

Plain & Valley

Covering Southeast Saskatchewan and Southwest Manitoba

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Above: Dennis Hack in the clubhouse waxing skis before heading out onto the trails. Left: Despite cold winds howling outside of the ski trails, a mid-afternoon sun shines over the ski area.

Serenity in the snow: Rocanville Cross-Country Ski Club

BY JULIA DIMA

Early January was a time most people would have liked to spend hidden inside away from the freezing winds. On some days, across the region, winds gusted from 40 to 70 kilometres.

But tucked away quietly in some brush cover just off Highway 8, the Rocanville Ski Club's trails are like little insulated tubes from the gusting wind and cold. Pushing one ski in front of the other in the enclosed trail has a sense of serenity to it. You can hear the wind blowing hard around you, but you feel a slight breeze on the side of your cheek, and the sunshine on the other cheek.

The Rocanville Ski Club evolved from a simple idea—give people a place to ski. Dennis Hack and his wife Joan were avid skiers, and with another couple, would ski in the back country near their home just south of Rocanville. The idea for offering a ski area grew, and so did the little trails the Hacks made for skiing. It started early in 1991, with back-country skiing through small trails.

"We had a little Caterpillar at the time, so we decided we would start making trails, and then it

just kept growing and growing," says Dennis Hack. "We initially took the path of least resistance through the bush, taking down as few trees as we could, and then we widened it and widened it more, and now we groom it 12 feet wide with two tracks and a skating track in the middle."

There is now around eight kilometres of skiing trail extending through covered brush, and onto land belonging to Hack, club president Layne McFarlane and Bruce Dunsmore.

In 1995, the Rocanville Ski Club was registered as a club with the Saskatchewan Ski Association, and the little clubhouse full of skis and boots, cozy chairs and a crackling wood stove has been serving the region's skiers since then.

Club President McFarlane remembers that it was Hack who convinced him to give cross-country skiing a try. Before 1990, he was not a skier.

"Dennis convinced me to go skiing. The ski club has been in existence since 1991 when it was established, and Dennis said, come on out and go for a ski," McFarlane says. "And then they sold me on cross country skiing. Quite frankly, I just really enjoy

going out there and skiing and having other people participate in the club, and even just maintaining the trail, I find it fun."

Maintaining the trail is a year-round job. In the summer, McFarlane and other ski club members work to cut away brush so that the trail will be smooth for snow-packing, and keeping the grass mowed as well. This past summer, Hack used a rototiller on one part of the trail to smooth out the trail even more, and the club is planning to do the same to parts of the trail each year as an ongoing project.

Four years ago, the club was able to purchase the trail groomer they use today—before that, a snowmobile was pulled through to flatten the trail, a process Hack says could take a long time to pack the snow. With the groomer, clearing the trail for skiers takes about an hour and a half.

"With this groomer, it's an awful lot easier to do it," Hack says.

The ski club has annual memberships for the trail and equipment, but if someone wants to give skiing a try, it is five dollars for a day pass and five dollars to rent equipment—and skiers can come give the trails a try whenever they would like. The club-

house is always open, and always stocked with some hot chocolate to warm up with after a ski.

"It's all on the honour system, there's a box we have here that you put your money in and nobody chases anyone for fees, and people are good about it, they realize this is a facility worth having here and they like to support it," Hack says.

Skiers can choose to come whenever it fits their schedule, and Hack says it is the busiest on warm weekends. But he's particularly fond of night skiing on a clear evening when the moon and stars provide just enough light on the silent trail.

McFarlane says that when he worked full time, he was happy to be able to use the trail whenever it fit his schedule. For him, getting close to nature and enjoying the silence of the secluded trail.

"Sometimes you get on the trail and you can't hear anything. Sometimes you hear a snowmobile in the distance or a truck on the highway. Sometimes you're back there and you'll hear a woodpecker picking away at a tree in the distance, and sometimes you go slowly and quietly, you can get up to the birds. Occa-

sionally, a deer will run by you . . . I've seen a moose out there as well. But the quietness is really unique. Even though we live in a small town, there is still noise around us all the time. You hear cars going up and down the streets, but you go out there on the trail, and there's nothing," he says. "There isn't many times in our life anymore where we have the opportunity to just stand back and listen to nothing. So, I find that great."

Hack says his favorite part of being on the trail, besides the physical activity, is being connected to the nature of the Rocanville area.

"That's the beauty of skiing, you're on a trail winding its way through the bush, and that is how nature is too. I enjoy seeing animal tracks . . . Last winter, at the far end of trail, there was a place where mink would cross, and every few days you'd see the fresh mink tracks, I thought it was really neat to see their trail," he says. "It connects us to nature, no doubt about it. A few years ago, we were fortunate to see a woodpecker, we were able to get right underneath the tree it was pecking, and it was so cool."

