

Shellbrook Chronicle & Spiritwood Herald

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www.shellbrookchronicle.com | www.spiritwoodherald.com

Community Safety Officer on duty in Shellbrook



Craig Young, Shellbrook's Community Safety Officer, is officially on duty in the community.

By **JORDAN TWISS**
Shellbrook Chronicle Reporter

There's a new sheriff in Shellbrook. Well, sort of.

Not quite a full-fledged police officer, but more than a bylaw enforcement officer, long-time Shellbrook resident Craig Young is now on active duty as the town's Community Safety Officer (CSO), giving him the authority to enforce parts of the criminal code, traffic laws, and municipal bylaws.

Shellbrook's Town Council started exploring the idea of employing a CSO in early 2022, as a means to fill in policing gaps caused by frequent staffing shortages within the Ahtahkakoop-Shellbrook RCMP Detachment.

The idea was first floated to ratepayers at a town hall meeting held on April 12, drawing both questions and support from the community. In the end, council felt it had received enough agreement

from ratepayers, and chose to pursue the idea, budgeting \$135,000 to hire and outfit a CSO (council's hope is to partner with surrounding communities and rural municipalities that have expressed interest in having a CSO to split some of the costs).

Four months later, Young was selected from the pool of candidates to be Shellbrook's CSO and immediately got to work on obtaining the proper certifications and getting his department up and running, which operates out of the Shellbrook Municipal Office.

For Young, who's always had an interest in law enforcement, serving as Shellbrook's CSO is a bit of a departure from his first career.

"My original career was as an airline captain. I worked in the airline industry and flew all over the world for a lot of years," he said.

"It was one of those things where I thought if I don't look at something else

now, just to experience life a little bit, I'll never do it," he added of his decision to pursue the CSO job.

To call Young well travelled would be an understatement. After he hung up his captain's hat, he was the owner and operator of a commercial trucking company, and spent his days driving big rigs all over North America.

Once he'd had enough of driving big trucks, he pursued his interest in law enforcement by enrolling in the criminology program at Lethbridge College, followed by the corrections program at Sask Polytechnic.

Around this time, the Saskatchewan government was seeking highway patrol officers. And after a successful application and six months of training in Regina, he was first deployed to Lloydminster before transferring to Prince Albert.

"I enjoyed my time with the Saskatchewan Highway Patrol," Young said. "I live in Shellbrook and have lived here for the

past 12 or 13 years. I thought [the CSO] would be an interesting position, being able to meet members of the community and provide a constant law enforcement presence in the town of Shellbrook."

With his previous background in law enforcement, Young says the CSO course at Sask Polytechnic was both familiar and new to him.

Getting his department started in Shellbrook, however, has been and will continue to involve a lot of work and a lot of learning on the fly.

Luckily, Young says, the town's Chief Administrative Officer, Kelly Hoare, put in a lot of work to lay the foundation for the department, and Shellbrook's Town Council has been fully supportive of the initiative.

Young adds that he's also had nothing but positive relationships when liaising with the Ahtahkakoop-Shellbrook RCMP Detachment.

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SPIRITWOOD
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Spiritwood U9 teams face off against Turtleford

By NATASHA CABASE
Spiritwood Herald Reporter

S.T.E.P. Hockey League action took over the Spiritwood Arena the morning of Feb. 11, when the Spiritwood U9 Timberwolves teams hosted the U9 Turtleford Tigers.

The Spiritwood U9-1 Timberwolves started things off at 10 a.m., and were hammered by the Tigers to the tune of an 11-4 loss (the team's first defeat of the season). At 11 a.m., it was the Spiritwood U9-2 Timberwolves' turn to hit the ice and exact revenge against the Tigers.

The Spiritwood U9-2 team was composed of Bennett Schmidt, Cruze Kajner, Asher Simonar, Beau Doucette, Tenille Rose, Sawyer Kotun, Benson Strate, Sawyer Doucette, Max Mitchell, and goalie Ryker Caffet. The team is supported by coach James Caffet, who is assisted by Adam Kotun, and managed by Courtney Caffet.

On the other hand, the Turtleford Tigers' players were Emmett Mitchell, Connor Pilling, Miller Macnab, Quinn Knowlton, Kate McKee, Hayden Gervais, Blake Koop, Alexandra Rodriguez-Brown, Kixtyn Warrington, Monroe Macnab, Charlotte Macnab, and goalie Luke Bauldic. The team is assisted by head coach Jordan Macnab, assisted by Trent Macnab and Craig McKee and managed by Kari Bauldic.

Referees were Matthew Tkachuk and Lucas Buswell.

During the first period, Spiritwood U9-2 scored seven goals while Turtleford scored five.

On the Spiritwood side, Cruze Kajner was able to get the most goals, scoring four goals for the team. Additionally, Bennett Schmidt scored two points and Beau Doucette had one. For Turtleford, Kixtyn Warrington scored three goals, while Emmett Mitchell and Blake Koop scored a point each for the team.

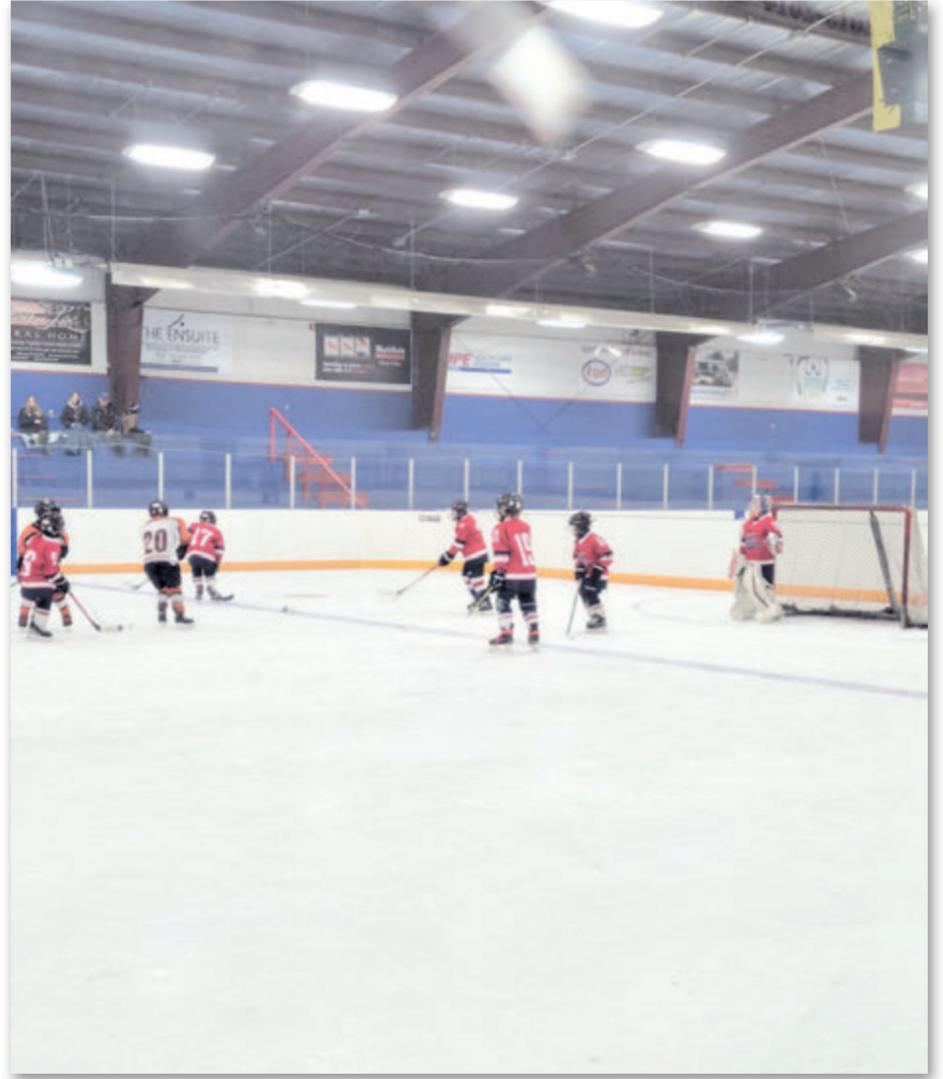
In the second period, Turtleford was able to score three points while Spiritwood had two, resulting in a nail-biting 9-8 win for the Timberwolves.

Kajner and Schmidt were able to gain another goal each for the Timberwolves in the second period. On the Turtleford side, Warrington was able to garner two points for the second period, while Mitchell had one.

Following Saturday's games, the Spiritwood U9-1 and U9-2 sit at 7-1 and 6-2 on the season, respectively, and occupy the first and second spots in the U9 Central Division standings.

In other S.T.E.P. League action from the weekend, Spiritwood's U11 A team topped Maidstone 6-2, and the U15 team beat Turtleford by a tally of 8-5 on Friday night. Also on Friday, Leoville's U13 B squad bested Moosomin 11-1, and the Debden U15 team goose-egged Moosomin 13-0.

On Saturday, meanwhile, the U11 B Leoville team topped Whitefish U11-2 by a tally of 10-2.



The Spiritwood U9-2 Timberwolves scramble for a loose puck in action against the Turtleford Tigers on Saturday, Feb. 11.

Community Safety Officer on duty in Shellbrook

Continued from 1

"The people of Shellbrook have a little bit of a bent view that the RCMP is just not helping out, [but] they're stretched so thin," he said. "The RCMP is doing a good job, and I'm there to work together within the town of Shellbrook with the RCMP to make this a much safer community."

As an example, Young said he's been working closely with the RCMP's gang unit to investigate stolen vehicles in the community. In the past month alone, he says, four or five vehicles have been stolen in Shellbrook.

"I saw a vehicle heading out of town at 3 a.m. I liaised with the RCMP

the next day, and sure enough, it was stolen off of one of our streets," he said.

While there's plenty of crime to be addressed, Young says one of his initial focuses as CSO will be looking out for the safety of children as they go to school.

Young says there are still occasions where drivers speed through the 30 km/h school zones and fail to allow

pedestrians to cross the street. He adds that he'll be connecting with parents to educate them on dropping off children safely, and looking to get the community more involved with safety in Shellbrook.

Other than this, Young expects to spend time patrolling the highway for speeders and unsafe vehicles, and dealing with the recurring issue of unlicensed dogs running

loose in town.

"When people see there's a presence out there, they're going to feel more confident that they're safe," he said.

Looking at the bigger picture, Young adds that he's already liaising with the Ministry of Justice on some initiatives, including a community safety and well-being program.

"That will involve not only keeping the community safe, but getting people involved with the safety of their community and trying to lower crime," he said.

"Also [it involves] being able to have people with mental health issues or food bank issues have a place where they can contact and go and feel safe. We can connect them with someone who can help them, rather than them just feeling like there's no hope," he added.

While his department is still getting up and running, Young encourages the community to reach out to him with concerns or tips. He can be contacted at his office at 306-747-4913.

CAMEO COMMUNITY SNOWMOBILE RALLY
Saturday, February 25
Register 12 noon to 2 p.m. at Cameo Hall
6 miles west of Shellbrook, then 2 miles north - on Cameo-Buckingham Road

TICKETS \$10 EACH OR 3/\$20

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Photo Contest - Categories include: Scenery, Hunting, Fishing & Wildlife. Pictures must be printed on 8x10 Kodak paper & can be submitted the day of banquet.

