

Moore explained that he had received some Provincial Di-

saster Assistance Program relief, and also warned council that the improper drainage has only been partially remedied.

Having spoken to Moore on the issue before, council agreed that it would stand by its previous decision not to grant an abatement.

Pressing forward into the reports portion of the evening, the public works report was up first. Councillor Banda began by explain that the public works had been busy fielding requests and questions regarding servicing of the Dairy Queen restaurant that is currently being constructed by the Co-op gas station and C-store.

Next, Banda informed council that there had also been questions and concerns from some ratepayers in the Parkland Place cul de sac, regarding the plans for the old Parkland Terrace nursing home property. Most of those concerns had to do with how the cutting down of trees would affect their privacy and sight lines.

Council agreed that a more

detailed plan for the property, which will be used for solar panels for the rink and an expansion of Kin Park, will have to be formulated and passed on to the affected ratepayers.

Council also agreed that filling in the area would be beneficial for the affected ratepayers, as it will solve an issue with low-standing water and reduce the mosquito population.

Rounding out the public works report, Banda said there had been some preliminary discussions regarding fencing and grass for the proposed dog park.

In his hospital and clinics report, councillor Otterson reported that it's still status quo in terms of staffing levels for doctors. Otterson also said that there will be another meeting with Saskatchewan Health Authority officials later this month, regarding the establishment of an ambulance bay in Shellbrook.

In her administrator's report, Hoare noted that there had recently been an issue with the

boiler at the pool as a result of an issue with ventilation and a failed ignition switch. Hoare added that the boiler was back up and running, and that it could last another two years, as long as it's cleaned well before it's started up.

She also said that a new boiler could cost as much as \$25,000.

Rounding out her report, Hoare informed council that the Commissionaires are now in town providing bylaw enforcement services. Council agreed that it would like to see the officers, as well as the RCMP detachment, focus on the illegal crossing of the centre line on Main street.

Shifting the focus to new business, council began by discussing and giving first and second readings to a new fire bylaw, but agreed to make some changes prior to enacting the bylaw.

It then gave three readings to Bylaw 2019-07, a new cemetery bylaw.

Up next, council appointed councillor Banda to a four month term as deputy mayor,

and carried a motion to approve a payment by the Shellbrook Recreation Steering Committee, in the amount of \$142,590.05, to Global Sport Resources Ltd., the contractor that is redoing the ice surface at the rink.

Moving on, council carried a motion that the headstones of Oscar, Beulah, and Arlo Stene, as well as a fourth plot immediately adjacent to the three headstones, will remain as they are.

The motion comes after family members raised concerns about the town's plans to move the headstones to the foot of the graves as a means to remedy an error in the way the graves were marked.

All cemetery plots neighbouring the four in question, however, will be arranged in conjunction with the official plan for the cemetery, which dictates that the foot of the grave should be in line with walking paths.

With nothing left on its agenda, council set Monday, Aug. 19 as its next meeting date, then adjourned for the evening.

YOUR TWO CENTS

Canada must do its share in Global Fund

Dear editor

The Global Fund is the largest global effort to eliminate the world's greatest killers – AIDS, TB and Malaria, and they have been incredibly successful, saving tens of millions of lives, and the fund is due for renewal for another 3 years.

Japan has recently committed to this renewal and so has the UK, both significantly increasing their amount as requested by the Fund. South Korea is posed to do the same. But Canada has been silent.

Canada's contribution rate of development assistance like the Global Fund is among the least of major developed nations. The Trudeau government's refusal to commit to the requested increase of 16% in critical funding sends a terrible signal to

the world, with an impact far greater than the minor amount we are expected to contribute.

Smaller economies around the world watch to see which way the wind is blowing in deciding how much to pledge; Canada's silence screams volumes to these countries. The Trudeau government must step forward and show the world we can be a trust- ed partner, and commit its share of funding.

Frani Beckow
Victoria, B.C.

Let's make this world a better place for all

Dear editor,

The world is getting smaller, no doubt about it. Now more than ever, if a butterfly flits its wings on one side of the planet, there is a reaction, however small, on the opposite side.

Shouldn't we then consider our fellow men, everywhere?

What if we can do so and at the same time make a smart investment for the planet?

Canadians have shown time and again that we care, and we have a unique opportunity to do so again through the Global Fund to fight AIDS, Tuberculosis and Malaria.

One might be tempted to think that Canadians are not affected by these diseases, but given international travel, and the presence of TB in our First Nations communities up north, we are all at risk. It is time to make it known to our MP's and PM that this is a matter of great importance both at home and abroad.

In terms of making this a great investment, it was estimated in 2016 that for every 1 USD invested in the Global Fund, there would be a 22 USD return in terms of annual health care costs globally.

Let's make this world a better place for all!

Connie Lebeau,
Victoria, B.C.

Shellbrook Chronicle

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Member of



Hidden Hills heats up with July tournaments

With golf season getting into full swing as summer blazes on, the Hidden Hills of Shellbrook Golf Course has played host to two tournaments over the past two weeks, beginning with the third annual two-person Cash Bash on July 6.

Started in 2017 as part of a partnership between Hidden Hills and the Sturgeon Lake First Nation, the two-person cash bash has become one of the golf course's strong performers, no doubt because it promises its winners a significant pay day.

With a championship flight, three additional flights, two longest drive and two closest to the pin competitions, there was a lot of cash on the line. But after shooting a 60 (-12) to claim the top spot in the championship flight, it was the duo of Bill Cameron and Brett Henry that were the top winners, splitting a pot of \$1,678.



