

Plain & Valley

Covering Southeast Saskatchewan and Southwest Manitoba

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A joyful gem in Southeast Saskatchewan

BY JULIA DIMA

Tucked just off of Highway 13, Forget is easy to miss for travelers. But Shannon and Don Shakotko's Happy Nun Cafe on Main St. is an unexpected find.

Shannon and Don Shakotko first founded Ananda Arthouse in their home in Forget, an old rectory, where they put on shows and artists retreats. The arthouse, Shannon says, was born from an idea to bring music and culture to Southeast Saskatchewan.

"For Ananda Arthouse, it's something Don and I always talked about doing. Ananda is like a three-legged stool: faith, art, and leadership. We think that art is important in expressing and making sense of the world around us, which is what faith does as well," Shakotko says, "We started the arthouse as a passion we had in our life, and art and music is such an important part of that. Here in southeast Saskatchewan, there's a lot of opportunity to both present and participate in art-making and art enjoyment. That's been a really important part of why we're here and what we do."

The Happy Nun evolved six years ago when Shannon and Don could no longer accommodate the growth of the arthouse in their home. Now, the Happy Nun Cafe hosts Ananda arthouse shows.

Shakotko says that happiness and joy is what built their business.

"Ananda means 'that joy without which the whole universe would fall apart', so it's a joyful thing, and I thought the name Happy Nun would fit right into that idea," she says.

That happiness and joy seems to radiate in The Happy Nun Cafe. On Open Mic night at the end of November, warm light filled the Cafe while a full house watched the live music over a locally sourced dinner. Even Don and Shannon got up on stage to play a few songs. The Cafe's walls are lined with bookshelves for natural acoustics, a small fireplace flickers in the back of the cafe, original artwork lines the walls, and the stage is almost at floor level, jutting out in a semi-circle, creating an intimate space for people to get close to the musicians. Many of the open mic performers got the audience involved in their songs, so music



Don and Shannon Shakotko opened up the Happy Nun Cafe six years ago, and every weekend have live music and fresh cooked dinner for guests.

filled the entire space. Shakotko says that she hopes there's an interaction that happens between musicians and audiences at The Happy Nun.

"I think the dynamic of what is happening between artist and audience should have a lasting effect on you, you should leave with a different way of seeing things. I think that is the purpose of art," Shakotko says.

The Happy Nun was not the original name for the cafe, says Shakotko, though it ended up fitting the theme of joy that founded the arthouse and permeates the atmosphere in the cafe.

"We were going to call it the Alma Street Cafe, which was a jazz cafe in Vancouver where Don proposed to me. On our anniversary, we returned there to find that it was closed down and now was a parking lot. But Forget was originally called Alma, and was located a few miles northeast of the current location. When the railroad came in, the

town moved with it, and when it did, they remained in Forget, after the first lieutenant governor of Saskatchewan, Amadeus Etienne Forget," Shakotko explains, "but there is still an Alma Street in Forget, so we thought we'd call it that because it was meaningful for the town and for me and Don. That's what we were calling it until I had a dream one night. I dreamt about the cafe, and the cafe was full of people laughing and having a great time and the ambiance was warm, and it was called The Happy Nun. I woke up laughing, and told Don, and he just looked at me, and said, 'well, I guess that's what it's going to be called.'"

"I think there is significance of being called The Happy Nun in this place where there was a convent and we live in the old rectory. We want to give homage to the sisters who came here from France and were so important to the community as nurses and teachers," Shakotko adds,

"and we've found ways to incorporate that history into the cafe. We have a desk and light fixture in the front entrance that used to be in the convent originally, and the bar was in the Dunville General Store that used to be in Forget, and the tin around the edge of the stage used to line the barn stalls of the convent. We try to honour that building and the nuns that way."

Shakotko says that while Forget has always had a strong base of musicians, performers and artists, it sometimes isn't noticed, and she hopes that the cafe helps showcase the talent in the province.

"I think because we're in oil country, sometimes it can feel like a cultural void — it's transient, people are often in this area to make money in the industry and then leave, and meanwhile we have a rich culture and history that just doesn't seem to be nurtured. I think we see ourselves as being there to nurture that cul-

ture that has actually been here for a long time," Shakotko says, "I think there's always been a lot of talent here, but now we have a chance to host it and present it to a great audience."

Shakotko says that The Happy Nun is also a good place for musicians to get exposure. The Cafe is open for shows only Friday and Saturday nights, and the shows are often sold out months in advance.

"People trust us that they'll enjoy the show. They often buy tickets and have never heard of the performers before, but they come for the experience anyway. We hope that performing here is also helpful for lesser known artists. It's hard in the music industry to make it big, but it's also easier in the sense that you don't need a record label to make music, you can record independently, but it's tougher to sell music traditionally, since people download so much of their music. It's harder for those artists who rely on selling music to make a living, but we still have people who buy CDs at shows here, and I encourage that."

Along with the good music, people come to The Happy Nun for the food.

Shannon and Don do all the cooking, Shannon's mom does the baking, Don's brother and sister-in-law along with other family serve food, and most of their food is locally sourced.

"I know it's kind of the in-thing to eat local and organic, but that's always been important to people down here in rural Saskatchewan. They don't even have a name for it because you just grow your own garden, and eat your own food," Shakotko says. Along with sourcing vegetables from their own garden, they also source from local growers and producers.

"We get our meat from the Stoughton meat market, and we get our veggies from the Green Ranch, they do all organic food and also source local organic food. We also keep bees as well. It would be silly not to get food locally, when you have all these rich resources around you," Shakotko says, "And we have a house dressing that is made from all Saskatchewan ingredients."

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Virden preparing for Manitoba Scotties

BY KEVIN WEEDMARK

The community of Virden is getting ready to host a major event with the Manitoba provincial Scotties Tournament of Hearts in early January.

Virden will host the event Jan. 8-12 at Tundra Oil and Gas Place.

Cory Barkley, president of the Virden Curling Club and chair of the event, says the club has been preparing for the Scotties for a long time.

"It's been almost a two year process," he says. "We contacted Curl Manitoba in late 2011. We knew with the new facility we could host some bigger events, and we were looking for fundraising ideas.

"They were looking for someone to host the Scotties, so we were happy to do that.

"We haven't had a major event here since 1998 so we were ready to put on a major event.

"We have 250 volunteers signed up so far, but we're still hoping for 300. Spectator-wise, we hope to sell at least 500 weekend event passes, and we're hoping to have 1,000 in the stands for the weekend games. We have capacity for 1,200 in the seats, so we should have plenty of room. The pre-event sales are just around 250, if we can get to 500 we'll be happy. If the weather is good we're hoping to get a lot of people driving to Virden for the day."

He said passes sold so far are split between locals and people planning to travel to the event. "There are certainly people taking advantage from out of town," he said.

"We would love to see the place sold out. At the end of the day, it's such a great event, it really is good entertainment.

"We haven't had a real curling event in this area for awhile—we want to pack the place and really put on a good show. With the teams coming from across the province, we want to put a good event on for them."

The Scotties will be the first curling event at Virden's relatively new Tundra Oil and Gas Place.

"It is a wonderful place to watch hockey, but there hasn't been a curling event there

yet," says Barkley.

"Having a facility like this certainly helps with putting on an event like the Scotties. In this case they were looking for someone to take this year, and the fact that we could offer this facility helped a lot. I think it's generally done on a bid basis, but in this case I think we just called at the right time and were fortunate there was an opening, and we had a facility that could handle it.

"In 1998 when our last major event was here, it was felt then that the old building had had its last major event. The new arena is a big improvement. For people, knowing they can sit and be comfortable in the arena makes it a lot better experience.

The Scotties will be a fundraiser for the Virden Curling Club's planned new facility.

"Our fundraising goal is a profit of \$100,000," says Barkley. "We budgeted lower than that, but ideally, in a perfect world, I think we would turn \$100,000 on it."

The club has been raising funds for a couple of years, and has put away around \$125,000. The club wants to raise \$1 million for a new building.

"We're hoping this will be successful as a fundraiser. I think if the corporate world sees we're attempting to get it done, they'll get on board with it."

Barkley says the curling club has had a lot of support from the wider community. "Our volunteers who have shown up so far are not all curling club members, some of them are just members of the community who want to help the curling club, he says. The Town of Virden has been supportive of us, and we've had great support from minor hockey and figure skating. In the middle of winter it's hard for us to get to give up that ice time."

He said everything has gone smoothly with preparations so far. "Curl Manitoba has been excellent to deal with, the committee are a great group of people who have taken on their jobs and are running with it."

Continued on page 21

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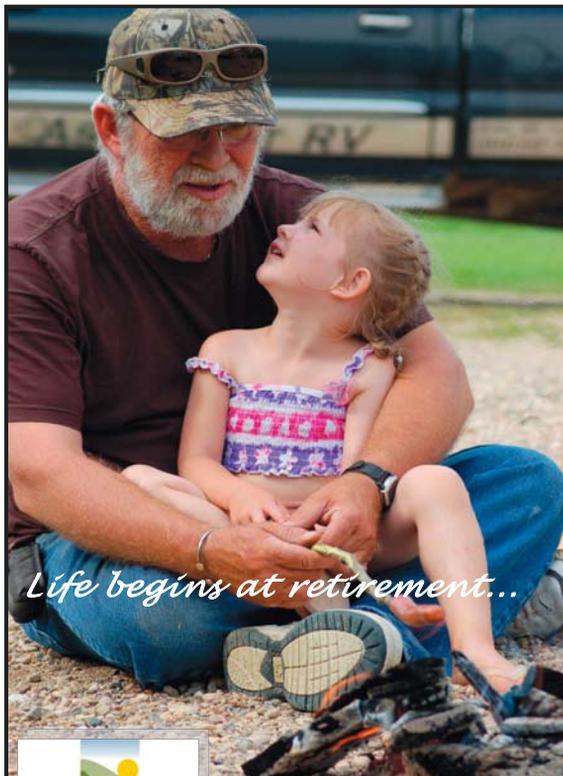


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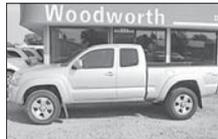
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PotashCorp cuts workforce by 18 per cent:

Job cuts won't affect PotashCorp Rocanville

BY KEVIN WEEDMARK

PotashCorp announced recently it is cutting its workforce by more than a thousand people, but the cuts will not directly affect PotashCorp Rocanville.