Continued on page 21

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Left to right: Teresa LaFoy from CF Sunrise, Grade 6-9 first place winner Olivia Bocian of Weyburn, and Verna O'Neill from CF Sunrise. Bocian won for her clothing line and retail store, Enerji.

2014 YouthBiz winners announced

Winners of the 2014 YouthBiz competition were announced on December 12, 2014. \$2,000 in prize money was awarded to students in southeast Saskatchewan for their efforts in describing their business ideas and developing business plans. This year, 250 students registered to compete in this innovative youth business competition. YouthBiz is a youth contest offered by Community Futures (CF) Sunrise.

In the Grade 6-9 category, first place and \$500 in prize money was awarded to Olivia Bocian of Weyburn for her clothing line and retail store, Enerji. Second place and \$300 went to Madison Meston and Mia Oberholzer of Radville for Post It Problems, an on-line local referral network. Third place and \$150 was awarded to Leah Macfarlane and Claire Larson of Carnduff for their business idea Speak Up, a bully-free café for teenagers.

In the Grade 10-12 category, first place and \$500 in prize money went to Kauron Cooper of Weyburn for her bed and breakfast The Little Things. Karina Peterson of Weyburn was the runner up with her business Outdoor Living, an outdoor adventure company.

"2014 marks the eighth year this youth business competition has been offered by CF Sunrise. Students came up with some incredible business ideas and put a tremendous amount of effort into their business entries this year. The YouthBiz program focuses on assisting young people in finding out what it's like to start a business, and all the planning and decision-making involved. Students describe all facets of their imagined business idea including their set-up process," says Verna O'Neill of CF Sunrise.

Achievement Awards were also given to students whose entries displayed outstanding qualities. Carter Carles, Emilee Bender and Makena Ricard of Radville received awards for their "entrepreneurial spirit" in operating their own businesses. Khloe Bedore and Makenna Ling of Weyburn won a New Invention award for their revolutionary T-Freeze shirt. Ireland Cowan, Laramie Stanley and Megyn Stanley of Carievale won a Motivation Award due to the reason they choose their business idea for YouthBiz. Jarius

Block from Macoun provided a lot of extra detail in his business plan, Block's Custom Cut Butcher Shop, and won the Business Plan Detail award.

A number of students return multiple years to participate.

"Thanks again for this

awesome opportunity, it really opens my eyes to the options I have in the future with becoming an entrepreneur!" says Kauron Cooper, first place winner.

Visit www.cfsask.ca/sunrise for a closer look at all of these YouthBiz winner submissions.

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Left to right: Verna O'Neill from CF Sunrise, Grade 6-9 second place winners Madison Meston and Mia Oberholzer from Radville, and Radville Regional High School teacher Stephanie Jensen.



Left to right: Verna O'Neill from CF Sunrise, Grade 6-9 third place winners Leah Macfarlane and Claire Larson from Carnduff, and Carnduff Educational Complex teacher Collinda Thompson.

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Moosomin resident discovers memories of 9/11

BY JULIA DIMA

One Moosomin resident knows that come September 11, 2015, the day will mean more to her than it has in the past.

Deb Heathcote recently visited New York after her uncle Edwin Wolfe—originally from Moosomin, but a New York resident since 1959—passed away. What she learned about that day, and her uncle, during her visit has been life-altering for Heathcote.

"I think now, knowing what happened with my uncle and going there myself, I think I am going to take pause a lot more on that day every year. I am definitely going to remember those people in my prayers more. It's not going to be 'oh, yes, it's September 11.' It means more now," Heathcote says.

Wolfe left Moosomin to work for the Royal Bank of Canada in British Columbia, before he was offered a temporary job with the

RBC in Manhattan. Wolfe loved New York, and stayed after his retirement. He would regularly visit his parents, Ted and Katie Wolfe and his sister, Norreen Mills in Moosomin, and Heathcote has fond memories of her uncle.

On September 11, 2001, Wolfe, retired, was supposed to take a trip to Manhattan to meet some old colleagues who were still working at RBC for a lunch—they would have been within kilometers of the World Trade Centre. However, that morning, Wolfe was in his apartment, a tall building with a clear view of the financial district of Manhattan.

For Heathcote and her mother, that morning was filled with stress. Unable to contact Wolfe, Heathcote and Mills spent the morning calling again and again, hoping for a reply from Wolfe.

"When you called at that time, you got one of

two messages. One said 'Circuits are all currently in use, please try your call again.' The other one was a French accent, perhaps it was routed through Quebec, that said, 'We are unable to complete your call at this time, please try again.' So, we just kept trying, and finally, at about 1:30 p.m., we got a hold of him. We had five or six hours there of just not knowing what was going on with him. It was stressful," Heathcote says. "When we finally did get through to him, he just said 'I'm fine, and they've asked us to please not tie up the phones if we don't have to . . . I'm fine and I don't want you to worry.' He was a very level-headed kind of guy, that was just how he was. He would want us reassured before he shared the enormity of the situation of what was going on."