Senior men's winners, from left: Ken Hyman, Larry Ritchie, Howard Brunton, Wally Tetarenko, Mark Mintenko, Frank Regal, Larry Krakalovich, Greg Spencer, Al Dion, and Tim Settee.

Just behind them, with a 62 (-10) in the championship flight, were Wendell Netmaker and Dean Gerard who won themselves \$905.

In the first flight, Jason and Bryce Ahenakew shared a winner's pot of \$933 after shooting a 64 (-8) on the day, while Jason McComas and Brendon Canaday followed close behind with a 66 (-6) and a \$502 payday.

The second flight, meanwhile, was topped by Dylan Smith and Devin Dicus, who shot a 64 (-8) to earn themselves \$672. Finishing second was the duo of Byron Michel and Blake Ballantyne with a 70 (-2) on the day, and a \$361 pot.

Rounding out the flight winners, Josh and Tristan Sanderson topped the third flight with a 68 (-4)

to win \$448, and second place finishers Raymond Witchekan and Ramone Harris shot a 70 (-2) to bring home \$241.

In the longest drive competitions, Dean Gerard took the prize on hole #4, and Brendon Canaday claimed it on #6. For the closest to the pin, Fred Halkett hit the mark on hole #3, and Troy Constant won on hole #7.

Each of those prizes earned the golfers \$335.

Six days after the cash bash, Hidden Hills was at it again, this time with the Senior Men's Tournament on July 12.

With 30 competitors in the field, and good conditions for golfing, it was Ken Hyman who topped the field, claiming victory in the championship flight with a 77 on the day. Only three shots behind him was second place finisher Larry Ritchie.

Moving to the first flight, the competition got a little tighter, but Howard Brunton emerged victorious with an 85 on the day. Just two strokes behind him was Wally Tetarenko.

In the second flight,

Mark Mintenko came out on top after shooting a 90 on the day. He was followed closely by Frank Regal, who shot a 92.

The third flight, meanwhile, came down to a playoff between Larry Krakalovich and Greg Spencer, who were dead even at 95. In the end, Krakalovich claimed top spot in a playoff.

Capping off the results, Al Dion was the fourth flight winner, after he shot a 94 on the day. Tim Settee claimed second place in the flight, after shooting a 103.

In the closest to the pin competition, Larry Ritchie came nearest the mark. Meanwhile, Lauron Yungwirth had the long drive.

Saskatchewan Health Authority volunteer opportunities

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

"On Call" Volunteers – Parkland Integrated Health Centre (306) 747-6841

Extra volunteers are often needed for the long term care residents on an "on-call" basis, to assist with outings, parties, social gatherings, shopping trips, taking residents to appointments, etc.

Shifts: As needed
Parent-Tot/Family Volunteering Program – Big River Health Centre

(306) 469-2220

Parents and their children visit residents on a one-to-one basis or in small groups. Parents are responsible for their children at all times.

Shifts: Flexible, once or twice per week.

Volunteer "Friends" – Whispering Pine Place, Canwood (306) 468-2900

Volunteers are matched with a patient/resident, and become their personal friend. Volunteers might write letters, play cards, read, perform small favors, take their friend shopping, for coffee in or out of the hospital, and recognize birthdays, Christ-

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If you are interested in this or any other Volunteer service position, or if you have a particular skill or talent you would like to share with the patients, residents or clients, please call your local health care facility to apply. You can also reach the Volunteer Services Department at (306) 765-6010, by email at volunteers@paphr.sk.ca or find us on the web at www.paphr.ca. We look forward to matching your talents and interests with the right position for you.

McDonald graduates with distinction



Evelyn McDonald of Marcelin received a professional cooking certificate with distinction from Saskatchewan Polytechnic in Prince Albert on June 7, 2019. Evelyn received the award for highest academic achievement in her class. Evelyn is a cook at Wheatland Lodge in Leask.

Record Job Growth in June

There were 592,900 people employed in June the highest ever recorded for Saskatchewan, an increase of 9,200 jobs from last June.

Learn more at: saskatchewan.ca



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

Yorkton Exhibition a reminder of changes in ag

This is not the first time I have written about how nostalgic I can become while attending the Yorkton Exhibition.

The summer fairs; Saskatoon, Yorkton, Melfort, Golburn, Invermay, Shand and others were essentially my combination summer camps and family holidays, from the time I was five until I was past my teens.

That was starting in 1965, and continuing to the mid-1980s, which was a decidedly different time when looking at what summer fairs across the Canadian

Prairies were all about.

In those long ago years summer fairs were largely agriculture events, first and foremost, with producers bringing out their best stock to be judged against the best of neighbours and friends. With the competition of the show ring came equal amounts of camaraderie in the barns before and after the judge rendered their verdict on who would take home the red ribbons.

In those days there were red ribbons for just about everything farmers raised on what were



CALVIN DANIELS

largely mixed farm operations. As a result, while predominantly showing pigs, over the years I won ribbons showing a friend's calves in junior beef classes, took mom's chickens to Shand

Fair, showed dairy goats, sheep, grain sheaves, and even held the halter on an occasional draft horse in group classes to help out.

But as I sat in the grandstand last week watching the rodeo, the barns I once ferreted around as a youth in the distance, there was a sense of loss at the fair.

While a vibrant Regional 4-H Beef Show remains part of the Yorkton fair, and light horses have returned after a time when they too had disappeared from the fair agenda, agriculture

maintains barely a toe-hold at the fair.