"These changes are very specific and they will not directly affect the Rocanville operation," said PotashCorp spokesperson Bill Johnson.

"The changes are specifically at Cory and Lanigan." While PotashCorp has often had temporary shutdowns at its sites for inventory control, these layoffs are more long term.

"At times in the past we have had to do inventory adjustments, and we've had temporary downtime at some of our sites," said Johnson.

"This is quite a bit different. This is not a temporary shutdown. We will be putting one of two mills at Lanigan into care and maintenance," meaning the mill will be maintained so it can be fired up again if the capacity is needed.

Johnson said the cuts were to the higher cost mines to operate, while the lowest cost mines, including Rocanville, were spared.

"A number of factors were considered," he said. "We need to be as globally competitive as we can be. There is more pressure than ever to operate at the lowest cost possible, so we are focusing on our lowest cost mines."

"Rocanville and Allan are our two lowest cost facilities. Rocanville is a very large mine so we're able to spread our costs over more tonnes than in a smaller mine."

"Rocanville is just a first-class facility. We've got an excellent workforce, it's a very modern facility with good operations and the best production capabilities of any of our mines. It started off with a low cost profile and the expansions we're doing will make it more so."

Johnson said that, while PotashCorp is reducing capacity at Lanigan and Cory, it will continue with its \$2.8 billion expansion to add capacity at Rocanville.

"The expansion will go ahead and it will be completed," he said. "As a company we produce to the level the market is buying our product at and that will continue to be our strategy going forward."

Johnson said that the potash market has not expanded as quickly as was anticipated when the Rocanville expansion was announced six years ago.

"What we've seen in our business is not that our business has grown smaller, but that it has not grown as much as anticipated," he said. "When we made the decision in 2007 to expand Rocanville it would be with the thought there would be market growth, and we still believe that. The long term outlook is very positive. We've

440 positions eliminated in Saskatchewan as Lanigan, Cory production to be reduced

got a growing world population, and increased demand for proteins but what we have seen is that the growth in demand is not always in a straight line."

Work continues on the expansion at Rocanville. "They're still working on the shaft, there is still mine development going on," Johnson said.

"The time frame for new production out of the mine is 2015. We're about 90 per cent of the way through the spend, but the last 10 per cent is important."

Johnson said laid-off miners from other facilities may be hired at Rocanville.

"We've got some exceptional employees in our company who will find out that through no fault of their own they are out of work. We would hope we would find positions for them in our other facilities."

In total, PotashCorp is cutting 1,045 positions with the biggest hits in Saskatchewan, and many losses in Florida and New Brunswick.

"This is a difficult day for our employees and our company," said Bill Doyle, PotashCorp's president and chief executive.

"While these are steps we must take to run a sustainable business and protect the long-term interests of all our stakeholders, these decisions are never easy."

"We understand the impact is not only on our people, but also in the communities where we work and live, and PotashCorp will work hard to help those affected through this challenging time."

In Saskatchewan, 440 people will be affected. Most of the losses will be at the Lanigan division, where one of two mills will suspend production by the end of 2013, at the Cory division, where production will be reduced, and at the Saskatoon headquarters.

The Saskatchewan government said it would dispatch its rapid response teams to help those affected find work in other sectors.

"We are fortunate that this has occurred at a time of relative labour market strength and that our economy today is more diversified than ever," Premier Brad Wall said in a statement.

The premier said the government would also look to improve its work to match training resources with labour needs.

In addition to the cuts in Saskatchewan, New Brun-

wick will see 130 people affected while the rest will be outside Canada, including more than 435 in the United States.

Florida will lose 350 jobs while another 85 people will be affected in North Carolina.

One of two phosphate plants in White Springs, Fla., and the Suwannee River chemical plant, will be closed. A loss of capacity at White Springs is expected to be partially offset by higher output at Aurora, N.C.

There will another 40 jobs affected in other parts of the United States and in Trinidad.

Potash prices and the shares in the companies that produce it were hit hard earlier this year when Russian-based Uralkali, one of the world's largest potash producers, quit the Belarusian Potash Company export partnership.

In expectation of lower prices on the world markets, China and India—key markets for fertilizer—delayed purchases and shipments plunged.

Belarusian Potash accounts for about 43 per cent of the global potash market and competes with Camptex, a Canadian-based group that sells potash abroad on behalf of PotashCorp, Mosaic Co. and Agrium.

According to PotashCorp, the cuts shouldn't impact the company's ability to meet customer demand.

"We anticipate our operational capability for 2014, along with our inventory position, will provide us the ability to supply more than 10 million tonnes, which should provide ample supply cushion, PotashCorp said in a statement. "Although staffed to run at reduced levels for the foreseeable future, our Lanigan and Cory plans provide the flexibility to ramp-up operations as market conditions warrant."

Continued on page 9

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Job cuts won't affect PotashCorp Rocanville

Continued from page 7
Most of the layoffs are immediate. "The majority of changes are anticipated to be completed in 2013," said PotashCorp, "although certain positions at impacted operations are expected to remain in place through a transitional period. Where feasible, affected employees will be offered voluntary severance packages prior to any involuntary reductions. Additionally, we are committed to providing assistance to all our employees in their transition to new opportunities. Severance and assistance programs are expected to exceed those that are typi-

cally provided in similar situations." PotashCorp is expecting the changes to save significant amounts of money. "We anticipate the outlined changes will result in lower per-tonne operating costs—most notably in our potash and phosphate segments—thereby enhancing the competitive position of each nutrient on a global basis. We expect potash cost savings of \$15-\$20 per tonne in 2014 with a targeted reduction of \$20-\$30 per tonne by 2016 (from 2013 levels). In phosphate, we anticipate an annualized gross margin improvement of approximately \$10-\$15 per tonne."

Moosomin Kinsmen launch 12th Lotto 365

BY KEVIN WEEDMARK

Lotto 365 has put more than \$450,000 into the community over the last 11 years, and organizers are hoping to top the half million dollar mark once the 12th annual lottery is completed this winter.

Lotto 365 started more than a decade ago with the idea of allowing the winner to live free for a year.

The prize consists of \$1,000 a week for 52 weeks—enough to cover most people's bills for the year.

The lottery was the idea of former Moosomin Kinsmen Club member Terry Barros.

The lottery ran virtually unchanged for the first 10 years, but for the first time last year a second component was added—a 50/50 draw.

When someone buys a \$100 lottery ticket, they can get a 50/50 ticket for another \$20. The winner of the 50/50 draw takes half of what goes into the 50/50 pot, and the rest goes to the community.

The Kinsmen had a success with the addition of the 50/50 draw last year.

"We had a 70 per cent take rate on 50/50 last year," said Ryan Thorn of the Moosomin Kinsmen Club. "\$11,000 went to the winner."

Funds from Lotto 365 have supported many different community

projects over the years, from health care to recreation.

A lot of support has gone to the Southeast Integrated Care Centre over the years, and one of the main beneficiaries of last year's proceeds was a portable ultrasound machine for the emergency department at the SEICC.

If this year's lottery sells out, \$30,000 of the proceeds will go toward renovations and improvements at Moosomin's swimming pool, \$7,500 will go to the Moosomin Curling Club, \$7,500 will go to the Pipestone Hills Golf Club, and the proceeds of the 50/50 will go to the Kinsmen's ball diamond improvement project at Lloyd Bradley Park.

The Kinsmen are extensively redeveloping one diamond, including underground sprinklers and overhead lights.

Thorn says the lottery has been a successful fundraiser for the Kinsmen over the years. "I understand it was a lot of leg work in the beginning, but it was almost an instant success," Thorn says.

"People are just happy to support it because they know the money stays local, they know we will do the best things we can with the money for the community."

He said the annual lottery becomes

easier logistically each year. "When you have a formula in place it's easier," he said. "It's still a challenging thing to account for and manage—it's not something we take lightly. It takes a lot of effort by the whole club. It's a team effort. The ticket sellers contact their families, their business associates and colleagues."

"Advertising and direct mail also help a considerable amount, and our reputation helps sell it too."

Many of the tickets are sold locally, although some have been sold as far away as B.C.

Thorn says the lottery is also a fun project because of the community support.

"It's awesome," he said. "People start asking when you're doing lotto in August or September. It's fun to phone the winners and tell them that they've won, and it's fun to give the money back and see things improve. We love doing it."

"It can get a little stressful toward the end, but when you sell out it's a great feeling, and we've sold out every year but two."

Some non-Kinsmen members help out with the annual lotto. "People help us out because they believe in it," says Thorn.

"It's more like a Moosomin project than a Kinsmen project."

