

Plain & Valley

Covering Southeast Saskatchewan and Southwest Manitoba

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One goal behind Hayley Wickenheiser:

Rianne Wight just short of Canada West goal title

BY BRIAN RODGERS

Among some of her peers, Rianne Wight has been nicknamed the Wawota pond hockey champion.

This is quite a compliment, considering her peers make up the University of Regina Cougars' women's hockey team.

"She has tremendous hands, she's very tricky with the puck and she would definitely excel in pond hockey," Cougars head coach Sarah Hodges jokes.

Nicknames aside, Wight is taking all of the skills she picked up on those frozen ponds in her hometown, and is making a name for herself at the university hockey level.

This past season, Wight led the Cougars in goals. Even more impressive is the fact that, of every four goals the Cougars scored, Wight was responsible for at least one.

Her 16 goals placed her in seventh place among all Canadian Interuniversity Sport (CIS) players, and were the second most of any player in the CIS's Canada West division. Not bad, considering the only western player to score more times than Wight was Canadian hockey legend Hayley Wickenheiser. And, the superstar only topped Wight by one goal.

In fact, when Wickenheiser and the University of Calgary Dinosaurs visited Regina to open the season, Wight stole the show.

With most of the attention being placed on Wickenheiser, who was playing in her first ever CIS game, the Cougars' left winger scored four out of her team's five goals in the two-game series. Wickenheiser, on the other hand, also scored four points, but could only muster up two goals.

"I outshot [Wickenheiser] in both of those games too, and that was probably the highlight of my season," Wight says. "When playing against her, you know you have to step your game up, so I think it was mostly the adrenaline that got me going... the level of excitement in our room was just unreal."

Perhaps it was a bit of a "full circle" moment for Wight, who, like most Canadian hockey fans of her era, grew up watching Wickenheiser play for Team Canada.

"I looked up to her for sure. I remember playing out on the pond with the boys—they'd be Joe Sakic, and I'd always be Hayley Wickenheiser," she recalls with a laugh.



Robert Weitzel/Sportshooter.ca

Wawota's Rianne Wight in action with the University of Regina Cougars

Growing up in Wawota, Wight was the lone female hockey player of her age. Despite this, she spent a great deal of time honing her skills on any ice surface she could find.

Coming up through minor hockey, due to a lack of female players in the area, Wight was forced to play on the Wawota boys' team. Although playing on a boys' team gave her an opportunity to play the game, Wight always felt like she just didn't quite fit in.

"It was difficult at times, because I was the only girl, so I didn't get to dress with the team, and I didn't feel so much a part of the team. But, the hockey was definitely faster and I think it was good for me to play with the boys for as long as I did," she says.

During her pee-wee and bantam seasons, Wight began making the 75 km trip east to Elkhorn, where she was able to play girls' hockey. All the while, she continued to play with the Wawota boys' team.

Pulling double duty between the two leagues kept the youngster busy. Wight recalls playing multiple games a day; playing in Elkhorn in the afternoon and then racing back to Wawota to play with the boys' team at night.

By midget, Wight was finally

able to play strictly female hockey. She spent her first year playing in Melville, and then moved to Weyburn, where she spent two years playing with the midget AAA Weyburn Gold Wings.

Wight led the Gold Wings in points in each of her two seasons with the club. In her final year of midget, her 37 regular season points were the sixth highest of any player in the league.

That year, Wight was also chosen as a member of Team Saskatchewan at the Canada Winter Games, and at the National Women's Under-18 Championship.

With her midget career coming to a close, the Cougars offered Wight a scholarship to the University of Regina.

Up until then, Wight had been weighing her options; she could continue playing in Saskatchewan or try to pursue the game at a college in the States.

However, when the scholarship offer came, the decision was easy.

"When I was younger I always wanted to be on the Cougars. I remember as a kid I used to look up to Brandy West," she says of the former Cougars superstar.

"My parents are also really involved in my hockey—they've

only missed two games all season—so I wanted to stay close to home."

The decision appears to have been a good one.

In her three years as a Cougar so far, Wight's game has been improving constantly. By the end of her first season, she had already made a splash, finishing with 10 points and being named the University of Regina Athletics' Female Rookie of the Year.

Wight rode that momentum through her second year, and finished the season with 17 points, tied for the team best.

Heading into the 2010-11 season, the 20-year-old made it her mission to be the Cougars' go-to player on offense.

"It was a goal of mine to be up in the points this year," Wight says. "Since we don't really have very many goal-scorers on the team, I was thinking that would be a role I was going to have to step up into."

And that's exactly what she did. Wight scored six more goals than the next closest Cougar, former Weyburn Gold Wings teammate Paige Wheeler, and finished the season just one point shy of Wheeler for the overall team lead.

Unfortunately, Wight wasn't able to carry her personal best season into the post-season, as the Cougars fell several points short of a playoff spot.

Still, Wight's breakout season has already put her into elite company. Wight's 16 goals is the fourth highest single-season tally in Cougars history. Who should occupy the top three spots? Why, none other than Brandy West, Wight's childhood hero.

But what was it actually like being on the ice with Hayley Wickenheiser—another one of Wight's early influences, and perhaps the biggest name in Canadian women's hockey history?

"I thought she'd be more classy on the ice," Wight says frankly. "She's a different player than you'd expect. She likes to talk; she likes to get into people's heads... obviously she's going to be the best player in our league—she knows it, and she kind of beaks other people about it."

"Wickenheiser definitely trash talks a bit," adds Hodges. "She's a competitive person."

"I really wanted Rianne to beat her," the coach says, referring to the race to the top of the goal standings. "I didn't say anything to Rianne on the last weekend of the season, because I thought she might put too much pressure on herself, but unfortunately in the end she was just one goal off."

"At the end of day, it's not that important, but it would have been nice for her; a feather in her cap. It just wasn't meant to be."

Now that it's the off-season, Wight can focus on another one of her lifelong interests, nursing.

Wight is currently in her first year as a nursing student at SIAST in Regina. She expects the school workload to get heavier as she heads into her program's second year, but she's still going to try her best to make time for the Cougars next season.

"I usually kind of work around hockey," she says. "If I have to choose between school or hockey, I'll go to hockey."

And, as for what she hopes to bring to the table for next season, Wight says there's always work to be done.

"I usually set a goal at the start of every season for what I want to achieve, but I haven't really thought about it yet. There are definitely things I want to improve on—there are lots of them," she laughs.

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Above and right: Riders performing in the RCMP Musical Ride.

Rocanville confirmed for Musical Ride

BY KARA KINNA
The town of Rocanville has received confirmation from the RCMP that they are approved to host the RCMP Musical Ride this June.

The ride is planned for June 1, with one show for school children in the afternoon and one for the general public in the evening.

A committee has been formed, and planning for the event started a few months ago, with committee members being broken down into different sub-committees to organize the various components of the event, such as taking care of and feeding the RCMP horses, preparing the ball diamonds where the ride will be held, and planning events around the ride.

Now that the ride has been approved, Rocanville Rec Director Kathy Brown says planning can move forward more aggressively.

"We have a meeting scheduled for Monday, March 7 at 1:30 p.m. with Sgt. Marc Godou," says Kathy Brown. "He is going to do a power point presentation and explain all of the criteria we have to meet for hosting the ride."

Some tentative planning has already been done for

the ride, but Brown says the committee wants to talk with Godou before anything is finalized.

There are already plans for the McAuley 4-H Club to do 15 to 20 minutes of formation riding before the show, and for dancers, singers and drummers from Cowessess First Nation to perform. Food service will also be available before the ride, and

the committee has talked about holding a supper in conjunction with the event.

Brown says hosting the event will take hundreds of volunteers. Already volunteers have stepped forward for the event, but she says more are needed, and anyone interested in volunteering can contact her at the rec office at 645-2164.

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Your Guide to Higher Education

Did you know? Facts about the Conseil des écoles francsaskoises

The Education Act, 1995, states that there are three legal and equal educational entities in Saskatchewan: the Public School Systems, the Separate School Systems and the Conseil des écoles francsaskoises (CÉF).

The CÉF is the school division responsible for ensuring Francophone education services to first-language French right-holders across the province of Saskatchewan. The CÉF currently runs 14 schools, scattered across the province's territory and it's governed by the Conseil scolaire francsaskois (CSF) that acts as a school board. Most of the schools run from pre-kindergarten to Grade 12 and each one offers a top-notch education. There also only Francophone boarding school located in Gravelbourg and open 24/7!

CÉF's schools are dedicated to provide a quality education in French to children of Francophone heritage. In a Francophone school, students are taught exclusively in French from pre-kindergarten to Grade 12, with the exception of English

Language Arts, which is taught starting in Grade 4. Francophone schools teach the English Language Arts program approved by the Ministry of Education for use in all of the provincial school systems. The CÉF provides to its graduates a bilingual diploma recognized across Canada and we have a Graduation rate of 92,6%. We also focus on teaching identity, language and culture.

The CÉF provides students with a number of services, including: counseling, guidance, speech therapy, social work, remedial and occupational therapy, educational psychology, hospitality and immigration. Free transportation is offer to our students.

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14440, 9e Avenue Nord,
Regina
Phone: (306) 775-1970

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Pavillon élémentaire
preschool - Grade 7
1407, avenue Albert,
Saskatoon
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Pavillon secondaire
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Parents need help to help their kids with homework

BY LEANNE ITALIE
THE ASSOCIATED PRESS

Parents who help with homework think they have it bad with new math in the lower grades. Try the ablative case in the second declension for high school Latin.

Susan Wheeler Sisk is ready with a resounding *carpe diem!* She enrolled in Latin I online with her 18-year-old senior to get him over the hump.

"This is a brand-new subject for me," said the former preschool teacher in Estes Park, Colo. "It's online, so there's no teacher. He said he didn't want a tutor, but he just needed to get his arms around the subject in a way that seemed like a tutor wouldn't offer anyway."

Sisk is grateful he was up for her help. It's hard enough getting a teen to do more than grunt in a parent's direction, so what happens when they clearly aren't clicking with schoolwork and the parents are no match for the Pythagorean theorem, Sophocles or the Federalist Papers?

Elizabeth Morrison Petegorsky, a psychotherapist in Northampton, Mass., revisited senior lit to steer her two sons deeper into the classics for high school. "I read just about every assigned book. I drew the line at reading Camus and Sartre for AP senior English—enough is enough! Too 'absurde' pour moi."

Sisk and Petegorsky have the time and backgrounds to make their hands-on homework help work. Many parents can barely hold on for the ride. Some are learning English as a second language, pull long hours on the job or don't have the academic experience they think they need to turn homework hell around for their middle school and high school kids.