It is of course a change that has corresponded to farms continuing to grow larger, and in that process more specialized. With that comes less time to take stock to fairs, and in some cases, pigs among them, growing concern over the potential of disease spreading at such events.

While the reasons are reasonable, I still miss agriculture at summer fairs.

There is an element of my youth missing when there are Hereford cat-

tle in the summer show rings, and Clydesdales, and pigs and sheep, that has me wishing a little for a return to the days of my youth.

I also suspect while the farm sector recognizes urban residents are increasingly isolated from farms, the chance to see livestock up close at summer fairs, to talk to producers, to connect in even that limited way, would help bridge the gap. But alas that bridge is long lost.

And, that is just the change that ultimately comes with time.

Knowing the rules when it comes to outfitting

With angling season underway, the Government of Saskatchewan would like to remind anglers of provincial resource laws related to fishing to help ensure that anglers do not mistakenly violate The Outfitter and Guide Regulations.

In Saskatchewan, an outfitter is a person who organizes services for clients in connection with angling or hunting for a fee. These include guiding services, equipment and accommodation, or any combination.

It is unlawful to carry out any busi-

ness, occupation or take fish for financial gain without an outfitting or commercial fishing licence. This includes remuneration, economic or material gain and business or employment benefit. The same rules apply for hunting.

Renting your cabin or house can be considered outfitting if it is offered in conjunction with equipment or guiding for angling or hunting opportunities.

Anyone convicted of outfitting without a licence could be subject to fines and loss of equipment. Harvest al-

locations are in place to regulate licensed outfitters, sport anglers and the commercial fishing industry. It is the responsibility of all anglers and commercial outfitters to follow the legislation in order to conserve Saskatchewan's natural resources for future generations.

If you have any questions or information about outfitting, please contact the Ministry of

Environment's Inquiry Centre at 1-800-567-4224 (in North America) or email centre.inquiry@gov.sk.ca.

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Shellbrook Chronicle

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2019 clubroot survey

This 1,800-field survey will increase our understanding of the distribution of clubroot in areas where the disease is known to exist and in areas not surveyed in 2018. Your area will be included in the survey.

Surveyors will be collecting samples starting in late July. For more information, please contact the Agriculture Knowledge Centre general inquiry line toll-free at 1-866-457-2377 or visit saskatchewan.ca/agriculture.

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Shellbrook ball teams earn hardware at provincials



U12 Boys, left to right: Travis Keyowski – Assistant Coach, Harlin Henry, Chezanne Shewchuk - Head Coach, Brody Anderson, Chase Smith, Jack Goselin, Lane Keyowski, Stephanie Gosselin – Assistant Coach, Jack Sharron, and Kenton Ledoux. **Front Row, kneeling:** Treah Primeau, Kamden Shewchuk, Aiden Tait, Soren Day, and Davin Schmidt.



U12 Girls, from left to right (back): Coach Nicole Philp, Coach Vanessa Naumann, Hayden Matheson, Denaye Bruce, Maddison Nelson, Abbie Lens, Leah Naumann, Coach Tanya Ferster, and Coach Jim McComas. **Front:** Marcaill Philp, Kallie Ferster, Kyleigh Schmalz, Emmy Ledding, Reese Galloway, and Jorja Boettcher. **Lying down:** “Bat boy” Caleb Philp.

Like clockwork, the arrival of July means another round of provincial ball.

And, just as predictably, another round of provincial ball means that Shellbrook's teams bring home the hardware.

On the boys side, the U12 Shellbrook Rangers capped off their season with a Provincial A Championship, despite what assistant coach Stephanie Gosselin referred to as a “rough start” to the weekend in the form of a 5-6 loss to the Prince Albert Astros on opening morning.

The U12 Rangers followed that up with another loss to the Hague Royals in the evening, before finally coming out swinging on day two of

provincials with a 12-6 victory over the Delisle Diamond Dogs.

Sitting at 1-2, the U12 Rangers found themselves vying for one of two remaining playoff spots, and were able to hit their way into second place to earn a rematch with the Delisle squad. With another victory over the Diamond Dogs, they moved into the A final against the Royals.

“It was a nail biter, 2-2 going into the seventh inning. We scored two in the top of the seventh, and held them in their last bat for the win,” said Gosselin.

For the U14 Rangers, provincials got off to a much stronger start, as the team managed to make it through round robin action with just

one loss, then fight their way through the playoff to the final against Saskatoon.

There, the team stumbled, but the boys still managed to bring home a silver medal, and earn a place in the upcoming nationals starting on July 27.

At the U16 level, provincials turned out to be a three team competition between the Rangers, the host Wadena Royals, and the Saskatoon Selects. The Rangers got off to a solid start, topping Saskatoon 14-3 after just five innings in play.

In their next game against the Royals, coach Tricia Bell says the team was always close, but “couldn't get the momentum to catch up.”

That 10-5 defeat pushed them into the 2 vs 3 game against Saskatoon the following morning, and, after surrendering too many walks and making too many defensive errors, the team quickly fell behind.

Despite this, Bell says the team rallied hard in the seventh inning, and managed to force extra innings. Unfortunately, that eighth inning played out in Saskatoon's favour, after they were able to advance their runner to third on a bunt, and bring him home on a sacrifice fly.

With the defeat, the

U16 Rangers finished in third place, but the team will still be representing Shellbrook at nationals in Saskatoon from July 31 to Aug. 4.