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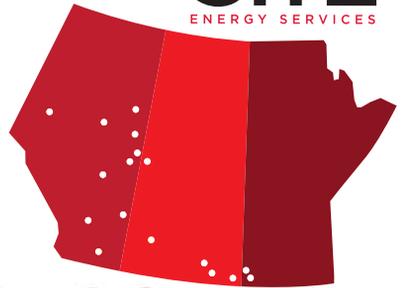
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focus on EDUCATION



Discover the SAIT polytechnic learning experience

Canada's number one research college. Leading-edge learning spaces. Instructors who bring industry expertise to the classroom. Great employment opportunities for graduates.

Those are just a few reasons to consider SAIT Polytechnic in Calgary as your destination for post-secondary education.

JOB-READY GRADUATES

SAIT offers more than 100 full time career programs that position people for success in technology, trades and business. And that success is proven: 94 per cent of SAIT's class of 2012 found employment within nine months of graduating, at an average starting salary of more than \$53,000.

Employer satisfaction is also a key measure of SAIT students' job readiness. In the most recent survey of some 800 employers, 89 per cent gave a thumbs-up to the quality of SAIT graduates.

What's behind those results? SAIT programs are vital to the industries and services that drive Western Canada's strong economy—energy, construction, manufacturing, health care, hospitality, transportation, and communication technologies among them. More than 1,000 leaders in industry and business lend their expertise to SAIT advisory committees to ensure those programs are relevant today and into the future.

Student success and employer satisfaction also say a lot about the calibre of SAIT instructors. With years of real-world practical experience in their fields, instructors bring much more than teaching talents to the classroom to share with students.

APPLIED RESEARCH TAKES LEARNING TO NEXT LEVEL

SAIT is proud to partner with industry in applied research—and to be named Canada's Top Research College for 2013 by Research Infosource Inc.

Applied research focuses on finding practical solutions for real business situations. Students enhance their learning—and gain a competitive edge come graduation—by working on projects that range from improved livestock tracking technologies, to homes that generate as much energy as they use, to obstacle-climbing wheelchairs.

Some 150 to 200 students each year are involved in applied research projects. In the past five years, close to 200 such projects at SAIT have resulted in more than 250 prototypes created.



SAIT's 3D drilling simulator.

WORLD-CLASS FACILITIES

SAIT's main campus was transformed with the opening of the Trades and Technology Complex in 2012, adding 740,000 square feet of truly innovative learning spaces. The complex was named one of the world's most exciting urban infrastructure projects by KPMG's Infrastructure 100: World Cities Edition.

A 3D drilling simulator—the first of its kind at a post-secondary school in North America—is just one example of those leading-edge learning spaces. It readies students for the oil patch in a simulated environment that replicates a rig driller's control cabin, complete with cyber chair, touch screen consoles

and instrument panels.

A recent \$60 million renovation to the Thomas Riley Building includes a lab that can accommodate construction of two 1,200-square-foot homes.

The Culinary Garden is a living classroom that enables culinary students to cook with fresh vegetables, fruits and herbs grown right on campus. And the recently opened Culinary Campus in Calgary's downtown core serves up gourmet lunch fare to some 900 customers on weekdays. The new campus earned a 2013 Innovation of the Year Award from the International League for Innovation in the Community College.

SAIT STUDENTS SHINE

Whether it's on the competition stage, lending aid to a developing country, or studying abroad, SAIT students have many opportunities to enrich their learning. Last summer, three Administrative Information Management students were part of Team Canada at the 2013 Microsoft Office Specialist World Championship, with one SAIT contender capturing a fourth place spot. Students from 40 countries took part in the competition.

SAIT students also shone at the 19th Skills Canada Competition last June, claiming two gold medals (culinary arts and precision machining), a silver (automation and control), and three bronze (IT office software solutions for business, print media technology, and plumbing).

SAIT is also a member of the Global Education Network through which students can study at partner schools in Australia, Singapore and the U.S. and participate in short-term exchanges.

BEYOND THE CLASSROOM

Services for students at SAIT include:

- Learner success centre
- Wide range of recreation facilities and programs
- Health clinic
- Two high-rise residence buildings
- 20-plus campus eateries
- Subsidized transit pass and C-train station on campus

Discover SAIT at Open House, February 7 and 8, 2014. Get the details at sait.ca or take a virtual tour of SAIT at tours.sait.ca.

GET REAL

capability.

FURTHER
YOUR
PASSION

Instructors at SAIT Polytechnic in Calgary, Alberta are experts in the fields they teach, so they know how to develop employees with value. With years of relevant experience behind every course, SAIT instructors deliver practical, industry-based support and a passionate commitment to your academic success.

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focus on EDUCATION



Parkland College offers diverse opportunities

Fresh off of celebrating its 40th anniversary in 2013, Parkland College is set to continue its success into the New Year. With four decades of adaptability and diverse educational and training options under its belt, Parkland College remains poised to serve the needs of adult learners and industry partners in East Central Saskatchewan.

Since its inception in 1973, Parkland College has worked to expand the philosophy of life-long learning in the Parkland region. Among the seven basic principles upon which the Saskatchewan community college system was founded is the idea that programs are to be developed in response to the needs of the community. Today, Parkland College delivers hundreds of program sessions at its campuses in Canora, Esterhazy, Fort Qu'Appelle, Melville, and Yorkton. Students can choose from a broad spectrum of educational services from trades training and high school upgrading to the province's most diverse off-campus university offerings.

The hallmark of 2014 for Parkland College will be the beginning of construction of the Trades and Technology Centre in Yorkton. With \$10 million in funding from the government of Saskatchewan, \$5 million from dozens of community and industry donors, and a generous land donation from the City of Yorkton, this project is ready to proceed. The facility will be complete in time for classes resuming in the fall of 2015. This expansion will allow Parkland College to deliver more high-demand programs including power engineering, mechanics, welding, and construction trades. This new capacity will help produce an additional 350 full-time graduates per year while upgrading the skills of 2,000 workers annually.

Currently, the trades and industrial area is as responsive and flexible as ever. For example, Parkland College is offering the SIASST Carpentry Certificate program, starting this February in Yorkton. Available in 22-week and 32-week variations, graduates are prepared to work in residential and commercial construction and related industries. The college will also be offering the SIASST Multi-Mechanical Trades program in Yorkton, beginning in September. In just 26 weeks, students learn the skills necessary to work in the heavy equipment, truck and transport, agricultural machinery, and automotive service trades. There's also the SIASST welding program in



Yorkton. Beginning in October, it's a 25-week program that prepares graduates to work in manufacturing, for welding contractors and in welding shops, or be self-employed.

Parkland College in Melville is home to two popular emergency services programs: firefighting and paramedic training. The 14-week National Fire Protection Association (NFPA) 1001 - Professional Firefighters program returns March 31. It gives graduates a comprehensive blend of theory and practi-

cal skills required for an entry-level career. Meanwhile, the SIASST Primary Care Paramedic (PCP) program trains graduates for work with ambulance operations, fire services, industrial sites, mining sites, military departments, or special care facilities. The next PCP program begins in September.

To meet the steady demand for special care aides in the area, Parkland College continues to offer the one-year SIASST Continuing Care Assistant Program in Yorkton. Graduates typically find employment in home care settings, special care facilities (such as nursing homes), and hospitals. The next full-time program is slated to begin in September. Part-time courses are also available throughout the year. Applications are also being accepted for the two-year SIASST Practical Nursing diploma program, which starts in February 2015. The deadline to apply is March 21, 2014.

Parkland College offers more than 130 courses from the University of Saskatchewan and the University of Regina. Students in Yorkton can complete several degree options at the undergraduate and master's levels from these institutions. Bachelor's degrees available at Parkland College include Social Work, Indigenous Education, Geography, Justice, Northern Studies, Police Studies, Sociology, and Nursing (coming soon). Graduate degrees are offered in Master of Education Administration and the Master of Nursing (coming soon).

Along with these diverse training options, many students are drawn to the unique learning environment at Parkland College where class sizes are typically smaller. Students flourish in a friendly and welcoming setting where their teachers know them by name. Instructors and counsellors are dedicated to their students and have a passion for life-long learning.

Parkland College also offers a very generous scholarship program. Close to \$150,000 will be awarded to over 100 students enrolled at Parkland College in the 2013-14 academic year. The benefits are two-fold: students don't have to leave the community to further their education, and they don't incur the costs associated with living away from home.

To inquire further, call Parkland College toll-free at 1-866-783-6766, or visit www.parklandcollege.sk.ca. Additional information can be found at www.facebook.com/CollegeofChoice.



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focus on EDUCATION



Interested in the oilfield, but need training?

Ever thought of starting a career in the oil and gas sector? Perhaps you've read the employment opportunities section in the newspaper, or searched the Saskatchewan.ca website. If so, you've noticed that there are many openings for a variety of oilfield-related jobs with competitive wages, health benefits, and sometimes signing bonuses! However, as you delve into the job descriptions you find a few skills you need to acquire before you can make it a reality. Enter Southeast Regional College with over 20 years of energy training ... your ticket to gaining the skills you need to succeed.

Take hauling, for example. Whether you're transporting oil, water, chemicals, or equipment, you'll need a Class 1A license. Driving a boiler truck, tank truck, vac truck, and pressure truck requires it too. Luckily, 1A Truck Driver Training is a five-day or 10-day course at Southeast Regional College. It includes some in-class instruction, but mostly in-truck training. The driving portion covers pre/post trip inspections, brake adjustments, hook/unhook procedures, double clutching, backing, shifting, turns, city/highway driving, yard maneuvers, safe-



ty procedures, and traffic awareness. Once the truck training is complete, you will be tested according to standards, regulations, and procedures implemented by SGL. If you are at least 18 years old and have your 1A Learner's license from SGL, simply contact the Moosomin campus to arrange for training.

