Inside this edition of Plain and Valley





See inside for information on everything happening on Moosomin Rodeo Weekend July 5-6!





Daryl Harrison wins Sask Party nomination in Cannington

Daryl Harrison will be the Saskatchewan Party candidate in the next pro-vincial election in the Cannington constituency, which covers the Redvers, Wawota, and Maryfield ar-eas, west to Creelman and

Stoughton, and south to the U.S. border. Harrison, a rancher and oilfield worker from the Alida area, was one of three candidates for the nomination.

The other two candidates were Marilyn Simons, a farmer and accountant from Alameda, and Winston Van Staveren, a farmer from the Creelman area.

A large crowd gathered at Prairie Place in Arcola for the nomination meet-

for the nomination meeting Thursday, June 13.

The Cannington MLA,
Dan D'Autremont—the
longest serving MLA in
the Saskatchewan legislature—has announced he
will not be running in the
next provincial election,
leading to the need for a
nomination meeting.

nomination meeting. The World-Spectator was at the nomination meeting, and interviewed Harrison immediately after his win was announced. The full interview follows:

How does it feel to be

How does it feel to be the Saskatchewan Party nominee in Cannington? It's overwhelming right now but I'm relieved and satisfied. It's been a lot of work to get to this point, and now it's going to be a bit of a lull period because the election is a year and a half out, but certainly the meeting and talking to people I've been doing is going to continue.



Above, Cannington MLA Dan D'Autremont congratulates Daryl Harrison, who was nominated as the Saskatchewan Party candidate in Cannington for the next provincial election at a nomination meeting June 13.

How do you plan to use that year and a half before the election?

I have to broaden out a

bit and meet more people right across the constituency. I'm on RM council and I know the councillors in the

neighboring RMs. Now I've got to reach out and talk to more RMs and urban municipalities. They do a lot of good work for the communities, so I want to make sure they're a main point of contact because they're hearing

More than just a jewelry store

things in their communities that need to be brought forward and addressed

What's job one for you now that you know you are the candidate? Job one for me now is

just getting out and meet-ing people. Myself and my family, we're always out, so that shouldn't be hard. There are not very many nights we're at home. My son's in baseball right now. It's provincial baseball, and then there is football in

the fall and that's Estevan, then there's hockey and then back to baseball You're always at the ball diamond, the rink, the local wildlife supper, the ratebayer supper—we're ratepayer supper—we're always out and about at events.

What do you think made the difference? What do you think led to you being uccessful?

I'm a life-long resident. I

do know quite a few peo-ple around the constitu-

ency-obviously the ones

closer I know better. Further out I have point of contact in almost every community. They know me or have heard of me, and so that connection really helps.

Those contacts were helpful as we campaigned for this. The commitment that people made to come out and support me, I'm overwhelmed.

My son's hockey coach, ball coach, he was in Cal-gary, he flew back to Regina, he got here just in time to vote.

Other friends that got

down and said we might have been speeding but we got here in time to vote. That's very comforting to know that you've got that kind of committed support. People who are willing to drive in from Arcola to Gainsborough, Arcola to Maryfield, Arcola to Filmore, Arcola to Fribisher. They piled in the cars and everyone is telling me the grid road was just steady

Being on the school board certainly helped. That amalgamated school board—and you attended some of our meetings that we held in Moosomin—it was a lot of work.

The people on the school boards, we got to know one another and there was lots of pre-planning even while the existing school divisions were still operating independently. It was a lot of work to bring it all

That public service on the school board showed me what my commitment is going to have to be to become an MLA.

Were you fairly confident coming into tonight? Did you think you had the

support? I know membership sales went well, and even with people who already had memberships, I got a

warm reception.

But it's all about voter turnout. You can sell 1,000 memberships and it only counts if people come and put the x on the ballot.

Continued on page 3



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Daryl Harrison wins Sask Party nomination in Cannington

™ Continued from front

I didn't have a campaign team per se, but I had people helping me in vari-ous communities. It was great to have those links and somebody to count on, bounce ideas off.

bounce ideas off.

For my campaigning, I work off the farm, and I farm and we're calving, and there is a lot going on, so thanks to my wife and my family I didn't have that worry, but I still had a light to do I took some vaiob to do. I took some vacation days, but most of my campaigning was after hours and on weekends.

How did it feel that moment when they announced your name and you knew you were the winner?

You're kind of sitting

there on pins and needles and you're waiting.

I was completely taken aback by the announcement, and the warm support from all the members here.

I can't say enough about Winston and Marilyn (the other individuals vying for the nomination) because they worked hard.

Winston got into the game a little bit later than the rest of us, but he worked hard. It's a big constituency, he is over on the west side and he did work hard to get everywhere. He was in every community.

Marilyn was campaign-ing as long or a little bit longer than me, and she



were a lot of people here and there were some who were here earlier and voted but couldn't stay.

They came and regis-tered, voted, and then they left because they were headed back to the sprayer and it's very, very hard to ask anymore than that, but there was a good crowd here that stayed around here to hear the results and I'm thankful for that—it's rewarding to see all the support.

Left: Daryl Harrison is congratulated by a supporter after winning the Saskatchewan Party nomination in Cannington.

ot out door to door, and that is what you have to do, but since I've lived in the constituency my whole life, I think that was an advantage for me. I'm a life-long resident in the constituency.

It must be an easy constituency to run for a posi-tion like this because you don't have to hunt out the Saskatchewan Party members-they're behind

almost every door.

It's a pretty easy sell. I know there are certainly people that don't want to belong to a party but they'll support me in a vote.

There are some who have

never bought a member-ship that bought one and came out and supported me. When you go door-todoor, it's a friendly political

I'm glad there are enough people that do step up and buy memberships, support the party and come out for nominating the next candidate, so I'm very happy for

Were you happy with the turnout for the nominating meeting? They said they wouldn't

announce the count or the number of voters, but there





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BHUITAN LAND OF THE THUNDER DRAGON

by Barb Widger

Flying Dragon Airlines from Kathmandu on a beautiful sunny morning we lucked into window seats on the left hand side of the plane giving us one of the best views in the world. We fly level with four of the earth's highest mountain tops. Spectacular views of Mount Everest, Lhoste, and all their mountain friends fill our windows and our camera lenses.

With only 38 thousand square miles, a population of less than one million, and a 75 per cent forest covering, high mountains, and deep valleys, Bhutan soon comes into view. Landing at the Paro airport we breeze through customs, meet our driver and guide and step out into the clean fresh air. The $45\,$

minute drive to the capitol city of Thimpu is scenic, traffic sparse, and the feel of the country is calm and relaxed.

On we go through the small city where the country's only traffic cop is directing vehicles with delightful sweeping hand motions and a cheeky grin (not a single traffic light in the whole country). Once through town we are soon Once and the first of many mon-astery visits. Prayer flags flap madly in the wind as we ascend steep steps to meet the caretaker. We view

thick stone walls and marvel at wooden beams that still show original axe marks from when it was built in the early 1200s.

Buddhism is deeply rooted and the whole culture is

geared toward this rich heritage and unique identity. Vast monasteries dot the whole country and red robed chanting monks are commonplace. The people we meet in everyday life are beautiful, relaxed, gentle beings, truly delightful people. Most monks enter the monastery at the age of between six and eight years. Very few ever leave once they start training. For one week of the year they are allowed to go home to visit their families.

Known for their sacred monasteries sitting precariously

high upon sheer cliffs, natural beauty and GNH (Gross National Happiness), the main goal for Bhutanese people National Happiness), the main goal for Bhutanese people is peaceful living and happiness. The rules for foreigners wanting to gain citizenship are: a foreigner must be gainfully employed in Bhutan for 15 years before applying for citizenship. Simple. An awesome way to make sure people coming to their country know what they are getting into and really want it.

Roads here are paved and well maintained, but max speeds are between 40 and 60 km per hour due to the steep and twisty nature as they wind up tall mountains and down to deep valley floors. We go from high alpine

and down to deep valley floors. We go from high alpine zones to subtropical valleys. On the edge of the Wangduephodrong range we find the Bajothand Temple where many parents are presenting their newborn babies for

many parents are presenting their newborn scales is blessings and prayer.