Photos courtesy of Deb Heathcote

These are the photographs that Edwin Wolfe took from his apartment window on September 11, 2001. Wolfe's family did not know he took any photographs of the day until after his death this year.

Continued on page 6

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Moosomin resident discovers memories of 9/11

Continued from page 5

Heathcote says that her uncle did not say much about what he had seen that day, she believes because he did not want to scare his sister. What he did tell them was that after the attack, New York was different.

"He told us about how the city pulled together. Everyone had that common feeling of shock, confusion about where things were headed, and how everyone seemed to be more embracing of each other. There was a sense of, 'we've all experienced something here that is life altering,'" she says.

Wolfe, like many New York residents, spent the following weeks bringing food, clean socks, underwear, and t-shirts to the police, firefighters and EMS that were stationed at ground zero. Many rescue crews worked 24 hours a day in the following weeks. Heathcote recalls that Wolfe focused more on sharing the stories of the good, and not the horror he witnessed that day.

"He did not talk much about what it was like seeing it happen. I think that was maybe because he did not want my mom to worry about how he was. He was protecting us, and that was the kind of guy he was," Heathcote says.

It was not until she went to New York at the end of Wolfe's life, and after his death, that Heathcote realized what an impact

that day had on her uncle. In cleaning his apartment, Heathcote discovered newspaper clippings her uncle had kept, 'thank you' cards from the organizations and groups he had helped during the crisis, and photographs that Wolfe himself took, standing at his apartment window on the morning of September 11. His family knew nothing of the photographs or any other memories Wolfe kept of the day until after his death, when Heathcote found them.

"For me, when I found those pictures, it was like, 'Oh my god, he took these pictures right here, standing where I am standing now, and he actually watched this day unfold.' I was overcome with emotion because it was just the enormity of it," she says. "It felt real then. I guess for us in Canada, something you see on TV, you don't have the same appreciation of what it meant, the same depth of feeling until you're standing there. I even moved myself looking out of the window, and realizing, this is exactly where he was standing. And looking at the way the pictures evolve, and the smoke changing from white smoke to this black ominous cloud, it was watching it evolve like he did that day."

While Wolfe did not share all his memories of that day, the photographs and the newspaper clippings Heathcote found make it clear to her that it was an impact

moment for her uncle, as it was for everyone who was there that day.

"One of the women in the same apartment building he lived in told us that there was a woman in the apartment building that nearly never left her home for two years afterward—that she was just so shell-shocked and so devastated that she couldn't handle it. She'd have groceries and take out delivered, but she could not wrap her head around the fact that they had witnessed such immense devastation that day," Heathcote says.

Immediately following the attack, Wolfe regularly made subway trips down to ground zero to drop off donations of fresh clothing for rescue crews and volunteers on site. But every single year afterward, Wolfe continued to make regular donations to the Brooklyn Fire Department, who lost many of their crew that day.

"He had donated to their fund for fallen heroes ever since 9/11. When we were going through his apartment, we found a lot of 'thank you' cards from the fire department for his donations," Heathcote says. Donating year after year was another thing Wolfe never shared with his family back home in Moosomin. But now, after his death, as a memorial to Wolfe, Heathcote's family made a donation to the Brooklyn Fire Department in lieu of buying Christmas gifts for each other this year. She says discovering what her uncle

did made it clear that the family should make this memorial donation in his name.

"He was the kind of guy who wouldn't want to talk about what he'd done, he'd feel like he was bragging," she says. "None of us knew until we found all those cards in his apartment."

While in New York, Heathcote visited the memorial site at ground zero. After understanding what an impact the day had on her uncle, Heathcote recalls the gravity of seeing the memorial herself.

"I can't describe how I felt, I would not do justice to put it into words—but it was very spiritual. The names around the infinity pool of those that died, that are carved, you can rub your hands over those names and that was very spiritual for me," she says. "Anyone that was a firefighter, EMT, police officer, they were acknowledged in that way, like it would say beside their name what department they were with. But they were intermingled—it wasn't like they had all the firefighters in one area, and police in another, and civilians. They were all mixed. No one person's loss was more important... the acknowledgement of each person who died was equal."

Heathcote says after visiting, she thinks it is something everyone should do in their lifetime.

"To me, it was life altering... visiting that memorial."

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Donations help RM of Archie to purchase fire truck

By Ed James
 Recently the RM of Archie's volunteer fire department's fire truck failed its pump test and was facing a repair bill of over \$50,000. The RM did not have the money in its budget for the repair, which would put the 12 volunteer fire fighters in a difficult situation should their services be needed. The RM of Archie has about 330 people and the town has a population of 150 and four various types of emergency fire and rescue vehicles to aid them.