Oilfield companies also need heavy equipment operators to flatten land, move dirt, build leases, and dig trenches for pipelines. If you want to drive big machines, Southeast Regional College's Heavy Equipment Operator (HEO) training program is your big ticket opportunity. This SIAT-accredited program certifies you on two pieces of heavy equip-

ment in just one month of full-time training. Depending on what project your class undertakes, you will gain experience operating a backhoe, crawler tractor, excavator, front end loader, or motor grader. Also, in addition to the practical experience gained behind the controls, you will receive two safety certificates: St. John's First Aid/CPR level "A" and AED as well as Ground Disturbance Level II. There's an HEO program starting at Indian Head on May 28, 2014 so register now at the College's Moosomin campus



to guarantee you'll be in the driver's seat!

Safety training is a requirement for almost all oil and gas field jobs. The standard safety certificates a person must obtain are CPR/First Aid and H2S Alive. Some jobs require specific safety training, for example, truck drivers may require the Transportation of Dangerous Goods (TDG) certificate. General labourers may require Confined Space training or Workplace Hazardous Materials Information Systems (WHMIS) certificates. Fall Protection and Rig Rescue training is



essential for Floorhands or Derrickhands. Other safety tickets that may be required along your career path include Detection and Control of Flammable Substances, Ground Disturbance, Resource Industry Driver Enhancement (RIDE), Hours of Service, and Well Service Blow-out Prevention. Southeast Regional College and its Saskatchewan Energy Training Institute offer all of these courses throughout the year at a variety of campus locations, including Moosomin.

Need more information? Visit www.southeastcollege.org

for course descriptions, dates, and locations, or contact the registrations department toll-free at 1-866-999-7372. You can also contact the Moosomin campus at 306-435-4631 or stop in at 610 Park Avenue where the friendly college staff will help answer all your training questions. Getting the right training will bring you one step closer to landing that exciting career with benefits and bonuses, or more importantly a future in the Saskatchewan's thriving energy industry. See you in class!

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Yorkton, SK

or visit us at:
www.leadingedgeaviation.ca

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Southeast Regional College



Saskatchewan Energy Training Institute
A Division of Southeast Regional College

focus on EDUCATION



Nursing career begins with SCBScN program

Saskatchewan will require more registered nurses over the next ten years to meet the health care needs of Saskatchewan's growing population.

The Saskatchewan Collaborative Bachelor of Science in Nursing (SCBScN) program offered jointly by the University of Regina and Saskatchewan Institute of Applied Science and Technology (SIAT) will offer you what an exciting career that will make a difference in people's lives. Each year, the SCBScN program can accept a total of 345 students at its locations in Regina, Saskatoon and Swift Current. The SCBScN program also has 58 designated seats available for Aboriginal Students.

The Aboriginal Nursing Student Achievement Program staff can assist you with any questions about the SCBScN program or what services are available to help Aboriginal nursing students.

Velna Clarke-Arnault, the Aboriginal Nursing Student Advisor at SIAT's Kelsey campus in Saskatoon, says she loves building relationships with nursing students and supporting them as they find the answers they need to be successful. She understands that it is difficult to do it all by yourself. "When I was getting my degree, I did it on my own. I wish I had known about the program when I was a student, because I would have used their services."

Greg Riehl, the Aboriginal Nursing Student Advisor at SIAT's Wascana campus in Regina, believes in building a commu-



nity. "Nursing is about communication; my role is to support students, especially new students to Wascana campus," says Riehl. "The Aboriginal nursing students learn and grow together; they support one another, and share stories of success. My role is to work with students and faculty, to ensure the next generation of nurses in Saskatchewan is up to the challenge to meet the needs of our community."

Jason Bird, the program's Aboriginal Support Coordinator at the University of Regina says, "As an Aboriginal student

who graduated from the University of Regina several years ago, I understand what issues new students may be facing. Building a sense of community is important. My knowledge about the support services available to Aboriginal students

ensures our nursing students continue with their studies and succeed."

To apply online for the 2014 Fall term, visit www.sasknursingdegree.ca.

Application deadline date is February 17, 2014.

In the SCBScN program, you will begin working directly with patients in your first year while learning at state-of-the-art teaching facilities. By the time you graduate, you will have the skills and knowledge to be a valuable member of any health-care team, whether at a hospital, in the community, or at a clinic, research or educational facility.

For more information about the Aboriginal Nursing Student Achievement Program, contact:

- SIAT Kelsey Campus in Saskatoon

- Velna Clarke-Arnault, Aboriginal Nursing Student Advisor

- SIAT Wascana Campus in Regina

- Greg Riehl, Aboriginal Nursing Student Advisor

306-775-7383

- University of Regina

- Jason Bird, Aboriginal Support Coordinator

306-337-2554

It's a 'learn by doing' philosophy at ACC

Students don't have far to look when it comes time to choosing a college with interesting programs that lead to exciting, high-demand careers. At Assiniboine Community College (ACC) the instructors strive to provide the students with a practical and hands-on education that is responsive to the needs of today's labour market, and that's what their 'Learn by Doing' philosophy is all about.

At ACC, they believe there is more to learning than what happens in the classroom; the students can take classes in shops, labs, kitchens and ACC's new sustainable greenhouse. They work on real life projects, connect with community and industry, and attend co-operative work placements and practicums. How would you like to learn how to build a house, analyze soil, design building plans, develop a computer network or manage a five-star restaurant? At ACC, students can learn all of these skills and more.

Their philosophy and applied approach to education is a part of all of their programs. ACC's Business Administration students develop a small business plan which they present to a panel of judges in year two of their program. Land and Water Management students partner with Conservation Districts on a capstone project that addresses real environmental industry situations. Students from programs across the college attend skills competitions, representing ACC on the provincial, national, and international stage. These are only a few examples of ways that ACC students' experience goes beyond the typical classroom setting.

"We aspire to provide our students with an exceptional learning experience with programs that are relevant in today's

world. Our students thrive in a culture of innovation and discovery and we are proud of our many programs that give students the skills to advance their careers to the utmost potential," says Mark Frison, President of Assiniboine Community College.

ACC has over 40 certificate and diploma programs to choose from in a variety of fields including agriculture and environment, business, culinary arts and hospitality, health and human services, trades and technology. The success of their programs is such that 96 per cent of their graduates surveyed said that they would recommend their program to others. Plus, going to college doesn't just have to be about studying. There's always time to fit in a little fun while learning, giving the students a more well-rounded college experience. ACC has all kinds of events, activities, committees, clubs, intramurals and varsity sports for students to get involved in.

With the Victoria Avenue East Campus and the North Hill Campus in Brandon, the Parkland Campus in Dauphin, and three training centres in Winnipeg, Neepawa and Russell, the college offers comprehensive education services across the province. With diploma and certificate programs offered in so many different fields, ACC is an obvious choice for students exploring their post-secondary options. Safe cities to learn in, small class sizes, modern technology and an abundance of employment opportunities provide benefits that students can't overlook.

Visit ACC's website at www.assiniboine.net for a complete list of programs and to find out more about Assiniboine Community College.

LEARN BY



There's more to learning than what happens in the classroom

Over 40 programs to choose from; register early to avoid disappointment.


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www.assiniboine.net/LearnByDoing



Realize. It starts with you.

Participants in the University of Regina's Co-operative Education (Co-op) program earned \$9.7 million in wages this year. But it's not just the promise of a paycheck that draws students to the program.

"Being able to practice and experience what you're taught in class and getting paid is the perfect balance," says Esther Edoho, a third-year student in the Faculty of Business Administration. "Another perk is that you get to work with professionals in your field of study – they have offered me advice on how to progress with my future career and what I will need to know to stand-out when it comes time for interviews," she adds.

Sydney Gossard, who is in her final year of studies with the Faculty of Arts (English) and Centre for Continuing Education (public relations certificate), agrees that the Co-op program provides relevant experience.

"My academic experience hasn't been trumped by my Co-op experience, but rather, enhanced; the skills and values I could have only gained from the classroom are put to use in my work placements, and then further adapted into specific tasks and projects," says Gossard.

Since its inception in 1969, the Co-op program has had a record of 835 career-related placements in 2013 – a 45 per cent growth in the last seven years. With more than 50 programs to choose from, students from the faculties of Arts, Business Administration, Engineering and Applied Science and Science are benefitting from an average of 12-16 months of supervised work experience by the time of graduation.

"I have been able to use skills specifically related to my degree—my writing skills, my communication skills, my creativity," says Gossard, who is certain this experience will aid her in the future.

In addition to the Co-op program Edoho and Gossard have taken advantage of the other services offered at the University of Regina's Career Centre, which offers workshops on resumé writing and interviewing, long-term career goal setting, and career and volunteer fairs.

For both students, the University's Career Centre has bridged the gap from classroom to career.