The most interesting temple is the fertility temple of Chimi Lhakhang in the Punakha district. The surrounding town is full of huge painted penises on many buildings. From restaurants to hardware and grocery stores we find lots of large, spurting, hairy, smooth, circumcised penis paintings. We had a blast and a few giggles, especially at the entrance to our favorite restaurant. Nothing like a huge pair of hairy balls to whet the appetite!

Onward we go to the high pass of Dochula where we leave the sunshine and are enclosed in a low lying cloud. Apparently there are snow topped mountains all around us but we see only a blank white wall of fog. Slowly down the other side of the mountain we head for Trashhoe Dzong Monastery. We spend some time exploring the grounds and vast and majestic halls, also home to the Royal Family of Bhutan. We could not see the king's house, but we did walk through the places where he

works every day.

Interestingly we met a girl who flew into Bhutan on the same flight as the royal family. They were in first class as opposed to her seat in economy, but still impressive

that they fly on regular commercial flights. He rules the country alongside an elected government. The country runs smoothly and well, GNH being a prime factor in all parliamentary decisions

This shootiny and wen, cann being a prime factor in an parliamentary decisions.

Our week here is coming to an end and the final, most exciting destination, The Tigers Nest Monastery, awaits us in the morning. Starting early, we begin the three hour hike up and up. The trail is well worn and sandy. At the half way point we get our first really good view of the Tigers Nest. Started in the 8th century as a meditation cave and a monastery in the 1600s, it sits two-thirds of the way up a tallish mountain. The only way up or down is this track, so building materials, food, every bit of everyday living requirements has to be carried up and any garbage has to be carried down. There are around 40 full-time monks living here and some young apprentice monks as well. The four we met were around 12 years old, playing catch and teasing each other.

and teasing each other.

Sun glints off the multitiered roofs, dark stone
cliffs behind add a dramatic backdrop, and a narrow winding trail leads us over a gushing stream, across a steep crevice in the stone.

Cameras and backpacks must be deposited in the entrance to the monastery, no photos allowed inside. Such a cool and spiritual feel here, rock walls, incense infused air, seven different prayer chambers where a guru or monk sits for individual prayers. Statues are many and varied, and offerings of cookies, candy and milk are received by monks at the entrance to each prayer room.

Before we start the long trail down we take one long last look at this amazing place. It is one of the most important places in all of Bhutan and one of the most beautiful in the world, not easy to get to, but a true privilege for anyone who makes the journey.
As we depart from this lovely land we are very thankful

for the experience. It has been a spectacular time where there is virtually no crime, a no strict social rules, no litter. This tiny, happy, magical Buddhist kingdom really has it all figured out

Barb Widger lives in Virden, Manitoba and travels to unique parts of the world, sharing her travel experiences with readers of the World-Spectator







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From left are Ron Kalinchuck, museum summer employee Carter McLean and Kel Smith, some of the people who came out to fix up the old one-room schoolhouse. With them in the photo is a rare school traffic safety sign from the museum's collection, dating from the late '40s to early '50s.

Changes at the Elkhorn Auto Museum

BY ED JAMES

BY ED JAMES

It is said by some that the Elkhorn Antique Automobile Museum, is one of the best kept secrets in the Westman area.

For not only is it a great collection of antique and classic vehicles, but also houses displays of farming, household, educational and business items of the area.

This year there is a new curator, Wenda Paton, a well-known local business course.

Paton, a well-known local business owner and strong community supporter with deep family roots in the community.

This museum season has seen her make a number of changes that have brightened up the museum with new arrangements of the displays in the front area of the museum that will soon include a museum store. She has been able to get student and staff volunteers from the school, after hours, to come in to help in any way they are needed, which can be seen is many of the antique cars that have been shined up to the splendor of their former glory days.

Over the years the classic one-room red schoolhouse was in need of some TLC. So some retired Fort La Bosse teachers, staff and volunteers recently held a work bee to fix up the old place. Their efforts of lots of cleaning and rearranging the school desks, displays and books have given it a more original look that visitors young and old will enjoy.

will enjoy.

The museum, besides being a great tourist stop, will be the site of the village's annual Canada Day celebrations and a few car rallies from vintage and classic car clubs from the area and from away. Information on the museum's events can be found on their website.

"We are on pleased with the help of lease."

"We are so pleased with the help of lo-cal volunteers and the efforts of the retired teachers to set the school up to its past days," says Paton. "It will be a great attraction for our visitors of all ages and I'm sure will bring memories for those of us who attended rural one-room schools."



Shown here is the front lobby area of the museum that is undergoing changes with the new museum curator Wenda Paton and the staff



The Museum's Archie School District School house that was opened in 1896 and had its last students in 1968.

Alameda Community Rink's 23rd Fishing Derby is June 29

Creek Regional Park and enjoy a day of fun and fishing in the Alameda Community Rink derby. Registration will begin at 6 am near the boat launch. As well breakfast will be available at Trent's Place on site near the registration

Adult tickets are \$75 and youth tickets \$35. Your registration enables you to fish in the derby from 8 am-4 pm and enjoy a delicious supper.

This day is geared towards a family event, but all seri-

ous fishermen are welcome and have a chance to land the heaviest Northern Pike with a reward of \$2,000. There are eight monetary prizes in the adult division and six in the youth category. Youth are 12-years-old and under. All youth also get to

pick a prize from the kids table!

Everyone registered will enjoy the barbeque beef meal back at the Alameda Community Rink. Supper tickets are available for non-fishermen as well. The Oxbow Lions

Club always do a great job cooking the beef and beans for a welcomed supper. The skating club from Alameda complete preparing and serving the meal.

The hockey players of the community and their parents help out with launching of boats in the morning and helping to get boats off the water at 4 pm when the fishing is

complete.

Everyone is ready for supper and a cool beverage back at the rink where the curling club will man the bar. Following supper, over 100 door prizes are awarded as well as all the monetary prizes and the early bird prizes.

Each year the Moose Creek Wildlife Federation has generously donated two bikes for the early bird draw, one

for a boy and one for a girl. This year Magnascape has donated an adult mystery prize. The mystery prize and the winner will be revealed at the supper. Many prizes are donated by our farming community, oil companies and residents of our area.

Another component of the derby is the longest Northern Pike. There is a \$5 entry fee with a 50/50 payout.

This is a catch and release derby with the care and well being of each fish caught taking precedence. All fish are weighed on a commercial digital print out scale by our



weigh master Darin McNabb. Each fisherman is allowed to have three fish weighed. Fishing does not have to be from a boat. Shore anglers are welcome to participate and we've had fishermen come out as late as noon.

For people travelling from afar, camping is available at the Moose Creek Regional Park, the Bow Valley Park or the Alameda campground.

Non-fishermen are welcome for the supper and Chinese auction as well as the silent auction and other raffles. This event is a prime fundraiser for the Alameda Com-

munity Rink. Last year there were over 300 fishermen registered. The derby is a go, rain or shine. Come and enjoy a fun filled day!

To register call Alameda Agencies at 306-489-2258.



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countries of Denmark, Finland, Iceland, Norway and Sweden. Along with all the free rtainment, you will get to see "ALL the Celebrity Headliners." This year is Chicks with Hits (Terri Clark, Pam Tillis Suzy Bogguss), Daniel O'Donnell, Clint Black, Texas Tenors, Terry Fator and Chicago. There are still 3 acts to be announced.

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These children in Nicaragua received cloth gift bags from Sew on Fires Ministries. The bags were filled with items such as toys, school supplies and personal items.

Right: This is a group of Sew on Fire Ministries' volunteers. According to founder Wendy Hagar, volunteers give over 2,000 volunteer hours each month. The organization, in its 19 years of existence, has consisted entirely of volunteers and no one has ever taken a salary.





Sew on Fire Ministries founder Wendy (Urschel) Hagar, far right, is seen here with her husband Jeff and son Matt when she received the Queen Elizabeth Diamond Jubilee medal at Burlington's Canada Day Celebration. Hagar also received the Burlington Citizen of the Year in 2012 and also was honoured to receive the Rotary's highest medal, The

Sew on Fire Ministries reaching out to help

For someone who doesn't particularly have a real interest in sewing, Wendy Hagar (nee Urschel) has been using her sewing machine to its fullest for the past

Hagar, a Burlington, Ontario resident with roots in Saskatchewan, never thought that when she opened herself up to what she felt God had in store for her, that it would involve sewing or sending

care packages all over the world. Indeed, Hagar and her ministry, aptly called 'Sew on Fire', has touched thouthe humanitarian gift items she sends across the globe, but those donors and volunteers who help make it possible for her to do what she does

Hagar has spent much of her life in church ministry—women's ministries kids' ministries and so on. But in 1999

Hagar laid out her heart before God, wanting to make sure that she was doing what He wanted her to do.