"We have a lot of parents who have not finished high school or have only finished high school and are not confident," said Michele Brooks, assistant superintendent for family and student engagement for Boston public schools.

The system serving more than 56,000 children from pre-K to 12th grade opened Parent University last year, primarily for low-income parents with kids in struggling schools. The free program of three-day workshops offers instruction in math, science and reading. It also guides them in broader areas like dealing with cyberbullying and social networks, positive approaches to discipline and signs of gang involvement.

Brooks said more than 500 parents participated last school year and the same number has already signed up this year. There's even a June graduation ceremony for mom or dad.

Shelly Smeade is vice principal of a junior high in Idaho Falls, Idaho, and struggled with math as a child. She knew she needed a boost once her oldest daughter turned 14, so she attended the free Math for Moms and Dads course offered by Stevens-Henager College. "Now I'm able to check my kids' work with confidence that I'm providing accurate feedback," she said.

The program has proven so popular that the Idaho Department of Education asked the college to offer it for parents in its 117 districts statewide.

But parents don't have to plow through calculus or tackle "The Iliad" themselves to lend a hand, Brooks said. "Ask your child, 'Did you understand the work that you did? Is there another way you could have done that? Can you explain to somebody who isn't familiar with the work how you got to where you are?'"

It can be more challenging with kids who are eking out adolescent autonomy by pushing parents away when it comes to school.

"I had my painful math moment when my son turned to me years ago and said, 'Did you actually go to fourth grade?'" said Ellen Purtell, a mother of two in Chatham, N.J. "I believe we were doing long division at the time. I truly did not remember the techniques involved and was guessing."

Purtell hauled out Socrates and the "beauty of the Socratic method" in urging him to teach her instead. Now in 10th grade and an honours math student, he helps his 10-year-old sister after blowing mom's Socratic secret: "They made Socrates drink hemlock and kill himself. You don't want to be like Socrates."

In Harrison, N.Y., Grace Polakoff stunned her son one day when she asked what he was learning in eighth-grade math. "He pooh-poohed me like I wouldn't understand. I said try me. He said, 'Okay, we're learning the Pythagorean theorem.' I said, 'Oh, a-squared plus b-squared equals c-squared.' The look on his face... priceless."

Those days are gone now that he's in 10th grade. "Now it's all too far over my head. But I don't think one needs to know the material to help in homework. I look for all questions having an answer. I look for the details behind the answer, a.k.a., show your work."

Polakoff also maintains regular email contact with his teachers, checks his backpack every couple of weeks to make sure he's keeping up with deadlines, and does a lot of "asking, telling, threatening, bribing him" to properly use his school planner to stay organized.

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Why apprenticeship? What's in it for you?

Apprenticeship is essentially a mentorship training model in which skilled tradespersons (usually journeypersons) pass on knowledge and skills to learners (apprentices) in a workplace setting. It is an effective means of skills development that has been practised formally and informally for centuries. The system has evolved and adapted to serve the needs of employers and tradespersons in modern economies.

The apprenticeship model is an "earn as you learn" process that builds careers. There are 47 designated trades and 23 sub-trades to choose from in Saskatchewan.

Apprenticeship training combines workplace based training and technical training. Apprentices spend approximately 85 per cent of their time learning the knowledge and skills of the trade in the workplace while earning a wage. Depending on the trade, the apprentice will also spend from three to ten weeks per year in technical training at an educational institution. The technical training reinforces the knowledge and skills learned in the work-

place.

Apprentices must experience the broad range of skills of the trade, work the prescribed number of hours on the job, and successfully complete all levels of technical training before being eligible to write the certification (journeyperson) examination. They must pass the certification exam with at least 70 per cent to receive a Journeyperson Certificate of Qualification. Because industry has set the standards for certification, employers accept journeyperson certification at face value.

Thirty-six of the 47 trades and 23 sub-trades in Saskatchewan are designated as Red Seal Interprovincial (IP) trades. The certificate of a journeyperson in an IP trade is recognized across the country.

To acquire a skilled trade through apprenticeship training, the apprentice must:

1. Find an employer in their chosen trade who will provide training under the supervision of a journeyperson.
2. Sign an apprenticeship contract with the employer and register it with the Saskatchewan

Apprenticeship and Trade Certification Commission (SATCC).

3. Work and learn in the workplace for the required period of time. The SATCC is responsible to monitor the range of skills acquired in the workplace and to schedule the apprentice into technical training. Apprenticeship training ranges from two to four years, depending on the trade.
 4. Submit the hours of work, referred to as trade time, to the SATCC every six months.
 5. When notified by the SATCC, attend technical training for the required number of weeks each year.
 6. Pass the certification examination with at least 70 per cent.
 7. Upon successfully completing the apprenticeship program and passing the certification examination(s), the apprentice receives a Certificate of Completion of Apprenticeship and a Journeyperson Certificate of Qualification.
- In 2006, the SATCC added a high school component for youth to access ap-

prenticeship training and trade certification. Known as the Saskatchewan Youth Apprenticeship (SYA) Program, it is designed to help high school students explore career opportunities in the skilled trades in a fun, educational way. It is divided into three levels where Grade 10-12 students complete challenges, such as researching the skilled trades, interviewing experts and experiencing the workplace. Progress is outlined and recorded in a passport book. Working their way through the passport will increase students' awareness of the opportunities the designated trades offer.

Best of all, completing high school and the SYA Program entitles you to ap-

prenticeship benefits. The \$150 registration fee will be waived as will the tuition fee for the first level of technical training. SYA graduates will also receive 100 hours of "trade time" credit for every SYA level completed. That means they could be 300 hours closer to becoming a journeyperson and earning the salary that comes with it! And, that's not all! Annually, 40 SYA scholarships are awarded to graduates from participating high schools. The high schools identify the scholarship winner who has completed the SYA Program and has graduated. The winner will receive \$1,000 when they have completed one year of apprenticeship or post-secondary skills train-

ing within two years of the scholarship award.

In 2010, there were 9,136 registered apprentices compared to 5,436 in 2005. This growth is directly related to the strong Saskatchewan economy and the need to replace an aging workforce. Apprenticeship training is the hands-on way to build a career in the skilled trades. The apprentice learns a trade while earning a living, so there is little education-related debt. A journeyperson certificate is the foundation for many career opportunities. Explore the career opportunities in the skilled trades today!

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The Jesuit tradition of excellence has defined Campion's academic vision since the college was founded in 1917. It is evident today in its course offerings, programs and services, dedicated faculty and staff, and strong partnership with the University of Regina.

Campion College is one of three federated colleges on the University of Regina campus. Modeled after the college system in European institutions such as Oxford University, the federated colleges blend their programs with the larger university campus. This allows all students to gain from the unique attributes of the colleges while being a part of the larger university environment.

"As a federated college, Campion students are admitted to the university, can take courses offered by the university and its three federated colleges, and graduate with a University of Regina degree or certificate," says Joanne Kozlowski, Director, Communications and Admissions.

For many students, the colleges offer a comfortable and welcoming atmosphere, and become their home on campus.

"Considering that I came from a small town, the thought of being part of a huge institution felt intimidating," says Brittany Hack, a Campion fine arts student. "Being part of Campion reminds me of the opportunities I shared at the Parkland Regional College in Yorkton. With this in mind, it means that I am never too far away from home. This is the type of experience that every student should have in their university career."

In addition to the numerous programs and services offered by the University of Regina, Campion provides additional opportunities to help students achieve their academic goals.

"To help ensure an easy transition and promote student success, Campion offers first-year programs such as the Junior/Senior Mentor program. This program partners first-year students with a successful senior student from his or her own faculty. The mentors provide helpful advice on where to find services on campus, as well as answer questions about university expectations and give tips on how to succeed in their program," says Katherine Arbutthott, Campion College assistant dean and professor of psychology.

Along with its first-year and academic support programs, the college also offers its own bursary and scholarship program with over \$70,000 awarded each year.

Students applying to the University of Regina in the areas of Arts, Science and Fine Arts, including pre-

professional programs, may elect to become a member of the Campion College community. There are no additional fees or requirements.

For more information contact the college at 800-667-7252 or visit their website, www.campioncollege.ca.

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Your Guide to Higher Education



First Nations University in Regina. Colleges and universities across Canada are making changes to their programs to match the needs of the job market.

Colleges making changes to keep up with job market

BY PAOLA LORIGGIO
THE CANADIAN PRESS

Canadian colleges are planning drastic changes in their programs as they scramble to keep up with a shifting and unpredictable job market, education experts say.

Colleges have always tweaked their roster of programs based on labour market needs, said Rod Skinkle, president of Academica Group Inc., an education market research firm.

That process is speeding up due to the uncertainty of the job market itself, Skinkle said.

In the past, colleges focused on adding programs rather than cutting them, but financial constraints are changing that, he said.

"The kinds of strategic cuts we're seeing now are going to increase," he said.

Canadore College in North Bay, Ont., recently announced it was suspending 12 programs—including computer-systems technology, Internet application development and journalism—for the fall semester due to dropping job market demand.

The current class of students will be allowed to finish their degrees, but no new students can enrol, the college said.

The programs are being replaced with five new ones, such as mobile application development and diabetes education.

"When you start seeing colleges such as Canadore do this, it means there's going to be more," Skinkle said.

Sally Ritchie, spokeswoman for Colleges Ontario, said she doesn't know of any trends when it comes to the courses being cut.

They're likely niche programs tied to local employment markets, she said.

But it's clear colleges are focusing their investments on certain fields.

There's been a boom in green-economy programs, with 35 new diploma or certificate programs introduced in the past three years, including 14 last fall alone, Ritchie said.

"Colleges are looking at the same trends as everyone else."

That means colleges will likely be investing in programs related to the aging population, such as health-care workers, residential home builders and social services. Business and policing programs are also popular.

Experts say students, too, need to stay nimble to deal with the changing education and labour landscapes.

But the risk of seeing their program get the axe has some students worried about the impact it could have on their job prospects.

Canadore student Heather Faulkner said the sudden changes throw off students' plans and make some "feel like they're walking on eggshells."

Faulkner, 21, chose Canadore's journalism program three years ago because she felt it would increase her odds of finding work in her field.

Now the Brampton, Ont., native worries it will be harder to get a job with a degree from a program that no longer exists.

What's more, she feels the college is undermining students' confidence just as they prepare to enter the workforce.

"It just makes me want to prove them wrong," she said.

Canadore's president George Burton said the college weighed a number of factors, from enrolment trends to graduate employment levels, before taking action.