Esther Edoho

Sydney Gossard

University
of Regina

To learn more about the Co-op program or the University of Regina Career Centre, visit:

www.uregina.ca/careercentre/coop

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USED CARS

2013 Chevrolet Cruze LT
Sik# 133570, Sedan 1SA, 1.4L 4cyl Turbo A-C-T PW-PL Buckets Connectivity Pkg. Keyless Str. Cont. USB XM, Silver/Grey, 21,222 kms
NOW \$18,995

2013 Chevrolet Impala LT
Sik# 9540, Sedan 3.6L V6 A-C-T PW-PL-PS Buckets AP3 17 Alum Bluetooth C3J, Red, 32,722 kms
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2011 Chevrolet Aveo 5LT
Sik# 13321A, 5 Door 1.8L 4cyl A-C-T PW Buckets Keyless Cld. Black, 59,516 kms
NOW \$9,995

2011 Chevrolet Cruze LT
Sik# 133570, Sedan 1SA, 1.4L 4cyl Turbo A-C-T PW-PL Buckets BTV 16" Alum Connectivity Pkg. XM USB UK3, Black, 57,545 kms
NOW \$17,995

2011 Ford Fiesta Sedan SE
Sik# 133669, SK Tax Paid 1.6L 4cyl Manual A-C-T PW-PL Buckets Keyless Alum Wheels Bluetooth CD, Black, 73,089 kms
NOW \$9,995

2011 Kia Rondo EX
Sik# 13265A, 4cyl A-C-T PW-PL Htd. Leather Bench 17 Alum Keyless Sunroof CD, Charcoal, 27,585 kms
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2010 Chevrolet Impala LS
Sik# 134129, Blue, 100,349 kms
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Sik# 134350, Hatchback 2 Door 4cyl Manual CD Buckets, Black, 97,167 kms
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2009 Chevrolet Malibu LS
Sik# 132468, Sedan, 2.4L 4cyl A-C-T PW-PL-PS Buckets 17 Alum AP3 CD 886, Silver/Grey, 86,057 kms
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2009 Chevrolet Impala LS
Sik# 13076A, Sedan, 3.5L V6 A-C-T PW-PL-PS Bench 8 Pass, Remote Start 16" Alum Flip & Fold Flat Seats, Spoiler C3J, White, 162,573 kms
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2008 Chevrolet Cobalt LT
Sik# 9552, Coupe, 2.2L 4cyl 5 Speed Manual A-C-T PW-PL Buckets Keyless Cld. Blue, 119,714 kms
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NOW \$9,995

2007 Chevrolet Impala LS
Sik# 13479A, Sedan, 3.5L V6 A-C-T PW-PL Bench Keyless 16" Alum LS Sport Pkg. Spoiler Remote Start, White, 83,336 kms
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2012 Buick Enclave
Sik# 14167A, Premium, 1SN AWD 3.6L V6 A-C-T PW-PL-PS Htd. & Cld. Leather Buckets Sunroof 20 Alum Navigation Side Zone Alert UDV BTU, White, 21,995 kms
NOW \$48,995

2013 Chevrolet Suburban
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NOW \$48,995

2013 GMC Yukon 1500
Sik# 9565, AWD, SLE 5.3L V8 A-C-T PW-PL 8 Passenger 17 Alum Keyless, Black, 42,107 kms
NOW \$37,995

2013 GMC Yukon XL
Sik# 9565, AWD, SLE 4X4 5.3L V8 A-C-T PW-PL-PS 8 Pass, Htd. Front & 2nd Row Leather 2nd Row Pwr. Tumble Seats UNC UD7 AP3 17 Alum Sunroof Steps JF4 UK3, Black, 18,200 kms
NOW \$48,995

2012 Cadillac SRX
Sik# 9546, V6, AWD Luxury 3.6L V6 A-C-T PW-PL-PS KA1 Leather Buckets 18 Alum AP3 UDS C2 UVC TBS, Black, 49,619 kms
NOW \$39,995

USED SUVs

2012 GMC Terrain SLE1
Sik# 13365A, SK Tax Paid AWD 2.4L 4cyl A-C-T PW-PL-PS Htd. Cloth Buckets 17 Alum BTV IntelliLink UK3 Flaps Pioneer Stereo C2J, Silver/Grey, 50,289 kms
NOW \$21,995

2011 GMC Terrain SLE2
Sik# 13455A, AWD 2.4L 4cyl A-C-T PW-PL-PS Htd. & Cld. Buckets 18 Alum PDD BTV UVC UK3 Bluetooth Pioneer Stereo, White, 62,924 kms
NOW \$24,995

2010 Cadillac Escalade
Sik# 9564A, AWD, 6.2L V8 A-C-T PW-PL-PS Htd. & Cld. Front Leather Buckets Htd 2nd Row Buckets Sunroof Navigation DVD 22" Alum Side Blind Zone Alert Htd. STW UD7 UVC Pwr. Liftgate G80 282 Bluetooth USB Moulded Flaps Bag Deflector, Silver/Grey, 87,284 kms
NOW \$48,995

2010 Cadillac SRX
Sik# 13463A, V6, AWD 3.0L V6 A-C-T PW-PL-PS HTD LTHR Buckets Keyless 18 Alum C2J CD Bluetooth, Black, 88,811 kms
NOW \$27,995

2010 Chevrolet Traverse
Sik# 14021A, FWD, LTZ 3.6L V6 A-C-T PW-PL Quad Buckets 7Pass, 18 Alum BTV CD UD7 UK3 V92, White, 70,706 kms
NOW \$21,995

2009 Chevrolet Tahoe
Sik# 14166A, AWD LTZ, SK Tax Paid 5.3L V8 A-C-T PW-PL-PS 8 Pass, Htd. Lthr Buckets Htd. 2nd Row Bench Steps Luxury Pkg. Pwr. Liftgate AP3 20 Alum UD7 DVD 6-CD Bose Pwr. Pedals, Silver/Grey, 84,832 kms
NOW \$28,995

2008 Chevrolet Traverse LT
Sik# 14085B, SK Tax Paid AWD 3.6L V6 A-C-T PW-PL-PS 8 Pass, Htd. Leather Front Buckets 18 Alum Keyless BTU UD7 UK3 Bluetooth, Silver/Grey, 115,262 kms
NOW \$28,995

2008 Ford Edge SEL
Sik# 14079A, AWD 3.5L V6 A-C-T PW-PL-Htd. Cloth Buckets Keyless 18 Alum, Charcoal, 105,187 kms
NOW \$19,995

2008 Pontiac Torrent
Sik# 13330A, AWD 1.8L 4cyl V6 A-C-T PW-PL-PS Htd. Cloth Buckets 17 Alum AP3 UK3 Bluetooth, Black, 92,311 kms
NOW \$14,795

2008 Saturn Vue Sport
Sik# 13282B, AWD 3.5L V6 A-C-T PW-PL-Htd. Cloth Buckets Keyless AP3 17 Alum, Silver/Grey, 135,783 kms
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2012 Chevrolet Avalanche 1500
Sik# 13407A, 4WD, 4x4 5.3L V8 1SB A-C-T PW-PL-PS Buckets AP3 20 Alum BK1 UVC UD7 PDD Steps 282 G80, Silver/Grey, 24,215 kms
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2012 GMC Sierra 1500 SLE
Sik# 13477A, Crew 4x4 3.6L V6 A-C-T PW-PL 40/20/40 Bench PDD PDD PDD UK3 17 Alum AP3 G80 Z71, Blue, 49,559 kms
NOW \$27,995

2012 GMC Sierra 1500 SLE
Sik# 13480A, SK Tax Paid Crew 4x4 5.3L V8 Alt Terrain A-C-T PW-PL-PS Htd. Leather Buckets UD7 AP3 Sunroof 18 Alum PDD PDD PDD JF4 UK3 NZZ Boxliner Step Tubes, White, 59,790 kms
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Elkhorn teen shoots her first music video

BY JULIA DIMA

On a family vacation in February last year to Nashville, Tennessee, Elkhorn's Kendra Kay realized she wanted to spend her life making a career in country music.

"Music people down there were telling me that I was actually really good, and it meant a lot coming from people who work in country music every day. So I decided, 'yeah, maybe this is something I could do,'" Kay says.

But before that point, Kay says she wouldn't have imagined herself making a career in music.

"I never would have thought in a million years that I'd be doing this. I didn't even think it was possible, it was something I dreamed about as a little kid, but I never thought it could be more than a dream," Kay says.

Now, at sixteen years old, Kay is signed to a record label in Nashville, is ready to release her first single, "It Was" early next year, and recently Kay was shooting the music video for the single near Virden.

"It's exciting and overwhelming," says Kay. "It's hard to believe it's happening to me—that I'm going to see myself on TV and hear myself on the radio. The whole experience has been very exciting."

Surrounded by a style and makeup team of three, curling her hair, dusting on make up and placing false eyelashes onto her eyelids, Kay says that the whole experience has been unique.

"Getting dolled up like this definitely doesn't happen too often," Kay laughs, "I don't think I could have imagined sitting here surrounded by people doing my hair and makeup and dressing me. That's the best part of it, the whole experience of getting to be here."

She says that singing and acting in front of cameras was a learning experience.

"It was weird at first to have all these cameras focused on me. I feel like I can't slouch or stick my tongue out or do something stupid," Kay laughs. "I asked, 'what do you want me to do?' and they tell me to just be myself, and all of a sudden, it's



Kendra Kay shooting her first music video for her song "It Was" set to be released in next year. The rising country star lives in Elkhorn, Manitoba and is 16 years old.

like I forgot how to do that."

The song "It was" is about a girl who falls in love with a friend, but doesn't realize she's in love with him until after he's gone. So as part of the music video shoot, Kay was working with a male lead, someone she only met the night before they started shooting the video.

"I met Max last night, so it was weird at first pretending to be a couple," laughs Kay. "We're much more comfortable with each other now and he's so easy to get along with, but I feel like the first takes probably weren't very good. It was weird because we had all the cameras around us, and it was like Max and I are on a date and we're being filmed and directed on

how to act. It was pretty weird acting at the beginning."

In fact, Kay met her entire production team the day before they started shooting the video.

"Mostly everyone on this production lives in Winnipeg, and I met most of them just last night. But they are great, they really want to incorporate my ideas, so I'm happy about that."