On the girls side, U12 Girls Heat coach Nicole Philp says she couldn't be prouder of her squad, which consisted mostly of rookie provincial players. Given its lack of experience, the team had modest expectations heading into the tournament, and was hoping just to win a game in a deep field of 12 teams.

At the end of round robin action, the U12 Girls Heat were sitting

with a 2-1 record, and eyeing a playoff match.

“The girls played exceptionally well in the last round robin game to clinch a playoff spot and finished that game with a season high in terms of both their fielding and batting,” Philp said.

Though the girls would go on to lose that playoff match, Philp says she was still happy with how provincials went for her team. She adds that both she and her players benefited greatly from the mentoring and coaching of Jim McComas throughout the season.

Continued on page 9

PLEASE NOTE:

Due to summer holidays,
the advertising deadline for
the **August 15th** &
August 22nd issues is

Monday, August 5th
@ 5 PM

What happens when you don't advertise?

Very little.

Shellbrook ball teams earn hardware at provincials

Continued from 8

On the U14 side, the Shellbrook Heat team joined forces with the Parkland Predators squad to form a super team with girls from Shellbrook, Debden, Big River, and Shell Lake, for their provincial run in Saskatoon from July 7 to 9.

Coach Deanna Ledding says her team,

as well as co-coaches Jackie Woytiuk, Cheryl Ledding, and Drew Ferster, entered the tournament looking to place in the top two and earn a spot in Westerns in Winnipeg.

However, the team fell short of that goal, ending their season with a fourth place finish.



U16 Boys: Robert Boyer, Dawson Horner, Adam Schatkoske, Ethan Bell, Breck Thiel, and Dylan Kvinlaug (Coach). Front (L-R): Rylan Moe, Carson Ledding, Gavin Fisher, Torr Gosselin, Chase Hansen, Kaleb Willoughby, and Lynden Kerber. Lying Down: Dalton Wasden. Missing: Devin Aug, Carson Soles, Noah Macpherson (Coach), and Jared Wason (Coach).



Featuring players from Shellbrook, Debden, Big River, and Shell Lake, the U14 Parkland Heat team was more of a regional squad. The team fought hard to a fourth place finish at provincials.



Coached by Duane Storey, Neil Schatkoske, Tyler Storey, Cole Storey, the U14 Boys team had a strong run at provincials, earning a silver medal and a ticket to nationals on July 27.



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Don't let a fall change your life

(NC) Whether it's travelling to exotic destinations, learning a new hobby or spending time with friends and family, everyone has their own dreams for retirement. However, these dreams can quickly be derailed if a fall occurs.

According to the Public Health Agency of Canada, falls are the leading cause of injury among older Canadians, with 20 to 30 per cent of seniors experiencing one or more falls each year. And the consequences

are serious. Falls are the cause of 85 per cent of seniors' injury-related hospitalizations and the cause of 95 per cent of all hip fractures.

"Although a fall can impair someone's mobility and even end their ability to live independently, many falls are highly preventable, and fall prevention isn't complicated or expensive," says Anthony Harper, a Canadian certified pedorthist and president of the Pedorthic Association of Canada. "Wear-

ing appropriate, properly fitting footwear is the first line of defense."

Harper says although many people switch to slippers when they get home, this loose, flimsy footwear is a tripping hazard. Socked feet aren't a good choice either, as socks don't provide any grip or support. But wearing professionally fitted supportive shoes with non-slip treads indoors and outdoors, and using foot orthotics if necessary, will significantly lower a se-



nior's risk of falling.

To further reduce this risk, Harper recommends:

Use adjustable closures. Whether you have lace-up or Velcro closures, your footwear can only provide support if you use the closures properly. It may be faster to slip in and out of shoes, but this leaves you vulnerable to tripping and falling.

Stay active. Physical activity helps maintain strength, flexibility and balance, and is also good for your mental health. Find a few activities you

enjoy and do something every day.

Eat well. Skipping meals can cause you to feel weak and dizzy, so make sure you eat three nutritious meals each day. If your appetite isn't big, tailor the meal size accordingly but make good food choices and eat regularly.

Follow medication directions carefully. Talk to your pharmacist about potential side effects of any medication you are taking as well as possible reactions that may occur with multiple medications. Also ask

about the interaction of alcohol with your medication.

Consult your health-care team. Your family doctor, pedorthist, optometrist and pharmacist are all committed to keeping you safe, mobile and active. Book an annual foot check-up with your pedorthist to discuss your footwear and any foot and lower limb pain. Consult regularly with your doctor and pharmacist about your other health-care needs.

More information can be found at pedorthic.ca.

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. 1 - 5 p.m., Thurs. 10:00 a.m. - 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 1 pm - 5:30 pm; Friday 10:30 am - 5 pm; Saturday 1 pm - 5 pm.

MARCELIN: Wapiti Library is open Tues. 2 pm - 6 pm; Thur. 2 pm - 8 pm; Sat. 10 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. 2 - 8 pm; Wed. 2 - 8 pm; Thur. 2 - 6:30 pm; Fri. 9 - 4 pm. Children's Story Time: Fri. 10:30 am (Sept - June).