SARCS
Spiritwood Area Recreation, Culture and Sport Inc.
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Non-Profit Community Sport, Culture and Recreation Programs
Programs running from: April 1, 2023 - March 31, 2024
Deadline to apply: Must be received by March 15, 2023

Email spr@sasktel.net or call (306) 883-2176 to receive Funding Request Form.

NOTICE OF PREPARATION OF ASSESSMENT ROLL
VILLAGE OF PARKSIDE

Notice is hereby given that the assessment roll for the Village of Parkside for the year of 2023 has been prepared and is open to inspection in the office of the assessor from 9 a.m. to 5 p.m. on the following days: Tuesdays, February 21st, 2023 to March 22nd, 2023.

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

Any person who wishes to appeal against his or her assessment is required to file his or her notice of appeal with the Secretary of the Board of Revision, Western Municipal Consulting Ltd., Box 149, Meota, SK S0M 1X0 by the 22nd day of March, 2023.

Dated this 16th day of February, 2023.
Gwen Olson, Assessor

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Megan Allard wins SDSS t-shirt design contest

By **NATASHA CABASE**
Spiritwood Herald Reporter

In conjunction with its celebration of 20 years of advocacy and support work on behalf of people with down syndrome, the Saskatchewan Down Syndrome Society (SDSS) held a t-shirt design contest from Jan. 15 to Feb. 1.

The SDSS invited everyone to submit a design, with only a few basic rules: designs had to be smaller than 8 x 11 inches in size, feature only black, blue, and yellow (the last two are the official colours for down syndrome awareness), and include the SDSS's objective "nothing about us; without us," which aims to associate down syndrome with pride and power rather than stigma and pity, and improve the way people with down syndrome are presented.

Once the submission deadline arrived on Feb. 1, the SDSS had received six unique entries for the contest. The organization then opened the contest up to voting by the general public. Each design was shared on the SDSS's social

media pages, and people were asked to vote through interactions (likes, comments, shares, etc.) with their favourite designs. Votes could also be submitted to the SDSS by email.

When voting closed at 11:59 p.m. on Feb. 7, the contest entries had received a whopping 419 votes. With 100 likes, 102 comments, and 34 shares on Facebook, the design by Spiritwood's Megan Allard was crowned the contest winner.

Megan's design (pictured with this story) featured a heart and three arrows, plenty of blue and yellow, and words her mom, Shelley Allard, says describe her (and many other people with down syndrome) perfectly: job, reader, smart, kind, and friend.

Megan added that she is excited to see the outcome of her design and appreciates all the support she received from the community.

Megan's t-shirt design will be made available for purchase on March 1, as part of the celebration of World Down Syndrome Day.



Spiritwood's Megan Allard created the winning design for the Saskatchewan Down Syndrome Society's 20th Anniversary T-shirt Design Contest.

Canwood Affinity branch to shutter in June

By **JORDAN TWISS**
Shellbrook Chronicle Reporter

In a blow that's sure to be felt in the community, Affinity Credit Union has announced that it will be closing its Advice Centre branch in the Village of Canwood in June.

In a release issued last Thursday, Affinity Credit Union's CEO, Mark Lane, said the decision came

about after a lengthy review, and reflects changes in the way customers are banking.

"The decision to close an advice centre is very difficult," he said.

"While these locations have historically been the centerpiece of a member's relationship with their credit union, that reality has changed. Members increasingly use other channels, particularly

for transaction-based needs. Online and mobile banking are clearly preferred, and the credit union needs to adapt in terms of our investment in these channels."

Lane says the shift to online and mobile banking has prompted Affinity to shift to a more regionally-oriented service delivery model, meaning a smaller (and less costly) physical footprint of

advice centres across the province.

At the same time, he says Affinity will look to complement this with an "improved fleet of digital and mobile offerings" to better suit members' needs and preferences.

"Some services will

continue to be available between mobile advisors, but the majority of advisory needs are expected to be served in our regional location in Shellbrook," he said.

Though he couldn't comment on human resources matters in any

detail, Lane says the closure of the Canwood Advice Centre will affect all the branch's employees in some way. He adds that Affinity is currently working with the employees to determine what options might be available to them.

"The job opportunities in rural Saskatchewan are plentiful... I had three different offers before completing my program!"

Shaun
Medical Laboratory Technology Supervisor
Humboldt, SK

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Ideas, not money, needed to heal healthcare

All eyes were on Ottawa last week, when Prime Minister Justin Trudeau met with provincial and territorial leaders for a long-awaited conversation about the current state and the future of Canada's healthcare system.

Though the leaders have plenty they disagree on, the current state of Canadian healthcare is one subject where there is little debate.

The system is coming apart at the seams, grappling with across-the-board staffing shortages, egregiously long wait times for doctors (if you can even get one) and surgeries, and substandard performance.

All this, despite the fact that Canada spends \$8,563 per person on healthcare, placing it with the highest healthcare spenders among Organization for Economic Cooperation and Development (OECD) countries.

Saskatchewan, in particular, faces some of the longest wait times in the country to see a doctor at a walk-in clinic (topped only by B.C. and Nova Scotia). Meanwhile, shortages of frontline healthcare workers prompt frequent emergency room closures and service disruptions in communities across the province, including Shellbrook in the past month, and the number of people waiting more than 12 months for surgery has more than doubled – to 8,343 from 3,979 between March of 2010 and Sept. 30, 2022.

Inexcusable is the only word to describe the situation. Yet, this was the backdrop for last week's meeting between Mr. Trudeau and his provincial and territorial counterparts.

Coming into the tête-à-tête, Mr. Trudeau and the premiers were already at an impasse with one another.

For his part, Mr. Trudeau has been clear. His government is more than happy to loosen its purse strings, so long as any healthcare funding increases are tied to clear and measurable metrics to track their success or failure.

Most recently, his government's condition was that the provinces and territories commit to "expanding the use of common key health indicators and to building a 'world-class' health data system for the country." It also wants to see waiting times for doctors and surgeries come down.

On the other side of the coin, the



JORDAN TWISS

~
News Editor

provinces and territories have been calling on Mr. Trudeau's government to become a more equitable funding partner when it comes to healthcare.

Stopping short of calling for the 50/50 funding split that was agreed upon in the 1960s, they want to see Ottawa's share of healthcare funding boosted to 35 per cent from the current 22 per cent (though, this number is up for debate). This would be an immediate \$28 billion increase to the Canada Health Transfer (CHT), and the premiers also want a 5 per cent annual increase going forward (a move that would see the CHT hurdle over \$100 billion by 2030).

And of course, the premiers were expecting all this money to come without strings attached.

In other words, the stage was set for some high political drama last week.

Would Mr. Trudeau give in to the premiers' demands?

Or would the premiers return home, with empty caps in hand?

Unsurprisingly, the outcome landed somewhere squarely in the middle.

Mr. Trudeau's pledge is to increase federal healthcare funding by \$196.1 billion over the next 10 years and provide \$46.2 billion in new funding. This includes increases to the Canada Health Transfer, as well as individual deals Ottawa will ink with each province and territory to address their unique needs.

Highlights of what Mr. Trudeau has put on the table include:

- An immediate national and "unconditional" \$2-billion top-up to the Canada Health Transfer (CHT) to address urgent pressures being experienced at pediatric hospitals, emergency rooms and surgical centres;
- A five-per-cent increase to the CHT over the next five years provided through the annual top-up, to be rolled into the CHT base after five years to ensure a permanent increase that would provide an estimated \$17.3 billion over 10 years; and
- \$25 billion over 10 years for decade-long bilateral deals with each province and territory tailored to their health-care needs, but connected to shared priorities such as family health access, investing in



mental health and substance abuse services; and modernizing the health information system;

Naturally, this funding comes with the aforementioned expectations Ottawa laid out for the premiers, meaning it's now up to them to devise action plans for using the funding and measuring their success.

With the provinces and territories having agreed to accept the overarching deal, the only other question that remains now is whether they can find common ground with Ottawa on their individual accords.

Saskatchewan Premier Scott Moe hasn't said what his government might do, but he certainly didn't hold back in his criticisms of last week's meeting, saying it's clear Ottawa has "no interest in being a full partner on healthcare funding."

"The details of the offer amount to a two per cent increase, and falls short in outlining a path forward for long-term, sustainable funding that all premiers have been calling for," Moe wrote in a statement issued last Wednesday.

"Our goal remains to provide the best possible health-care services to the people of Saskatchewan, in spite of the federal government's lack of commitment to provide its share of health-care funding," he added.

While Mr. Moe's disappointment about the federal government's proposal is understandable, it isn't disappointing for the reasons he thinks.

Ottawa's offer can hardly be called

chump change, and a savvy, forward-thinking government will be able put these extra dollars to work and achieve results. Indeed, Mr. Moe's government has even shown some of this creative thinking in recent weeks with proposed innovations to increase access to health services, such as allowing paramedics to stitch minor wounds to reduce the burden on ERs, and permitting pharmacists to prescribe medications independently to free up physicians.

No, if there's any reason Mr. Trudeau's proposal can be called disappointing, it's because it assumes that throwing money at a sinking ship will magically plug the holes in it.

We've tried this enough times to know that it won't work. But, true to its record, Mr. Trudeau's government has opted for the simplest solution to a complex problem (a sledgehammer instead of a scalpel, if you'd rather).

If the new healthcare funds are used for their intended purpose – and, given the history of the provinces, that's a pretty big if – they will undoubtedly produce some tangible benefits. But what's needed more than money, is for both the federal and provincial governments to radically reimagine how healthcare is conceptualized and delivered.

We are at a critical tipping point, and Canadians are depending upon their leaders to come up with real, tangible solutions to fix what's ailing our health-care system.

Shellbrook Chronicle

Serving the Communities of Shellbrook, Canwood, Debden, Big River, Parkside, Leask, Marcelin, Blaine Lake, Holbein, Mont Nebo, Mayview

Spiritwood Herald

Serving the Communities of Spiritwood, Shell Lake, Leoville, Chitek Lake, Mildred, Rabbit Lake, Medstead, Mayfair, Bapaume, Belbutte, Glaslyn

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Sask. NDP calls for local voices in healthcare

Opposition Health Critic Vicki Mowat and Rural and Remote Health Critic Matt Love have proposed the restoration of local voices in healthcare by bringing back Community Health Advisory Networks that were dismantled when health regions were amalgamated.

“In every corner of the province, hospitals and health centres are closed and families struggle to find a family doctor,” Mowat said in a statement. “It’s clear health

region amalgamation and the centralizing of healthcare decisions has failed to deliver reliable, high-quality care for people who need it. Local people and community leaders know what their communities need – it’s time to bring those voices back to the table.”

Community Health Advisory Networks (CHANs) existed in former health regions to provide local community and physician-based solutions that would meet the unique

needs of the communities they served. When the province moved towards a single health authority, CHANs were eliminated. In addition to municipal leaders calling for a greater say in healthcare delivery, SUMA adopted a resolution in 2020 calling for “the Minister of Health to ensure direct municipal input and involvement in the health system by requiring Community Health Advisory Networks to be established throughout

the province.”

The 2016 Saskatchewan Advisory Panel on Health System Structure Report recommended CHANs be strengthened, not eliminated, and viewed them as part of how to “engage with Indigenous people to help inform how best to address First Nations and Métis health needs in a culturally responsive and respectful manner.” Despite the Minister of Health accepting all the report’s recommendations when the prov-

ince announced planned amalgamation, CHANs have not yet been reintroduced to date.