However, over the past few years there have been a growing number of oil pump jacks in the area that have never been in need of fire department assistance, but the McAuley fire department would be there if the need arose.

Since the RM did not have the money for the repair, it did a mail out to local companies, seeking funds with great success. The following oil and gas companies came forward

with donations: Trans-Canada Energy Pipeline project, \$50,000; Tundra Oil and Gas, \$10,000; Crescent Point Energy Corp., \$5,000.

With the help of the Kee-watin Fire Trucks Company, arrangements were made to buy a newer truck with the older one going back to the company to see what parts can be salvaged from it.

At the McAuley fire station, members of the fire department, councillors, and oil and gas company representatives gathered to present the donations with the new fire truck in the background.

"The RM of Archie would like to pass along their gratitude for the generous donations from the oil and gas companies," said Trisha Coleman, CAO of Archie. "With the generosity of these three companies we were able to purchase a 1993 General Spartan Chassis fire apparatus to upgrade our fire department."



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January

14	WEDNESDAY	REGULAR CATTLE SALE	9 A.M.
19	MONDAY	BUTCHER SALE	9 A.M.
21	WEDNESDAY	PRESORT FEEDER SALE	10 A.M.
22	THURSDAY	SHEEP SALE	NOON
26	MONDAY	BUTCHER SALE	9 A.M.
28	WEDNESDAY	REGULAR CATTLE SALE	9 A.M.
30	FRIDAY	BRED COW SALE	11:30 A.M.

February

2	MONDAY	BUTCHER SALE	9 A.M.
4	WEDNESDAY	PRESORT FEEDER SALE	10 A.M.
9	MONDAY	BUTCHER SALE	9 A.M.
11	WEDNESDAY	PRESORT FEEDER SALE	10 A.M.
16	MONDAY	CLOSED - LOUIS RIEL DAY	
18	WEDNESDAY	REGULAR FEEDER SALE	9 A.M.
20	FRIDAY	BRED COW SALE	11:30 A.M.
22	SUNDAY	BONCHUK SIMMENTAL BULL SALE	
23	MONDAY	BUTCHER SALE	9 A.M.
25	WEDNESDAY	PRESORT FEEDER SALE	10 A.M.

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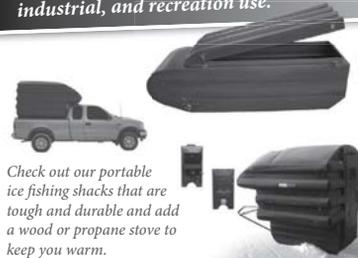
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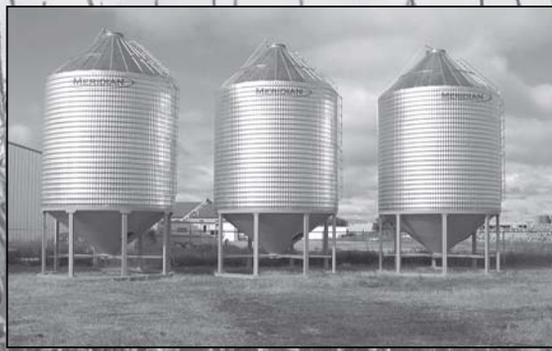
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More snow needed for winter wheat in region

BY JULIA DIMA

A combination of freezing temperatures and very little snow cover could become a problem for winter wheat in the Southeast region of the province. Winter wheat requires insulation from snowfall to grow, and bare prairies with biting wind chills have been concerning some farmers.

Chris Thomas at Parrish and Heimbecker's Moosomin Terminal says substantially less winter wheat has been planted over the years, with only about 8,000 acres in total in the region this year—about two per cent of the total acres. Wet summers have been pushing harvest schedules back, making it difficult to plant winter wheat on harvested canola fields before the risk of frost. For those who did plant a crop, Thomas says there is still not enough snow on the ground to offer proper insulation.

"Winter wheat needs a good start to get out of the ground before freeze-up, so it's got to go in the ground fairly early, and then it needs snow cover," Thomas says. "It just needs to be covered by snow, it doesn't need a whole lot—but, the more snow, the better insulation from the cold. There's not enough snow right now."

A snowfall over the New Years weekend has helped a with insulation, but Thomas believes there needs to be a bit more snow on the ground. If there is not proper insulation, the wheat could suffer winter kill, where certain areas may not germinate, or do poorly if they do germinate.

Despite that, farmers in the region are not worried about the risk of winter kill now, as the wheat is hardiest in the early part of winter.

Allistair Pethick farms near McAuley, and he planted 300 acres of winter wheat this fall. He says there was some concern

about the insulation before last weekend's snowfall, but is not worried about a failed crop.

"We've grown winter wheat every year but one since 2001, and 2013 is the only year we didn't have a very good crop, so it's surprisingly resilient, it seems to survive," he says. In the fall of 2012, Pethick says it was dry conditions in the fall that prevented successful germination, not winter kill that hurt the crop.