HOW IT ALL BEGAN

"I did a pre-Easter (40-day) fast," Hagar said in a telephone interview in mid-May. "I wasn't trying to start a ministry; I just wanted the Lord to show me what He wanted me to do."

During that time, Hagar says she would just weep for those less fortunate. Even as

just weep for those less fortunate. Even as she would be doing dishes or cleaning out her fridge, her heart began to feel for kids, for the hungry, for those with nothing.
"The Lord was showing me the world through His eyes." Hagar went on to say, and as she opened herself up to what her future might hold, she stepped back from the church ministries she had been so involved in volved in.

In February of 2000, when a missionary from Russia came to speak at her church, she listened to his story about how he and his team had visited a poor Russian orphanage where the children were crying and the stench was unbearable.

The orphanage, Hagar said of the missionary's story, housed 40 naked babies. sionary's story, housed 40 naked babies. There were no cribs. It was filthy and it was heart-breaking. He and his team, knowing they had to do something, purchased clothing and then went back to wash and clothe these youngsters.

Hagar says the missionary not only spoke to churches in Ontario, but also visited every mayor from Vinerton to Wind.

ited every mayor from Kingston to Wind-sor and asked them to sponsor a child

from this orphanage.

"I felt God telling me," Hagar said, "that He required more of me in missions and my first thought was, 'Oh no, God's going to send me to Ethiopia.' I was terrified."

Hagar felt a little unsettled, knowing there was something she was meant to do but not knowing exactly what that was to

With the missionary's story in mind, Hagar decided to sew 100 cloth bags, 100

pajamas and 100 mitts for the orphanage.

The next day, Hagar went to Fabricland not knowing the business was moving locations and that there was a 75 per cent off sale on. But there she was, looking for brightly-colored fabric to sew bags and for flannel to sew pajamas, and as she looked, others in the store began to help her find the kind of fabrics she had in mind.

"The vision began to explode in my mind," Hagar said as she imagined bright-colored cloth for bags and dark flannel for

The interesting part of Hagar's decision to sew all these items for the orphanage was that sewing wasn't something she particularly liked to do.

"I hated sewing," Hagar said, though she had a sewing machine that had been given to her by her family. And it was sewng that would grow her eventual ministry by leaps and bounds.

GROWING THE VISION

As Hagar's vision grew, she not only bought material for bags and diapers and pajamas, but she was also buying pens and pencils, scribblers and notebooks and baby t-shirts in various sizes as well as a host of other items.

host of other items.
"Our house changed in two weeks,"
Hagar said of the ministry which, because
the items were going to Russia, was originally called 'To Russia with Love.' "I had
a serger and there were six sewing machines in my house," Hagar added, saying that her kitchen table became a sewing
table: the dining room was filled with hirs table; the dining room was filled with bins which were filled with pencils and sharpeners and all sorts of things that could be packaged up for those less fortunate.

Volunteers came to the Hagar home,

and her children's (by then grown) bed-rooms became storage rooms for all the things that would be put into bags and sent across the globe.

"I never planned to grow the ministry but when someone told me I didn't need

to think everything had to go to Russia, other doors opened," Hagar said.

Though Hagar still "hated sewing," she taught others how to sew. Once, when her daughter was on a missionary trip to Guatemala, Hagar and her many volunteers sewed baby blankets to send to a hospital there so babies would go home wrapped in a cozy blanket as opposed to the news-paper babies were often sent home in. Hagar wanted the packages she and her volunteers created for the women in Gua-

temala to be an explosion of love when they opened those packages.

The ministry also created what Hagar calls "Granny Bags," which were filled

with a flannel nightie, personal items and with crochet cotton and a crochet hook.

As the ministry grew and Hagar and her husband Jeff's house literally filled up with all these items, people would ask them how they could live like that. Hagar's answer was always, "It's only for

During that season, Hagar said she and a host of volunteers were kept very busy. Hagar was also speaking at churches, taking cloth bags along to distribute so others could fill them with items practical for the less fortunate.
"I loved that I was stirring hearts,"

Hagar said as people responded by giving to others. Many people took not only one bag to fill, but two or three or more.

Continued on page 15



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9:00 a.m.

Rodeo Slack

10:00 a.m.

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11:00 a.m.

Concession Opens

12 Noon - 3 p.m.

Kids Rodeo

2 p.m.

SECON Saloon Opens (Beer Gardens)

3:30 p.m.

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Wild Pony Race at Intermission

Entertainment

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Kalea Mullett • Robert Mullett • Rose Mullett

Tackling the Trans Canada Trail for Cystic Fibrosis

BY KARA KINNA

When Kalea Mullett was a little girl growing up in Moosomin, she says two people inspired her—Terry Fox, and her older sister Lindsay, who had Cystic Fibrosos and passed away at the age of 16 in 2002.

Now, both Terry and Lindsay would be proud to see their influence on Kalea as she, along with her father Robert Mullett and mother Rose Mullett (who own Home Hardware in Moosomin), took on 250 km

of the Trans Canada Trail from Victoria to Nanaimo, B.C. recently.

Kalea jogged the trail, accompanied by Robert on his bike, and Rose in a support vehicle. As they traveled, the family was raising money for Cystic Fibrosis research and Kalea spoke about Cystic Fibrosis at a number of schools along the way. But for Kalea, the 250 km on Vancouver

but for Kalea, the 250 km on Vancouver Island is just the beginning. Over the next few years, her plan is to run the entire Trans Canada trail, from coast to coast, in pieces until she has completed it.

Being an outdoor person is nothing new to Kalea, who works for a company called Back Roads that does adventure tourism around the world. But where did this love of tackling the great outdoors

come from?

"When I was a little girl growing up in Saskatchewan I needed something to do, so I found myself drawn to running at a really early age," she says. "I remember the Terry Fox Run happening every year on a weekend around my birthday and I was like, 'Hey, who's this cool guy who likes to run too? He's only got one leg and he ran halfway across the country.'

"Iust through learning about his story

"Just through learning about his story and the experience of running with cancer I thought, probably when I was around 12, that I can finish his race for Cystic Fibrosis and honor my sister through the process

"She was my biggest hero and that led me to pursue athletics. I always felt so free and alive when I would run. I would go for runs before school, even in elementary school. I would go out and explore and then take what I learned back to

and then take what I learned back to Lindsay. She was always so curious, asking 'What did you find on your run today?' or 'Go see some things for me.'
"In the later years of her life she was quite bedridden and it felt like it was my duty to go out and see things and explore the world for her and then bring home that information that I had gained. I guess that's been an approach that I've taken with me into the world, and with the work that I do now especially, it feels really close to home. really close to home.

"There was definitely an idea as a little

girl that anything is possible, and thanks to Terry and seeing the strength of my sister, I feel like now is a really good time to honor them."



Above: Kalea Mullett during one of her travels Below: Robert and Rose Mullett



Why did she choose The Trans Canada

'It's a bit more in line with my personal values than the Trans-Canada Highway," she says. "Working as an active travel guide and doing wilderness travel, I feel so much more drawn to places that aren't full of speeding freight trucks and cars driving by. There is still a little more room to breathe and I think there is so much appreciation that I have learned to develthroughout my life. In the outdoors where you can hear natural sounds. I feel really comforted when I'm in those vast tracts of landscape. It reminds me of our role as humans within this natural system that we are a part of, and refocuses and centers me on the purpose of why I'm

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here and what I'm here to offer this beautiful planet we call home.

"The Trans Canada Trail is a lot longer

The Irans Canada Iral is a lot longer than the Tran-Canada Highway, but I'm going to keep chipping away at it when I have time off in between my contracts. It seems like a really cool legacy that I wouldn't have even dreamed of if it wasn't for Lindsay, so I'm honored to get wasn't for Lindsay, so I'm honored to get to use this as a legacy run for her. Also to fulfill something larger in my life. I'm not too sure what it all means, yet but it will mean something in the end."
Kalea says she's also hoping to use the run as a chance to express the importance of active outdoor travel.