"We have to mirror the workplace—because the workplace changes faster, we have to change faster," Burton said.

"Students coming into college are coming well-armed to do well in this paradigm (and) our challenge is to meet their needs."

Ritchie said predicting the jobs of the future is difficult particularly since most of them likely don't exist yet.

So while some fields, like healthcare, appear to be safe bets, "the reality is, we don't really know," she said.

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Examples of U of S: College of Arts and Science, Agriculture and Bioresources, Open Studies.

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Your Guide to Higher Education

Southeast Regional College:

Training for career advancement in the energy sector and a whole lot more

Beginning in the fall of 2011, the energy sector in southeast Saskatchewan will be receiving a boost in trained workers thanks to the Saskatchewan Energy Training Institute. This division of Southeast Regional College is excited to be building a new 44,000-square-foot energy training facility in Estevan, Sask. and launching a suite of specialized technical and trades courses for those wishing to pursue energy related careers.

"This is a primary example of how regional colleges can respond to labour gaps in the economy," says Jamie Hilt, VP of Academics for Southeast Regional College. "Research shows that southeast Saskatchewan is creating a large amount of employment growth," adds Hilt, "and the college is able to respond with the appropriate skills training due to the Energy Training Institute's experience and expertise gained over the past 20

Right: Students taking the SERC electrical course.

job opportunities out there," says Laura Hamilton, Post-secondary Academics Coordinator with the College. "And what's even more exciting is that we are seeing a number of people re-training for new career opportunities, as well as a number of females training in non-traditional careers such as trades."

Hamilton also noted that the Office Education, Continuing Care Assistant, and Welding Certificate programs have been mainstays at the college for a number of years, which reinforces the steady need for these skills within our region. This year the college has identified the need within the labour market for pipefitters and will be offering a new program starting in June—the Plumbing and Pipefitting Applied Certificate.

The college also continues to be a leader in the areas of Adult Basic Education and Literacy.

"These are key areas that fit our educational vision," states Hilt, "in providing opportunities for adults and newcomers to gain skills that allow them to enter the labour force or move into other programs the college offers."

Currently the college delivers nine Adult Basic Education programs, four of which are on First Nations reserves. Newcomers to Southeast Saskatchewan also have access to the new Southeast Newcomer Services "gateway" in Estevan as well as English as Another Language (EAL) courses in Estevan, Moosomin, Weyburn, and recently Rocanville.

New facilities, new training programs, and an increase in employment growth make the future very positive for Southeast Regional College and the Saskatchewan Energy Training Institute.

Hilt sums it up best with the following statement: "It's definitely an exciting time for the economy, for Southeast Regional College, and for students."

To register for a program, contact Southeast Regional College toll-free at 1-866-999-7372. Career counselors are available at a number of college campuses to discuss training and career options.

For more information on Southeast Regional College and the Saskatchewan Energy Training Institute, visit the website at www.southeastcollege.org.



An Adult Basic Education class at Kahkewistahaw First Nation.

years."

Due to the increase in oil and gas exploration within the Bakken formation, the Institute's new six week Oil and Gas Rig Worker program will prepare individuals for entry level work in the oil patch. To combat the projected shortages of skilled workers in the field of oil and gas operations, the college is in the development stages of an 18 week Oil and Gas Field Operations program.

Finally, those interested in administrative roles within the energy sector can register in the Oil and Gas Production Accounting program or the Office Education Certificate with an optional Oil and Gas Specialization component.

"Given the current economy, one of our main focuses is the oil and gas sector," states Hilt, "however, the college will continue to provide a high quality level of training for careers in other sectors. As part of the regional college system, we strive to fulfill the government's vision to provide access to education for learners, including First Nations and other communities throughout the southeast region," he adds, noting the recent success of the Practical Nursing programs at Cowessess First Nation and the Assiniboia campus.

For those interested in full-time studies, the college is offering a variety of certificate programs in the areas of health, trades, or business for the 2011-2012 academic year. "Our Electrician Certificate and Power Engineering Technician Certificate programs are very popular because there are many



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For more information or to register, contact us toll-free at 1-866-999-7372

Toth nominated as Sask Party candidate

BY KEVIN WEEDMARK

Saskatchewan Party supporters from across the Moosomin constituency gathered in a church hall in Whitewood on Monday, Feb. 28 to nominate their candidate for the provincial election coming up in November.

Toth was first elected as a Conservative to represent the Moosomin constituency in the 1986 general election and served with the Grant Devine Conservative government. He was re-elected as a Conservative in 1991 and 1995. He was then one of eight founding members of the Saskatchewan Party in 1997. He was subsequently re-elected in 1999, 2003 and 2007 as a Saskatchewan Party MLA.

Toth said he had given a lot of thought to whether or not he should run again, but was encouraged by constituents to run in the upcoming election, and decided there are still things he would like to see accomplished for the riding.

He said he wants to see through the completion of upgrading Highway 48 between Kipling and Highway 9—the last section of Highway 48 to be upgraded, and the completion of the Kipling Integrated Care Centre during the next term, and he has two new projects he would like to see completed.

"We do have a care home in this constituency that is in desperate need of replacement," he said.

"That's the Grenfell care home. Both the Grenfell Care Home and Number 47 highway, a route north-south from Estevan up through the tourist sector to Hudson Bay and Mel-fort, are important."

He also said he sees a need for enhanced senior housing in the constituency.

"The thing that keeps cropping up is the need for some type of housing or support for seniors who



Kara Kinna photo

Proud moment

After 25 years as the Member of the Legislative Assembly for Moosomin, Don Toth accepts the nomination of the Saskatchewan Party to represent the party in the Moosomin riding in the 2011 provincial election, coming up this November. The nomination meeting was held in Whitewood last Monday.

have reached the point where they're not quite capable of providing the care independently anymore but they don't quite qualify for the heavy care spaces that are available, if they are available," he said. "If we can find a way to work with organizations to provide care for these folks then I will do anything I can to help organizations, groups or communities

to look at some options to open up housing opportunities."

Toth said he considered walking away from the legislature after a quarter century as MLA for Moosomin, but decided last summer he would run again.

"What I found in chatting with people on the streets no matter where I was, there was strong support to seek at least another

term, which surprised me. You would think after 25 years the general public would think maybe it's time for someone else to come along. But I didn't find that. The people I ran into were very supportive. So I felt if the public in general felt that way and the family was supportive, then why wouldn't I give it at least one more term.

"I've already indicated to the premier I'm willing to work with the government to the best of my ability, and I'll accept any role the premier may have for me regardless of what the role is. We all have to work together as a team.

"If a position was offered in cabinet I'd be more than willing to accept it. If it was suggested that I run for speaker again, I'd be will-

ing to accept that."

Toth said he's proud to have been able to represent everyone in the Moosomin riding, regardless of their politics.

He said he has worked on behalf of many people who are not Saskatchewan Party supporters.

He said he knows of one woman who supported another party, but kept every Christmas card Toth ever sent.

"That says something to me," he said. "If I'm doing my job of being a sound voice for people in the constituency regardless of their political views, and people are willing to accept that and accept me for who I am. It's good to develop a rapport with people even if they don't support you politically."

He said an NDP MLA was in the riding recently speaking with that party's supporters. "He said, 'I don't think we're going to work hard to put a candidate in here because even our supporters are telling us 'if it wasn't for his political views we'd vote for him.'"

He said he has worked hard to earn the respect of people on both sides of the political spectrum.

"You know, you build a rapport with people, and they appreciate the fact that you've worked hard on their behalf and the political difference haven't been something that have determined who you represent and how hard you work for individuals.

"I've always felt that is how it should be."

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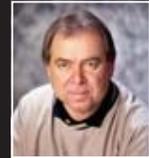
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Dupont gets first taste of NHL hockey

BY KARA KINNA

Five and a half minutes on the ice against the Atlanta Thrashers was all he had, but it was enough time for Brodie Dupont to know that he wanted to be part of the NHL for good.

"It's surreal," he says. "You just want to play there your whole life."

Dupont—who hails from St. Lazare, Manitoba—was drafted as a centre by the New York Rangers in the 2005 NHL Entry Draft, and plays AHL hockey with the Connecticut Whale, formerly the Hartford Wolf Pack. On Jan. 19, due to injuries he was called up for the first time in his four-year pro career.

"I've been in the organization for six years, and I have nothing but an exhibition game to show for it, and I've never had an opportunity in the regular season in the past four years I've been playing pro," says Dupont. "I was shocked, but probably more excited than anything."

Dupont was called up for four games, but only played one game against the Atlanta Thrashers in Atlanta on Jan. 22.

In his five-and-a-half minutes on the ice during the first and second periods, Dupont felt he played fairly well.

"It's hard to get a good feeling when you don't play for long, but I thought I did pretty well," he says. "I



MSG Photos

Brodie Dupont from St. Lazare played in his first NHL game with the New York Rangers on Jan. 22.

didn't get scored on, which was good, I had good quality on net. It's a little tougher to get things going with that little bit of ice time, but I felt I did pretty good and showed myself."

Dupont says he could tell right away that he was playing a game that was a

step up.

"I knew it, whether I played one shift or five shifts or 20, you can tell as soon as you step on the ice. It's just the way things happen quicker, guys are smarter. It's almost easier in a way because you just have to do your job, where-

as in the minor leagues you have to step out of position a bit more trying to help the other guys. Here the plays develop quicker and they're taken away quicker. It's just a faster game, it's a step up, and it's just a little quicker."

Coming from the close-knit community of St. Lazare, Dupont says his hometown made their excitement known to him.

"They were pretty excited," he says. "I got a lot of text messages saying that people were going to someone's house to watch the game, or that they'd ordered the NHL network just to watch me for that game. It was pretty exciting for them, seeing that it's a small community."

"I think they almost felt like they were a part of it."

"My phone was off the hook almost to the point where I had to turn it off. I got a lot of texts—the most texts I'd seen in a long time."

Although Dupont only played one game, he says he soaked up the experience of taking part in the NHL lifestyle.

"It was just cool to take it in," he says. "I took in every warmup, which was kind of cool. Playing the game was definitely the highlight, but even travelling with them, I got a little bit of the feel of the NHL lifestyle."

"We were as proud and as excited as you can get,"

says Martin Dupont, Brodie's father, who lives in St. Lazare. "We watched it and we were a little discouraged that he didn't play a bit more."

Martin says when his son was younger, he was always comfortable spending a larger than average time playing hockey or some other sport.