“We’re only two weeks into our Health Solutions Tour and one thing is crystal clear - local leaders feel shut out of health-

care decision-making,” Love said in a statement.

“The Minister needs to listen to his government’s own report and bring back Community Health Advisory Networks to restore local voices in healthcare.”

YOUR TWO CENTS

Radioactive waste magic

Dear Editor,

As a person who lived in Île-à-la-Crosse for most of a decade, I have followed the twists and turns of the Cluff Lake uranium mining and milling story from the beginning. A final chapter of this story is playing out as I write.

Back in 2017, I read a document produced for AREVA (now ORANO) which outlined findings regarding the level of radioactive contamination around Cluff Lake. I quote: “Radium 226 activity levels show an increasing trend in Island Lake over the 2006-2014 period.” (2015 AREVA TID (Environmental Performance Technical Information Document)).

“Radium 226 activity levels in northern pike and white sucker flesh and bone samples from 2014 were higher than in 2009.” (Island Lake, 2015 AREVA TID)

“In Cluff Lake sediments, arsenic, cobalt, copper, zinc and thorium 230 remained elevated above operational and/or active decommissioning levels.” (2015 AREVA TID)

The contamination is on an upward trend.

A moose liver and kidney, from an animal harvested in the Cluff Lake area in 2016, was found to be inedible, with a smell and taste like battery acid. A test done on these organs showed high levels of polonium in the kidney (25 Bq/kg) and a lesser amount in the liver, though a combination of the two would deliver a concerning dose. Polonium is an emitter of alpha particles, the most dangerous ones among radioactive pollutants.

What are the people of La Loche and other surrounding communities being told in 2023 by the CNSC (Canadian Nuclear Safety Commission) and ORANO, as the multinational mining company prepares to give up responsibility for the site to the province?

“Go ahead and drink the water, eat the animals harvested there, camp there, pick the berries.

No worries.”

What has changed since 2015? The CNSC must have waved a magic wand!

This is the “gift” being left to Saskatchewan and to the La Loche Dene people on their traditional lands.

Remember all the photo-ops and promises made in La Loche after the shooting tragedy in 2016?

The cameras are gone now.

Val Drummond,
Prince Albert

The Debden Community Centre is requesting tenders for the following projects:

A) Doors

Replace:

* 2 metal outside doors, jambs and all hardware.

Both sides and jamb must be primed and painted. Colours specified by Board.

* Main entry door and jamb and all hardware. Door-metal with top half in glass with wire in it. Both sides of the door and jamb primed and painted at an auto body shop. Colours specified by Board. Right side must be electric, the other side a panic door.

Call Cecile at 306-468-7797 for more info or to view.

B) Siding

Old vinyl siding removed and disposed of. Include in tender, a price per square foot for replacing damaged sheeting – if needed (subject to Board approval), house wrap put on. Side with Premium vinyl siding, colour determined by Board. Installed to look as existing with the following modification: some of the windows are being removed. Please include product warranty. Contact Cecile at 306-468-7797 for specifics.

C) Skylights

Exterior – remove glass – sheet in space, also use ice shield and paper. Insulate with minimum R40 and vapour barrier requires acoustical caulking.

Reshingle to match existing.

Interior – Vapour barrier, re-sheet, finish with tongue and groove pine to match existing. Repair and paint stained and damaged walls, to match existing. Call Cecile at 306-468-7797 for viewing.

D) Windows

Various sized windows with frames, must be triple glazed with low E and argon. Measurements of frame and glass must be same size and style as existing where window is being removed – add insulation (min R20), vapour barrier, gyproc, repair, tape, prime and paint inside walls. Please include product warranty.

Not all windows are being replaced; please call Cecile at 306-468-7797 for more information or to view.

Contractors are invited to bid on all or any of the projects, but each project must be bid on individually.

For more info on any of the projects or to view the inside of the building, please call Cecile at 306-468-7797 or Raymond at 306-468-7117.

Tenders must be received by 4 p.m., March 6th, 2023.

Please mail tenders to Debden Community Centre, Box 337, Debden, SK S0J 0S0 or deliver to: 204 2nd Ave East, Debden to the Comite Culturel office – open Monday to Thursday from 8am to 4pm, or email: ccfdeb@sasktel.net

Successful bidders will be notified by phone, no later than March 15th, 2023.

Successful bidders will have to provide proof of Workman Compensation Board coverage.

Successful bidders will have to provide proof of Public Liability Insurance.

Successful bidders will have to provide proof of a Municipal Business License.

ANY OR LOWEST TENDER NOT NECESSARILY ACCEPTED



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We offer:

- Drivers are usually on the road for approximately 4 to 6 days a week and we mainly haul in the western provinces (British Columbia, Alberta, Saskatchewan and Manitoba).
- Competitive wages (50,000-70,000/year)
- Benefits (after 3 months)
- Loyalty programs
- Bonus programs

Qualifications:

- Valid Class 1A license including a validity check
- Medical exam
- Able to drive a manual transmission vehicle
- Successfully pass Drug and Alcohol screening
- Excellent customer service skills (including good oral and written communication)
- Flexible and reliable
- Team Player
- Able to handle constructive criticism
- Knowledgeable with documentation (inspection reports, electronic log books, GPS, Bill of lading, trip reports, incident reports and repair reports).
- Able to perform job specific tasks such as: loading and unloading of goods, trip inspections, brake adjustments, physically able to lift up to about 50 lbs.

How to Apply:

If you are interested in joining our team, please send your resume and current driver's abstract to safety@triplestransport.com or fax it to 306-747-3574.



Evoke offers safe space for women's mental health

By **JORDAN TWISS**
Shellbrook Chronicle Reporter

Kelsey Fitch is no stranger to the mental health struggles that sometimes accompany being an award-winning country music artist, a business manager, and a mother of two, and understands all too well that there are many women like her who face similar challenges.

Despite her own struggles, both with her own mental illness, and in finding proper supports within the healthcare system to treat it, she says the extent of the problem didn't fully hit home for her until she saw the impact the COVID-19 pandemic was having on the women in her life.

"I had close friends talk to me about mental illness and the emotional weight it carried on themselves for the first time in their entire life," she said. "It was then that I realized that more had to be done to prevent mental breakdown, burnout, and ultimately mental illness."

The realization prompted Fitch to found Neoma Wellness. More than just a business, Neoma Wellness is a brand focused on empowering and encouraging women to take action to

improve and maintain their overall wellness.

While the day-to-day of Neoma is blog and social media posts, wellness tips, inspirational quotes, and other tools and resources women can incorporate into their daily lives to manage stress, Fitch knew Neoma had to be and do more.

That's why she launched the Evoke Conference, which held its first edition at the Elk Ridge Resort earlier this year.

"I thought, wouldn't it be great for women specifically – who have crucial roles to play in our communities all while facing extreme societal pressures, limitations, loss of rights, equality issues etc. – to have a safe space where they can go away for a weekend, to strengthen their community, vulnerability, education, inspiration, empowerment, and support systems?" she said.

Over the course of three days, the inaugural Evoke Conference tried to be everything Fitch had imagined it would be for its sold-out guestlist, offering a personality colours seminar, yoga sessions, a reflective outdoor hike, barre fitness and dance classes, vision board sessions, a sound bath

meditation, a somatic practices workshop, oracle card readings, interactive workshops with certified counsellors, a workshop from a certified life coach, and keynote speakers.

Though nothing goes perfectly the first time around, Fitch says the feedback for Evoke has been largely positive, pointing to its value for those who are hoping to begin, or who have already started, their own personal wellness journeys.

"It gives women a safe space to try new things, make new connections, and learn valuable tools to help them with their mental health and overall wellness, that they may not feel comfortable accessing on their own – like access to counsellors, physical activities, spiritual remedies, and other coping techniques," she said.

"Also, the invaluable part of the experience is being connected with other like-minded women, open hearted women, who all want to support each other to achieve that personal success."

Looking back at the weekend, Fitch says the highlight for her was watching women reach out, make these connections, and express their emotions in an environment where they were accepted and supported by their fellow women.

In addition to tools and resources to help them with their own mental health challenges, Fitch says she hopes Evoke Conference attendees walked away with an understanding of their value, and of the importance of taking time to focus on themselves.

As the dust settles on the first Evoke Conference, Fitch says she's already looking ahead to the next edition, which she plans to host in the fall to avoid the limitations of winter weather.

"We will have more event space, and hopefully more outdoor activities if the weather cooperates, which will allow attendees to have even more options for workshops on their itinerary, as well as longer, more in-depth, informative sessions," she said.



Evoke keynote speaker Jessica Janzen and Neoma Wellness' Kelsey Fitch at the inaugural Evoke conference. *Photo credit: JC Photography.*



Yoga sessions offered Evoke Conference attendees some time to focus on both their physical and mental health. *Photo credit: JC Photography.*

CALL FOR BOARD MEMBER

The Gabriel Dumont Institute of Native Studies and Applied Research invites applications for the following:

MEMBER, GDI BOARD OF GOVERNORS

WESTERN REGION I (Meadow Lake, Cochin, Leoville, Peirceland, Glaslyn, Chitek Lake, Livelong, Rush Lake, Brightsand, Spiritwood, Midnight Lake, Dorintosh, Paradise Hill)

Overview: The GDI Board of Governors has representation from the (12) Regions of the Organization, who are ratified by the Provincial Métis Council (PMC) of the Métis Nation—Saskatchewan (MN—S). The PMC Member who is assigned the Education portfolio sits as the Chairperson of the Board of Governors. All persons selected to the Board of Governors will be for a period of three years. A member who is an employee/staff person/manager of an affiliated organization of the MN—S shall not be permitted to sit on the Board of Governors of the Institute.

Responsibilities: The Board of Governors oversees the Gabriel Dumont Institute and is responsible for its operation and governance in all matters, including: to adopt policies for the effective operation of GDI; to formulate a strategic plan and to oversee its implementation; to approve annual budgets, audits and programs; to function as ambassadors for GDI and to encourage students and potential students in their study and career plans; to represent GDI to all levels of government, persons of Métis ancestry and to the public generally; and to appoint a Chief Executive Officer to be directly responsible for implementation of policy and the day-to-day management and operations of GDI.

Qualifications: All appointments to the Board must be of Métis ancestry with knowledge of the cultural, historical and social circumstances of Saskatchewan Métis. Ideally the collective skills on the board will represent a number of different disciplines and perspectives. Some of the preferred skill and training areas include education or post-secondary education; finance and administration; business; human resources (personnel); law; and communications. Individuals with extensive Métis culture and language experience are encouraged to apply. This will ensure a wide range of skills and perspectives are available when decisions are considered. A criminal record vulnerable sector check must be completed and accompany the resume submitted.

Process: Candidates can apply directly to the MN—S region or the Institute who in turn will forward the application to the appropriate MN—S region for consideration. The MN—S region then submits the name of their selected representative forwarded from a duly called and administered regional council meeting. The name of the new board member is then sent to the PMC for ratification. Finally, the name is forwarded to the Minister of Advanced Education.