Kay says that it was nice to be working with Manitoba people. Jeremy Johnson, the producer and director for the video, was raised in Elkhorn.

"I had produced a music video that was shared on Facebook and Kendra's mom, Sandra saw the video, and liked it, so she

sent it to Kendra's management team in Nashville, and they gave me a call and asked if I was interested," Johnson says. "It just so happened that we grew up in the same town, so I thought this was a really neat and unusual opportunity, so I jumped at it."

Johnson says he chose to do the music video in rural Manitoba and include elements of horseback riding and prairie landscapes to showcase to the wider country music audience a picture of the prairies. Also, because it's Kay's home.

"The theme is really true to Kendra, it's where she grew up."

Johnson says it's been rewarding helping Kay produce her first music video.

"It's been one of the best music video shoots for me because everyone on our team is so friendly and helpful and have gone the extra mile. I think it's going to set her first video at a really high standard."

He adds that the production is completely Canadian, and the entire team is from Manitoba.

"I think having a Manitoba crew means they really put their hearts into it. I think they truly want to see Kendra succeed and they are proud to be a part of this project. It gives the whole thing a nice warm feeling."

Along with the 12 person crew, Kay also had her parents Sandra and Ken Kvemshagen at the video shoot.

"It's nice having them here—mom even brought food and coffee for us. But it's so nice that they're here to support me. At first, when I didn't know the crew very well, they offered me some security."

Her parents say the experience of watching their daughter develop her music career has been exciting for them as well.

"It's still a bit of a shock, we're still trying to take it all in ourselves because it's happening so fast," says Ken Kvemshagen, "We are proud of her for pursuing this, and Kendra will take it as far as she can, and we'll be supporting her all the way."

Continued on page 21

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Rocanville's Kali Lynnes sells \$750 pie

A few years ago, Kali Lynnes saw an ad that inspired her to help fight hunger and starvation. She got involved immediately by selling her hand drawn cards and bracelets to raise money for the Canadian Foodgrains Bank. At 11 years old, Kali has raised over \$3,000 for the Foodgrains Bank with her artwork as well as selling home-baked pies.

At the Canadian Foodgrains Bank annual information night and meeting in Oungre on November 16, Kali added another \$750 to that tally. During the auction, one of her apple pies, which she usually sells at \$12 was sold to Saskatchewan farmer Ron Alexander for \$750.

"I couldn't believe it," says Kali, "I was literally jumping around the room. I was thinking that \$100 would be really cool, so when he was signing the cheque, I was thinking 'So, is this actually real?'"

Her mom, Melissa, says that watching the apples from their backyard tree turn into money to feed the hungry because of Kali's initiative felt great.

"We made \$700 in total on the first 60 pies we sold, so to see one pie go for \$750 was unreal," she says, "and those apples in the pie, they came so close to just rotting in our yard. Instead, they turned into \$1,500 to feed hungry people."

Kali says she's always wanted to go to the annual meeting, and being surround-

ed by other people raising money for the cause inspired her.

"You saw that you weren't the only one doing this, people all over the place are doing this. Most of them were farmers doing growing projects, and you could hear about all their projects," Kali says. "It was so inspiring to meeting all those people involved, and I was so excited to keep going, I was thinking of things on the drive home that I could do to keep raising money."

Dave Meier, Saskatchewan's Foodgrains Bank co-ordinator says that having Kali at the meeting was great for Foodgrains Bank.

"I thought Kali's story was so interesting, and it would be great to have her at the meeting, because she's such an inspiration for people," he says. "I specifically asked her to come to the meeting and share what she's doing to raise funds and awareness, and I asked if she'd bring a pie, because I knew we'd have fun with that in the auction."

Along with her pie, Kali also raised another \$50 selling her cards. Kali says she's already excited to attend next year's meeting if she can, after the warm reception she received this year.

"Apparently, I was the really, really, really special guest," Kali laughs, "that is how Dave introduced me at the meeting."



Kali Lynnes sold her home baked pie for \$750 to farmer Ron Alexander (left) to raise money for the Canadian Foodgrains Bank.



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Virден preparing for Manitoba Scotties

Continued from page 3

The next few weeks will be crucial as final preparations are made.

"It's going to be a busy month for us, as a committee," Barkley said. "We better get a lot of things done by the 20th of December, because then we're into Christmas and then we're into the event very quickly."

"Our main goal right now is to get more tickets sold. We really want to push our pre-event passes."

In addition to the curling action on the ice, the Scotties will include nightly entertainment from Thursday on.

Thursday evening will feature a live

play from the Tumbleweeds Theatre Group and a DJ.

Friday will feature the Asham Stompers and Evan Overand of Elkhorn.

Roger Hirst and Grayson Ross will play through the day Saturday and Sunday.

Elkhorn's Kendra Kay will perform Saturday 4:30 to 5:30, followed by the Travis and Ainsley country rock band.

Barkley says he's looking forward to seeing all the hard work pay off at the Scotties.

"Hopefully everything will come together—it should be a great event," he said. "We're really looking forward to it."

Elkhorn teen shoots her first music video

Continued from page 19

"It's exciting and overwhelming. It's hard to believe it's happening to me — that I'm going to see myself on the TV and hear myself on the radio."

— Kendra Kay

Kay says that since she first was offered a contract in Nashville, the reality of her growing career hasn't really set in.

"When I was offered that contract, I couldn't do anything but just smile, I was so in shock. It was too good of a moment to realize what was happening, and it still hasn't gotten real for me yet," she says, "Even being here, I have to stop and realize, 'they're really just shooting a music video for me right now, aren't they? It's hard to process."

Kay says that hearing the final cut of her song was when things started to sink in.

"I realized when I heard it that this is my life now. It isn't just a hobby I like, it's my career if things work out. I still don't feel like everyone will know my name or know my music yet one day. It might happen, it might not. I just try to take it all in stride."

Once Kay's music video is completed, it will get sent to CMT and be played on the station.

"If people respond well to the song and video, this is going to be huge for me. It's absolutely a make-or-break moment. If people like the song, that's when things start to get going for me. If they don't, then I have to try again and take a different path. It's all about how people respond to it."

Kay says that no matter what happens, she's glad to have the experience.

"It's just been so cool to meet all these people I work with. In the country music industry, people are so friendly and everyone wants to help," Kay says. "I love getting to perform like this, because that is what I love doing is performing for people and that is the biggest reward, being able to pursue this, and do what I want, and be what I want."

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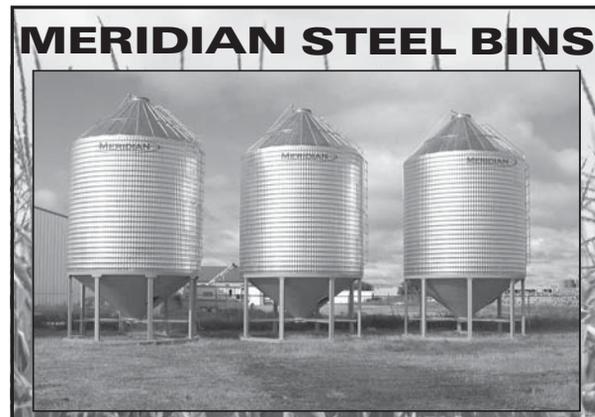
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VALLEYVIEW
GO-OP

Getting off the grid in Langenburg

BY BILL JOHNSTON

SaskPower's announcement it wants to increase electricity rates by 15 per cent over five years doesn't bother Ken Mack at all.

The Langenburg area inventor and his wife Jacqueline live comfortably in a rural home filled with all of today's latest electrical gizmos and gadgets, and they aren't even connected to the SaskPower grid.

"I live just fine, no thanks to SaskPower," he says.

How he remains self-sufficient, power-wise, is clearly evident looking around his farmyard. Solar panels of varying sizes are located throughout the yard, and several small windmills spin furiously atop nearby antennae.

Mack, however, is not your conventional "green" advocate. He's very much an unconventional inventor and that's proven by a children's merry-go-round sitting near his farm garden, made for a playground but converted (with the addition of several steel barrels cut in half to catch the wind) to a horizontal windmill that has yet to be added to his personal power grid.

Replacing SaskPower has been a formidable challenge, Mack says. Although there is a tremendous amount of information available about solar panels and wind-



Bill Johnston photos

Ken Mack of Langenburg with the solar panels, above, and the wind turbines, below, that have helped him generate his own household power and cut the cord with SaskPower. One windmill is made of a recycled piece of playground equipment.

mills, adapting them to a specific situation is not all that easy.

He began by purchasing solar panels from a couple of major Canadian retailers but discovered they came with a hefty price. He

made connections in the U.S. and soon was installing panels that are about half the price he had been paying through Canadian distributors.

He now has 33 panels up and running along with

eight windmills. Mack doesn't mind providing a tour of his own power generation and storage system which involves a lot of batteries in both an out-building and in his basement where two banks of batteries, including 24 golf cart batteries, store the power being generated.

He even dons a welding helmet to do a quick spot weld, showing the strength of the power supply. "I can weld all day and not drain

the stored power."

The system continually supplies power for two fridges and three deep freezers in addition to all of the normal, everyday appliances found in homes today.

Mack does note he has to regularly monitor the amount of power being generated. "If it's cloudy we don't dry clothes," he says. "And you have to preserve your power for the night time."

Although the Macks spend the winter in the southern U.S. Ken says he would have no reservations about spending it at home through the cold weather of a Saskatchewan winter. The house is heated by natural gas but, in a typical Ken Mack bit of improvisation, the furnace motor is actually the motor from a car dash heating/cooling system.