"Brodie has always wanted to play hockey. We never had to push him," he says. "If he played 80 games a year, it didn't bother him, and he always worked hard on his game on his own without us pushing him. In minor hockey, he just wanted to play."

"When hockey was over it was baseball. He played every sport in school, any-

thing to do with sports he really enjoyed. Sometimes when he decided to play summer hockey, it was baseball and hockey in the same day. We thought it was a little bit much, but he didn't mind it."

Dupont, who turned 24 this year, says he knows he's on the cusp of moving up in the hockey world.

"You've always got to hold that confidence," he says. "You can't play in this league and not think you're not on the cusp of making it. Wherever I play, I will always want to make the NHL. I think I'm good enough to play in the NHL. Now it's just a matter of getting a break where I can play long enough for people to see what I can do."



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Manitoba purchases sandbagging machines

Manitoba has purchased two more sandbagging machines and is putting up money to raise a dike as the province gears up for spring flooding.

One of the machines will be positioned in Brandon in anticipation of high water levels on the Assiniboine River and its feeder streams.

The government is also investing more than \$780,000 to help Brandon upgrade an existing dike

on the river.

The Red River Valley that takes in Winnipeg is usually the focus of flood concerns in the province.

But this year there are worries that flooding in Saskatchewan will create problems in western Manitoba as well.

Manitoba Premier Greg Selinger points out that

water levels on the Assiniboine River were unusually high going into the winter freeze-up.

The river begins in east-central Saskatchewan where flood mitigation efforts are already underway.

The sandbagging machines bring the province's total to five.

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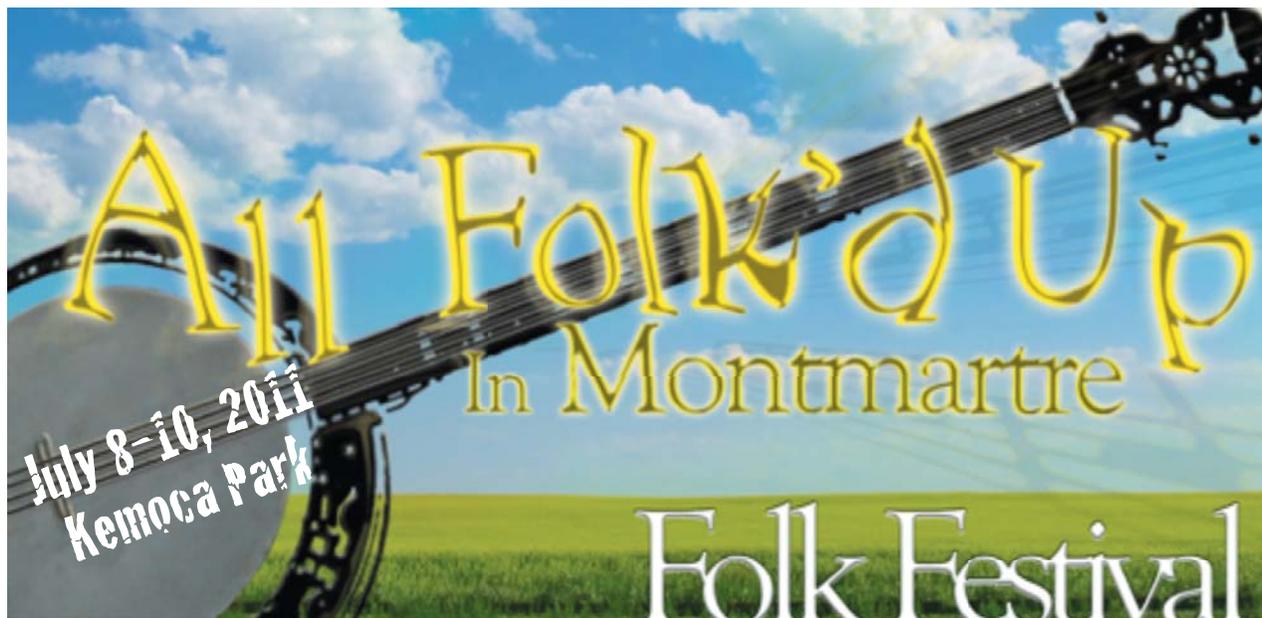
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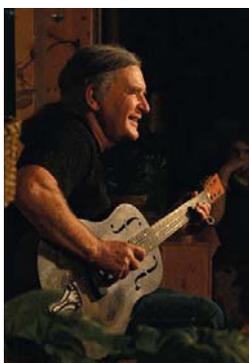
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Boys in Pink pack the stands

The Pipestone Valley Midget AA Jets took on the Notre Dame Hounds on Feb. 15 in Moosomin in a special league game to raise money for breast cancer. The "Boys in Pink" fundraiser games packed the stands at the Moosomin Communiplex with supportive spectators. The game managed to raise more than \$5,000.

At left: The Jets line up before the game.

Bottom left: The Jets and Hounds in action against each other.



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Skaters earn bronze at Four Continents

BY KARA KINNA

An unexpected bronze medal finish and a good deal of drama marked the end of the season for pairs skaters Paige Lawrence and Rudi Swiegers, who attended the Four Continents competition in Taipei, Taiwan from Feb. 15-20.

After a bronze medal finish at Canadian nations, Lawrence, who hails from Kennedy, Sask., and Swiegers, who hails from Kipling, Sask. were named alternates for worlds and qualified to attend Four Continents, which requires a top-three placing at nationals.

The pair were ranked 10th out of 10 teams going into Four Continents, and decided to shoot for a top five finish. Instead, they ended up placing third, coming home with a bronze medal.

"To come out with what we did was fabulous," says coach Patty Hole. "These kids have just been clicking. We changed our whole plan last year. We wanted more consistency, and we've worked hard, hard, hard."

"As your consistency gets better, your confidence gets better, and if you have confidence, you just continue to blossom."

"The biggest thing is that their consistency gave them the confidence to be able to perform knowing now that they fit in with the best in the world."

"I'm really proud of Rudi and I, because it feels like we're starting to step into our own," says Lawrence.

"It's definitely a booster. I do think this kind of success will carry on to the next season."

"We've made a progression in becoming a stronger team overall, but I still think we need to improve on our performance . . . It's just taking it to that next level, taking it from two single skaters to being an effortless pair, as opposed to two people just skating together."

The bronze medal finish was especially sweet for the pair after Lawrence faced some major passport hurdles entering Taiwan, and was delayed for at least 24 hours in Tokyo, missing the first two practices at Four Continents.

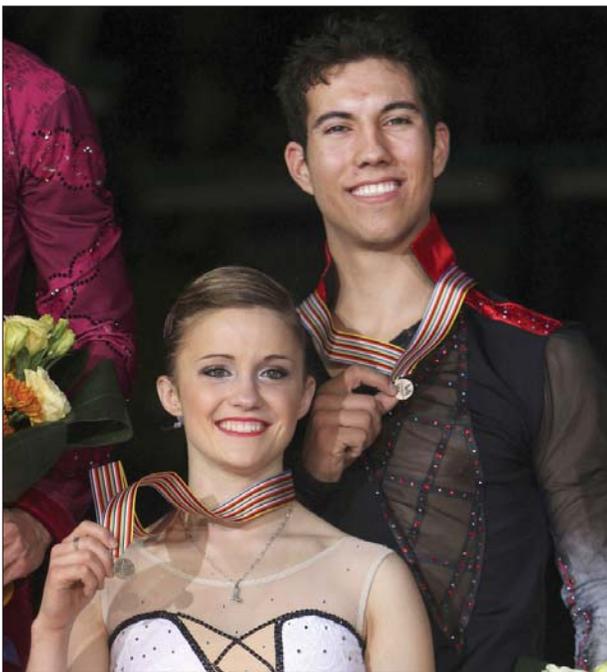
Lawrence's passport had to be valid six months from her date of entry into Taiwan, but expired four days too early. That meant making trips back and forth on a shuttle, a train and a subway between the Canadian and Taiwanese embassies with all of her luggage in tow. Hole stayed behind with Lawrence while Swiegers flew to Taipei and waited for them there.

"I was just trying to stay positive," says Lawrence. "I was willing myself to get out of the country. I didn't let myself doubt the situation. It was stressful. It was our first time going to Four Continents, and Rudi was there waiting, and I had to stay behind. It was the longest 24 hours of my life."

Meanwhile, Swiegers went out on the ice for the first two practices, and tried to practice hard despite Lawrence's absence.

"You have to take everything in stride that happens in competition and in life," he says. "I continued forward and registered, and when it came to practice I went out there and hit it hard."

Lawrence was finally able to acquire the documents she needed to get into Taiwan, and arrived tired but ready for action.



AP Photo/Chiang Ying-ying

Local skaters Paige Lawrence and Rudi Swiegers show the bronze medals they won in the pairs free skating program of the ISU Four Continents Figure Skating Championships in Taiwan, in February.

"I was so mentally prepared," she says. "When I rolled in there I knew I had a job to do. It was just mind over matter. We just didn't make a big issue out of it."

Lawrence and Swiegers had a great practice together, and the incident didn't tarnish their performance.

"We're starting to be competent enough to pull off things like this, whereas before when we were inexperienced we might have let something like this throw us off completely," says Lawrence. "But now we can have things like this thrown at us. It's a huge step toward being one of the top pairs teams."

Adding to the drama that week was a moment that gained media attention when Swiegers saved fellow pairs skater and competitor Mark Ladwig from disqualification after the heel of Ladwig's boot broke off during his performance.

Skaters have three minutes to fix their equipment. Swiegers and Lawrence had finished their program and were in the stands watching when everyone noticed Ladwig stop skating.

"He fell and when he got up, he stopped skating, and we were all wondering why he stopped and didn't resume," says Swiegers, who then noticed, along with the rest of the crowd, that the heel had broken off of Ladwig's boot.

"At that point I thought, 'what can I do to help him out.'"

"When I saw the camera zoom in on his heel, I knew there was no way he could fix that, so I thought 'I'm go-

ing to go offer him my skate. It will be tough to skate in my skate, but it's the least I can do.' So I grabbed my skates and ran down to the ice."

Swiegers and Ladwig had trained together, and Swiegers knew that Ladwig wore the same size of skates as him.

"I knew my skate would probably be the best option for him," he says.

"It was something that I just felt any competitor would do in my situation. I just felt it was cool that I had the ability

to help him out."

"That's 100 per cent Rudi, that's him through and through" says Lawrence. "He has a heart of gold, and he didn't think twice about it. Mike's his friend. For Rudi it wasn't even a question, and it didn't surprise me he was the guy who offered his skate."