"In my life it has been really impactful."

of active outdoor travel.

"In my life it has been really impactful and I'm blessed to take people around the world and see different parts of the country, but there is so much magic happening just out our own back door," she says. "Sometimes we are too distracted with work or busy with our families and we freach to the allocate this metables." forget to sit and look at this natural beauty that is all around us.

ty that is all around us.
"It doesn't cost anything and there are
no strings attached. It's always going to
be there and I think it's important for us
to have a relationship with the natural
world and to stay healthy and active so
we can enjoy it fully all throughout our
lives. That's the message I'm trying to
drive home drive home.

"I'm going to hopefully make some field guides along the way to teach people the basics about what they can find on different parts of the trail. That will be a fun project to keep going so we can gain some education as well."

Kalea is planning to try to fundraise for

Kalea is planning to try to fundraise for Cystic Fibrosis for every kilometer of the trail as she goes. She says the impact that her sister had on her is profound.

"She has been the most profound character who has exemplified strength and compassion when her life was full of challenge," she says. "I know that life isn't easy for any of us, but to watch how she wast thereal." went through all the challenges that she dealt with in her body and took them with humor and a smile. She embraced each day to be the best that she could be.

each day to be the best that she could be, not just for herself, but she continuously enhanced other people's lives, and that's what I've tried to keep alive.

"I was so moved by her selflessness in all of the 16 years of the life she had to live. I'm trying to use that as a model when things get hard, because I know how it enhances my quality of life. When I'm being of service and helpful and con-I'm being of service and helpful and con-siderate to others' needs and putting them first. I think that's what opened the doors for me around the world with the travels I've taken on and I can't imagine changing that any time soon. I'm a far better person now for living that way than

Continued on page 27 188



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Kalea Mullett • Robert Mullett • Rose Mullett

Tackling the Trans Canada Trail for Cystic Fibrosis

™ Continued from page 11

"I feel like life is a continuous scavenger hunt and that brings so much purpose and meaning to me. Sometimes I find her out there and she is in the shape of an animal or an unexpected friend or something beautiful that I had never laid on eyes on before. tul that I had never laid on eyes on before. I think it is through those earlier years that we spent together, where I would go out and seek information and bring it back to her in her hospital room—that's probably what kept me curious about travelling and it really sparked a passion in this lifestyle that I still do today."

Robert and Rose proud to show their support

Kalea, Robert and Rose started the run/ride along the Trans Canada Trail on May 28 with Kalea.

Robert says they were planning to do roughly 30-35 km a day and hoping to be able to do Victoria to Nanaimo in eight to

While he won't join her for the entire trail across Canada, Robert says he hopes to join Kalea again on the trail as she passes through Saskatchewan.

Robert says when Kalea extended the invitation for a support team, he and Rose knew it was something they wanted to do. "Over the last six to eight years I've lost

contact with being involved with cystic fi-brosis and it was something that changed our whole entire lives," says Robert. "With the people we met through cystic fibrosis and the friends we made through it, we first lost contact with them after we lost our daughter. We kind of pulled out of a

out daughter. We kind of panels out of a lot of things.

"And with Kalea always talking about cystic fibrosis and how Lindsay was always her pint-sized hero, it just kind of rubbed off. And when she decided this year to do it, we just kind of thought 'why wouldn't we?'

"We only have the one daughter left, and if we can't support her on something







Sisters Kalea and Lindsay together as teenagers, left, and as children above

like this, what is the use of being here? The store will run and everything will be the same in Moosomin when we get back.

"We haven't changed the world by any stretch, but this might be one thing where maybe that \$2,000 that she makes might be

you don't try.

"I'm at the age where if I don't do it I'll be kicking myself, and I think Rose feels the same way

Robert and Rose says there have been some major advancements when it comes

some major advancements when it comes to the treatment of CF.

"The life expectancy has gotten a lot higher," says Robert. "Where the life expectancy when Lindsay was around was getting into the early to mid teens, now it is nothing to get into your late twenties or

early thirties now."

Robert and Rose say they watched their daughter Lindsay embrace sports despite her disease, until she took a turn for the worse at age 16.

"She couldn't breathe yet she could play

basketball, goal tend, she was a ball player," says Robert. "I figured if she could do all those things, then there is not a hope in hell I can't do 240 km for Cystic Fibrosis. I might be sore or eaten by a bear, but I'm

going to do it one way or the other.

"And virtually anything raised—100 per cent of it—goes to research, because most of the people that are involved with Cystic Fibrosis are parents. The president of the chapters are always one of the parents, the secretary, all the board is volunteer time from all the parents. Any of the funds they

raise strictly go to Cystic Fibrosis research."

How to donate

As Kalea runs the Trans Canada trail, the money she raises will be donated to the Cystic Fibrosis chapter in each province that she's in.

that she's in.

Donations can be made online by visiting her website www.kaleamullett.com.

"I'll be linking in GoPro footage as well.
I'll be recording the whole run," she adds
"I hope to check in with the viewers and share what I saw on the trail that day. I'll upload some fun videos and experiences that maybe caught me off guard. I want to share the wonder and beauty with those who decide to check out the website throughout my journey.



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- 11 a.m. 1 p.m. Beef on a Bun Lunch at the Friendship Centre
- 12 p.m.: Parade on Main St.
- Demo Derby to follow parade
- 12 p.m. 8 p.m.: Trade Show
- 5 p.m.: Rodeo Grand Entry
- 2 p.m. 2 a.m.: Beer Gardens with Entertainment after rodeo

Sunday, July 21

- 9 a.m. 12 p.m. Pancake Breakfast at the Friendship Centre
 - 11 a.m.: Cowboy Church Service at Rodeo Grounds
 - 2 p.m.: Rodeo Grand Entry
 - 1 p.m. 1 a.m.: Beer Gardens

Following the Rodeo Performance

- Roast Beef Supper
 - Demo Derby

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Sew on Fire Ministries reaching out to help



Wendy Hagar's daughter Sarah (right) is shown delivering gift bags in Thailand. The Sew on Fire Ministry sends humanitarian aid packages all across the world. The ministry that was founded by Hagar in 2000 is operated entirely by volunteers.

It was also about this time that Crossroads' Lorna Dueck came to Hagar's home to take a tour. Hagar said Crossroads came ex-pecting to see one room, not an entire house full of sewn items, shoes, clothing, toys, personal items and more. It was at this point, after three or four years of sewing and pack-

aging from her home, that Crossroads Christian Communications Inc. gave the ministry the use of 1,000 square feet of warehouse. The bonus was that the space was located just two minutes from the Hagar's home. home.

Since then, Sew on Fire Ministries has moved two more times, once into 3,000 square feet of space and then, one year ago, into 9,000 square feet of space. Hagar and her team of volunteers spend over 2,000 hours a month at Sew on Fire, not counting any at-home hours, of which there are many.

EXTENDED OPPORTUNITIES When Hagar was invited to take a break from minis-



Wendy (Urschel) Hagar, left, is seen here with her sister Brenda Clark showing samples of many of the types of items the Sew on Fire Ministries sends to the less fortunate all across the world. Clark ran a Sew on Fire group from her home in Edmonton from 2002-2011 and sent humanitarian aid packages to 35 countries.

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Brenda in Edmonton for a 10-day period, she was also invited to take samples

invitéd to take samples of her work to share with Brenda and her friends.

"I ended up with 12 speaking engagements," Hagar said of her time in Edmonton many years ago. She visited schools and was interviewed by news media including the Edmonton Journal. People began dropping items off at Brenda's home.

"My sister's house and garage were overtaken by

garage were overtaken by Sew on Fire," Hagar said, explaining that Brenda ran a Sew on Fire ministry from her home for nine years, stopping only when their dad became ill.

ADDING SWEETS TO THE MIX

Hagar may focus on fill-ing packages with basic items, but she also adds a little flavour to the mix by adding in candy.

When a business offered Sew on Fire eight skids of candy, Hagar knew she would have to rent a truck to pick it all up.
"It was the first time I

drove a five-ton truck," Hagar said of the day she went to pick up this huge load of wrapped candy.

"I woke up terrified," she said of that day. "My husband had no sympathy and told me I'd do fine," and off she and a volunteer

went. When Hagar was also offered 586 boxes of chocolate hearts with gummies in the centre that day, she knew she wouldn't be able to send them in her regular packages and that they would have to be given locally.