Starting Date: 2023 (Once process is complete – 3-year appointment with the possibility of renewal)

Deadline for receipt of applications: March 15, 2023

Please submit resume to one of:

Lorretta King
Western Region I, Regional Director
Métis Nation – Saskatchewan
Box 134 Dorintosh, SK S0M 0T0
Phone: (306) 304-7455
Email: reddaking11@gmail.com

Rhonda Pilon
Executive Assistant
Gabriel Dumont Institute
917 - 22nd Street West
Saskatoon, SK S7M 0R9
Phone: (306) 242-6070
Email: rhonda.pilon@gdins.org

The Gabriel Dumont Institute has permission from the Saskatchewan Human Rights Commission to hire affirmatively.

February 18-20 is Free Fishing Weekend in Saskatchewan

The upcoming Family Day weekend will be a perfect opportunity to try your hand at ice fishing. Saskatchewan residents and visitors may fish any provincial waterbody with an open sport fishing season, without buying a fishing licence. During Free Fishing Weekend, all regulations apply, including possession limits and reduced limits on some waterbodies. Anyone planning to transport fish out of the province must have a valid Saskatchewan angling licence.

For more information on sport fishing regulations and ice fishing safety, visit saskatchewan.ca/fishing.

Hon. Jeremy Harrison
MLA for Meadow Lake
jharrisonmla@sasktel.net

Hon. Scott Moe, Premier
MLA for Rosthern-Shellbrook
scottmoe.mla@sasktel.net

Agriculture can play role in greener future

What the face of our energy industry will look like into the future is obviously a matter of much debate these days.

We clearly have a fractured view of what that future should look like, at least among the populace.

The science community at least seems generally to be hoping for a future in which energy consumption does less in terms of damaging our atmosphere (although you can find those not worried about it, too).

Certainly, it seems like our world is a long, long

way from moving away from mass consumption of energy. An aerial view of any big city freeway during rush hour, or a look at the flight schedules at any major airport, confirms that, as does a quick inventory of every electrical device in a modern home.

So, assuming we continue to consume energy in massive amounts, which is the best source of that energy?

Well, that can depend on which perspective you are coming at the question from.

There is the cost to



CALVIN DANIELS

consumer most will care about, although one might expect that factor may be lost as bigger concerns are dealt with.

One of those bigger concerns is the future of our planet, and that's where the real debate

begins. It was only a matter of a few years ago it seemed a significant part of the solution was a move away from fossil fuels to greater use of biofuels.

While that might still generally hold true, the biofuels industry itself is evolving.

For example, canola producers were excited by the prospect of canola oil going into biodiesel as an alternate market. It seemed to make sense at least from the perspective of canola being a renewable energy source.

But canola oil for a car

engine takes away from human food. In the long term that is likely troubling, as the world has put zero effort into limiting population growth to the point of barely acknowledging the issue.

And now there are reports Germany may ban crop-based biofuels by 2030 as part of that country's efforts to reduce greenhouse gas emissions.

It would be part of a trend of governments trying to be more 'earth friendly'.

For example, *www.producer.com* reports

"there is already a move afoot in the EU to phase out palm oil and soy oil-based biofuels due to concerns surrounding deforestation."

Of course, the question then arises what backfills plant-based oil sources for biodiesel moving forward to reduce fossil fuel use?

Certainly, there are more questions about energy sources that are friendly to the earth than there are answers today. One of the key questions is whether or not agriculture can be part of the long-term solution.

Sask. records third straight year of record ag exports

Saskatchewan's agriculture industry has posted a third consecutive year of record agri-food exports, with a total value of \$18.4 billion for 2022.

The leading agri-food export commodities in 2022 were canola oil, non-durum wheat, canola seed, lentils, durum and dry peas. The top five international market destinations were the United States, China, Japan, Mexico and Algeria.

"Saskatchewan's agriculture industry is a model for reliability and innovation, as these export figures show," Agriculture Minister David Marit said in a statement. "Saskatchewan producers continue to make an impact both inside and beyond our borders, as a driver of our provincial economy and as a worldwide leader in sustainable agri-food production. These numbers demonstrate our progress toward the \$20 billion agri-food export target in the 2030 Growth Plan."

In addition to Saskatchewan's primary production, higher-value processed products are a key contributor to the province's exports. With canola oil as Saskatchewan's top agri-food export and

canola meal the seventh-leading, products like these provide an opportunity to reach the 2030 Growth Plan target of increasing agriculture value-added revenue to \$10 billion.

Saskatchewan's agri-food exports are the second highest in Canada, behind Ontario which exported \$23.8 billion in 2022. Increases in agriculture exports continue to contribute to Saskatchewan's strong economic growth, as merchandise exports saw a 23.8 per cent increase in December 2022 compared to December 2021; this was the second highest increase among provinces, seasonally adjusted. Total merchandise exports for 2022 were valued at more than \$52 billion, an increase of 41.7 per cent since 2021.

"It is clear that Saskatchewan has what the world needs, and these impressive numbers demonstrate that," Trade and Export Development Minister Jeremy Harrison said in a statement. "Our products have made significant gains in both traditional and new markets, which means opportunity for greater invest-

ment and a higher quality of life for the people of our province."

Saskatchewan's total exports have grown by more than \$20 billion since 2012. The province has established trade and investment offices around the world which will be key to continue growing

trade by focusing on our strengths and supporting Saskatchewan companies seeking investment and promoting trade. The province looks forward to continuing to expand exports, opening new markets and sharing Saskatchewan's story on a global scale.

Ag Minister departs on trade mission to UAE, India

Agriculture Minister David Marit is leading a delegation to India and the United Arab Emirates (UAE) for a trade mission and to attend the Pulses Conclave in Mumbai, India and the Gulfood Exhibition in Dubai, UAE.

The mission aims to help Saskatchewan gain a better understanding of inter-

national stakeholders' current and future needs. The mission also provides an opportunity to learn about any challenges faced by stakeholders and how the Government of Saskatchewan can provide support. Minister Marit will promote the sustainability of Saskatchewan's crop production during the mis-

sion as well as strengthen trade, research, and investment ties with some of Saskatchewan's long-standing partners. Additionally, the mission will help companies and industry organizations within the province expand their relationships with stakeholders.

Continued on page 8

PRINCE ALBERT LIVESTOCK SALES
A division of Northern Livestock Sales

Fri., Feb. 17, 2023
Bred Cow, Heifer & Pair Sale 1:00 p.m.

Mon., Feb. 27, 2023
Regular Sale 8:30 a.m.; Presort Sale 12:00 p.m.

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

Your independently owned & operated livestock marketing facility - working with the producers' best interest in mind

team
www.teamauctionsales.com

FEEDER FINANCE PROGRAM AVAILABLE - Please contact Glen

Brent 306-240-5340 • Glen 306-960-4732 • Boyd 306-841-7998 • Frederick 306-227-9505
Office 306-763-8463 ~ Fax 306-763-4620
For market info visit: www.northernlivestocksales.ca

MEADOW LAKE LIVESTOCK SALES LTD.

Wed., Feb. 22, 2023
Regular Sale 10:00 a.m.
Presorted Internet Calf Sale 12:00 p.m.

Fri., Mar. 3, 2023
Bred Cow & Heifer Sale 1:00 p.m.

Producers wishing to market cattle prior to sale day please contact the office 306-236-3411 for delivery.

Your independently owned & operated livestock marketing facility - working with the producers' best interest in mind

team
www.teamauctionsales.com

FEEDER FINANCE PROGRAM AVAILABLE - Please contact Brent

Brent 306-240-5340 • Blair 306-240-9883 • Brody 306-240-6504
Office 306-236-3411 ~ Fax 306-236-3412
Email: mlstockyards@sasktel.net ~ market info visit: www.mlstockyards.com

Highlights of a Shellbrook Town Council meeting

By **JORDAN TWISS**
Shellbrook Chronicle
Reporter

Shellbrook's Town Council met for its first regular meeting of 2023 in person and via teleconference on Monday, Feb. 6.

In attendance were Mayor Amund Otterson, councillors Bruce Anderson, Larry Batten, Peter Halayka, Cheryl Ledding, Brent Miller, and Kathleen Nording, and the town's CAO, Kelly Hoare.

The meeting was called to order by Mayor Otterson, and council began with its customary recog-

inition of Truth and Reconciliation. Immediately after this, it approved the meeting's agenda, adopted the minutes of its Jan. 16 meeting, and moved on to council's reports.

In a brief update on the PARWU Board and its plans to build a new water treatment plant and intermunicipal water pipeline to Shellbrook, Mayor Otterson told council that there hasn't been much progress on the project while PARWU waits for word on an Investing in Canada Infrastructure grant.

He said the board is also waiting on word

from the City of Prince Albert about its current water contract, but in the meantime is plotting out its rates (and potentially looking at a 10 per cent increase).

Moving into hospital and clinics news, Mayor Otterson said human resources, especially front-line workers like registered nurses and licensed practical nurses continue to be an issue in Shellbrook (and everywhere). He added that the issue has resulted in emergency room closures and disruptions at Parkland Integrated Health Centre over the past month.

Rounding out the reports, Hoare informed council that the town's community safety officer, Craig Young, had completed his certifications and started working full-time.

Shifting over to new business, council began by approving the transfer of funds, totalling \$414,180.62, to town reserves (essentially, accounts for town infrastructure or equipment that ensure the town has money in case of an emergency).

Up next, council gave second and third reading to, and enacted, Bylaw 2023-01, the Council Code of Conduct Bylaw, and unanimously gave three readings to, and

enacted, Bylaw 2023-02, the Council Procedures Bylaw.

In other new business, council voted in favour of participating with surrounding towns, villages, and rural municipalities in applying for a Targeted Sector Support grant to establish a Regional Emergency Operations Committee. Councillor Anderson suggested approaching nearby First Nations as well, and Hoare said she'd have to look into it.

Closing out the meeting, Council discussed the upcoming auction of the CN Station, the Rayside School building, and the items remaining in the collection of the Shellbrook and District

Heritage Museum.

On-site viewing for the museum auction will take place on Friday, March 10 and Saturday, March 11, 2023, with the auction taking place online on March 12, or in person at Schmalz Auction Services.

Items must be picked up between March 12 and March 14, 2023.

In hopes of turning the auction into a boon for the community, Councillor Miller suggested that the proceeds from the auction be directed to a local cause. In the end, council unanimously supported the idea of donating the funds to the Parkland Pool Committee, to help it build a new swimming pool.

Ag Minister departs on trade mission to UAE, India

Continued from 7

"We continue to advocate for our province as a top supplier of safe, high-quality and sustainable agri-food products," Marit said in a statement. "Missions like this are critical for strengthening relationships with our long-standing partners worldwide. The United Arab Emirates and India are both important markets for our province and represent over \$769 million in combined agri-food exports in 2022. There have been positive developments with lower trade barriers in India and it is continuing to be a premier destination for Saskatchewan's pulses."

In 2022, Saskatchewan was the United Arab Emirates' and India's largest supplier of lentils, accounting for 70 per cent and 55 per cent of the country's imports, respectively.

Saskatchewan has a network of nine international trade offices, two of which are in India and the United Arab Emirates. The offices are working to grow Saskatchewan's exports, attract investment into the province and strengthen relationships with our partners in these markets.

Minister Marit will begin his trip in Mumbai for the opening of the Pulses Conclave, then travel to Dubai. During the mission, he will meet with the Consul Generals of Canada to UAE and India, attend the Gulfood 2023 trade show in UAE and meet various officials and industry experts from industry associations and oilseed, wheat, pulse and ingredient companies.

Saskatchewan's delegation departed for Mumbai on Feb. 13, and is scheduled to return on Feb. 22.