After the short program, the International Skating Union awarded both Swiegers and Ladwig with flowers for their sportsmanlike conduct.

In a friendly and fun gesture, at the Four Continents banquet, Ladwig awarded Swiegers with a Four Continents trophy that he had made himself.

Swiegers says, overall, the week was oddly unbelievable.

"The entire week was a surreal experience," he says. "We will probably look back and say 'wow, did all that really happen?'"

"Everything was a hurdle that we hopped over, and then we came out with a bronze. We're really excited about it all, and it's now starting to really sink in."

"We've been working really hard this season, and it's kind of ironic that at the last competition of the season, we had the most ups and downs in terms of Paige not making it here at first, and the broken boot. But we're really excited about how we did at Four Continents. It's just fuel for the fire next year."

Swiegers and Lawrence will continue to train as alternates for worlds, but will be spending much of their time giving guest performances at local ice shows as their season winds down.

Lawrence says the support and interest from people at home in Saskatchewan and Manitoba is always inspiring to the team.

"I just want to say thanks to the surrounding communities for their support," she says. "Just for everything, for the whole season, for believing in us and watching us on tv. It's so cool to know that people back home care enough to watch. I think that's very humbling."

"I don't know if they know how much we actually do appreciate it."

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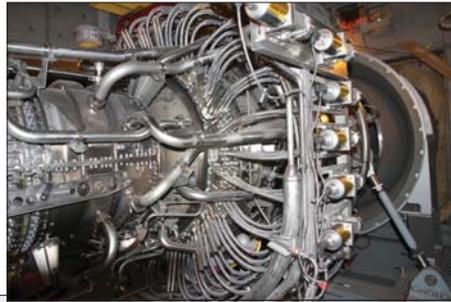
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Stephanie Lange photos



Above: Crews at the natural gas power station near Tantallon and Spy Hill move an air receiver tank for the plant air supply.

Top right: One of the two General Electric LM6000 turboshaft gas turbines that will power plant.

Right: An aerial view of the site of the power station north of Tantallon and west of Spy Hill. Construction at the site is to be completed by fall, and the power station should be operational by October of this year.

Construction to ramp up on power station

BY KARA KINNA
As spring nears, construction on a \$145 million, 86mw natural gas power plant near Tantallon and Spy Hill is expected to ramp up. According to Duncan Lowe, the project manager with Northland Power—the company chosen to construct and operate the plant—the gas turbines have been de-

livered to the site, and the last few weeks have been busy. "There has actually been a lot happening in the last couple of weeks on the site," he says. "It has been quite busy since the new year. The main equipment is in the process of being delivered to the site. There was a total of about 40 trucks needed to deliver the

gas turbines, which were mostly delivered at the beginning of January, and the last couple of deliveries are on their way now. "Between now and the end of March, that's when the majority of the rest of the smaller equipment is expected to arrive. "The gas turbines are really the heart of the plant,

and the rest of the other equipment serves those gas turbines." SaskPower chose Northland Power from Ontario to construct and operate the plant. The plant, which is located about 500 metres from the Tantallon switching station, will provide peaking generation to the SaskPower grid, switching on only

when it is needed. "SaskPower identified that there was a growing demand in this particular part of the transmission grid and saw a need for specifically peaking power, something that was available to respond quickly, and on demand," says Lowe. "This is associated with the growth in the area—the mining activities and expansions in the area."

Expansions at PotashCorp Rocanville and at TransCanada Pipelines' Moosomin compressor station will add significantly to power consumption in the area. Construction on the Tantallon site started in June of 2010. "The first phase was building a good access road, and throughout the rest of the summer and fall, we were preparing the area for the main plant, the civil works, and pouring the main foundations for the key equipment. The main foundations were poured in the fall of last year."

Lowe says construction on the plant will peak in the spring. "We have a peak projection of 70 to 80 people on site," he says. "In the fourth quarter of last year, we were averaging 45 to 50 people, but with equipment arriving on site, that will go up. "The heart of the equipment is there, it's just being put on the foundations right now."

company has built. Northland was also chosen by SaskPower to build a second, larger power station near North Battleford that will provide 280mw of power. "This is a smaller facility," says Lowe. It's two gas turbines, and there is no steam or boiler system associated with the gas turbines. Their primary purpose is to start quickly and respond to demand. So typically they tend to be smaller than the big, base facilities that run all the time."

Lowe says the actual footprint of the station is small as well. "The overall area that was allocated by SaskPower is about 250 metres by 150 metres, but the plant itself doesn't take up all of that." Once the plant is complete, Lowe says Northland Power will be looking for permanent staff. "We are looking for probably two or three permanent staff positions there," he says. "They'd be responsible for making sure the plant starts when it's called to run."

"It will only be called to run at peak demand, so there could be a significant time when it is sitting idle and then can be called to run for a few hours at a time. We will be monitoring the control system and doing preventative maintenance on the plant." Lowe says construction of the plant has been going smoothly thus far. "We're looking for overall completion in the fall, and things seem to be going reasonably well so far," he says. "This is the toughest construction period right now with the extreme cold the workers have to work through, but things are progressing well. It will be an exciting time in the next few months as equipment arrives on site, and there will be quite a lot of construction come spring."



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Calgary Flames pick up Carson off waivers

Whitewood product will return to city where he spent his junior career

BY CHRIS ISTACE

Although he wasn't part of the dealing on the final day of trading among National Hockey League franchises last Monday, Whitewood's Brett Carson found himself on the move anyway.

Carson was picked up off waivers by the Calgary Flames early last week, bringing him back to the city where he spent the majority of his junior career in the Western Hockey League. Until his move back to Canada, he played a total of 72 games through three seasons with the Carolina Hurricanes, the team that picked him in the fourth round, 109th overall in the 2004 NHL Entry Draft.

"I know he's happy to be back in Calgary," said Garry Carson, the father of the 25-year-old defenseman, who added that he hadn't had much of a chance to talk with his son about it as of last Wednesday. "There's just been a few texts and a quick phone call. It's a busy time for him because he's had to pick his stuff up, pack his bags and get on a plane to meet them (the Flames)."

Although Calgary presents another opportunity for Carson to play in



BRETT CARSON

the NHL, Garry said the Flames are well-manned defensively, so the six-foot-four-inch, 220-pound blue liner may have to be patient before getting some ice-time.

"They've still got eight guys (on defense) there and really, it all comes down to what the contract is. So who knows how that will work out," Garry said. "Right now, he's only there

as an injury back-up."

Nevertheless, Carson joined the Flames on a road swing that took them through St. Louis and Chicago last week. It was not expected that he would see any ice time, but he had an opportunity to meet his new teammates and talk with the team's administration.

"He's just happy to be picked up by another team and he's ready to go on a playoff run," Garry said.

The Flames were in the Western Conference's playoff hunt in fifth place on Wednesday, one point behind the Phoenix Coyotes.

After two full seasons with the Albany River Rats of the American Hockey League, Carson received his first NHL ice-time in 2008-2009 when he was called up for five games with the Hurricanes. Last season, he played a total of 54 games with Carolina, accruing two goals, 10 assists and 12 penalty minutes.

However, outside of playing 13 games with the Hurricanes this year, Carson has spent most of his time with the Charlotte Checkers, another Carolina AHL affiliate.

Overall, Carson's NHL stats include his 12 points

from 2009-2010, a total of 20 penalty minutes and a plus-nine rating.

Carson's move to Calgary presents a greater opportunity for his father to see him play.

"It'll be a lot closer to go if we want to go watch him," Garry said, adding that he had made a trip to Carolina to see Carson early in the hockey season and had previously watched him on road swings through Edmonton and Calgary.

Carson's return to Cal-

gary comes five years after he led the WHL's Calgary Hitmen as the team's captain. St. Lazare's Brodie Dupont, who is in the midst of his debut season with the New York Rangers, was also on that Hitmen squad.

Carson will have a familiar face from his junior days in the Flames dressing room as well. Calgary assistant coach Dave Lowry was an assistant under Kelly Kisio when Carson played for the Hitmen.

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Red Lily Wind Farm starts producing power

BY KEVIN WEEDMARK

After years of planning, studies, negotiations, and environmental reviews, after a petition by local landowners, a review by an RM of Martin committee, and a court challenge, the Red Lily Wind Farm is producing power.

One by one over the last couple of weeks, the turbines have been activated on the \$60 million Red Lily Wind Farm, which consists of 16 wind turbines spread between Moosomin and Wapella.

More than half of the turbines were online and sending power into the grid by the middle of last week.

Red Lily will produce 26.4 megawatts, of power—enough energy to power 9,000-10,000 homes.

Red Lily has a long-term supply agreement with SaskPower. The provincial power utility will purchase power from the wind farm for the next 25 years.

Red Lily is expected to generate \$7.5 million in power sales the first year and \$8 million in the second year. The price SaskPower will pay for the electricity will increase by two per cent per year.

Jim Duff is overseeing Red Lily Wind Farm for Algonquin Power.

He said that Vestas, the company that supplied the turbines and has a 10-year contract to operate and service them, has been testing the units one by one and certifying them as alarm free before they are switched on and connected to the grid.

There are 999 different alarm points on each turbine. The alarms will pick up any problems with the turbines.

"If all of the points are alarm free, that will tell the operator that the turbine is okay to start," said Duff. "They will give the unit a start, check hydraulic pressure on the brakes, on the blades, so the blades can rotate and pitch into the wind. After it goes through all of those checks it starts to pitch the blades. Then it releases the brakes and the unit will start to roll."

"Once it gets up to 1,200 rpm then it starts providing power into the Sask-



Kevin Weedmark photo

A wind turbine at the Red Lily Wind Farm just west of Moosomin. The turbines have started producing power.

Power grid.

"They run it for 24 to 48 hours, then will shut it down and check the bolts, the hydraulic couplings, anything that can go wrong."

Algonquin has two employees on site who inspect the turbines.

"They will climb the turbine from bottom to top, and will look at literally everything," said Duff. "They will have a punch list, with all of the little things Vestas has to look at before we sign on the bottom line for final comple-

tion. He said the startup process has gone smoothly.

"It went relatively without a hitch," he said. "We went around last Thursday and ensured we had the proper voltages supplying to the turbines. By the end of Thursday night we had our first turbine running."

As soon as each turbine is connected to the grid, the power starts flowing.

"As we start generating electricity, it flows to Red Jacket and out onto the main grid," said Duff.

Doug Opseth, SaskPower's supervisor of supply development, said it takes a lot of planning to prepare for accepting wind power onto the grid.

"It takes very careful planning at the front end," he said. "Because wind farms are variable, before we add wind projects we have to do a study to make sure our system can handle more wind."