Winter wheat is the most susceptible to winter kill in late winter, around March. If there is cold temperatures and poor snow cover at that point, the wheat could suffer.

Allistair says his family has always had good luck with winter wheat, but this year, a late harvest meant the crop was not able to be planted on canola crops, where it is usually planted. The stubble from canola helps capture the snow and insulate the wheat, so without that, Allistair says there is a small concern about insulation, but he is not worried yet, since the concern comes in late winter.

Dwayne Wolf farms near Wapella, and planted about 500 acres of winter wheat this year. With the recent snowfall, he says he's not at all worried about winter kill.

"We've found in the past that as long as you have good snow cover come March when it gets cold, that's when the winter wheat is its most susceptible. It's its most hardy here in December and January, and as winter progresses, it loses its hardiness," Wolf says. "You might lose a little bit on top of hills at this point, but so far, I would suspect it would be very little winter kill so far."

Wolf says in the 30 years his family has been planting winter wheat, only one or two years did not yield a successful crop. "We don't need heavy snowfall, but as

long as there is three to four inches on the winter wheat, you're fine. Right now, it looks really good," he says.

One crop was lost because an early snowfall smothered the winter wheat in October, and caused mould, but there has not been winter kill. However, this year, Wolf says they were very late planting the

crop because of wet weather and a late harvest. Typically, the crop is planted by September 20, and for the first time in his farming career, Wolf says the winter wheat did not get in until October.

Despite the late seeding, Wolf is expecting a successful crop, as long as the snow is covering the crop by March.

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CHRISTMAS GIVEAWAY

Paige and Rudi moving on after Olympics



BY JULIA DIMA

It has been almost a year since Paige Lawrence and Rudi Swiegers made their Olympic dream a reality, competing in pairs figure skating at the 2014 Sochi winter Olympics. Since then, the pair has ended their nine-year skating partnership, and are moving in new directions.

"We had always been about achieving and progressing toward that goal of making it to the Olympics, and then we achieved it, so yeah, it was kind of a lifelong dream, and it was life long of building up to it," says Swiegers. "I think

we'll be reflecting on Olympics for the rest of our lives. It's one of those things that comes to define you as a person."

Lawrence agrees, saying sometimes being on the other side of that life-long goal can feel odd.

"I think it's still something I am reflecting on. Some days, I just think, 'Oh my gosh, that really happened.' It's really strange to be on this side of the goal. We worked toward the Olympics for so long, and it's so different to be on this side. It still catches me off guard some days," she says.

For the pair, being at Olympics was a dream come true every day.

"The three weeks we spent at the Olympics were amazing—really—every single day, I woke up and had the best day of my life. Being able to compete and do two performances that I was proud of was something pretty remarkable," Lawrence says.

"At the time, you're kind of just soaking in the moment, and enjoying what's happening around you—you live in the moment," Swiegers says of being at the Olympics.

Right after the Olympics, the pair did not have much time to reflect on what the experience meant, as it was straight to preparing for the World Figure Skating Championship in March.

"It was really busy, and really exciting, and it made the training in between the two events quite difficult—you're coming off a high, and you don't really have the time to process that. But, we were prepared and ready for it, so I feel like I was able to enjoy both those competitions to their maximum, and yeah, I mean, it's pretty hard to complain about the two biggest competitions we've ever been to, and having personal bests at both... I was able to enjoy it and have fun skating at both those competitions," Lawrence says.

It was after Worlds that the pair had a chance to breathe, and evaluate what comes after you achieve your life-long dream.

For Swiegers, it was time to think about family.

"It was after worlds, I was assessing needing to take some time for myself and going to visit family, just stuff I did not have time to do while training before," he says. "Paige wanted to continue competing for another year and I needed a break, so we did our separate ways."

Lawrence says that she tried to find a new pairs skater after she and Swiegers decided to end the partnership, but could not find an interested partner who did spins and jumps clockwise like she and Swiegers did through their nine years skating together.

Ending their on-ice relationship was not as hard as either expected.

"It was tough and it wasn't—when you spend a lot of time with somebody, like any relationship, you want that other person to be happy, and that comes first and foremost," Lawrence says. "Rudi had things he wanted to do, and I sup-

ported that, and I really hope he finds what he was looking for. It was tough to walk away from the partnership, but I also knew that when he was speaking his heart out to me, and we weren't wanting the same things, it made it easier on me, because even if we had kept going, it would not have been productive if we both didn't want it. It was difficult, but hoping he's doing what's best for him made it easy."

Swiegers says the support made the transition easier for him, too.

"It was difficult, but in the same sense, it was fantastic to be able to move on with each other's blessing," he says.

For Swiegers, it's been a year of reflection. After Worlds, he decided to go back to his home in South Africa to visit family.