And so it was one Val-

entine's Day, a fellow (not associated with Sew on Fire) who was visiting the homeless was able to hand out hundreds of candy filled chocolate hearts.

HAGAR'S EARLY YEARS

Hagar was born in Gren-fell in 1956 to Carl and Viola Urschel and was raised in a Christian home, sur-rounded by extended family who shared her family's

In 1964. Wendy and her siblings Gerry, Brenda and Perry moved with their parents to the northwestern Ontario town of Ignace after her dad had accepted a job there with Trans Can-ada Pipelines Ltd. Every long weekend the Urschel family headed to Saskatchewan, back to the Grenfell area some 550 miles west, where much of her extended family lived

"Every Thanksgiving, every Easter, every holiday, we went back to Grenfell Hagar said of the years following their move from Grenfell to Ignace. Hagar graduated from high school in Dryden, Ontario (near Ignace) and worked for many years in the area. She was married in Ignace and in 1994 her and her husband Jeff moved to Burlington, On-tario where they have remained ever since.

WHAT THE FUTURE HOLDS

Hagar sums Sew on Fire's ministry up this way: "Someone's crying out to God and we're meeting that need." Hagar's vision and her passion has not been for any glory for her-self, but rather for God's glory and she plans to keep doing this for as long as she is able.

So far, Sew on Fire, with the help of a huge volunteer base, and in conjunc-tion with other charities, has helped send practical items, all creatively packaged, to over 90 countries around the world. The ministry has helped make medical aid, school sup-plies and hygiene items available to victims of war, poverty, natural disasters and disease

"I'm driven by eternity," Hagar concluded, believing this is what she was called by God to do. And the vision that began some 19 years ago is one that is as strong today as it was when it all began.

Last Easter, Sew on Fire Ministries distributed 150 gift bags for children to low income families in the Burlington, Ontario area. Sew on Fire is located in Burlington and is run by founder Wendy Hagar, a former Grenfell area resident.

16 Plain and Valley June 2019 June 2019 Plain and Valley 17





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New Zealand vs Fleming July 4

BY KARA KINNA Fleming, Saskatchewan is a small town on the Trans-Canada Highway that is built around a ball

The Green Acres Ball Park is the centre of the community both literally and figuratively, and on July 4 the ball park will play host to an international competition.

In what has become an

annual tradition, the Fleming Jets will be taking on the New Zealand ISA Un-der 19 Fastball team Thurs-

der 19 Fastball team Inurs-day, July 4 in Fleming. The George Engle Me-morial Fastball Game will take place at Fleming Green Acres Ball Park at 7

pm.

But before things get going, the New Zealand team will carry out a Haka, a traditional war dance of the Maori people of New Zealand. The Haka is very much a part of New Zealand culture and is done before most sporting events in New Zealand as a form in New Zealand as a form of welcome and thank you.

This too has become an annual tradition, with the New Zealand team doing

New Zealand team doing the Haka before playing the Fleming Jets each year. The U19 team that is coming to Fleming this week is with the Interna-tional Softball Academy



The New Zealand fastball team doing the Haka before last year's game against the Fleming Jets during the George Engle Memorial Fastball Game.

(ISA). Teams with the ISA go on international tours to gain fastball skills and see the world, and Fleming has been an annual stop since

The team will also be playing in other games and tournaments in Southeast Saskatchewan and Southwest Manitoba while they are here.
Ian Glasser with the

Fleming Jets says the Fleming-New Zealand connection came about when he and another Jets player, Cody Hudym, went to New Zealand to play ball. "Cody Hudym and I went over there in 2009 to

play ball in New Zealand and got hooked up with Craig Waterhouse. He's the one who organizes the In-ternational Softball Acad-

emy. So it was a good connection to get there," says

"Craig's son Jordan came over and played over here in 2012 and in 2013 went to Balcarres. 2013 was the first year they (the New Zealand team) came to Fleming.
"For the New Zealand

kids, they get to see the world. It gives them the opportunity to see Canada.

Whereas if they didn't do that, they might not ever get that chance. And it's a chance to play some better softball. They get to experi-ence Canadian culture.

"For the Jets, there aren't many guys who can say they get to play against an international team like

"They do the Haka before hand and that's kind of a cool experience.

"They usually have high end coaches that coach their teams. They practice in the mornings and then they play. When they come they play. When they come to Fleming, they will probably get there mid-afternoon and practice before they even play us on our diamond. They are just constantly playing softball and playing games and practicing and developing their skills.

"I enjoy seeing how they."

"I enjoy seeing how they warm up and how they play. That's what I look for-ward to. And the Haka is

always cool to see.
"It's just a good experi-

ence, a cool experience to see the Haka and learn a bit

see the Haka and learn a bit of their culture. And to see some good softball."

He says the New Zealand players love coming to Fleming each year as much as Fleming loves having them. They are always impressed by the Fleming Green Acres Ball Park, and are also billeted out when they are here, getting a chance to experience some Saskatchewan culture. culture.

"They love coming to Fleming," says Glasser. "It's a one-of-a-kind dia-mond—there aren't many

around like that.

"It's just such a small town. A lot of these kids are coming from bigger cities. When they come and see this diamond in this small little town, they can't believe it. We get lots of compliments on our diamond. We take pride in our diamond.

"Our team, we work on the diamond to keep it up every year, because there is a culture there too.

"They like coming to Fleming because we al-ways billet them out. So ways billet them out. So they split into groups of four and they go stay in someone's place in Fleming or Moosomin or the surrounding area. And they get to experience Saskatchewan living for a day"

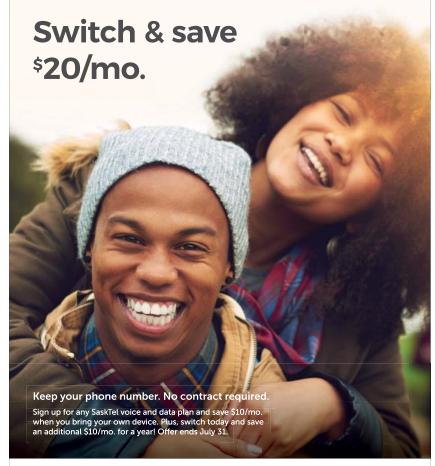
Saskatulewal mind aday."

The ball game is a fundraiser for the for the Fleming Jets and for the diamond, and will also include a 50/50 draw that working as well as Flemevening, as well as Fleming Jets and New Zealand merchandise, which will be on sale. Gate entry for the

game is \$10.

Glasser says the fundraising portion of the game helps the Jets maintain the diamond.

"We always have to keep up maintenance on the diamond so that helps out for sure," he says.





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The Moosomin Rodeo Weekend is coming up July 5 and 6. Friday features the rodeo performance at 7 pm, followed by entertainment by Rob McLane and Against the Grain in the beer gardens.

Saturday's events the firemen's pancake break-fast at 7 am, Rodeo Slack at 9 am, the Chamber of Commerce parade at 10 am and pingpong ball drop at 11:30 am, a multicultural celebration from 11 am - 2 pm, the Kids Rodeo noon to 3 pm, Moosomin Rodeo Idol at 3:30 pm and rodeo action at 7 pm, followed by Route 605 performing in the beer gardens.

Photos of last year's rodeo by Kim Poole



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Moosomin Parade July 6

The Moosomin Parade is scheduled for Saturday, July 6 at 10 am., during the Rodeo Weekend. The parade will feature the Regina Drum Corps, the Moosomin Shrine Go-Kart Patrol, the Moose Jaw Shrine Oriental Band, the Southeast Shrine scooters, and possibly the Indian Head Steel Drum band. Honorary parade marshalls will be the Santos Family of Moosomin. The parade will leave from behind McNaughton High School at 10 am, with the Regina Drum Corps playing O Canada to start the parade. To enter a float email parade@moosomin.com

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Golf grand openings

There were two golf course grand openings in Moosomin on the June 15-16 weekend. Above, the Pipestone Hills Golf Club celebrated the grand opening of their new clubhouse at the beautiful course nestled in the Pipestone Valley just south of Moosomin. Below, Kim Setrum celebrated the new mini-golf course at Bradley Park in Moosomin she sponsored and developed through her Royal LePage real estate business.