"When we add wind, we make sure we have peaking gas systems, like

the facility in Tantallon, that can start up on short notice.

"A gas plant like that helps stabilize the grid, and provides voltage support where we need it."

Opseth said with wind power SaskPower also focuses on forecasting to ensure it knows when wind plants will be generating power.

"We have good forecasting so we can determine when we will and when we won't have the genera-

tion," he said.

Fourteen of the wind turbines are in the RM of Martin, and two are in the RM of Moosomin.

RM of Martin Reeve David Garvey said he's happy to see the wind turbines start up, but some residents have complained of the noise.

"It really depends who you talk to," he said. "Some people are saying you have to stop what you're doing and really listen to hear the sound, other people say it's unbearable. It's hard to say how it sounds in everyone's farmyard. It's going to be a different sound that we hear from the road."

"I don't find an issue with it, but I'm not the one living there. Algonquin is working to improve it, as I understand, which is what they should do."

Garvey said he hasn't heard a lot of complaints about the noise.

"I myself and other councillors have touched base with the residents who are living there to find out if it's more noise than they expected or what they expected, and on the whole, they say it's what they expected," he said.

Garvey said there are still some hard feelings over the controversy surrounding the wind farm construction. There had been a petition against the project, and an unsuccessful attempt to stop the project in court. "There is kind of a division but hopefully we can overcome that," he said.

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Project Pitstop ensures healthy meals for Binscarth students

BY LOGAN PIZZEY
 "Project Pitstop" is an initiative at Binscarth Elementary School led by the Binscarth 4-H Homemtes Club. With a grant from Cargill's VICTORY® Hybrid Canola Reaping Returns Program, Project Pitstop has been implemented to provide healthy nutritious breakfasts to the students of Binscarth Elementary, all free of charge.

The goal of the program is to encourage children to make better personal choices regarding their own well being, by making healthy breakfasts available. Due to the fact that many kids get on the bus so early in the morning, breakfast can be a difficult option. Project Pitstop is working to make a nutritional start to the day something every student can achieve.

To deliver the program free of charge, it was necessary for funding to be located. To qualify for Cargill VICTORY® Hybrid Canola's Reaping Returns Community Outreach Program, the 4-H club had to prepare a short video which explained how their project would help promote either health and nutrition, education, or the environment in the community.

Project Leader, Logan Pizzezy, and Project Co-Leader, Amy Pizzezy, chose to target all three interest areas with their project. By delivering a well balanced, nutritious breakfast to the students, the criteria of health and nutrition was easily met. Education was targeted by planning events to inform the students of the importance of a wholesome breakfast, including morning fact announcements, signs displaying major food groups



Cargill and Victory Hybrid Canola awards the Binscarth 4-H Homemtes Club \$2,500 to help fund Project Pitstop, which ensures that Binscarth school students get a healthy breakfast each morning.

placed in the breakfast area, as well as fun activities and contests to encourage participation. Project Pitstop also shows concern for the environment by using only washable plates, cups and cutlery rather than disposable styrofoam and plastics.

Cargill and VICTORY® Hybrid Canola awarded the club a generous check of \$2,500 to fund the endeavor into the future. In addition to receiving the initial funding, Project Pitstop was awarded with a second grant of \$2,500 from "Cargill Cares," bringing the total grant to \$5,000.

The program has been implemented and has been received with great success so far. With funding now secure for the future, the prospects of the project

look bright.

Binscarth School principal, Ed Robidoux, is thrilled with the breakfast program. "The students look forward to a wholesome start to their day," he says.

"We are thankful the local 4-H club took the initiative to apply for the Cargill grant. The breakfasts offered through the program enable the students to maintain their energy and focus throughout the morning. Students are happy and eager to enjoy the breakfast choices that are offered while also enjoying the social interaction that this program affords."

Project Pitstop is planning a celebration of Breakfast Week March 14-18. To launch the program, the Binscarth 4H Club is invit-

ing all community members to a "Project Pitstop Community Breakfast" at the Binscarth School on Friday, March 18 from 8:30 to 9:30 a.m. The charge will be \$3 for pancakes, sausage, fruit, juice and coffee. One dollar will be returned to the program to help offset costs, \$1 will return to a community charity, and the remaining \$1 will be given to the Commercial Dishwasher Fundraising Fund in the Binscarth School.



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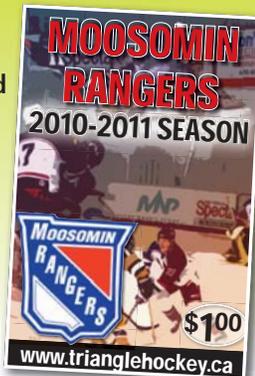
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Snow planes in Moosomin

People lined up for a ride in a historic snowplane or Bombardier during a snowplane meet held in Moosomin on Sunday, March 6. The annual meet is hosted by the Moosomin Regional Museum.



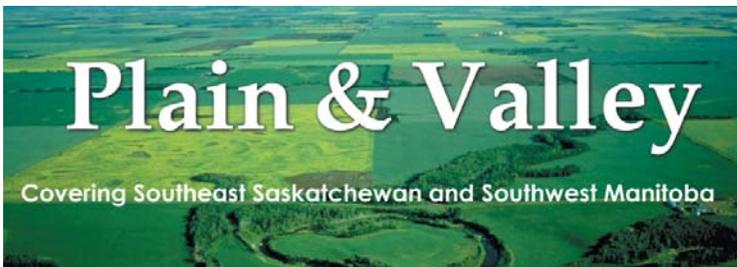
Left: A snowplane bearing a U.S. flag shows that some of the snowplanes at the meet came up from the States.



Above: Checking out the inner workings of one of the snowplanes.

Top right: A Lorch snowplane from Spy Hill takes a few people for a ride across the field.

Right: A fudge snowplane from Moosomin as it makes its way across the field.

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Grenfell-area inn gathers history under one roof

BY CHRISTALEE FROESE
Every stick of furniture in this house has a story. And so does every piece of china, every wall hanging, every room and every person who will exit the 90-year-old door at Boxton Prairie Experience.

Take for example, the harness room. This superbly decorated space, with heated floor and luxury Jacuzzi shower, is dedicated to a Grenfell, Sask. bachelor who refused to pay his school taxes. A load of grain would usually be confiscated from his property each year in lieu of the taxes, until eventually the North West Mounted Police decided to take his horses instead. A scuffle ensued and the poor bachelor lost his life.

"Anybody who ends up getting shot for not paying his school taxes gets a room," says Ruth Claxton, designer of the bed and breakfast room and owner of the Boxton Prairie Experience.

The heart of this luxury inn near Grenfell, Sask. is a 1919 Eaton's house, the only one of its kind still standing anywhere in Canada. This particular plan, ordered from the pages of the Eaton's catalogue, was only available for a few years as its size, amenities and cost quickly put it out of vogue.

Ruth Claxton and Lloyd Box had always admired



Ruth Claxton in the dining room of her 1919 Eaton's catalogue luxury inn.

the historical significance and architectural details of the massive home built by Lloyd's great-grandfather 92 years ago. However, it wasn't until Lloyd's brother decided to vacate the home in 2004 that the couple made their dream of turning the Eaton's catalogue home into a rural bed and breakfast a reality.

The three-story, six-bedroom house has been renovated from top to bottom with careful attention given to preserving the character, charm and original finishings of the historical structure.

A deep ridge in the parlor floor remains as a memory of when Lloyd's grandparents moved their

massive piano to clean it, leaving the traces for generations to come.

"When people come here, they can't wait for the tour," said Ruth Claxton, explaining that every room in the house has a theme based on a real character from Grenfell's past. "They love it because they start to reminisce about

their childhoods, or grandparents, and it brings back so many good memories for them."

The stories are endless, with the artifacts that are part of the inn providing hours of entertainment all on their own. There's the set of china that belonged to Ruth's mother, then there's the woven carpets

that were in her grandparents' house, not to mention the petit point and cross-stitch pictures that adorn most of the walls. These amazing works of art, some of which took hundreds of hours to complete, are done by a Grenfell resident who insists on remaining anonymous. Ruth goes to the lady's basement each season and chooses from a room full of works, selecting the ones that are in keeping with the time of year and with the rooms in this historic prairie home.

Ruth and Lloyd also serve up gourmet meals, using Claxton's mother's china and glassware that dates back to the turn of the century.

With a bowl of ginger-carrot soup before me, garnished with roasted garlic goat cheese, and numerous large candlesticks adorning the massive dining room table, I feel a little like a queen and I just may retire to the royalty-themed British Empire Room to prove it.

Every stick of furniture in this house has a story. And so does every piece of china, every wall hanging, every room and, now, so do I.

To enjoy a night at this spectacular rural B&B, or to book a gourmet meal for a group of friends, visit www.boxtonprairieexperience.com.

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1993 John Deere 8770 4 wheel drive, JD Auto Trac steering, 12 speed 20.8 X 42 Duals, serial # RW87705001131, 5,217 hrs, Auto Trac serial # 102322. 1968 John Deere 4020 diesel, std, w/ 148 loader, 18.4 X 34 tires, serial # 145205 one owner, 1993 John Deere 9600 wired for JD Auto Trac Steer, 914 pickup head w/ belt pickup. 1994 MacDon 960 Draper head 36 ft, pickup reels, new hyd pump. 2003 Haul All 1000 bu, Grain cart hydraulic drive and roll trap. 30.5 X 32L Tires. Bourgault 8810 seeding tool 40 ft. 10" spacing shanks, are 1" X 2" and 450 lb trip. single chute tractor, J D 2130 w/loader, J D 9600 Combine, with mulchers, serial # 824293, 5" knoc on the 930 Flex & 230 headers 2000 Premier 2950 4" and 11" knoc ons sell separate. c/w 3195 seed swather. Twospeed, with triple swath attachment carthyd fan, # 7932, cart stored inside. 1991 John on 25 ft 972 Macdon, 1981 IHC Tandem grain Deere 4755 Mfwd., CAB power shift, 3 Pth, 4 truck diesel automatic, 2004 Dodge Ram, remote, pto, 1986 John Deere 3640 Mfwd with Black, 4X4 Pickup 4 door, 5.7 Hemi automatic, sound guard cab, 3Pth, pto, 16.9 X 24 front, Special Item, 1999 Harley Davidson black 18.4 X 38 rear, engine overhauled, 12,500 hrs, Sportster motorcycle, 1200 Screaming Eagle showing. 1997 Case IH MX 120 Mfwd, CAB, 3 engine, Dual intake & exhaust valves, only 13000 one owner Km's, this item only reserved at \$6,500, good seeding and tillage eq.