"I realized I had not seen my family in South Africa in 14 years, and it was something I really had to go and do," he says. "It was fantastic to go. It's weird how with some relationships in your life, regardless of distance and time, you pick it up where you stopped, like a bookmark on a page. You refresh those memories, and start catching up."

The break to put his family and himself first has meant a lot for Swiegers, who has been working, and skating recreationally while he evaluates what comes next.

"This year has been fantastic for me, being able to assess the other side of a non-competitive lifestyle, how the regular people live," he says with a laugh. "It's been great."

Swiegers has been working in Virden, and spending some time on the ice, but is not sure if he wants to continue competitive skating in the new year.

"Every once in a while, I get the urge to go skating, so I'll find some ice and get out there kind of incognito. For the most part, it's fun to get out to the small centres and get out there and help out. You don't have to train at all, you can just be out there enjoying it. I try to stay away from training. Everyone has their own goals, I just like to go out there and do my own thing. For me, skating has always been about fun and enjoyment and just pushing yourself to achieve something that is greater than what you did the day before."

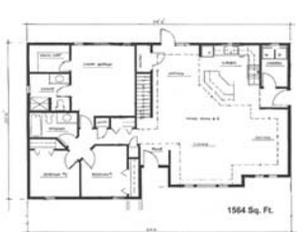
"There are a few things in the works in the future, hopefully, but right now, I am taking things one day at a time, and once Christmas is over, I will sit down and do some goal planning... Right now, what I want to do is just floating around in my head. I don't have any solid plans."

Right now, Swiegers is at his parents' home in Alberta enjoying the Christmas holidays. While the Olympics may have been the dream for nine years, for Christmas, Swiegers has one goal—enjoying the treats and relaxation that come with Christmas.

"That's the dream right now—getting some egg nog in me," he says with a laugh.

Continued on page 18

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en years ago that Saskatchewan's population hit one million people.

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WAS: \$45,995 **SALE: \$44,995**

2011 Chevrolet Silverado K1500 LTZ
Crew, 4x4, 5.3L V8, A-C-T, PW-PL-PS, HTD Leather Buckets, 18" Alum, Green, 172,346 kms
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WAS: \$11,995 **SALE: \$10,995**

2013 GMC Sierra 1500 SLE
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Paige and Rudi moving on after realizing Olympic dream

Continued from page 14

Lawrence has been spending the year coaching in Virden with her coach Patty Hole, and doing public speaking about her time at the Olympics. "After Olympics, I wasn't sure what I wanted to do next. It was a shock in terms of making a life plan, so when I found myself without a partner and a plan to train and compete, I thought, 'Huh, what should I be doing', and I did not want to jump into anything new right away. So, I stuck around to help coach and still skate myself," she says.

In January, Lawrence plans to go back to school at the University of Calgary, and pursue an education in sports psychology.

There's the physical component to all sports, the training everyone thinks of, but on top of that, it's training the mind to get to your optimal performance. We work with sports psychologists to give ourselves the best chance we can—once you're trained and physically ready, all you can do is make sure your mind is ready," she says.

"My sports psychologist had a big impact on my career and just my life in general. I feel like it's a pretty powerful thing to be able to assist other athletes in that area, because I feel like it's often overlooked and not given the attention it's due. I am hoping I can be of aide to other athletes in that way."

Lawrence says having the opportunity to speak publicly gives her the chance to encourage young people to pursue their dreams like she and Swiegers did.

"I think it's important because Rudi and I went to the Olympics training from a small town—we did not move to a big centre, we didn't move away to get a different coach. We stayed true to our roots, training in smaller communities. For me, that is something that is very important to our journey because I wanted to prove that it was possible. I want other kids to look at Rudi and I and say 'I can do this without having to move to a big city.' I hope that leaves an impact on some of the kids.

I know it's possible, and I think that sometimes being from small towns, we can limit ourselves. And that does not have to be the case," she says.

Swiegers and Lawrence's coach through their entire skating career, Patty Hole, hopes that is something younger skaters can take away from their journey.

"You can show people that dreams can come true with small town people. The odds were always against the young kids from the rural area being able to stay here and make it to the Olympics. Rudi and Paige started in a small town, and their dream did come true—that was a huge achievement," Hole says.

For her, as well as the pair, the end of the nine-year Olympic journey was tough, but good at the same time. Hole, like Swiegers, realized it was time to put her family first and needed the break.

"Our dream was to get to the Olympics, so I did my job, and did everything I could to get them there, and I knew once the

Olympic year was done, it would have to be my turn to start looking after myself and looking after my family. So, I guess, because of all the personal reasons, it was the right time for me to step aside too," she says. "Everyone had accomplished their big dream, and now everyone kind of needs that space to figure out what's next. You're together at the rink for so long, so it's a big transition to go to what they did to 'What do I do next?' Even for myself as a coach, I had to ask myself if I jump into something new to try to stay at this level, or where do I want to go?"