BLAINE LAKE: Blaine Lake Cultural Day @ Blaine Lake Sports Grounds - July 19, 2019. Ethnic food vendors 5-8pm; Cultural dance performance 8pm. Featuring from Puerto Vallarta, Mexico - Here n Now (AKA La Trez Cuartoz) 9pm. Huge display of fireworks 10:30pm. All proceeds from this fundraiser will stay in the community for facility upgrades & operations. Tickets after 9pm: Adults \$10; 12 & Under \$5. *Blaine Lake Snow Drifterz*

SHELLBROOK: Service time change at St. John's Lutheran on the following dates: Sunday, July 14 - Join us at Camp Kinasao, Christopher Lake. Service at 11:00 am. Sunday, July 21 - Join us at Zion Lutheran, Canwood. Service at 10:00 am. Return to regular service times on Sunday, July 28.

SHELL LAKE: 37th Annual Homesteader Hey-Days in Shell Lake. July 19, 20 & 21. Friday: Hamburger Sale 10-3, Jam Session 1-4; Saturday: Pancake Breakfast, Children's Parade 11:15, Parade 11:30, Hamburger Sale 10-3, Cinnamon Buns at Clay Oven, Bouncy Castles and Children Activities, Kaiser Tournament; Sunday: Church Service at Gazebo, Strawberry Tea. For more info call 306-427-2280

PARKSIDE: 'LILIES IN BLOOM' Honeywood (Dr. A. J. Porter) Heritage Nursery Inc. Provincial Heritage Site Parkside, Sask. July 21st, 11:00 am - 5:00 pm - \$5.00/person. Enjoy the awesome music of Bruce Isbister & the Midnight Ramblers. Great artisan displays under & beside the Big Tent, Tours, Food, Refreshments & gift shop, bouquets and potted lilies to take home! Ph: 306-747-3307 or honeywoodn8@gmail.com Facebook @ Honeywood Heritage Nursery Inc

LEASK: Walter Willoughby Horticultural Society's 57th Annual Horticulture Show. Thurs., Aug. 15th @ Leask Community Hall. Doors open 2 pm - Awards 4 pm. Entries taken Wed., Aug. 14, 5 - 8 pm and Thurs., Aug. 15, 7:30 - 9 am, Judging starts at 10 am. Children's & Adult's Exhibit Categories: Vegetables - Flowers - Plants - Flower Arranging - Fruits - Crafts - Baking - Photography. For more info call 306-747-3301/306-466-2026/306-468-2841. ~Everyone welcome to enter~

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PRAISE & WORSHIP

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

LUTHERAN CHURCH

Zion - Canwood
Sunday School,
Worship Sunday, 9 a.m.
St. John's - Please see
*Chronicle Community
Calendar for changes
to service*

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
10:30 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

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 Klumpenhowe

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 p.m. - Mass.
Fr. Michael Fahlman
Eucharist Celebrations
Muskeg
Sunday, 3 p.m.
St. Agatha's - Shellbrook
Mass - Saturday - 5 p.m.
St. Henry's - Leask
Mass - Sunday - 9 a.m.
St. Joseph's - Marcelin
Mass - Sunday - 11 a.m.
Mistawasis
2nd & 4th Sundays, 1:30 p.m.
Fr. Phong Tran

PRESBYTERIAN

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

SEVENTH DAY ADVENTIST

407-2nd Ave E, Shellbrook
Sat., 9:45 a.m. - Sabbath School
Sat., 11:00 am - Worship
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Pastor Scott Manly
306-747-3305

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 Ajji
306-980-5916

UNITED CHURCH

Shellbrook - Knox United
Sun., 10 am - Worship
306-747-3434
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

Canada mourns Leonard's hoops departure

Thanks, Kawhi, it was great knowing you.

Reaction from Canadian basketball fans to the news that Kawhi Leonard was exercising his right to free agency by signing to play with the Los Angeles Clippers was funereal-like, with headlines and media reaction nearing WORLD WAR III DECLARED! hysteria.

Prime Minister Trudeau might have considered declaring Saturday, July 6, an official day of mourning in Canada, because the beloved Kawhi, who turned the whole country into basketball nuts as he almost singlehandedly led the Toronto Raptors to the top of the basketball world in June, was leaving.

As if anybody ever really believed he would stick around to begin with.

Oh, many hoped for the best, crossing their fingers and saying a nightly silent prayer before bed that the Raptor wearing uniform No. 2, acquired before this past season in a trade,

would agree to accept a Maple Leaf Sports and Entertainment's offer of around US \$190 million (about \$250 million Canadian) over the next five years.

Leonard pretended to be considering returning to the Raptors, even though most observers had him locked in as a resident of Los Angeles, either with the Clippers or the Lakers, for the foreseeable future. A native of Los Angeles, Leonard made no secret of the fact that he wasn't all that excited about the snow and cold of Ontario when winter weather in southern California would offer light breezes and 75 F temperatures (along with the occasional threat of an earthquake, of course).

As soon as the word streaked across the basketball world that Leonard was giving up his life in Toronto, his friendship with Drake and the adoration of millions of star-struck Canadians, those who know about these things immediately established the Clippers as the favou-



BRUCE
PENTON

rite to win the 2020 NBA championship. Adding to the Clippers' high hopes was that on the same day that Leonard signed, superstar Paul George was added to the Clips' roster in a trade with Oklahoma City — apparently all part of the required legwork demanded of the Clippers by the Leonard camp.

So the Raptors lose Leonard and will also have to do without guard Danny Green, another free agent who vamoosed to the west coast (a two-year deal with the Lakers).

For the Raptors to repeat as NBA champions with a roster led by Kyle Lowry, Pascal Siakam,

Serge Ibaka, Marc Gasol and Fred VanVleet won't be impossible, but it will be well past the midway needle on the 'unlikely' scale.