1999 Claas 440 Lexion combine with pickup head, 1649 engine hrs, serial# 454 03050. ****Claas 6 metre straight cut head with pickup reel sell separate after combine. 2001 two Mollikers 18,000 kg, 4 wheel farm trailers, 18 ft, 3 way hoist, air brakes, removable sides, silage and grain etc, serial# W09D182182W010 AND #11, Europe imports. 2005 Farm King 10 x 70 top feed auger, used one season.

Farm Auction for Mike & Maurice Didkowski

APRIL 11, 10 a.m., Snowflake, MB

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1984 875 Versatile with 5400 hrs. New engine bearings, seals, pivot pins, and new 20.8/38 tires at 5200 hrs. Full outback autoستر, air seeder return line. Good solid tractor. 1986 Massey 3545 MFD, 3 ph. 1000/540 pto c/w ES-On 2106 self levelling loading, joystick with material and bale fork. Approx 5000 hrs.



1976 John Deere 2130 3ph, add on cab c/w JD145 loader 540 pto. Ford 210 diesel yard tractor c/w 3ph and pto. 2001 Honda 450ES electric shift 4X4 ATV. Yard sprayer sells separate. 1995 TR 97 Swathmaster pickup, 2300 threshing hrs. 1985 TR 85 Melroe Pickup, 1983 TR 85 Melroe Pickup, 1997 TR 70 Melroe Pickup

**David Henderson Farm SE Manitou
APRIL 12 (204) 242-4060**

Exceptional Farm Equipment auction featuring: Two JD 9400T Tractor Tractors 1994 JD 6400 Mfwd and 640 loader, and 64 JD 4020. 2005 JD 9860 SP Premium Combine 1209 engine hrs, 961 Threshing hrs, JD 615 belt pickup. Hopper Topper, JD auto steer ready. 2005 JD 936 Draper head c/w 36 ft. dure flow. 2004 Demco 800 Grain Cart. pto and hyd drive with a scale and roll tarp, 30.5/32. 2002 Premier 30 ft SP Swather 2 speed. C/w Pickup reel and platform auger for canola. JD integrated auto steer with no bubble or monitor. Approx 1000 hrs. 1999 JD 4700 100 ft Booms, 800 gal. stainless steel tank, 2484 hrs, complete JD integrated auto steer, model 2500 touch screen monitor, sectioned auto boom shut off. 2001 KW Day Cab Highway Tractor N14 engine. 10 speed auto shift, automatic transmission, diff lock, jake brakes, heated and power mirrors, 24.5 rubber. Saftied. 2000 Cancaade 42 ft. Triaxle Air ride grain trailer. All 3 hoppers dump in the middle. Saftied. 2002 -60 ft. Flexicoil Slim #7500 Seeding tool. srl #227204A-10157. 10 inch spacing with 4 inch paired row double chute Atom Jet openers. All rows have seed flow monitors, 5 inch rubber packers c/w Pull Between 2002 Flexicoil 3450 triple tank, dual fan, 10 in. loading auger with extended loading boot to load from semi trailers.

Henry Toews Elma, MB

APRIL 15

**Ryan & Gail Reichert, Thornhill, MB
APRIL 16**

**Ed & Dan Friesen, Elma, MB
APRIL 18**

**Bluesand Dairy Farm, Kleefeld, MB
APRIL 19**

**Owen Brothers, Graysville, MB
APRIL 20**

**Ed & Diane Giesbrecht, Oakville, MB
APRIL 21**

**Cantan Farms, Oakville - Don Wood
Neighbour
APRIL 23, 11 am & approx 2pm**

**Lacroix Brothers, St. Claude, MB
APRIL 26**

**Mondo Farms & estate
of Lynn Poersch, Brunkild, MB
APRIL 27**

**Coulee-Polled Herefords, Plum Coulee,
MB
APRIL 28, 5 PM**

**John Fehr Plum Coulee acreage
Real Estate Auction
APRIL 30**

**Richard Arnal Small Farm
MAY 5, 6pm**

**Leonard Wiebe, Plum coulee acreage
MAY 6
Streamline Shelters Biotech Buildings etc.
MAY 7**



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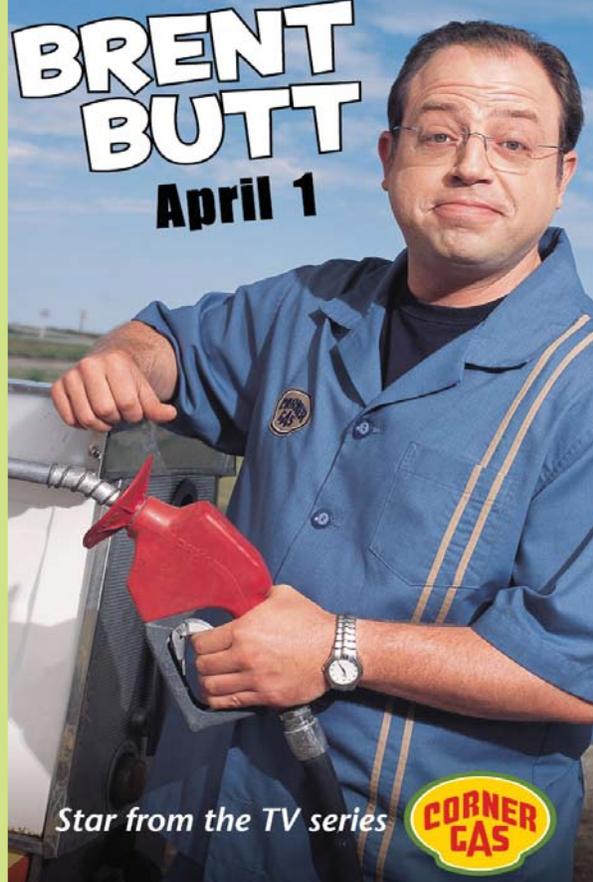
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The thinking cap

You know, it's not easy being a writer.

Oh, I know, it doesn't rank up there with, say, coal miner in physical difficulty or neurosurgeon in mental difficulty, but where it probably has it over both of them is in creative difficulty: the pressure to constantly come up with something new.

Heck, as a science fiction and fantasy writer, I'm expected to create entire worlds, whole solar systems, mythical creatures and believable characters out of nothing more than my own brain cells.

Wouldn't it be great if there were some way to artificially stimulate creativity?

Turns out, there may be.

In a paper published earlier this month in PLoS One, an online scientific journal, researchers Richard Chi and Allan Snyder from the Centre for the Mind at the University of Sydney reported on a study they conducted that seemed to show that people receiving electrical stimulation of the anterior temporal lobes of the brain (located, basically, just above the ears) found it easier to figure out how to solve a difficult puzzle than those who didn't receive that stimulation.

To provide the electrical stimulation, the scientists created what the press release from the journal calls "an electric thinking cap." (Consisting of two sponge electrodes soaked in salt water fastened to the head by a rubber strap, in order to set up a weak current through the targeted part of the brain, it's more properly called a tDCS device, for "transcranial direct current stimulation.")

The puzzle presented to the participants involved correcting a false arithmetic statement presented in Roman numerals constructed from matchsticks. The participants had to figure out how to make the statement correct by moving a single matchstick from one position to another: for example, turning an X into a V.

The results: while only 20 per cent of non-thinking-capped participants could figure out a complex version of the problem (after practicing with a series of easier problems) in the six minutes allowed, 60 per cent of those receiving stimulation managed it.

Past research has indicated that the left anterior temporal lobe (ATL) is associated with solving problems using known, tried-and-true methods, while the right ATL is associated with what is commonly called "thinking outside the box": coming up with new ways to solve problems.

The researchers placed their electrodes on the subjects' heads so that the flow of current suppressed activity in the left ATL, while enhancing it in the right.

The brain is always trying to find a balance between "exploration and exploitation," as neuroscientist David



Edward Willett

Eagleman of Baylor College of Medicine puts it: in other words, between finding new ways of doing things and using methods it has already figured out.

Eagleman points out that there's a downside to "thinking outside the box" in survival terms: "The only way an animal can get by . . . is using what it has learned in the past and coming up with new solutions," he says. "If you were an animal in the wild trying to constantly come up with new solutions to every problem . . . you'd probably starve to death."

"What this study shows is that you can tip the balance of this battle in favor of exploring new possibilities."

One uncertainty is whether the increase in creativity arose because of the enhancement of activity in the right ATL or the suppression of it in the left ATL, or if it was a combination of the two.

However, according to Snyder, the research was inspired by reports of accident victims who, after damaging the left side of their brains, suddenly "burst out into the arts or other types of creative activities," which would seem to imply suppressing the left ATL alone is enough to enhance creativity.

So, does this mean I and other types who depend on being creative for our livelihoods will be able to buy a thinking cap at Staples any time soon?

Alas, no. But as research continues, who knows? Snyder isn't discounting it. Although the science is in its infancy, he says the "thinking cap" has potential applications in problem solving . . . and, yes, in the arts.

Perhaps, in the future, there will no longer be any need for writers to gaze mournfully into space, take long walks in the rain, or starve in garrets as they seek their muse.

Instead, they'll slap on their "We 'R' A Muse" patented electromagnetic thinking cap (available in a variety of designer colors!), plug it in, and pop out a masterpiece by supper.

Not very romantic, I admit. But it sure would take the pressure off.

Edward Willett is an award-winning writer of fiction and non-fiction from Regina.



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SPRING SALES SCHEDULE 2011

MARCH			
16	WEDNESDAY	PRESORT FEEDER SALE	10:00 AM
19	SATURDAY	PLEASANT DAWN CHAROLAIS BULL SALE	1:00 PM
21	MONDAY	BUTCHER CATTLE SALE	9:00 AM
23	WEDNESDAY	FEEDER CATTLE SALE	9:00 AM
28	MONDAY	BUTCHER CATTLE SALE	9:00 AM
30	WEDNESDAY	PRESORT FEEDER SALE	10:00 AM

EFFECTIVE APRIL 4,

MONDAY BUTCHER SALES DISCONTINUED UNTIL FALL 2011

APRIL			
1	FRIDAY	BRED COW SALE & BRED COW/CALF PAIR SALE	11:00 AM
3	SUNDAY	CATTLEMAN CLASSIC ALL BREED BULL SALE & SOUTHWEST BULL TEST DEVELOPMENT SALE	1:30 PM
5	TUESDAY	SHEEP, LAMB, AND GOAT SALE	12 NOON
6	WEDNESDAY	REGULAR CATTLE SALE	9:00 AM
8	FRIDAY	BLACK DIAMOND SIMMENTAL BULL AND FEMALE SALE AND LAWN VIEW SIMMENTAL	2:00 PM
11	MONDAY	WORKING STIFF ANGUS BULL SALE	1:00 PM
13	WEDNESDAY	REGULAR CATTLE SALE	9:00 AM
		PEN OF 5 REPLACEMENT HEIFER SALE	1:00 PM
20	WEDNESDAY	PRESORT FEEDER SALE	10:00 AM
		REGULAR SALE TO FOLLOW	
27	WEDNESDAY	REGULAR CATTLE SALE	9:00 AM
29	FRIDAY	BRED COW & COW/CALF PAIR SALE	11:00 AM

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Cracking the code on camelina

I brought the bottle into my office, and sure enough, there was the secret code.