Despite saying good-

bye to the pair, Hole says she wouldn't change anything about the last nine years coaching Paige and Rudi.

"It was wonderful. I would never give anything up—it was worth everything, but it's now another chapter in our lives," she says.

"They were basically my second kids. We were together all the time, I looked after them, tried to keep them out of trouble, and absolutely I miss them now.

"They are a very big part of my career and my life. I miss coaching them, and wish them the best whatever direction they go in."

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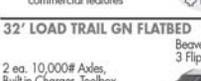
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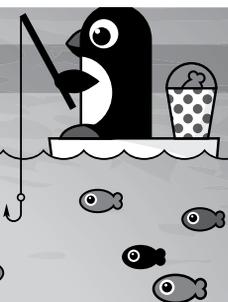
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Ross Lynd named to baseball hall of fame

BY KEVIN WEEDMARK

One of the stars of the McAuley Blazers is being recognized by the Manitoba Baseball Hall of Fame. Ross Lynd grew up in Moosomin and, along with many Moosomin players, suited up with the McAuley Blazers during the team's heyday in the 1970s.

During his career, Lynd earned the reputation of being one of the most dependable and durable Canadian pitchers in the Manitoba Senior Baseball League.

During his seven seasons with the McAuley Blazers, Lynd pitched for 40 regular season games, with a respectable 23-17 win/loss record. Significantly, no other pitcher for the McAuley Blazers has ever appeared in as many games and achieved as many wins in their career.

Ross is no stranger to the Manitoba Baseball Hall of Fame. His brother Terry was inducted in 2006, and the 1973-1979 McAuley Blazers, of which Ross was a part, were inducted in 2011.

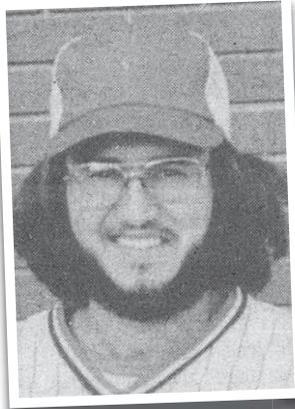
Lynd grew up playing baseball, and has played with many teams over the years. He played with the McAuley Blazers when they first entered the Manitoba Senior Baseball League with a group of Moosomin and McAuley players.

"In 1973 Moosomin and McAuley combined and entered the Manitoba Senior League. I played with them through '77, and again in '80 and '83. I spent 11 years in the league. I think my best years were in the mid-70s with McAuley, where we had a few very good years. We played with some of the—in my mind—best players ever to come out of the league, my kid brother being one of them of course."

"For the first few years we played out of both communities—there were some games in Moosomin and some in McAuley—but we ended up playing just in McAuley."

"There were a lot of great players on the Blazers. I think I'm the fifth from that team to be inducted into the Hall of Fame. I guess it was a generation where baseball was king. There was no soccer, so the good athletes were focused on one game, and it happened to be baseball."

"There was a bunch of young guys in Moosomin who in their own right had a good ball team. McAuley had a very good ball team, and combined we were competitive right from the



Ross Lynd in his playing days, left, and an action shot of the McAuley Blazers

get-go. Even though we struggled finishing the games from the first year, it didn't take us more than the second year to feel comfortable with playing in that league. It was the best ball in Canada, as far as it was comparable to the best leagues in every province across the country."

What stood out to Lynd most, he says, are the friendships he made throughout his career.

"It was neat to have good friends on the team I played with, but I made very good friends with the opposition as well, because I played on teams like this. Mike Labossiere was at the press conference (where the inductees were announced). We had become very good friends over the years. We competed against and with each other."

"We used to have a lot of fun in the McAuley years. One of the highlights, in '75 we won the championship. We had a super ball team, including a couple of Americans who remain good friends to this day—they came up a couple years ago when the team was inducted. It was nice to see them. Every summer that

something comes up to remind you, you think back to the competitive moments or the after game get-together which would have a lot of laughs. It will never be forgotten, for sure."

One experience Lynd will never forget from his baseball years is the national championships. "One of the personal highlights was being involved the first time in the national championships in Fredericton. I pitched the bronze metal game, it wasn't a complete game, but we were leading 8-3 when I left."

"They inched back and got ahead of us by the end of the eighth inning, and Terry Lynd had a three-run homer in the top of the ninth to win the bronze. It was probably one of the most exciting few minutes in my life coming back the way we did it."

For a small town baseball player, Lynd was impressed by how popular the Blazers became.

"It was hard to describe, all the seats would be full and then along both sides there were people with lawnchairs, and out in the outfield, the whole outfield had trucks with four or five people in them looking in," he says. "It

was pretty neat for a small town ball player to be in front of so many people. For a small community it was amazing support we got. In '75 I'm sure we were close to over a thousand people watching our playoff games."