In fact, the Leafs now probably have a better chance of winning a professional sports title than the Raptors do. For avid Toronto sports fans, that wouldn't be a bad tradeoff.

• Former Brandonite Don Pottinger, recalling a golf story about two generations of the Murray family, Western Canada's auto magnates: "Father Clair was dead last in a golf tournament at Clear Lake after one round while son Doug shot the day's best score. 'I have a better chance of repeating than he does,' said Clair."

• Headline at fark.com: "Mets announce plans for statue of Tom Seaver, which will be traded to Cincinnati about 10 years from now for a bag of balls."

• Greg Cote of the Miami Herald, on Twitter: "Everybody is saying no to the @nyknicks. New name: New York Nix."

• Janice Hough of leftcoastsportsbabe.com, on how bad free agency is going for the Knicks this year: "Even the Mets are feeling sympathetic."

• Dan Falkenheim in si.com, on Vancouver signing 6-foot-5 defenceman Tyler Myers to a \$30 million free-agent contract: "Myers makes the Canucks defence taller, but not necessarily better."

• Patti Dawn Swanson, in the River City Renegade, on the Winnipeg Jets ever-weakening roster: "it looks like the third defence pairing in October will be a couple of guys named Wing and A Prayer."

• Swansson again: "A ship carrying 1,500 tons of Canadian garbage arrived on our shores last week, but there's no truth to the rumour that Kevin Cheveldayoff met it to look for defencemen."

• Blogger Steve Burgess, on Twitter, commenting on the Kawhi Leonard departure from the Raptors: "As a consolation prize, Toronto will now be the setting

for a new season of Crazy Ex-Girlfriend."

• From fark.com: "France is sweltering under a record-breaking heat wave. Sounds like a good time to go for a 21-day, 2,100-mile bicycle ride."

• Another one from fark.com: "The reasons Peyton Manning turned down MNF: He didn't want to analyze Eli, and couldn't stop referring to Tom Brady as Bumbo."

• Dwight Perry of the Seattle Times: "Wimbledon docked Aussie Bernard Tomic his entire purse — \$56,100 — for 'not meeting professional standards' in a lacklustre opening-round defeat. Baltimore Orioles players are suddenly shaking in their cleats."

• Another one from Perry: "Angels infielder Tommy LaStella fouled a ball off his right leg and fractured his tibia, knocking him out of the All-Star Game. Probably not the All-Star break he had in mind."

Care to comment? Email brucepenton2003@yahoo.ca

GOOD NEWS

TAPWE

When I grew up in the North we had a paper that sold for ten cents, at least that it is what my memory is telling me. That was a pretty good deal even at that time. It had a unique name, it was called the Tapwe. I read the paper from time to time but never knew what the title meant. I am not a linguist but to the best of my knowledge tapwe means 'truelly'. In my reading, I found tapwe could also mean "really" or "yes."

When we moved to Saskatoon in the 80s, eventually starting pastoring our first church with the encouragement from one of deacons in the church, the assembly started a newsletter and called it the Tapwewin. I understand that means 'truth.'

Pilate standing before Jesus asked Christ a question "What is truth?" A preacher friend of mine said to me he wished Jesus had answered that question. Well He did, not to Pilate but in John 14:6

Jesus said "I am the way and the truth and the life. No one comes to the Father except through Me."

I would suggest;
1. God is for you and not against you. (Romans 8:31) That is true.

2. A moment of grace can erase a life time of guilt, just ask Samson. Where there is 'true repentance' there is forgiveness. That is true.

3. Some things we won't understand this side of heaven, that where faith comes in. That is true.

4. Some get caught up in always looking for the extraordinary but maybe it is in the ordinary everyday life that God will show up. I personally don't think David running an errand for his dad Jesse thought he would be facing Goliath. That is true.

5. As much as your background has impact in shaping who you are; it is not the most important determining factor. As believers in Christ we have a heavenly DNA. That is true.

6. It is a great thing when we come to a place where we see the wisdom of 2 Corinthians 10:12 which says "When they measure themselves by themselves and compare themselves with themselves, they are not wise."

I love the answer that Jack gave a teacher who had taught his brother John years before. His brother John had been an excellent student, but Jack had a different philosophy. He was happy with a C since it was just as easy to pass with that as an A. The teacher said "Why can't you be more like your brother John?" Jack's answer was priceless. He said, "Because John is John and I prefer to be myself."

7. Faith is a wonderful thing. It can cause us to worship, cause us to wait and even build like Noah. You likely seen the lessons of Noah. The one I like the most is "when you're stressed, float awhile." That is worth pondering.

Blessings,
Pastor D. Bodvarson, SPA

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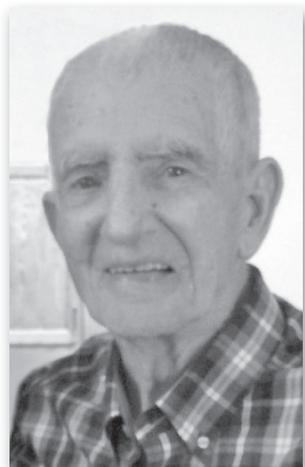
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OBITUARY