Okay, maybe the code wasn't so secret, and maybe it was more of a number than a code, but I felt like a rural Nancy Drew on a spy mission if I considered it a "secret code."

So, with my "nine-digit number" in hand, I went to the mystery website: threefarmers.ca.

Now, I know—"Three Farmers" doesn't sound very mysterious and tracing a bottle of oil isn't nearly as dramatic as discovering the origins of a shoreline-washed bottle with a message in it. But, hey, this was pretty exciting considering I was about to unravel the history of this bottle of camelina oil that had been produced right here in Saskatchewan.

I wasn't disappointed as I punched in "the code" (as we rural CSI-types like to call a "secret code").

Up came my message: "Your Farmer—Colin."

Colin—my farmer. Yes, Colin had produced this bottle of oil, just for me (or so it seemed). He had grown the camelina, an ancient grain that is rare on the prairies, in a field near Midale, Saskatchewan—the exact coordinates of which were NW9-5-11-W2M. Right there on Google, I saw it—my field where my camelina for my bottle of oil had been grown. And furthermore, I found out how it all happened.

In mid-September 2010, we pressed Lot 7 of our camelina oil. This oil would be our first to be bottled under our Three Farmers brand. It was cold-pressed in Tisdale, Saskatchewan at a Kosher Certified facility and then transported to Saskatoon for bottling.

Not only had the mystery been unraveled, but the three farmers from Midale, Saskatchewan had taken me on the adventure I have been waiting to take since I ate my first



Christalee Froese

box of Kellogg's Cornflakes. You see, we're not used to making, baking or pressing the end product here in the grain belt. We typically grow vast amounts of top-quality grains, pulse crops and oil seeds and send them far, far away, only to pay more for them when they return.

But here was Colin Rosengren, Ron Emde and Dan Vandenhurk who had gone through all the trouble of not only finding a unique ancient grain to grow, but who had spent several years figuring out how to press it, bottle it and get it to me, complete with my very own "code."

"We like to see a lot of what we grow be connected to the end-user, so this was a way to connect directly with our consumers," said Colin Rosengren, the brainchild behind camelina oil and the Three Farmers brand.

"He comes up with all of the ideas and the rest of us just follow," said Ron Emde, a long-time Midale-area farmer.

Camelina, an ancient oilseed traced back 3,000 years to Europe, has most recently been grown in the USA and

Canada for biofuel. However, it had never been approved for food consumption in Canada. Fortunately, the three farmers were able to secure approval from the Canadian Food Inspection Agency, making them one of the first in the country to use camelina as a food source. And what's more, the oil is as healthy as an oil gets with loads of Omega-3 and Omega-6 healthy fats, tons of Vitamin E and a low smoke-point (you can cook with it at 475°F). I do love my olive oil, but I've ditched it completely for the sake of my dear "coded" camelina bottle which delivers a fresher, lighter oil that cooks like a charm.

"There's been a lot of red tape," said Emde. "Sometimes it just seems like it would be easier to haul the crop to town and sell it, but I think in the long run it will be worth it."

Rosengren is convinced that the long-term benefits of adding value to their crops at home and putting fully traceable products into the hands of health-conscious consumers will more than pay off.

With over 1,000 bottles sold and retailers in Saskatoon, Regina and Estevan carrying Three Farmers Camelina Oil, the immediate plan is to build a processing plant in the Midale area this spring and produce camelina hummus and pesto for retail shelves this summer.

It's simply amazing what can be found out when a code is cracked. My secret code led me straight to a quarter of land in Midale and to the ingenious "Three Farmers" who have created a one-of-a-kind, home-grown product and a code-cracking way to enjoy the fruits of their labor.

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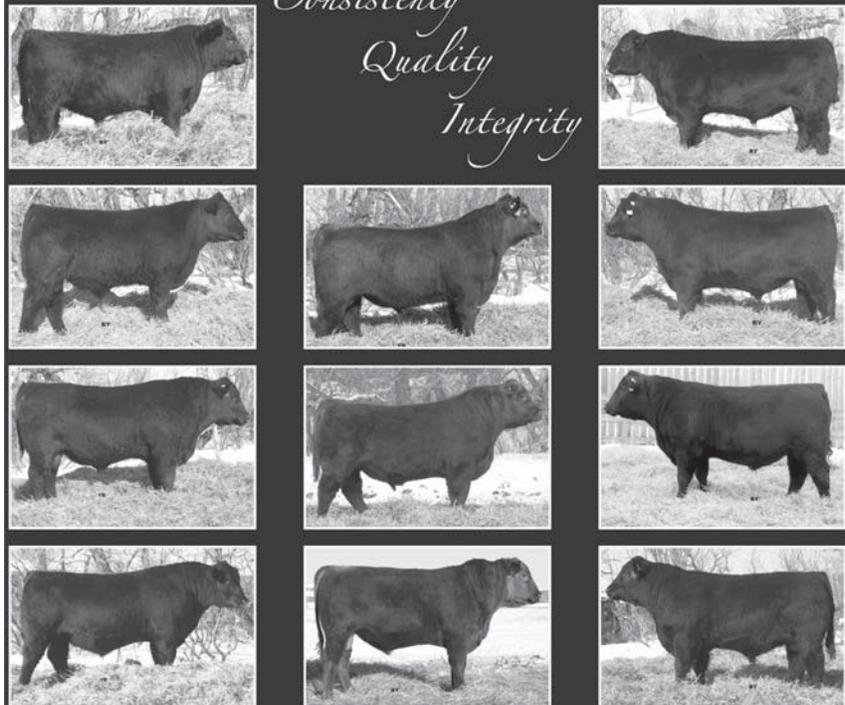
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Municipalities discuss Sun Country issues

BY KEVIN WEEDMARK
More than 35 people representing municipalities across southeast Saskatchewan got together in Wawota Tuesday to discuss issues with the Sun Country Health Region.

The RM of Walpole invited representatives of towns, villages and RMs to the meeting to inform them of issues surrounding the closure of five beds at Wawota's Deer View Lodge, and other issues in the region.

Deputy Reeve Ron Hall, who chaired the meeting, said organizers discovered that other communities have some serious issues with the Sun Country Health Region as well.

"We had people there from all throughout the health region, and one thing we found out is that other places have had some serious problems as well," Hall said.

"We called for ideas on what we can do about this health district, and now all these people are going to take it back to their governments and talk about it. Then we'll try to set up another meeting and try to go further."

Hall said that one thing municipalities agreed on is to try to take their concerns directly to the provincial government.

Hall said that some people at the meeting weren't aware of some of the issues in the health region, such as the controversy that led to the resignation of the vice-president of finance, the firing of the CEO, and the finding by the provincial auditor that the health district was handing out credit cards and

not monitoring their use. "Some people were shocked with some of the things that went on," said Hall.

Hall said it's very encouraging to see the support from across the health region. "We're very encouraged," he said. "When we sent that out, more than 30 RMs and towns replied that they were interested in getting together and talking. There were some that had other commitments and couldn't come to the meeting, but everyone was very supportive."

Hall said the next step is to put together a package on the results of the meeting and send it to the government.

"The package will contain what the mandate will be to go further," he said.

RM of Silverwood Reeve Bill MacPherson was at the meeting representing his RM.

"We went down and just sat there and went wow," he said. "When we heard them lay out everything that has happened, we wondered how could this have been allowed to happen? Why is Sharon Bauche still the chair of the board?"

MacPherson said he drew his own conclusions when he understood everything that has happened in Sun Country.

"In my opinion the health minister should take that board and can them all, and get mayors and Reeves to fill the positions," he said. "That could get the board back to where it should be. I've never seen such financial mismanagement

in my life. This is a board that couldn't find \$110,000 for five beds but they think nothing of \$187,000 for a severance package for someone who's fired. To me, (Health Minister Don) McMorris should terminate that board. The whole area has lost confidence in that board. There are lots of RMs and towns in that Sun Country area who would have a mayor or reeve willing to sit

on that board. There are lots of good people that would sit on that board and help fix this problem."

Meanwhile, Wawota's Save Our Beds Committee is planning a meeting for this Thursday evening in Wawota to explain where they are at in their fight to have five beds reopened at Deer View Lodge. The health board closed the beds last year, saying the

move would save \$110,000. One board member who has since resigned said the board made the decision based on false information provided by top administrators. Since that time, one of those top administrators, Hal Schmidt, resigned after the World-Spectator revealed he had been fired from one previous position for falsely claiming to be a chartered accountant, and

the board fired former CEO Cal Tant the day it received a report on hiring practices in the region. Last week chair Sharon Bauche confirmed that the board paid Tant \$187,000 in severance pay after firing him.

An investigation by Saskatchewan's provincial auditor found the region had handed out credit cards to some staff members and failed to monitor their use.

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Saskatchewan New Democrats

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Cannington Constituency NDP will be holding their nomination meeting and dinner on Sunday, March 13 at the Happy Gang Club at 307 2nd Street West in Carlyle.

Doors open at 2 p.m.
Meeting begins at 2:45 p.m.
Dinner served at 3:30 p.m.
Guest speaker and auction to follow

Joining the evening as guest speaker will be MLA and Finance Critic Trent Wotherspoon.

Attendance to the meeting is free and open to all, but party membership is required to vote. Dinner is provided at a cost of \$25, paid at the door.

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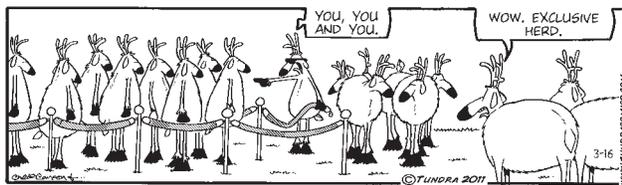
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