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The Grizzlies:

BY KARA KINNA

On April 19, Mongrel Media released the film "The Grizzlies" in Canadian theatres. The film, directed by Miranda de Pencier, is based on a true story, and depicts a youth lacrosse team that was set up to help combat an epidemic of youth suicide and other serious social issues in the community of Kugluktuk, Nunavut.

The film premiered at the 2018 Toronto International Film Festival and has won numerous awards. It is also critically acnumerous awards. It is also critically ac-claimed by both critics and audiences, and has been widely praised for using mostly Inuit actors (many of them local) as well as Inuit crew in the development of the film. It has also been praised for tackling social issues in the north head on, and for depicting a story of resilience, hope, strength, and reconciliation that has struck a deep chord for many viewers, and for many of

the people living in the north.

However, what many people may not know is that one of the key characters in the film, Russ Sheppard, the young teacher who helped set up the lacrosse team, is

Sheppard grew up in Esterhazy, and lived there until he went to university. He still has family in Esterhazy, and considers Esterhazy his home town. Sheppard is one of the main characters

Sheppard is one of the main characters in The Grizzlies—the young teacher, fresh out of college, on his first teaching job, who comes face to face with some of the staggering problems faced by the people and the students in Kugluktuk.

Sheppard was instrumental in getting the youth lacrosse team started in Kugluktuk—something that resulted in the teen

tux—something that resulted in the teen suicide rate there dropping to zero.

But don't call Sheppard a hero. In an interview with the World-Spectator last week, Sheppard said he would not have endorsed The Grizzlies if it had shown him as a hero come to save the day for the kids in Kugluktuk. It's the kids who are the heroes, he says. It's the kids who had insurmountable challenges to overcome, and who overcame them in ways he couldn't imagine

Teaching up north

Sheppard says he became a teacher in Kugluktuk the way any young teacher gets a job—the job was open and it sounded interesting.

"I went to Brandon University and then

I went to the University of Saskatchewan for most of my undergrad education. I ob-



A young Russ Sheppard, second from left, with The Grizzlies.

tained a Bachelor of Education and had tained a bachelor of Education and had sent out resumes through a couple of different education networks and had an interview to teach at Kugluktuk, Nunavut," he says. "It was a really interesting prospect. I decided to try it out for a year and one year became seven.
"I was brand new, 23 years old. It was an

"I'was brand new, 23 years old. It was an amazing opportunity."
Once Sheppard got to Kugluktuk he says he noticed that the kids were great kids, but they weren't into school.
"Once I got into town, the first thing I noticed is that part of the culture is the caring people. The Inuit people as a whole are really caring and helpful and non-confrontational in many ways," he says. "There's obviously some abuse problems that happen, and they happen in any town. It doesn't matter if it's a northern town or in Esterhazy, or whereever. It's a smaller in Esterhazy, or whereever. It's a smaller

community and there's a high rate of subcommunity and there's a light rate of sub-stance abuse and social issues. There's obviously a very direct connection to the residential school process that happened. "I noticed very quickly that the students weren't great students but they were great

kids. In the school atmosphere they were quite a bit different than they were outside of school

"We follow the Alberta curriculum. The traditional system of schooling is not really built for that culture and for the Inuit people in that town. I feel like a lot of the issues we had in school were because the school days are a very rigid day and the school calendar follows the southern cal-endar. The school curriculum was not relevant to a lot of northern information and

northern learning.
"I felt like the school culture itself wasn't a great culture. It was very typical. If you a great culture. It was very typical. It you don't come to school and you're under 16, we're going to get a truancy officer, and then it's breaking the law. Well, that's a deterrent system and I think we are past the idea that deterrent systems on their own are effective. I think it just wasn't built for kids to be successful."

How were the etworks regrending to

How were the students responding to this system?

"The attendance was low," says Shep-pard. "The drive to be in school was nonexistent. Graduation rates were low. We would have days in the spring where we would have more teachers than students.

would have days in the spring where we would have more teachers than students. "Part of that is because the culture, in the spring, after the hard winter, you go out and camp and hunt and get out on the land. So why aren't we adjusting our calendar to be more reflective of that culture? It's no different than in Saskatchewan when you adjust the school days for harvest and for seeding. It's something you should be responsive with."

Sheppard says he was also witness to a high rate of social problems among the kids, and to teen suicide.

"There is a high rate of suicide in Kugluktuk and substance abuse with kids. The first year I was there we didn't have any suicides. My second year we had a lot of issues happen. Four students committed suicide that year. It was a shocking year for me to deal with. Watching and seeing youth create the ultimate sacrifice for meetal health iscure in a pretty check! year for me to deal with. Watching and seeing youth create the ultimate sacrifice for mental health issues is a pretty shocking experience to go through. They are good kids, none of them are bad, they are just kids. Maybe they are on a bad path, or not even on a bad path, they are just dealing with other stuff and have no support."

Needing to make a difference

Sheppard says the lacrosse team was created to try to create a shift in the culture around school at Kugluktuk. He says he knew, if he was coming back as a teacher for a third year, he needed to make a dif-

"We wanted to change the culture of the school," he says. "When I made the decision to come back for the third year I wanted to commit to building something and doing something different or I would just leave. You don't come back and just keep doing the same thing over and over your doing the same thing over and over, you are going to get the same results over and over. I came back with the attitude that I was going to try to bring some change to the community, but moreso to the school and to create a culture.

"We had a lot of kids that were very

we had a lot of kids that were very kinesthetic, they really enjoyed sports and recreation. We had sports teams running already, soccer, basketball and volleyball, and they were successful. During that summer I introduced lacrosse and the kids really bought into it. I think the physicality of it and some parts of the game really

ngaged the kids.
"From there the rest is history. We grew really quickly from 10 or 12 kids playing pickup to 80 kids, which is the majority of the population in the school. They loved

Change happens

Sheppard says the school was able to use the lacrosse team as a way to encourage the kids to make positive academic

choices.

"We wanted to create a program in which kids could be successful without having to get A-plus averages," he says. "Some of our kids would never get that. We created two thresholds that they had We created two thresholds that they had to meet if they wanted to play on sports teams in our school. If they wanted to play on Team Grizzly they had to be at school four out of five days—so 80 per cent attendance. And you had to put in effort while you were there. These are controllable things, the kids can control that. The effort was respirated they are fort less than the control of the con things, the kids can control that. The elion was monitored through an effort log system, which they had to fill out every Friday. If you maintained a certain average in your journal then you got to practice the next weekend, and if you didn't then you had to go back to the drawing board.



Russ on the set of The Grizzlies movie.

Esterhazy's Russ Sheppard talks about the movie, and how lives were changed



Russ Sheppard, far left, with The Grizzlies.

"What happened is the kids embraced it, because they loved playing all the sports. Once they started to come to school and put in effort they started to become successful academically. Once they started to become successful academically, that brought on more success and that got them more excited about things like graduation.

"We started to do trips with our sports teams and subscribe to things like stu-dent exchanges with Saskatoon. Those ex-change trips created lots of confidence in the kids because they are now in the south

the kids because they are now in the south. It's no different than a Saskatchewan kid going to Toronto—it's a big deal.

"Were we successful in our lacrosse team? On the field we were, we went to a national championship and we beat Team Manitoba. That was our big claim to fame. We never won a national championship, we won a few games along the way in different capacities. To me the success was that every single one of those kids had earned the right to be there. They had worked really hard and had gone through a lot just to make it there. That success kind of carried over.

"I think the success bred more success The confidence they built that they could actually achieve some of these things was amazing. I think, in general, we have low expectations for youth. I feel like our expectations for these kids were not out of line, they were really high. "When the kids started to achieve those

expectations they realized the teachers cared about them. They (the teachers) had worked to build a structure and open up doors. Their job was to earn their way through those doors and once they had done that, they realized all the doors they

had opened up on the other side.
"The strength that they had within was not celebrated and when I went up north to work with them, the first thing I realized is that these kids have a character that is not normal. They have perseverance and character that is admirable and we have to exploit that, and I say that word in a posi-

Sheppard says not only did the teen suicide rate drop to zero after The Grizzlies team was created, it stayed at zero.

"The rest of my years there, after we introduced The Grizzlies program, we didn't have a student suicide. There were a couple in the community that were older people, but we didn't lost another student the whole time I was there. It's what we all wanted. We never sat down and said we need to stop suicide, we sat down and said these kids have all the capability to do what they want and the spin off to that success is that you don't commit suicide when you are confident in your abilities.