The only recommendation he would make is one he has learned the hard way. Make sure the solar panels are both off the ground and leaning at the right angle so that they don't become covered in snow, or don't collect the maximum amount of sunlight coming from the lower path of the sun through the winter months, thus reducing their effectiveness.

Mack says he is just one of many people looking for alternative, environmentally friendly power supplies. The manufacture of solar panels, he predicts, "is going to be the fastest growing industry in the world."

Canada, in fact, is trailing far behind European countries, some of which are already producing over half their required power supplies by tapping into the sun's strength.

Because there are few moving parts in a solar panel system they can last up to 25 years without any decrease in output.

He admits it has been an expensive exercise becoming electrically self-sufficient but adds it's all worthwhile never having to receive another SaskPower bill in the mail.

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From Many Nations,
TO ONE HOME



Finding home and success in Saskatchewan

BY JULIA DIMA

Growing up in the communist Czechoslovakia — now the Czech Republic — Joseph Tesar knew his dreams to be a business owner were limited. Under communist rule, entrepreneurship was not an option.

"I always dreamed of owning a hotel, and in Czechoslovakia at that time, you couldn't do that because all businesses were owned by the government," Tesar says, "My teacher told me 'I would never own a hotel, unless they change the government and that's not happening any time soon.'"

So Tesar, with his wife and son in tow, escaped Czechoslovakia to start a new life.

Tesar grew up in a low income family, with three siblings. He remembers his mom working eight hours a day hauling coal to heat a school and helping her with that work.

At 15, Tesar was accepted into University, and graduated earned a Bachelors degree in Hotel Administration, credentials that meant little in a country that stifled new entrepreneurship.

Following graduation, Tesar was drafted to the Red Army for two years, and after that, was on the Czech national wrestling team.

While doing that, Tesar began expanding his career in the hotel business, gaining a job as a waiter in



Josef Tesar in front of his Motel 6 in Moosomin. Tesar escaped communism to come to Canada, and three decades later is the successful businessman he envisioned himself as when he was a young man.

an expensive 12th century styled castle hotel that serviced German tourists.

"I was making more than some doctors in Czechoslovakia were making. It was a fancy hotel, and we serviced clientele from West Germany primarily," Tesar explains, "and at that time, the exchange rate was 37 to 1."

Despite the economic stability, Tesar's dream was not to be a waiter, unable to keep advancing in the industry.

"People in Czechoslovakia at that time had no idea what life was like in the West, because they were not allowed to travel outside of East Bloc countries. But as a national wrestler, I had the opportunity to travel internationally, and I saw how people live in the west. It gave me a different perspective. I could never leave Czechoslovakia, though, because I had a family. If I tried to

emigrate, they would keep your wife and children so you had to come back," Tesar says, "So I had this plan to escape and take my wife and son with me to the west."

Tesar says that his family first traveled through Hungary, Yugoslavia, and arrived in Austria, where they could apply for asylum.

"We had to stay in Austria for a year before the consulate sent us to Canada. I worked in a Saw Mill and also as a waiter. And for the first four months in Austria, we lived in a po-

litical camp where all immigrants lived while their papers were processed."

Tesar says the toughest part of leaving Czechoslovakia this way was never being able to say goodbye to his parents.

"When you escape like we did, you cannot tell anybody what you are doing, because if the government somehow found out, you would be stopped at the border and jailed," Tesar says, "so you don't say anything, you just disappear, and you write your parents home a postcard telling them you're never coming back. That was hard."

After a year in Austria, the Canadian immigration officials placed Tesar and

his family in Prince Albert, Saskatchewan. Tesar says he wanted to immigrate to Montreal, where there were more opportunities for professional wrestlers, but because they had no family or church sponsorship in Canada, the Tesars would be placed in Prince Albert.

"We arrived on the airplane in Saskatoon on February 28, 1981, and took a three-hour bus ride to Prince Albert. I thought I was going to Siberia," Tesar laughs, "It was minus 32 and traveling for three hours through the winter, I said to my wife, 'if we're going to stay here, they better give us a house for free!'"

For their first three weeks in Canada, the family lived in a hotel before being placed in an apartment. Tesar says the first few weeks were hard because he and his wife spoke no English at all. Nonetheless, Tesar got straight to work.

"When we were living in that hotel, I started looking for jobs, and I actually ended up getting a job at that very hotel, the Marlboro-Sheraton, as a dishwasher."

After four weeks of being in the country as a landed immigrant, Tesar was asked to compete in a national wrestling competition in Vancouver, where — over a year out of practice and with no language skills — he placed second. Right after, Tesar returned to Prince Albert and his work washing dishes.

Tesar quickly moved up through promotions, moving to another hotel, and moving from waiter to an eventual position as general manager.

Tesar also worked for five years at the Prince Albert Penitentiary but quit to focus on hotel work.

Continued on page 24

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Finding home and success in Saskatchewan

Continued from page 23

"I quit the job working at the jail, and everybody told me I was crazy, and I was probably the only immigrant to ever quit a government job to go back to working in a hotel," Tesar laughs. "But I knew I had to be full time in my industry if I ever wanted to own my own hotel."

Tesar worked as the general manager at the Prince Albert Inn for 10 years, and then joined a group of 12 business partners to take over a then bankrupt inn, the South Hill Inn.

"We bought that Inn, and I was the general manager with a small share. I kept the Inn busy and it started to do extremely well. We were even ranked the number one hotel in Saskatchewan for service by the Better Business Bureau."

Along with this Inn, the group also opened a resort in Cabos San Lucas and a dining room in San Diego along with other projects. Josef kept his eye on his prize however, selling his shares in those projects.

"After 10 years, I bought out all my 12 partners in the South Hill Inn, and I turned it into a Ramada franchise. Over the years, I kept buying out more partners in that hotel, so I knew I was eventually going to own the hotel," he says. "When I achieved it, that was a good feeling. This is what I wanted, it was my goal to own a hotel myself, no partners, just me, my wife, and kids. So it was a good achievement."

Tesar says that despite reaching a life-long goal, life kept moving on, and he kept working.

"My son and I both have lots of medals from wrestling, but if you come to our house, you won't see our medals, they're in a box in the basement. When you have a goal, you achieve it, but tomorrow is another day, and you start working toward your next goal."

Tesar says that he came to Canada to work hard and achieve his goals, and knew from day one what he wanted to accomplish.

"I always knew deep down that I would be a hotel owner. That wasn't even a question. The only question was 'how fast can I get there?'"

That mentality is what set Tesar on his path of endless work for 20 years.

"You have to have a positive attitude to do that. You have to persist, and give 110 per cent, and never quit. I did have to work hard to get where I am, I put in 50 years of work into 20 years, and not a lot of people are willing to work 18 hour days. And it isn't just me, my wife was working like this too. She would work 6 a.m. to 10 p.m. and I would work 8 a.m. to 3 a.m."

"I was also coaching wrestling for 17 years, and we raised many national champions, and even athletes who competed in the Sydney Olympics. My family still had a good life. We didn't spend time together at home, but we were together in the workplace, and we still always went on a vacation together every year."

"But we never had one long weekend in 10 or 15 years. I don't golf, I don't fish, and I don't hunt, and I also don't hire people who golf, fish, or hunt, because they're going to want the weekend off," Tesar laughs.

About four years ago, Tesar sold his Ramada hotel, and prepared to retire. Retirement lasted only a few months before Tesar realized he wanted to keep working.

"A few months after I retired, I already started looking at opening a Motel 6 in Moosomin. I couldn't stop working, I was so restless," he says. "We had enough funds to retire, but I still felt like I had to be working. I guess if you enjoy what you're doing, you'll do it until you're 90 years old."

Along with the Motel 6 Tesar built in Moosomin last year, he also owns and operates a night club called Belly Up in Prince Albert.

"I took the bar on as a challenge. For the past 18 years, it had a new owner every two years. Everyone went belly up — that's what I named it after. Everyone thought I was crazy because that bar never made any money, but it's been open now around 10 years, and it's one of the busiest bars in town," says Tesar. "I still do all the inventory at the bar, and pick up the food, and liquor, and work at the bar as a bouncer. I don't have to, but I enjoy it, I like being hands on."

Tesar says that one of his primary goals as a business owner is to really be part of the business.

"We were not in this industry to have a bunch of hotels, we are happy having one hotel that we give 110 per

"A lot of immigrants have the goals and ambitions I had. They are driven, and I feel for them, because I know where they came from. Many come from the same conditions I came from, and I know they are going to work hard, because they have goals to achieve."

—Josef Tesar

cent to. If we wanted to grow fast, it would be a big business, but with no feeling to it. We love working in this industry, and serving. Some hoteliers will own a lot of hotels, but never work a day in their life at the bar or the front counter. I love those details, I like to be hands on."

Tesar says another great success in his business is that he hires a lot of immigrants.

"A lot of immigrants have the goals and ambitions I

had. They are driven, and I feel for them, because I know where they came from. Many come from the same conditions I came from, and I know they are going to work hard, because they have goals to achieve," Tesar says. "Immigrants come to Canada for a reason. Why would I leave my country, my mother and father and family to be a dishwasher for the rest of my life? I could have been a dishwasher my whole life in the Czech Republic. You come here to achieve your goals."

Tesar says he likes having a multicultural workplace. "At Motel 6, I have employees from the Philippines, Honduras, Korea, Ukraine, and local people. Our manager Roman Chernykh and his wife are from the Ukraine. Roman has the same drive I did. He's going to own hotels one day."