Ervin Buckingham



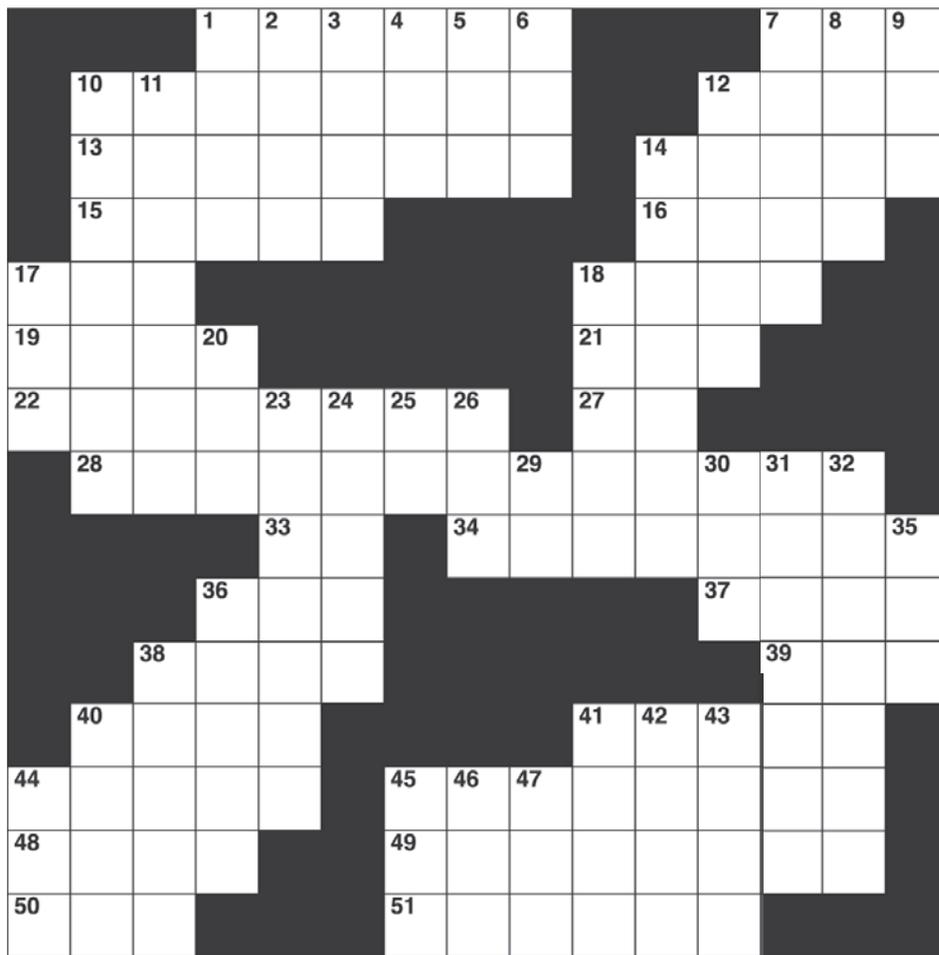
BUCKINGHAM - Thomas Ervin, age 98, passed away on July 9, 2019 at Parkland Integrated Health Center in Shellbrook, Saskatchewan. Ervin was born on April 12, 1921 in Shellbrook, SK to Walter and Esther Buckingham. He took his schooling at Cameo until the age of 14 and then worked on the family farm until 1942 when he joined the RCAF. He was stationed at the Western Air Command headquarters in Vancouver where he remained until the end of the war in 1945. He returned to Shellbrook where he started farming on his own in the Cameo district. In November 1950 he married the love of his life, Alice Patricia "Pat" Douglas. They raised their

four boys on their farm... Rod, Jim, Walt and Dave. Ervin enjoyed many things in his long life: the simple pleasures in precious time spent with family and friends, taking pride in the many hours spent working hard on the farm, nights at the ball fields and hockey rinks watching his kids and grandkids play. And in his later years teaching and playing rounds of Honey-moon Whist with anyone he could, especially his grandkids and great-grandkids. One of Ervin's great sayings was "One more time around the field, Barney". This saying rang true in the final years of his life, when his body was failing him but his mind remained as sharp as ever. Ervin is predeceased by his wife Pat (1977), son Walter (2018), mother Esther (1968), brother Harford (1990), and sister Elsie (2014). He is survived by his sons and their families...

Rodney (Marilyn) and children: Morgan (Kim) and their children Claire, Lily and Dane; Brad and his children Kaysha and Emma; Jennifer (Pat) and daughter Chloe; Julia

(Luke). James (Kathy) and children: Jerad (Regan); Sasha (Nathan) and their children Haylie and William; Jordan (Karissa); Joel (Kaylee). Daughter-in-law Gail and children: Amy (TJ) and children Declan, Brielle and Sadie; Lisa (Scott) and children Liam and Theodore; Maria (Nick) and son Jackson; Mark (Lauren) and their children Madalyn, Juliette, Tali and Temperance. David (Karen) and children: Deanna; Corey (Jade) and their children Bentley and Hayden; Kayla (Lyndon) and their children Ava and Madden. He is also survived by his sister-in-law Phyllis Johnson, and brothers-in-law Ted Douglas and Bob Douglas. There will be a Celebration of Ervin's life at the Cameo Hall on July 27, 2019 at 2:00PM. Please dress casual. Interment in the Shellbrook Cemetery at a later date. Family and friends wishing to send online condolences are welcome to visit www.beaulacfuneralhome.com. Arrangements have been entrusted to the care of Beau "Lac" Funeral Home, Tracy-Lynn Lenchuk, Funeral Director, Shellbrook, SK 306-747-2828.