A learning experience

Sheppard says the movie "The Grizzlies" is true to life in showing the students as the

true heroes in the story, and not himself.

"If the movie was made to show some-how that I was a hero, I would be very disappointed. For me, I learned a lot more about character and perseverance and what the power of youth from the kids up there. Some of the skills I could never have taught them. We had the easy job of creating doorways and the kids had the hard job of earning their way through them. I think there is zero hero ability from me, I'm just a teacher from Esterhazy that en-

I'm just a teacher from Esterhazy that enjoyed working with these kids."

Sheppard says it was the kids who changed him more than he changed them.
"They created an understanding in my head that there is nothing too big that we can't work through," he says. "They came from some pretty unbelievable personal situations and yet they still found a way to make it to school because they wanted to make it to school because they wanted to be part of our program. They found a way

"I learned two things. From the kids' point of view I learned that human perseverance is an amazing thing. Personally, I learned that I can really have an impact if I have proper reasoning behind it and if I work hard, then I can also achieve what I want to.

Movie tackles real issues

How did Sheppard feel when he found out there was a movie being made about The Grizzlies?

"It's been a process. I signed a life rights deal in 2007, so it's been 10 or 13 years in the making. I worked closely with Miranda de Pencier the director now, who was the producer at that time, so I've got to be quite good friends with her and she's done an amazing job. I've also become quite good friends with the writers too, Moira Walley-Beckett and Graham Yost. I really trusted them to tell the true story.

"If this had come out as some Hollywood

Mighty Ducks, white savior movie I would have been disappointed. That's not what my interviews with them reflected. They honored the story, the north, the kids and their characters. They told really hard, human stories in a very tasteful and respect-ful way and ensured that the proper message is out there. I think the movie speaks for itself. It's been critically acclaimed as a ositive movie."

positive movie."
How accurate is the movie?
"It's pretty accurate," says Sheppard.
"They did an amazing job of finding all sorts of social issues that are very common in the north and creating characters who are real, to show what those issues are there. Overcrowding, high cost of food, reputed abuse child abuse, homelessness spousal abuse, child abuse, homelessness and starvation—these are all issues and they are covered in a very tasteful way, and I think the movie shows we have to work together. We have to break down the color barrier, we have to break down the residential school barrier and work together to find solutions for good, human people. It doesn't matter what color you are."

Sheppard says when the movie went to production, he was on the set as an authenficity consultant and the lacrosse director.

He says seeing the movie takes him back to Kugluktuk and day-to-day challenges that were faced there.

"I've seen it six times now, but the first

time I saw it, it was a bit emotional and shocking," he says. "I had seen a prototype version but it wasn't all edited and cleaned up. At TIFF (Toronto International Film

Festival), the world premiere, I was sitting with a former student and the writer, Moira, and it's an emotional journey for me. I know what's real and what's not in the movie and I remember those nights and days and I remember those fights. It was

really emotional to see that.

"I went to Calgary for a showing and I sat in the back until the end, waiting to do a Q&A and it was the most emotional time I had watched it. I think it was because I didn't have any of my former students with me. It dug deep in me that almost 20 years ago, to the day, I was getting off the plane up there for the first time, and now that journey and adventure, that I was lucky enough to be a part of, is on the big screen for others to enjoy and be motivated

by. It's pretty overwhelming."

Sheppard says there is a lot to take away from this movie.

"There are so many messages in it," he says. "There's human character and perseverance. If you're a teacher, it's about how you can impact students. If you're a student that's struggling, it's about how you can deal with things. If you're a sports erson, it's about what sports can provide

for people.

"But for me, what I hope people take away from it, is what they need at that time. There are going to be people in inner cities watching it that need it to be a certain message, and you're going to have affluent people in North Vancouver that are going to watch it and need it to be a certain message for them. I think the writers and director did a great job of making it mul-tifaceted so that it can be a lot of messages

for a lot of people."

Where are the real Grizzlies today?
Sheppard says they have moved onto into

Sheppard says they have moved onto into brighter futures.

"They are all over the place and doing very well for the most part," he says. "When you watch the movie you will see where they are now at the end. I keep in touch with many of the kids and they've got great jobs and families. Mila (Kamingok) who was one of our volleyball play. goak), who was one of our volleyball play ers, is now MLA of that district. Miranda (Atatahak), who is a main character of the movie, is the deputy mayor. Theresa (Westwood) is the head of the education author-. The list goes on and on."

ity. Ihe list goes on and on."

Sheppard says he still maintains a connection with Kugluktuk.
"Esterhazy is where I grew up and it's my hometown," he says. "Kugluktuk is where I learned to be a good citizen and is a secondary hometown for me. I definitely call it home because I did a lot of growing there too."

Sheppard flies to **Esterhazy for viewing**

On Friday, May 31 Sheppard, who lives in Cranbrook, B.C., flew to Esterhazy to view the movie at the Maple Leaf Theatre where it was shown on Friday, Saturday,

Sunday.

After the movie on Friday, he held a question and answer session with the people of Esterhazy.

He says the reaction from his home town

He says the reaction from his home town has been one of excitement.

"My family is pretty excited. Some came to Edmonton to watch it and some went to Calgary and Regina. A group of people that I graduated high school with went and saw it in Regina and sent me really nice messages," he says.

"I think a lot of people didn't really know what to expect. The support has been great."



Russ coaching The Grizzlies.

Conexus closing Spy Hill branch this October

ву Kevin Weedmark Conexus Credit Union Conexus Credit Union has announced the closure of the 5py Hill branch and eight other branches across Saskatchewan, effective end of business day on Oct. 2, 2019.

In addition to Spy Hill, branches in Chamberlain, Cupar, Drake, Middle Lake, Mossbank, Young and two in Regina will be closing in the fall.

"Decisions on branch closures are among the most difficult for us as a co-operative," said Con-

most difficult for us as a co-operative," said Con-exus CEO Eric Dillon. "While respecting our past, we must build a fu-ture that allows us to best serve our members by of-fering flexibility in our delivery of service and that aligns with our members' ever-changing needs and expectations."

Members were in-formed of the closures May 31, and over the next four months the credit union will work with with members one-on-one to "understand their individual needs" and find solutions to meet those needs, said Conexus in a release.

Conexus cited a move to digital as one of the reasons for the closures. "Banking is changing rap-idly," Conexus said in a news release. "Our mem-bers are more mobile than ever, they're accessing our services much differently than they have in the past, they're using more digital services and using much less cash.

"To keep pace with our members' ever-changing needs, we're continually working hard to invest in our people and our digital channels to align with those changing ex pectations for our credit union. While recognizing our members' changing needs, and following an ongoing review of our service delivery channels, we have made the decision to close nine of our branches."

"No longer is banking a place to go, but something we do, regardless of loca-tion," said Dillon. "Today, we're more focused than ever on our purpose of improving the financial well-being of our mem-bers, and we know that it's the financial advice we provide that makes the

most meaningful impact for our members. "We'll continue to pro-actively provide the ad-vice and solutions that our members' need and we'll do that where and when they need us to, not just in our branches. We rec-ognize this is a big change for our members and our communities and change can be hard. Our goal is make this change as seam-less as possible for our members, and our teams are ready to walk along-side each of our members through this transition.'

Dillon said Conexus will work with members on the transition and will continue to support communities. "Over the next four months, we'll be working with our members one-onone to understand their individual needs and



The Conexus branch in Spy Hill will be closing in October.

identify solutions to best meet these needs. If our members have questions on this service delivery change, we encourage them to attend one of our upcoming member infor-mation sessions or book a meeting with their financial advisor," he said.
"We will also continue

"We will also continue to support the communities of our members, regardless of having a physical branch location. Notwithstanding that, our branch presence in communities is changing, we are committed to the cooperative principle of co-operative principle of

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returning profits to our shared community. This is an important promise that and communities and that's not changing just because our branch structure is."

Mayor says Conexus taking right approach to closure Spy Hill Mayor Elgin

Clark said he's happy with the approach Con-exus has taken with the closure—working with members to ease the tran-

"They're working to make things easier for make things easier for people, helping them get changed over," he said. "They're working with the community. It's not like they just came and shut the door. They're try-

ing to help everybody."