Tesar says along with the support of his wife and kids, there was always help from friends and the community that helped him achieve his goals. He says he always tries to put money back into Prince Albert, the city that became his home and his opportunity three decades ago.

"We try to put money back into the Prince Albert Community. Any time they build a new arena, or arts centre or athletic track, we try to sponsor that. We do that because Prince Albert supported us, and we want to support them back."



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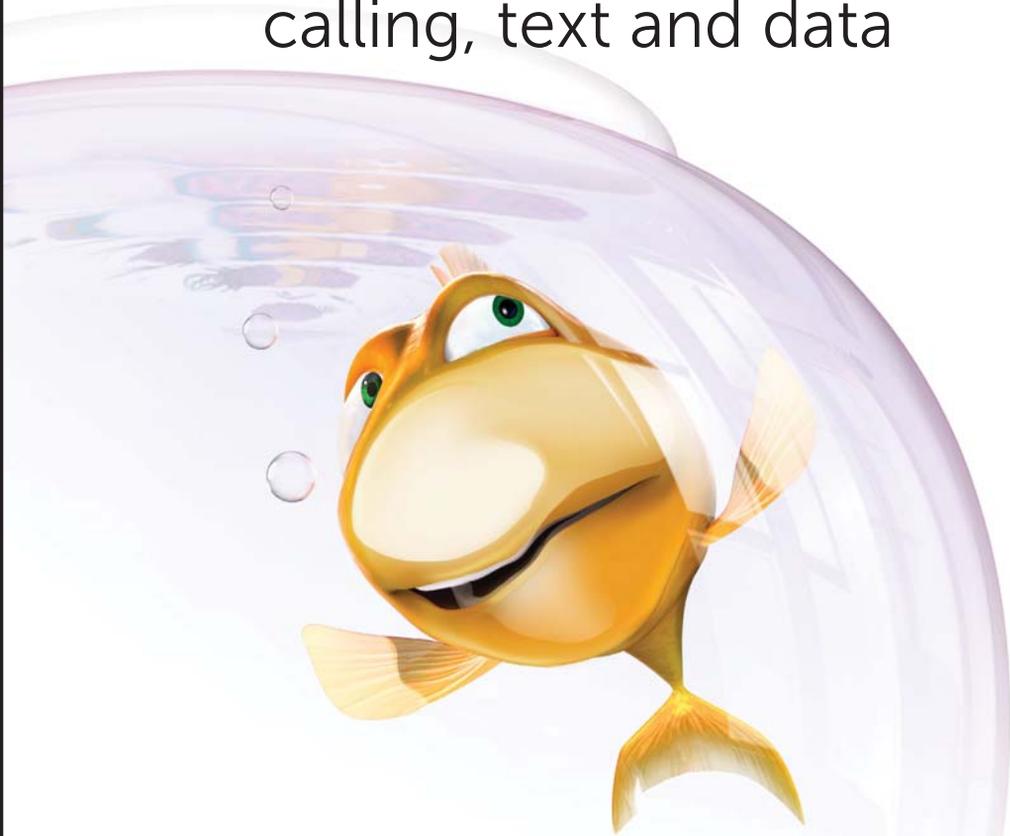
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A joyful gem

Continued from front

It's made of Gravelbourg mustard, Three Farmers Camelina Oil, which is made in Midale, our own honey, and the only thing missing was a local apple cider vinegar, and I just found a farmer north of Waldheim who makes apple cider vinegar, so now we'll have a dressing that is completely Saskatchewan."

Shakotko says living and working in the prairies is a special experience that fosters creativity and that's been the driving force between her and Don running The Happy Nun and Ananda Arthouse.

"The community of Forget is great. The people are great, it's a nice community to live in, it has a big sky for big ideas and room to try new things," she says. "Having lived elsewhere, I can say that the sky is important. Don and I would come back to the prairies, from the mountains, and driving through the mountains, our conversations seemed stilted and stunted because you're concentrating on the road and the turns and



Bruce Dunlop and his wife Darlene singing at Open Mic night.

everything. As soon as you come out onto the prairies, it's like a visceral sigh, and all of a sudden, we're talking about ideas and thoughts, and the sky opens up the possibilities of what could be. It's a place for ideas, and I think even for the founding pioneers, you think, why would they have stopped here other than that feeling that they could become something here."

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<p>2013 Ford F150</p>  <p>XLT 5.0L, 4x4 Costco Rebate</p> <p>ONLY 3 IN STOCK</p> <p>STARTING AT \$30,900 * \$251b/w</p>	<p>2013 Ford F150</p>  <p>XLT 4x4 Costco Rebate</p> <p>ONLY 2 IN STOCK</p> <p>STARTING AT \$32,900 * \$268b/w</p>	<p>2013 Ford F150</p>  <p>XTR 4x4 Costco Rebate</p> <p>ONLY 3 IN STOCK</p> <p>STARTING AT \$38,849 * \$315b/w</p>	<p>2013 Ford F150</p>  <p>FX4 SuperCrew Costco Rebate</p> <p>ONLY 5 IN STOCK</p> <p>STARTING AT \$42,449 * \$345b/w</p>
<p>2011 Ford F150</p>  <p>Local Trade 5.0L XTR</p> <p>3T210A</p> <p>NOW ONLY \$22,900 * \$187b/w</p>	<p>2012 Ford F150</p>  <p>XLT 4x4 19,000 kms</p> <p>2T209</p> <p>NOW ONLY \$24,900 * \$212b/w</p>	<p>2012 Ford F150</p>  <p>XLT 4x4 PST Paid</p> <p>3T237A</p> <p>NOW ONLY \$22,900 * \$187b/w</p>	<p>2012 Ford F150</p>  <p>EcoBoost 4x4 MTT</p> <p>3T249A</p> <p>\$31,900 * \$259b/w</p>
<p>2012 Ford Explorer</p>  <p>Limited 4WD Loaded</p> <p>3P223</p> <p>NOW ONLY \$38,900 * \$339b/w</p>	<p>2010 Chevrolet Equinox</p>  <p>AWD Leather Local Trade</p> <p>3T222A</p> <p>NOW ONLY \$19,900 * \$167b/w</p>	<p>2010 Ford Escape</p>  <p>Perfect for Winter!</p> <p>3P219A</p> <p>NOW ONLY \$18,900 * \$155b/w</p>	<p>2009 Chevrolet Impala</p>  <p>2 Sets of Tires 88,000 kms</p> <p>4T003B</p> <p>NOW ONLY \$10,300 * \$105b/w</p>
<p>2009 Ford Sport Trac</p>  <p>4WD, V8 Lots of Extras</p> <p>3T140B</p> <p>\$19,900 * \$163b/w</p>	<p>2010 Ford Focus</p>  <p>Great on Gas Auto</p> <p>3C087A</p> <p>\$12,900 * \$126b/w</p>	<p>2009 Ford Edge</p>  <p>Limited AWD PST Paid</p> <p>4T024A</p> <p>\$19,900 * \$167b/w</p>	<p>2012 Ford F150</p>  <p>PST Paid XTR Eco</p> <p>3T271A</p> <p>\$32,900 * \$275b/w</p>
<p>2007 Ford Focus</p>  <p>Auto One Owner</p> <p>3C055A</p> <p>\$5,900 * ATRADED</p>	<p>2009 Chevrolet Silverado</p>  <p>4x4 Crew Cab V8</p> <p>3T141A</p> <p>\$16,900 * \$165b/w</p>	<p>2007 Ford Sport Trac</p>  <p>No Charge Warranty 4x4</p> <p>3T261A</p> <p>\$17,900 * \$175b/w</p>	<p>2009 Ford F150</p>  <p>XTR Super Crew Lifted</p> <p>4T021A</p> <p>\$19,900 * \$163b/w</p>
<p>2003 Ford Taurus</p>  <p>Only 93,000 kms</p> <p>3P246A</p> <p>\$5,900 * ATRADED</p>	<p>2008 Chrysler 300</p>  <p>Only 91,000 kms Touring</p> <p>4T020A</p> <p>\$11,900 * \$115b/w</p>	<p>2012 Chrysler 200</p>  <p>Low kms Auto</p> <p>2P243A</p> <p>\$15,900 * \$130b/w</p>	<p>2011 Ford F350</p>  <p>Ready for Work</p> <p>3P278</p> <p>\$26,900 * \$229b/w</p>
<p>2011 Chevrolet Equinox</p>  <p>AWD Ready for Snow</p> <p>3T251B</p> <p>\$19,900 * \$170b/w</p>	<p>2012 Dodge 3500</p>  <p>Diesel Longhorn 4x4</p> <p>3T257A</p> <p>\$44,900 * \$380b/w</p>	<p>2011 GMC Sierra</p>  <p>4x4, V8 Lots of Additions</p> <p>3P204B</p> <p>\$23,900 * \$197b/w</p>	<p>2013 Ford F150</p>  <p>XLT 22,000 kms PST Paid</p> <p>3T275A</p> <p>\$28,900 * \$235b/w</p>
<p>2011 Ford F350</p>  <p>Lariat Diesel Crew</p> <p>4T031A</p> <p>\$35,900 * \$291b/w</p>	<p>2011 GMC Sierra</p>  <p>4x4, 6.2L Heated Leather</p> <p>4T037A</p> <p>\$29,900 * \$255b/w</p>	<p>2006 Lincoln Town Car</p>  <p>79,000 kms Ride in Style</p> <p>3T265B</p> <p>\$12,900 * \$150b/w</p>	<p>2007 Ford F150</p>  <p>So Many Extras</p> <p>4T026C</p> <p>\$19,900 * \$167b/w</p>



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