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,
Live-stream worship
service on Facebook,
Worship Sunday, 9 a.m.
Rev. Emmanuel Aristide

PENTECOSTAL CHURCH

Parkside
10:30 a.m. Worship
Pastor Lorne Valuck
306-747-3572
Shellbrook
Adult Study
9:30 a.m.
Sun., 10:30 a.m. - Worship
Pastor David Bodvarson
306-747-7235
Canwood

Summer: 10 a.m. - Worship
Pastor Bob Wrench
306-468-2138

Leask Gospel Tabernacle
Sunday 11 a.m.
306-466-2296

PRESBYTERIAN

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

IMMANUEL LUTHERAN

Parkside
11 a.m. - Worship

ANGLICAN CHURCH

Leask - All Saint's
Sunday Service - 9 a.m.
St. Andrew's - Shellbrook
Sunday, 11 a.m. Service
Canwood - Christ Church
Sunday, 2 p.m. - Service
Rev. Wendell Brock
306-460-7696
H.C. Service with Rev.
Brock - 1st Sunday of the
month

MENNONITE

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

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
Sun. Worship - 11:00 a.m.
(10:30 a.m. June - August)
306-468-2525

UNITED CHURCH

Big River
Sundays
10 a.m. - Worship
at Anglican Church
Rev. Dave Whalley
306-747-2804

CATHOLIC CHURCH

Debden
Sun. Mass - 9:30 a.m.
Fr. Mariusz Zajac
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. Mariusz Zajac
St. Agatha's - Shellbrook
Mass - Sunday 11 a.m.
St. Henry's - Leask
Mass - Sunday 9 a.m.
Mistawasis
1st & 3rd Sundays 1:30 p.m.
Fr. Tuan Doan

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
306-747-3398

Team Sask. features local talents for Winter Games

By **JORDAN TWISS**
Shellbrook Chronicle
Reporter

With the 2023 Canada Winter Games just around the corner, Team Sask has unveiled the full roster of athletes, coaches, and support staff who will travel to Prince Edward Island to compete against Canada's best young athletes.

The full contingent was announced last Wednesday, and the list of 217 athletes and 74 coaches features plenty of local talent to cheer for.

From Shellbrook, 14-year-old Marcail Philp will be competing in her first Canada Winter Games in cross-country skiing. Meanwhile, 12-year-old figure skater Julia Shindle will join her pre-novice pairs partner, Stefan Lotz, and Shellbrook Skating Club coach, Tasje Sharron, at the games.

Hailing from Canwood, Heather Sten

will serve as an alpine skiing coach, and Jacklyn Sten, 15, will compete in alpine skiing. Joining them on the slopes is 14-year-old Danica Laventure from Leoville.

Rounding out the local representation, Team Saskatchewan's male curling team will consist entirely of talent from Leoville and Spiritwood. Leoville's Ronald Craswell will serve as the team's coach, while 17-year-old Deon Laventure and 16-year-old Karstin Soucy, both from Leoville, will play skip and third, respectively. From Spiritwood, 18-year-old Bohdan Booth will serve as the team's second, and 17-year-old Jayden Dauvin will play lead.

The 2023 Canada Winter Games kick off with the opening ceremony on Feb. 18 and run until March 5.

For more information, or to follow all the action, visit <https://www.2023canadagames.ca/>

PRAISE & WORSHIP

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

PARTNERS IN FAITH

Lutheran/United/
Christchurch Anglican,
137-2nd St. W.
Spiritwood
Worship 1:30 p.m.
Rev. Sarah Urano

UNITED /ANGLICAN

Worship Services
Glaslyn
Time is on the sign
Rev. Kun Kim
Rev. Don Skinner

CATHOLIC SUNDAY

Spiritwood - 11:15 a.m.
Leoville - 9:30 a.m.
Shell Lake - 2:00 p.m.
SATURDAY
Medstead - 6 p.m.
Everyone Welcome
Fr. Ramel Macapala

COWBOY CHURCH

Spiritwood
Every Wednesday Night
7 pm
Spiritwood Legion Hall
Pastor Rick Martin

LAKELAND COMMUNITY CHURCH

(Corner of 1st Ave. and 4th
St., Spiritwood)
Sun., 11 am - Worship
Service & Sunday School
Pastor Michael Kluthe
306-883-2380

FIELDS OF HOPE (HOFFNUNGSFELDER) MENNONITE CHURCH

Glenbush
Worship - 11:00 am
BETHEL
Medstead
1st Sunday, 10 am -
Worship
Pastor David Jensen
3rd Sunday - 10 am
Worship
Pastor David Jensen

MENNONITE BRETHREN

Glenbush
10:00 am - Sunday School
Worship 10:50 am

Gideons International of Canada

Battlefords Camp
Phone Art Martynes
(306) 389-4633

SEVENTH DAY ADVENTIST

407 - 2nd Ave. E,
Shellbrook
Sat., 9:45 am -
Sabbath School
Sat., 11:00 am - Worship
Broadcast on
VOAR 92.1 FM
Pastor Liviu Tilihoi
306-747-3398

BELBUTTE FULL GOSPEL

11 am Worship Service

PARTNERS IN WORSHIP

Shell Lake
Worship Services
Sunday 9:00 a.m.
Pastor Sarah Urano
306-841-7333

Minutes of an RM of Shellbrook special meeting

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

Minutes of a special meeting of Council of the Rural Municipality of Shellbrook No. 493 held on Wednesday, Dec. 21, 2022, in the Municipal Office Council Chambers at Shellbrook, Sask.

Present: Reeve - Doug Oleksyn, Division 1 - Cliff Skauge, Division 2 - Phil Hamel, Division 3 - Christine Strube, Division 4 - Jay Ferster, Division 5 - Derwin Joelson, Division 6 - Ivan Ten Bos, and Administrator - Duane Storey.

Reeve Oleksyn called the meeting to order at 8:32 a.m.

Hamel: That, the Agenda of the Special Meeting of Council on Dec. 21, 2022, be amended as follows: Add in-camera. Carried

Skauge: That, the Agenda be approved as presented. Carried

Strube: That, the accounts payable dated Dec. 15, 2022, as attached hereto and forming part of these minutes, being regular cheque numbers 13167 to 13210 in the amount of \$299,096.60 be approved. Carried

Joelson: That, the Administrator contact all affected parties in regard to a gated road allowance west of 28-52-02-W3. Carried

Hamel: That, the RM of Shellbrook No. 493 appoints the following Council Committees and Appointments for 2023 as follows:

- a) Finance & Administration - Reeve, Deputy Reeve
- b) Fire - Ferster, Hamel
- c) Gravel & Clay - Reeve, Ferster, Skauge and the Councillor concerned
- d) Machinery - Reeve, Joelson, Ferster
- e) Recreation - Council as a whole

f) Road Ban - Reeve, Deputy Reeve, Hamel

g) Roads - Reeve, Ten Bos, Strube, Ferster and Councillor concerned. Carried

Strube: That, the RM of Shellbrook No. 493 appoints the following Council Committees and Appointments for 2023 as follows:

- a. Local Library - Skauge
- b. Nisbet Forest - Hamel
- c. OH & S - Joelson, Ferster, Todd Lande
- d. Parkland Physician - Recruitment & Retention Reeve, Skauge
- e. Sturgeon Lake Regional Park
 - i. Chairperson - Gord Roberts
 - ii. Secretary - Melanie Neufeld
 - iii. Board - Reeve, Joelson, Hamel, Strube, Scott Hahn, Dave Middlebrook, Steve Schmidt.
- f. Wapiti Regional Library - Skauge
- g. Rural Crime Watch - Skauge
- h. PARWU Board - Reeve, Deputy Reeve, Phil Hamel. Carried

Hamel: That, the RM of Shellbrook No. 493 appoints the following Council Committees and Appointments for 2023 as follows:

- a. Administrator Duane Storey
- b. Auditor - Sensus Chartered Professional Accountants
- c. Building Inspector - BuildTech Inspections
- d. Board of Revision - Nor-Sask Board Services
- e. Development Officer - Administrator
- e. Development Appeals Board - Nor-Sask Board Services
- f. Fire Guardians - Councillor of each Division
- g. Pest Control Officer - Vacant
- h. Pound Keepers - Councillor of each Division appoints as required
- i. Weed Inspector - Councillor of each Division

j. Property Maintenance Appeals - Nor-Sask Board Services. Carried
Delegation Foreman Bill Aug entered the Council Chambers at 11:20 a.m. to update Council on Municipal Operations.

Delegation Todd Lande entered the Council Chambers at 11:40 a.m. to update Council on Municipal Operations.

Deputy Reeve Derwin Joelson left the meeting at 11:57 a.m.

Ferster: That, the custom rates for 2023 be approved as follows:

- a. Backhoe - \$140 per hour
- b. Brush work payout - \$400 per 1/2 mile
- c. Cat - \$200 per hour
- d. Gopher getter - \$50 per day with a \$50 deposit (minimum charge \$10)
- e. Grader - \$200 per hour - 1-hour minimum \$250 outside RM
- f. Grave digging within RM - \$700 dig only, \$900 dig and close
- g. Gravel delivered with RM trucks - \$400.00 per 10-yard load of crushed gravel, \$600 per 20-yard load of crushed gravel, CN gravel not for Sale.
- h. Loader - \$180 per hour

i. Motor Scraper - \$240 per hour in Municipality \$290 per hour outside of Municipality

j. Pit run delivered \$365 per 10-yard load, \$470 per 20-yard load

k. Skid steer - \$120 per hour

l. Tandem gravel truck - \$150 per hour, \$175 with pup

m. Track hoe - \$240 per hour

n. Tractor & mower - \$145 per hour

o. Tree Planter - \$20 per day with a \$50 deposit (minimum charge of \$10)

p. 1 ton and sander - \$100 per hour, 1-hour minimum

q. Snow Plow & Sander - \$200 per hour. Carried

Ferster: That, all information in regards to 2022 gravel be received and filed. Carried

Strube: That, Rural Municipality of Shellbrook No. 493 employees be paid for 8 hours per day if directed to stay home due to the threat of COVID-19, and that employee leave to be compliant with Saskatchewan Health Authority guidelines. Carried

Strube: That the meeting be adjourned at 2:03 p.m.

COMMUNITY CALENDAR

SPIRITWOOD: Wapiti Regional Library - Tuesday 9 am - 5 pm; Wednesday 9 am - 5 pm; Friday 9 am - 5 pm
LEOVILLE: Wapiti Regional Library - Wednesday 10 am - 4 pm; Thursday 10 am - 3 pm
SHELL LAKE: Wapiti Regional Library - Tuesday 12:30 pm - 4 pm; Wednesday 12:30 pm - 4 pm

BLAINE LAKE: Wapiti Library - Wednesday 11 am - 6 pm; Friday 11 am - 5 pm; Saturday 10 am - 4 pm. Contact us for more info 306-497-3130, www.wapitilibrary.ca.

BIG RIVER: Wapiti Library - Wednesday 11:30 am - 4:30 pm; Thursday 11:30 am - 4:30 pm. Phone # 306-469-2152

CANWOOD: Canwood Branch of Wapiti Regional Library. Tuesday 10 am - 3:30 pm; Thursday 3:30 pm - 8 pm; Friday 1:30 pm - 4:30 pm. Kids Club is Fridays 3:30 pm - 4:30 pm, Crafter's Choice is the 2nd and 4th Tuesday of each month.