He said the feeling in the community was that the branch would be closed sooner or later, the announcement didn't come as a shock.
"I think people knew

it was going to hap-pen someday," he said. "There's so much online banking nowadays. From what the bosses in Mooso-min say there are only 52 active members left in Spy Hill in the last two years."

He said the village will have to change the way it banks, with the administrator travelling to Rocan-ville to do some banking and deposits.
"We've talked to our

town administrator about

town administrator about having to go to Rocanville to do deposits." He said the change may impact businesses in the village. "You get people coming for the bank, and coming for the bank, and they go to the store and get gas. It's probably going to take some business out of the town," he said. He said things have been looking up for Spy Hill recently with more families moving in

families moving in.

"Actually it's better
than it was six months
ago," he said. "They just ago," he said. "They just sold the low rental houses and I see the sold sign on another one today. Four of five low rental houses have been sold and peo-ple are moving in. It's more affordable housing than some towns and it's not far from the Rocanville and Mosaic mines. I imagine they've moved here because there are more services than Gerald or Tantallon.



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FCL reducing to three of six feed mills

Brandon, Melfort feed mills to be closed, Edmonton feed mill sold Business will be consolidated to Calgary, Saskatoon and Moosomin mills

After reviewing its feed business, Federated Co-operatives Limited (FCL) is consolidating feed production from six facilities across the Prairies to three—Saskatoon, Calgary and Moosomin.

FCL will make significant capital investments to mod-

ernize the remaining plants.

One investment is in new bagging equipment that will be installed to support better stitched, open-mouth bags that will be distributed through the entire Co-operative Retailing System (CRS).

cilities, along with the investments in the business, address unprecedented competitor consolidation and a changing market in the feed sector. FCL says it is making these changes to help ensure that it can continue providing Co-op feed products and services in the long-term. "While we don't make these decisions lightly, by con-

solidating manufacturing and taking measures to refocus our resources in the livestock sector, we're better able to serve our local co-ops and their producer customers Healey, FCL Vice-President of Agriculture and Consumer

FCL is transitioning products and services from the Brandon, Man., and Melfort, Sask., plants that are closing to the remaining three plants. The Melfort plant will wind down in August 2019 and the Brandon plant will cease operations in October 2019. FCL's other feed facility in Edmonton will transfer its operations to Wetaskiwin Co-op in September 2019.

Continued on page 29 ™





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FCL reducing to three of six feed mills

Brandon, Melfort feed mills to be closed, Edmonton feed mill sold Business will be consolidated to Calgary, Saskatoon and Moosomin mills Continued from page 27 "These plants have been



Currently there are six Co-op Feeds facilities across Western Canada. As of this fall, the operation will be consolidated to three locations— Calgary, Saskatoon and Moosomin. Above is the Moosomin feed plant.

forts of our plant teams."
Through its feed plants,
FCL manufactures cattle,
horse, sheep and poultry feed in bags and bulk or-ders. It also produces pet food for retail co-ops. World-Spectator editor Kevin Weedmark inter-

viewed Patrick Berger-mann, FCL's associate vice-president for Ag and Home, about the impact on the Moosomin feed mill. The complete interview follows:

in their communities for many years and I want to thank all of the team mem-

bers who have contributed so much for so many years," said Shelley Rever-ing, FCL Director of Feed. "The concentration of our

feed manufacturing operations results from industry

challenges and in no way reflects the substantial ef-

First of all, what is the motivating factor behind the consolidation to three

feed mills?

Well certainly the biggest motivating factor behind it was the industry dynamics, market dynamics in the feed industry There has been a lot of consolidation within the sector both on the producers side as well as on the manufacturing side and we're certainly not in isolation within the industry as far as the need to gain greater efficiencies, as we've seen other manufacturers start to consolidate and amal-

gamate. There has been consolidation in some of their production as well and we were facing the same market circumstances as everyone else. Our fleet of six plants are certainly not new—they've been in operation for quite some time and many of them required a significant amount of capital investment to sustain operations

into the future.

When we looked at the total costs of continuing to operate six facilities it just didn't pencil out for us. We wanted to make sure

that we could continue to serve local retail co-ops for their packaged feed needs and continue as best as we could from the remainder facilities to service produc-ers on bulk needs. So with the Moosomin, Saskatoon and Calgary facilities continuing on with operations, we believe that we'll have the right sized foot-print that we can begin to amp up our investments in those three remaining facilities and still service the needs of local co-ops and their producer cus-

How did you determine which three you would consolidate the operations to? Good question. It was a

mixture of local market dy-namics around those facilities, the age of the facility, the amount of capital investment required on each of them, and the logistics requirements from each to be able to help service our facilities.

One of the factors that was certainly favorable for the Moosomin facility is the fact that we produce textured feed there and right now among our fleet of facilities it is the only one that does textured feed, so that was an important consideration.

Is the main customer of FCL's feed mills the indi-vidual retail co-ops or is the main customer indi-vidual farmers?

I would say a mixture of both. Federated Co-op is really there to support the relationships the local co-ops have with their pro-ducer customers, so where it's somebody that has livestock and requires feed we would often work in collaboration with the local co-op to make sure that we serve that customer on behalf of their co-op. In behalf of their co-op. In parallel with that, we also produce packaged goods that go on the shelf at your local co-op all across Western Canada—bagged poultry feed, bagged horse feed, our bagged feed for cattle, minerals etc. We produce those from our production facilities as production facilities

With the closure of the plant in Brandon, would the area served from the Moosomin location expand, or is expansion limited by the logistics of trucking?
Great question Kevin,

and that is certainly part of the vision is that where we can viably serve the producers in the area from the Moosomin facility we will look to do so without auestion.

We have good loyal cus-tomers in the marketplace of the Brandon facility

The Brandon facility will remain open until October

Once we wind down operations at that facility, we want to do whatever we can to continue to serve the needs of that market place wherever viable from the Moosomin area.

What kind of invest-

ment is FCL planning for the Moosomin plant? Definitely we have plans to put some capital invest-ment into the facility and there are a few different fronts where we're planning to do that.

There are things like

the pellet mill at the facil-ity, but probably the most tangible one that folks can connect with is the bagging equipment at the facility.

Right now we have a valve packed bag that we produce at the mill site that we will send out to retail stores. Most of our competitors moved in the last few years over to an open mouth stitched bagging technology and so we are going to do the same. This fall we will be

implementing a new bag-ging system in Moosomin which will move us to that open mouth stitched bag

How significant of an investment would Federated Co-ops be making in

the plant in Moosomin? the plant in Moosomin?

I wouldn't want to get too deep into the dollar amounts but certainly within the grand scheme of the investments we've made at the Moosomin facility over the last few years, this would definitely represent a significant

ly represent a significant

Would any employees be moving from Brandon to Moosomin? Would you be expanding the staff at all in Moosomin?

We're having those conversations with employees right power.

right now.

Once we get a chance to complete those conversa-tions with folks, we'll have a better sense of where people are looking for those types of opportuni-ties to move to, or where we have those types of opportunities.

We'll be looking for employment opportunities for folks out of Brandon throughout the Co-oper-ative Retail System wherever we can.

I can't say at this point

in time, so whether or not we're going to need additional staffing in Mooso-min—that is certainly part of what we are continuing to assess right now with announcement we made Monday.

How many people work at your Moosomin operation right now?

Moosomin operation has 10 people employed there in the current state.

That is the same size we would have in Brandon.

When you make a decision like this, how long of a process is it, the gathering information and decision making that goes into something like this?

Another good question.

We've put about two years

worth of work into analyzing our current operation and understanding our fit within the marketplace and where we believe we have some opportunities for the next stretch of time and into the future, so it was quite a lot of time that was invested in making sure we had a sustainable plan for the future.

What do you see as the long term outlook for the FCL feed business?

We think that we have a solid plan in place to continue to be a major market presence in the feed busi-

Certainly we've got ar important niche to fill within the industry as far as having a unique retail network—the fact that we have so many local co-op outlets that help serve producer needs on the fuel side, the crop input side, the ag equipment side.

There are lots of ways that we help support pro-ducers, and we're really happy that we will be able continue to support their needs from a pack-aged feed perspective all across the West, and then of course where we have the feed mill facilities we're going to be able to do that with bulk tonnes too.



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