CROSSWORD



CLUES ACROSS

- 1. Used to serve wine
- 7. System to code a number
- 10. Meddled
- 12. A type of discount
- 13. Dependent on
- 14. Type of wrap
- 15. Nigerian people
- 16. Nuclear missile
- 17. Scientists' tool (abbr.)
- 18. ___ and feathers
- 19. It cleans you
- 21. Doctors' group
- 22. Silvery marine fish
- 27. Atomic #58

- 28. Popular March holiday
- 33. Pa's partner
- 34. Sickneses
- 36. '___ death do us part
- 37. Scottish settlement
- 38. Innumerable
- 39. Small constellation
- 40. Wings
- 41. Supernatural creatures
- 44. Some are hallowed
- 45. The front door
- 48. Greek war god
- 49. Lamented
- 50. Foot (Latin)
- 51. Sprucely

CLUES DOWN

- 1. Military leader (abbr.)
- 2. Celery (Spanish)
- 3. Pay heed
- 4. The products of human creativity
- 5. Surcharge
- 6. Doctor of Education
- 7. Hurtful remarks
- 8. Marine mollusk
- 9. The habitat of wild animals
- 10. Pieces of body art
- 11. Refusing to budge
- 12. Triangular back bones
- 14. Type of cat
- 17. Type of web browser (abbr.)
- 18. Small, broad-headed nails
- 20. Man City coach Guardiola
- 23. Periods of food shortages
- 24. European nation
- 25. Jr.'s father
- 26. Concealed
- 29. One who works with the police (abbr.)
- 30. Lawyers
- 31. Look of disapproval
- 32. Longed
- 35. Type of power cable (abbr.)
- 36. Hindu cymbals
- 38. Young women (French)
- 40. Swiss river
- 41. Expression of annoyance
- 42. Where criminals go

- 43. Inwardly
- 44. Luck
- 45. One point north of due east
- 46. Originally called
- 47. Defunct airline

Answers on page 14

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Edible Weeds in the prairie garden

By Jackie Bantle

A weed may be identified as an unwanted plant in your garden that growing next to the cultivated plants. The problem with garden weeds is that, not only do they steal water and nutrients, but they can even completely choke-out cultivated plants. Any gardener knows that a weedy garden is not only an embarrassment, but also reduces the beauty and yields of the desirable plants.

What if the weeds were to become a useful part of the garden? Rather than continue the centuries old war on weeds, what if we were to start eating some of these invaders? Perhaps, our workload could be lightened and our diet supplemented if we started to include these pesky plants in our daily menu.

Dandelion (*Taraxacum officinale*) is a common weed whose parts are all edible. From the roots to the blossoms, all parts of the dandelion can be



Purslane. Photo by Jackie Bantle

eaten raw or cooked. The fresh leaves can be added to any salad or stir fried, sautéed or used in soup for a milder flavor. The crunchy yellow blossoms can be eaten raw, used to make syrup or wine or breaded and fried. The root can be eaten fresh or dried, roasted and ground up to use as a coffee substitute.

Clover (*Trifolium* sp.) leaves and flowers can be chopped up and used as an addition to salads or sautéed for addition to

meat dishes or as a topping for roasted root vegetables. Clover is now being grown as an addition to lawns thereby making it abundantly available.

Chickweed (*Stellaria media*) is the bane of my existence. However, chickweed can serve both a culinary and a medicinal purpose. The leaves and stems should be rinsed with water before being applied directly to a skin irritation. These same stems and leaves can be steamed in a 50:50

water/vinegar mixture, cooled and then applied as a poultice. Chickweed leaves, stems and flowers can all be eaten fresh or cooked. The flavor is similar to spinach.

Purslane (*Portulaca oleracea*) or wild portulaca, is another weed that can be aggressive and challenging in the garden. Any little piece of purslane can form roots, producing a new plant. Purslane leaves and stems are succulent and have a crispy texture. The leaves and stems can be eaten raw or cooked and add a peppery flavor to any dish. Purslane is also very high in omega-3 fatty acids and antioxidants: not only tasty but nutritional.

The leaves and young shoots of lamb's quarters (*Chenopodium album*), can be eaten fresh or sautéed and used in any recipe in place of spinach. The leaves are crunchy with a similar texture to spinach. Lamb's quarters are in the same botanical

family as Quinoa (*Chenopodium quinoa*) and like quinoa, the seeds of lamb's quarters can be eaten.

Wild amaranth or red root pigweed (*Amaranthus retroflexus*) is another common edible weed. Certain types of amaranth are grown commercially for their seed and many Asian cultures grow certain varieties of amaranth for their leaves. The leaves and seeds of wild amaranth are both edible. The leaves can be used fresh or cooked in any recipe that calls for leafy greens: younger leaves are tenderer than older leaves. Amaranth seeds are a good source of protein.

Plantain (*Plantago major*) is considered a medicinal plant and as such it should be used with caution. Plantain leaves are high in calcium, vitamins A, C and K however plantain has astringent properties which, when made into a tea, can treat diarrhea and soothe raw

internal membranes. Older leaves are tougher than younger leaves: flavor improves in older leaves if they are sautéed. Plantain seeds, which are found in a definitive flower spike, can be cooked as a grain or ground into flour.

Before any weed plants are consumed, one must be certain that they are correctly identified and have not been sprayed with any herbicides. Be sure that the 'weeds' that you are going to eat are not poisonous. (ex. hemlock and nightshade) Do not pick weeds from public areas where animals may have urinated on the plants.

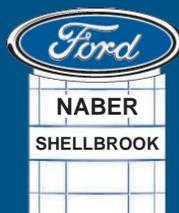
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