DEBDEN: Wapiti Library hours: Tuesday 10 am - 3 pm; Wednesday 3 pm - 7 pm. Librarian: Aline Hannon

LEASK: Wapiti Library & Legacy Gallery Hours - Tuesday 9 am - 2 pm; Wednesday 3 pm - 6 pm; Friday 1 pm - 5 pm

MARCELIN: Wapiti Library - Tuesday 2 pm - 7 pm; Thursday 2 pm - 8 pm; Saturday 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: Monday 2 pm - 6 pm; Tuesday 12 pm - 8 pm; Wednesday 2 pm - 8 pm; Thursday 12 pm - 6 pm; Friday 9 am - 4 pm.

SPIRITWOOD: Spiritwood Spirited Players present SCRAMBLED by Pat Cook. Thursday, March 2 - 7pm, \$10 at the door; Friday, March 3 & Saturday, March 4, \$50 Dinner Theatre. Presented at the Spiritwood Civic Centre. Dinner Theatre tickets available at Martodam's Family Retail or by phone @ 306-883-7882. *Produced by special arrangement with Eldridge Publishing Company.

SHELLBROOK: Junshin Judo Club, Royal Canadian Legion Hall (102 - 2nd Ave E, Shellbrook) - No Charge Introductory Judo Classes for new & returning students up to and including Sunday, February 26, 2023 - Classes begin @ 1pm. For more information, call Sensei Fred Tatler: 306-747-3143

SPIRITWOOD: Witchekan Wildlife Federation Annual Awards & Banquet Night Celebrating 50 Years! Saturday, February 25, 2023, Spiritwood Civic Centre. Cocktails - 5pm; Supper - 6pm; Adults \$30; 12 & Under \$15; Preschool Free. For tickets call: Lyla 306-841-8284; Pearl & Eric 306-883-2835; Fern 306-883-2651. Photo Contest - Categories include: Scenery, Hunting, Fishing & Wildlife. Pictures must be printed on 8x10 Kodak paper & can be submitted the day of banquet.

CAMEO: Cameo Community Snowmobile Rally - Saturday, February 25, 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*. Call Keith at 306-747-3765 or 306-747-2101 or Ralph at 306-747-3611. Kaiser Tournament ~ Sunday, Feb. 26, Cameo Hall, Register 12 noon - 1 pm, \$5 per person.

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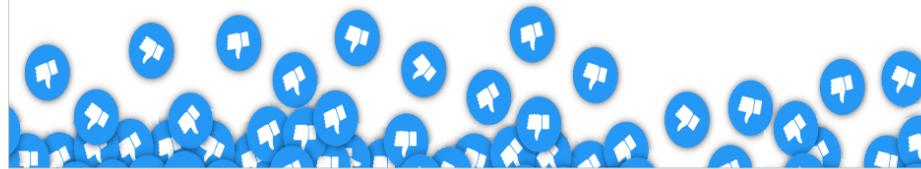
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JUNIOR CITIZEN OF THE YEAR

2023 JUNIOR CITIZEN OF THE YEAR SCHOLARSHIP
CALL FOR NOMINATIONS



For over the past four decades The Saskatchewan Weekly Newspapers Association, in partnership with SaskPower and 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:
- Have a positive lifestyle
 - Have had the ability to overcome life's challenges
 - Have a strong sense of caring and responsibility
 - Are dedicated to community and school
 - Inspire others
 - Are between the ages of 8 to 18

This year four deserving youth will receive a \$3000 bursary, provided by SaskPower, to use towards their post-secondary education. Someone you nominate could be one of them.

Visit www.swna.com for further information and nomination forms
Nominations close March 31, 2023

Minutes of an RM of Canwood meeting

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

A regular meeting of the Council of the Rural Municipality of Canwood No. 494 was held in the Municipal Council Chambers, at 641 Main Street, Canwood, SK, on Dec. 20, 2022, commencing at 9:05 a.m.

Present – Reeve Lyndon Pease, Administrator Lorna Benson and the following Councillors for their respective divisions: #1 Ralph Korody, #2 Gerald Muller, #3 Gordon Andrews, #4 Mario Boisvert, #5 Kevin Olson, and #6 Cody Lockhart.

Delegations:

9:30 a.m. Dwight Diehl, Public Works Supervisor, Municipal Operations Update

10:30 a.m. Lorne Zelinski, Finning Canada

11:00 a.m. Allen Bekolay, Brandt

11:45 a.m. Councillor Indemnity

Boisvert: That the minutes of the Nov. 22, 2022, Regular Council Meeting be approved. Carried

Olson: That the Statement of Financial Activities for the month of November 2022 for the R.M. General Account be approved as presented. Carried

Korody: That we approve the payments as listed on the attached account listing for a total of \$189,889.41, Council Direct Deposits for November and Payroll Direct Deposits for 2022 Pay Periods 23, 24 & 25. Carried

Public Works Supervisor Dwight Diehl attended the meeting at 9:40 a.m.

Korody: That the 8.2 ton limit be removed from the roads known as the Canwood Park Cut-Across Road and the Old Parkside Highway at such a time that the provincial winter weight restriction is declared. Carried

Pease: That we, the Council of the Rural Municipality of Canwood, intend to participate in one or more procurements offered through the Saskatchewan Association of Rural Municipalities (SARM), between Jan. 1, 2023, and Dec. 31, 2023. Carried

Andrews: That we agree

to the renewal of Policy 7.06 Snow Plowing as presented. Carried

Olson: That we instruct the Chief Administrative Officer to make application to Service Canada for the 2023 Canada Summer Jobs for one public works general labourer. Carried

Korody: That we agree to purchase a 2022 14815 Bush Hog Heavy Duty 15-foot flex wing mower from Triod Supply, North Battleford, Sask., for \$38,700 plus applicable taxes. Carried

Olson: In the matter of the signed and maintained snowmobile trail in the Rural Municipality and further to Resolution Number 10 of March 17, 2020, we acknowledge the addition of the Primary Trail 103D. Carried

Boisvert: That we appoint Councillor Kevin Olson as Deputy Reeve and amend signing authorities accordingly. Carried

Lockhart: That we agree to the purchase of two 2023 150 AWD Motor Graders from Finning International Inc., Saskatoon, Sask., for the sum of \$550,400 each plus applicable taxes with the expected delivery to be in the first quarter of 2024. Carried

Lockhart: Further to Resolution Number 12 of these minutes, we agree that we will retain the current graders for the time being. Carried

Korody: That we agree to set the rate for driveways cleared by municipal equipment at \$260 per driveway per time. It is further agreed that non-ratepayers will be charged an additional 50 per cent of the above rates with an agreement for payment to be made in advance of the commencement of work. Carried

Olson: That in the matter of the sale of gravel to ratepayers of the R.M. of Canwood No. 494, ratepayers may be eligible to purchase a maximum of 44 yards of crushed gravel and/or a maximum of 100 yards of pit run in any one year regardless of the number of ratepayers at one yard site or the number of yard sites per ratepayer. The gravel shall only be delivered to the ratepayer's property in

the R.M. of Canwood No. 494, which includes R.M. ratepayers' property which is located in the Villages of Canwood and Debden. The purchase of gravel is dependent upon the availability of gravel and may change over time. It is further agreed that we set the price for crushed gravel at \$22 per yard, pit run at \$10 per yard, and 2-inch crushed gravel at \$22.00 per yard, plus \$0.40 per yard mile hauling charge. Carried

Public Works Supervisor Dwight Diehl left the meeting at 1:09 p.m.

Lockhart: That we agree to purchase an AED for the Canwood First Responders at a cost of \$1,307 plus applicable taxes. Carried

Pease: That we apply a Consumer Price Index average of 6.0 per cent to the Wage Grid Structure as set out in Policy No. 3.05 effective Jan. 1, 2023. Carried

Boisvert: That we approve the minutes of the Human Resources Committee Meeting of Dec. 7, 2022. Carried

Pease: That we acknowledge receipt of the completed Public Disclosure Statement Forms from Lyndon Pease, Ralph Korody, Gordon Andrews, Kevin Olson, Cody Lockhart and Gerald Muller. Carried

Olson: That in the matter of the tax arrears outstanding on Blk A Plan 101577506 Ext 23, NE 28-53-07 W3, we accept the payment proposal of \$50 per month until the arrears are paid in full. Further to this, we instruct the Chief Administrative Officer that upon default in payment to authorize Veritas Law to proceed with tax enforcement. Carried

Muller: The Council of the Rural Municipality of Canwood No. 494 confirms the municipality meets the eligibility requirements to receive the Municipal Revenue Sharing Grant;

That we understand if any requirements are not met, the Municipality's Municipal Revenue Sharing may be withheld; and

That we authorize the Administrator to sign the Declaration of Eligibility and submit it to the Ministry of Govern-

ment Relations. Carried

Korody: That we acknowledge receiving the Financial Statement from the Canwood and District Memorial Arena for the period of Nov. 1, 2021, to Oct. 31, 2022. Carried

Korody: That for the year 2023, Council members receive remuneration at a rate of \$250.00 per diem with travel allowance of \$0.60 per kilometer traveled on municipal business. Carried

Pease: That we agree to purchase a Lake Country Co-op Gift Card in the amount of \$100.00 for each employee through the Canwood School Fundraiser. Carried

Muller: That we agree to continue with the Council Sponsored Bursary for 2023 in the amount of \$1,000. Further to this, the bursary recipient will be determined through a selection process involving an application and interview. Carried

Andrews: That the Council of the Rural Municipality of Canwood No. 494 enacts as follows:

1. The Reeve and Chief Administrative Officer of the Rural Municipality of Canwood No. 494 are hereby authorized to borrow from Affinity Credit Union, Canwood Branch, the sum of \$700,000.00 required to meet the current expenditures of the said Municipality until the taxes for the current year are available to pay and agree to pay interest thereon either in advance or at maturity and in either case after maturity at the Prime Rate of the Affinity Credit Union, Canwood Branch.

2. The amounts (if any) heretofore borrowed and the amount to be borrowed under this resolution, for the purpose aforesaid, amount in The Aggregate to the sum of \$700,000.00 and accordingly do not exceed one hundred percent of the total municipal taxes levied during the previous calendar year for general municipal purposes.

3. The Reeve and the Chief Administrative Officer are hereby authorized to execute under the seal of the Municipality an overdraft lending agreement with Affinity Credit

Union, Canwood Branch, for the amount of the said loan with interest at the Prime Rate of the Affinity Credit Union, Canwood Branch, on Account No. 5108485. Carried

Pease: That for the purposes of the Trust Initiatives Program (T.I.P.S.) for the year 2023, we designate 586 of our population to the Canwood Recreation Board, 581 of our population to the Debden Recreation Board and 184 of our population to the Mont Nebo Recreation Board. Carried

Andrews: That effective Jan. 1, 2023, we agree to set the following firefighting rates:

- Minimum Call Out (3 hours): \$150 (Paid to Firefighters)
- Amount paid to each firefighter: \$50/hour starting at hour four
- Fire Call Fee (Ratepayer): \$500 for the first hour
- Hourly Rate: \$100/hour
- Fire Call Fee (Non-Ratepayer): \$1,000 for the first hour
- Hourly Rate: \$300

The following rates will be in effect during a Fire Ban and are set in addition to the above. The rates are as follows:

- Minimum Call Out (3 hours): \$150 (Paid to Firefighters)
- Amount paid to each firefighter: \$50/hour starting at hour four
- Fire Call Fee (Ratepayer): \$750 for the first hour
- Hourly Rate: \$300/hour
- Fire Call Fee (Non-Ratepayer): \$2,000. Carried

Pease: That we approve the Demolition Permit Application of Dawson Doucette to demolish an old garage pursuant to Bylaw 2020-02. Carried

Olson: That we advise the Community Planning Branch of the Ministry of Government Relations that we recommend approval of the Application to Subdivide Land of Peter Macinnis, for the purpose of subdividing Parcel A from the SE 18-53-06 W3, as the site has physical and legal access and exceeds the minimum site area requirements of Section 5 of the Municipal Zoning Bylaw 2003-7. Carried

Boisvert: That we now adjourn at 2:30 p.m. Carried



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Can anyone topple the Bruins?