Lynd has never strayed too far from the ballfield in the summer.

"I played some Twilighter ball, I coached my son, and then when he was gone I ended up staying and coaching midget ball for a number of years. I'm currently the provincial co-ordinator for the Twilighter division in baseball, so I'm still involved. I still like the game."

In total, Lynd played 11 seasons in the MSBL, with the Binscarth Orioles in 1972, the McAuley Blazers from 1973-1977 and then again in 1980 and 1983, and with the Moosomin Generals from 1984-86.

He also spent two seasons playing with the Regina Red Sox of the SMLB and one season with the Zillmere North Stars in Brisbane, Australia.

Lynd took part in three national championships while he played in the MSBL. He represented Manitoba in 1976 and 1983, and also played for the host team when the Estman area hosted the national championships in 1977.

In 2006, Lynd was inducted into the Saskatchewan Baseball Hall of Fame for his contributions to baseball as a player and a builder, so he is one of the few players to be part of two provincial halls of fame.

Lynd says it's a real honor to be named to the Manitoba Baseball Hall of Fame.

"It's a honour to have my name up along with some very good ball players over the years. When Terry called me a while back saying they were interested in something coming forward, I'd be lying if I said it wasn't great. There were some recognitions I contributed to over the years, and I enjoyed it. I never really thought of it but it's nice to know that other people thought that my contributions were worthwhile enough to be named to the hall of fame."

He says he is looking forward to the induction ceremony.

"It's nice. It's always a fun night being there and talking baseball," he said.

The Manitoba Baseball Hall of Fame will hold the induction banquet on June 6, 2015, at the Access Event Centre in Morden.

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A day at the Rocanville Cross Country Ski Club

Continued from page 21

Hack says the biggest reward is seeing new people coming to the club and making use of it. The next closest cross country ski club is in Grenfell, so Hack says he hopes the Rocanville club offers the chance to ski to many in the region. In 2014, the club had 81 regular members in addition to people who visited with a day pass.

"The really nice thing about it is to see people using it, that's the satisfaction we get out of it is to see others enjoying it. That's the important thing, I think, is for people to get out, and see nature, and have a way to enjoy it in the middle of winter."

Even on colder days, cross-country skiing is a comfortable sport, working up just enough of a sweat to stay warm and comfortable, and insulated from the wind on most trails, it is easy to get too warm on the trail, even on a cold day.

"In the trees, you have that break, and you can be out there on a cooler day when that wind isn't there, and the heat you generate allows you to go along for a while," McFarlane says. "Occasionally, you'll see, going along the trail, a vest left hanging on a tree or something where a



Dennis Hack in the club's trail groomer.



Wildlife sightings at the Rocanville Ski Club are not uncommon. These moose tracks on the trail were less than an hour old.

person has taken off a layer to pick up on the way back because they got too warm. If you are putting on you skis outside the clubhouse not moving, and you're just right for warmth, you're going to get too warm on the trail."

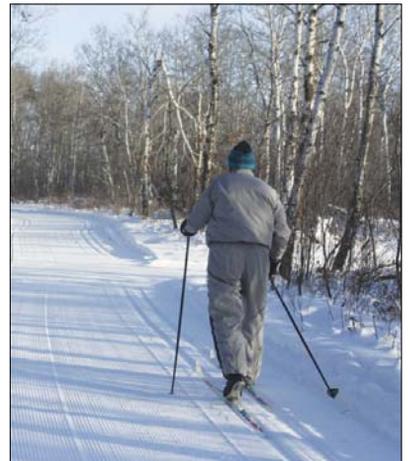
While the trail offers nature lovers and athletes the chance to make the best out of Saskatchewan's cold winters, the ski club has become a family outing for people. Hack says on weekends, especially warmer ones, families will come with all the kids, and some bring hot dogs to have a wiener roast in the stove after a ski. Hack even built a small sleigh designed to fit on the trail so parents can pull their smallest children behind them as they ski.

"That is actually quite popular, I think I need to make a second one now," he says with a laugh.

McFarlane says seeing families make a day of the trails is nice. During a solitary ski over the holidays, he remembers being at the clubhouse about to go for his ski when a grandmother came into the clubhouse with her daughter and grand-kids from a far way out of the region.

"She said to me, 'We have no facility like this in our community, and said it's nice to come here,' and that's always nice to hear," McFarlane says. "We're quite proud of our little club and the service we can provide to the larger community."

Anybody can come to the Ski Club just south of Rocanville any time and pay their day pass and rental fee. Anyone who is interested in buying a membership for the season can inquire of the Ski Club's Facebook page as well. Memberships go to the Saskatchewan Ski Association to provide liability insurance in case someone is injured, and go to help the club improve the trails for everyone.



The ski trails have two tracks for regular cross-country skiing, and a run in the middle for skate skiing.

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