Despite a stunning and uncharacteristic three-game losing streak a few days before the National Hockey League all-star break, the Boston Bruins have enjoyed an incredible streak of success. The Bruins, under the direction of new coach Jim Montgomery, had suffered a mere seven regulation-time defeats in the team's first 50 games, racking up a huge lead over second-place Toronto in the Atlantic Division and creating miniscule betting odds for Beantown to host a Stanley Cup parade this June.

Boston's closest rival at the all-star break appeared to be Carolina Hurricanes, whose regulation-loss total of nine was the only other one in single digits. Other division leaders and their loss totals were Dallas (13) and Seattle (15).

The Bruins' roster this season isn't much different from last year's squad that finished 51-26-5 and lost out in the first round of the playoffs to Carolina. The

quick playoff ouster may have been the key factor in coach Bruce Cassidy's dismissal (he wound up with Vegas Golden Knights) and Montgomery's hiring. The new coach had a successful stint in Dallas before an abrupt alcohol-related departure in 2019 left him on the sidelines for a couple of years. That situation is in the past, however, and the Bruins are reaping the benefits.

Led by a talented group of offensively-skilled forwards (David Pastrnak, Patrice Bergeron, Brad Marchand, Taylor Hall, and David Krejci), the Bruins are solid from start to finish. The Athletic's Eric Duhatschek supplied high praise for the team in a recent feature, writing that "they have scoring, depth, experience, leadership, a deep one-to-six defence and the best one-two goaltending punch in the league."

Goaltending may have been a weakness in past years, but it's a strength this year. No. 1 guy Linus Ullmark (1.90 goals



BRUCE
PENTON

against average and a .936 save percentage, both tops in the league) is a favourite for the Vezina Trophy and his net partner Jeremy Swayman has gaudy stats, too. Critics say that your neighbour's grandmother might have similar numbers if they played behind a stout defence such as the Bruins have, led by Charlie McAvoy and Hampus Lindholm, the latter a first-year Bruin after signing a free-agent deal last summer.

Vegas bookies had the Bruins as pre-season's 12th favourite to win the Stanley Cup. That sentiment has changed

dramatically. The Bruins are now overwhelming favourites to win the Cup, with Carolina and defending champion Colorado Avalanche next in line.

Based on the first 50 games, it seems there's little that can derail the Bruins from winning their first Cup since 2011. Come June, there is likely to be more than just a tea party in Boston.

• RJ Currie of sportsdeke.com: "Tiger Woods recently told Golf Channel's Morning Drive if all the pieces fall into place, he still has a shot at Nicklaus's 18 majors. It was so inspiring, I mailed another marriage proposal to Anne Hathaway."

• Jack Finarelli, at sportscurmudgeon.com., on the future of ex-Saints' coach and current broadcaster Sean Payton: "There is also a lot of speculation about where Sean Payton might wind up as a head coach. I am on record saying that I hope it is somewhere – anywhere – in order to get him off

TV."

• Headline at fark.com: "Houston Texans considering uniform changes for next season. Still no word on changing out the guys wearing those uniforms for next season."

• A lament from Bob Molinaro of pilotonline.com (Hampton, Va.): "Served up for my fellow curmudgeons is a reminder that at the 2024 Paris Olympics, breakdancing will be a sport. A sport."

• Comedy writer Gary Bachman: "Tom Brady again announced he was retiring. I like Tom Brady but he's no Brett Favre; Favre retired a dozen times."

• Jack Finarelli again, on the NFL's Pro Bowl actually featuring flag football: "For the past decade or so, the Pro Bowl games have been almost flag football games but without the flags."

• Another one from RJ Currie of sportsdeke.com, picking on the Leafs again, referring to the NHL's all-star week-

end: "This is when the Toronto Maple Leafs gear up for another power sprint toward their early playoff collapse."

• From fark.com: "If Philadelphia were to lose the Super Bowl, it could still win in a way by becoming the first city to taste defeat in three straight sports championships." (Phillies, Union-MLS).

• Comedy guy Torben Rolfsen of Vancouver: "Vancouver Canucks GM Patrick Allvin says the return in the Bo Horvat trade is the equivalent to three first-rounders. I haven't seen accounting that creative since the last time Donald Trump filed a tax return."

• Steve Simmons of Sunmedia.com. on the NHL Players Association replacement for executive director Don Fehr: "Boston Mayor Marty Walsh is the front-runner to take over for Fehr. The advantage of his candidacy: He has small shoes to fill."

Care to comment?
Email brucepenton2003@yahoo.ca

Elks clinch playoffs with OT losses

By JORDAN TWISS

Shellbrook Chronicle Reporter

It's official. The U18 AA Parkland Elks are playoff bound.

Needing every point it could get to secure its postseason berth, the team closed out its 2022-2023 regular season last week by playing a trio of home games against the Northwest Stars, the Prince Albert Vulcans, and the Saskatoon Screaming Eagles on Monday, Tuesday, and Friday, respectively.

Though wins would have been nice, the Elks did just enough to get into the playoffs by fighting to overtime losses against the Stars and the Vulcans.

Elks (2) Stars (3) OT

In a high-shooting but low-scoring affair with the Northwest Stars at the Richardson Pioneer Recreation Centre on Monday evening, the Elks got off to the start they needed in the dying minutes of the opening period, when Brody Anderson drew first blood on an assist from Tyson Gagnon.

The lead lasted until five minutes into the second period, when Caleb Pockrant knotted the score up at 1-1 with assists from Hayden Meszaros and Nate Poole.

Though both teams continued to rack up the shots, more than 22 minutes elapsed before the Elks reclaimed their lead on a power play goal by Corvan Stewart, assisted by Chase Hansen.

But an untimely holding penalty for Kaiden Couture gave the Stars their own shot on the power play. And just

over three minutes later, Tyson Ziegler tied the game at 2-2 on assists from Eric Senger and Pockrant.

The Elks and the Stars played to a draw for the remainder of the period. And the tie persisted until just over a minute into the overtime period, when Meszaros beat Elks netminder Keegan Dansereau with an assist from Devante Pratt.

Elks (3) vs Vulcans (4) OT

Comparing the regular season records of the Elks and Vulcans, one might expect the gulf between the two teams to be wide. And yet, in their two meetings prior to last Tuesday's match in Shellbrook, the Elks lost by just one goal (a 3-2 loss in overtime, and a 3-2 loss in regulation).

Tuesday night's game continued this pattern, as the Elks began the scoring late in the first period on a power play goal by Corvan Stewart, assisted by Kendon Skalicky and Kaiden Couture. The Vulcans, meanwhile, answered almost immediately, with Matthew Cudmore scoring an unassisted goal to tie the game at 1-1.

In a similar looking second period, it was the Vulcans' Eric Ward who started the scoring, with a power play goal assisted by Colin Paulhus and Theran Lysitza. The Elks responded in kind just a few minutes later, when Skalicky scored on helpers from Colton Sommerfeld and Tyson Gagnon.

The power play proved critical in the third period, as the Vulcans used it to claim a 3-2 lead on a goal from Kees-tin Danielson, assisted by Lysitza and

Paulhus, and the Elks used it to tie the score on a goal by Jake Boettcher, assisted by Couture and Skalicky.

In a fraught overtime period, the Elks came up just short, allowing Keethan Isbister to secure the Vulcans' win, on an assist from Joshua Henry, with just 48 seconds left on the clock.

Elks (2) vs Eagles (7)

Closing out their regular season with a playoff spot already clinched, the Elks welcomed the Saskatoon Screaming Eagles to Shellbrook on Friday night.

Following two overtime losses against tough opponents, the Elks seemed to take a step backward against the Eagles, falling behind early and failing to catch up.

It took the Eagles just over a minute to draw first blood, with Nate Allardyce burying a rebound off an offensive zone face-off. Ronan Mooney and Jared Boehm assisted on the goal.

After a short, fast-paced, back-and-forth flurry of action, the Eagles went up 2-0 when Taelen Casavant squeaked a puck through Elks netminder Keegan Dansereau on assists from Rowan Martin-Bryk and Drew Walters. The Eagles' James Davidson followed up with another goal, assisted by Aidan Joyce and Maverick Rowlett, a couple minutes later, prompting the Elks to take a timeout and refocus.

The Elks returned to the ice calmer after the break, and kept the Eagles off the board long enough for Jake Boettcher to bury a rebound on an

Elks power play to close the gap to 3-1. Brendan Aug and Tavis Galloway assisted on the play.

However, the Eagles' power play proved just as dangerous, when Martin-Bryk tallied on a sharp angle shot to push the score to 4-1 with assists from Taite Donkin and Joyce. Having surrendered four goals on 11 shots in the first period, Dansereau was pulled from goal in favour of Hunter Nakonechny.

In a quiet second period, the Elks' power play got them on the board once again. This time, it was Cody Morash who scored on a patient play and a beautiful shot. Brody Anderson and Galloway assisted on the goal.

Over to the third period, the Elks once again found themselves struggling to match the Eagles' pace. This allowed Elias Flory to score on a seemingly harmless play, earning Joyce another assist. Minutes later, Donkin got on the board by burying a big rebound with a fourth assist on the night for Joyce.

Given a late four-minute power play, the Elks looked disorganized. The end result was a turnover once the teams were back at even strength, and an unassisted breakaway goal for Allardyce.

With the loss, the Elks finished their regular season at 13-16-3-1, which secured them a seventh place finish and a playoff matchup with the Warman Wildcats.

The Elks' first home game has been set for Saturday, Feb. 18, with puck drop set for 7 p.m.

OBITUARIES

Ronald Guy Desrochers



DESROCHERS – Ronald Guy
November 26, 1949 – January 22, 2023
Ronald “Ron” Guy Desrochers, beloved husband

of Irma Desrochers (née Swenson), of Calgary, AB, passed away on Sunday, January 22, 2023, at the age of 73 years.

Ron was born in Prince Albert, SK, on November 26, 1949. Ron graduated from the University of Saskatchewan with a Bachelor of Commerce and a major in accounting. He became a chartered accountant with distinction in 1973. Ron met Irma in 1968 and they married in 1970. They moved to Calgary, AB in 1990.

He was a member of the board and president of

Lindsay Park Sports Centre and volunteered with his sons’ swim team regularly. Ron accomplished much through his life. He was particularly proud of his many business ventures and enjoyed much success.

Ron loved playing cards and games with his brothers, sisters and grandchildren, and many other family and friends. He also had a passion for golf and was out on the course regularly with many friends and family, traveling extensively to play the game. Ron’s most memorable vacation was

when he and his two sons went to St. Andrew’s, the home of golf, and played the Old Course together in 2009. He also loved to travel the world with his wife Irma, and they created many wonderful memories together. Ron loved music and listening to his favourite artists, including the Eagles and the Beatles.

Ron will be most remembered for his quiet, kind spirit and generosity. He gave so much and expected nothing in return.

Along with his loving wife Irma, Ron is

survived by his two sons and two daughters-in-law, Derek and Jennie Desrochers and Darren and Jane Desrochers, of Calgary, AB; and six grandchildren, Ella Desrochers, Teo Desrochers, Otto Desrochers, Rowan Desrochers, Sarah Desrochers, and Freyja Desrochers, of Calgary, AB. Ron is also survived by his sisters, Pauline Duret and Diane (Bert) Beaulac; brother Denis (Marlene) Desrochers, sisters-in-law, Marlene and (Warren) Loyns, and Marilyn and (Eric)

Thomas; brother-in-law Conrad (Leta) Swenson, as well as numerous nieces, nephews, cousins, and friends.

Ron was predeceased by his parents, Philippe and Jeanne Desrochers of Prince Albert, SK; his brother Albert Desrochers of Calgary, AB, his sister Solange Couture of Debden, SK, brothers-in-law, Andy Duret of Prince Albert, SK, and Jack Couture of Debden, SK; as well as niece Therese Lalonde of St. Albert, AB.

A funeral was held on February 2, 2023.

Mary Kulyk



KULYK: Mary (Rodwin) of Blaine Lake, SK. Passed away peacefully at the age of 101 years in the Shellbrook Hospital on February 2, 2023. She was born November 2, 1921 in the Dodslan area to Polly and Peter Rodwin. In later years moved to the Moon Hills area with schooling at Paddling Lake School. Mary and five siblings schooled there in a one room school.

In much later years she married Michael Kulyk and moved to various places, then settled in Blaine Lake, SK. Mary was self employed as a hairdresser in her home for many years and other numerous jobs.

Her hobbies were gardening, which was big, her flowers in the yard, cooking, cards, softball, travelling and having company over and visiting with family and friends, especially grandchildren and great-grandchildren.

Then in May 1986 her husband passed away and she kept busy at home as she did not drive.

She is survived by:

Her 2 daughters Sharon Turner (Terry), Charlotte Hubbard (Don);

Her granddaughters Melissa Dawn Hubbard (Wade) and Trisha June Menke (Jaymin);

Her Great-Grandchildren: Maxamus Wade Stevenson, Andrew Connor Menke, Sophia Mary Menke,;

Survived by one sister: Jean Zadorozny of Laird

And numerous nieces, nephews and friends.

Predeceased by her husband Michael;

Parents: Polly and Peter Rodwin

2 sisters – Anne Troobitscoff and Helen Bazarkiewicz;

2 brothers Bob Rodwin and Bill Rodwin;

Son in law Ernie Turner.

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 and Crematorium Lynn Anderson, Funeral Director, Shellbrook, SK 306-747-2828.

GOOD NEWS

LESSONS LEARNT

By **DAVE BODVARSON**
Shellbrook Pentecostal Assembly

I came across these nuggets to do with weight loss that you may find helpful. The author, I believe, lost some 70 pounds over a three-year period.

She says:

1. You’ve got to meet yourself where you’re at.

“Your journey is just that: Yours. Instead of being made to feel like you’re not good enough based on what you see someone else doing, focus on where you are and progress from there.”

2. Never eliminate anything completely.

“When we eliminate things from our diet, it’s almost guaranteed that you will crave them more. In my experience, I’d binge the very thing that I told myself I couldn’t have.”

3. You can do anything you set your mind to.

4. Your get-moving options are endless; do various activities.

5. Reward yourself for the small wins.

She stated, “When I started my weight-loss journey, I didn’t set out and say ‘I want to lose 70 pounds.’ Rather, I set SMART (specific, measurable, attainable, relevant, and time-bound) goals that helped me go in the right direction. For instance, a goal like ‘I want to drink three bottles of water every day before 6 p.m.’ If I made it through two weeks of this goal, I would take some time to celebrate the positive progress, whether that be with a trip to the local mall or simply setting aside some “me” time to take an extra long walk come the weekend. When the journey is long, the small wins are what keep your tank fueled up and help you stay motivated for more.”

Everyone is different. When I went on this journey I actually had a goal to lose at least 30 pounds. I was able to do that in about six months with the help

of the Good Lord.

6. You will not be perfect.

She states, “That all-or-nothing mentality isn’t going to do you any good. Have some grace with the idea that from time to time, things aren’t going to go as planned. There will be slip-ups. Rather than get angry and throw your hands up in the air, be proud of yourself for prioritizing your own wellness in the first place. Every single second, you have an opportunity to start with a clean slate.”

I agree. I believe that principle can be applied to our lives in many ways.

7. Water is your BFF

I looked that up. She means water is your best friend. I think I was told to drink water but maybe you are like me you don’t do it as often as you should. It is a helpful friend for health and weight loss.

8. The mental transformation is just as important as the physical.

The author pointed out, “Honestly, I’m still working on my inner dialogue and being kinder to myself. When a big transformation happens on the outside, it’s important to take the time to really think about who it is that you are, what’s important to you, and who you want to be going forward. As a self-proclaimed forever work in progress, I find that regular journaling and making time to reflect on my feelings helps me stay grounded. I’ll never forget about the teenage girl who had trouble finding jeans that fit standing in her local mall. But I know, now, that she’s not who I am anymore.”

I believe what she is pointing out here applies to the spiritual as well. There is one particular devotion that spoke volumes to me. It is about Deborah, who was a deliverer God raised up to free Israel. During the heat of the battle, Deborah spoke to herself and said, “March on, my soul; be strong!”

9. If you want lasting, permanent change—it’s about your lifestyle.

“No amount of exercise will help you against a bad diet.”

I totally agree. I heard of those who have got on a journey and lost weight and put it all back again. That can happen. I trust that my journey with the Good Lord’s help will not end that way. So, I am on this journey not only to lose it but keep it off.

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The family of Doreen Cossette would like to extend a warm thank you to everyone for the phone calls, prayers, flowers and food. Thank you to the Beau "Lac" Funeral Home, Dave Whalley and everyone involved in the service. We greatly appreciated all of the love and support during this difficult time. Thank you again. Leslie Cossette, Andrea, Michelle & Family

NOTICE

NOTICE The Tax Enforcement Act KEVIN JOHN PENNER

TAKE NOTICE that the Rural Municipality of Spiritwood intends to be registered as owner under the above Act of the land described as NE 18-52-10-3 EXT 0, Title No. 151927476.

The municipality claims title to the land by virtue of an interest based on the tax lien registered against the existing title to the land in the Land Titles Registry as Interest Number 194097404 and you are required to TAKE NOTICE that unless you contest the claim of the municipality or redeem the land pursuant to the provisions of the above Act within six months from the service of this notice on you and, subject to the further provisions of *The Tax Enforcement Act*, a certificate of title will be issued to the applicant and you will thereafter be forever estopped and debarred from setting up any claim to, or in respect of, the land.

The amount required to redeem the land may be ascertained on application to the Clerk, Treasurer or Administrator of the municipality. For any questions about the tax enforcement process please contact Taxservice at 1-877-734-3113.

Dated this 2nd day of February, 2023.

Colette Bussiere, Administrator
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African violets are blue... and white, and pink and...

By ERL SVENDSEN

With African violets (*Saintpaulia ionantha*), the first thing that catches your eye is their cluster of brightly coloured, slightly iridescent blooms that sit atop a tidy interwoven rosette of velvety green leaves. They are also one of the easiest houseplants to grow and to keep flowering, giving you years of beauty. No wonder they have been popular for over 100 years.

African violet seeds were first collected in 1892 by Baron Walter von Saint Paul-Illaire, in what was then German East Africa and today is Tanzania. Named *Saintpaulia* in his honor, almost all our modern hybrids are derived from these seeds, representing only two species, *Saintpaulia ionantha* and *S. confusa*. My friend, Sara Williams, saw the wild species in their native habitat while visiting the Amani Nature Reserve in the East Usambara Mountains of Tanzania. They were growing on a vertical granite wall with water dripping down it, in a habitat so dark it required a flash to photograph them. In their native habitat they require constant shade and humidity and are dependent on surface rather than soil moisture.

Today's domestic varieties are much different than their wild ancestors. The fleshy, 'fuzzy' leaves are round to slightly pointed; usually light to dark green but can be variegated white and green, sometimes with faint pink tones; and margins can be smooth or wavy. The leaves form on a short stem in a circular, over-

lapping pattern to form a low rosette. Single, semi-double or fully double slightly iridescent flowers emerge from the leaf axils of recent growth and can be white, pink, red, pale blue, deep purple, striped, multi-hued or even spotted - the latest colour break-through is yellow. African violets range in size from miniatures of less than 3 inches (1.5 cm) in diameter to giants of 16 inches (40 cm) wide.

When taking care of them, consider their natural habitat in Tanzania - moist and shaded in a semi-tropical mountain environment. Bright, indirect light is best (north- or east-facing window) and avoid direct sun as this may lead to scorched leaves. They will also grow quite well under fluorescent lights with 12-hour days. They prefer average room temperature with high humidity (the latter a challenge in winter). Fertilize with a weak soluble fertilizer solution once a month or use slow-release fertilizer.

African violets do not mind being slightly root bound and rarely require repotting (choose instead to start new plants, see below). Miniatures will be fine in very small pots (1.5- to 2.0-inch / 3- to 5-cm pots), while standard plants grow well in 4-inch (10-cm) pots. The potting mixture should be light textured (to avoid water logging) and contain organic matter. Specialized African violet potting mix is available. The root zone should be kept evenly moist

but not overly wet to avoid root rot. Water with room temperature water and avoid wetting the foliage as this may cause spotting. Snap spent flowers and older leaves close to the stem.

African violets are easily propagated from leaf cuttings. Choose leaves from the middle of the rosette - avoid older (outside) or very young (centre) leaves. Use a sharp knife to cut the petiole (leaf stem) close to the stem. If the petiole is overly long, you can shorten it to 1.5 to 2 inches (3-5 cm). Insert the petiole at a slight angle about 0.5 inches (1 cm) deep into moist potting mix. You can have up to four cuttings in a 4-inch (10-cm) pot. Cover the container with a clear plastic bag to maintain humidity; place in indirect light. Open the bag occasionally to let out excess humidity. Rooting should occur in 3-4 weeks (you can check with a slight tug), and after about 8 weeks, small plantlets should emerge from the soil from the base of the cutting. Once the little plantlets have 3 to 5 leaves, carefully uproot the whole cutting, separate the plantlets from their 'mother' and plant in their own pots.

Erl gardens in Saskatoon and nurtures a few houseplants to keep his inside landscape looking green.

This column is provided courtesy of the Saskatchewan Perennial Society (SPS; saskperennial@hotmail.com).



African Violet.

Photo Credit: Peter Bailey

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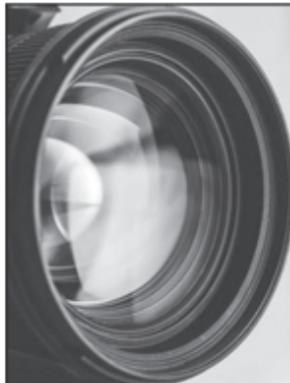
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