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Iranian doctors make Moosomin home

Doctors Pour and Oveisi covering emergency services and walk-in at Southeast Integrated Care Centre

by Kara Kinna BY KARA KINNA Two new doctors have signed a three-year con-tract with the Regina Qu'Appelle Health Region, and are now calling Moo-somin home somin home.

Dr. Alireza Karimi Pour and Dr. Javad Oveisi are both working at the Southeast Integrated Care Centre, covering the emergen-cy room and the walk-in clinic at the hospital five days a week, from Monday to Friday. On Saturdays and Sundays, those duties are taken over by the doctors at the Moosomin Family Practice Centre.

Pour and Oveisi both signed a contract with the health region after being approved through the Sas-katchewan International Physician Practice Assess-

After passing a number of criteria and writing a number of exams, the two doctors were placed at clinics in Melville and North Battleford for a few months as part of the program before starting work at Moosomin on October 15

Dr. Pour explains how the process worked. "Before the SIPPA pro-

gram, there was an inter-view," he says. "We ap-plied through the SIPPA website and we posted our qualifications and then different regions contacted us.

"Some people from Re-gina Qu'Appelle contacted me and said they needed doctors here and asked if I would be interested in working here and I said yes. After that first call we had several other inter-views and then I was invited to apply for the SIPPA



Dr. Pour, left, and Dr. Oveisi at the Southeast Integrated Care Centre in Moosomin.

program. "I went to Saskatoon first. We did three examinations-practical and examinationswritten and then after that I joined Melville which was a threemonth practical assessment working in the clinic, and then after I finished that I started working here in Moosomin."

Dr. Oveisi went through similar process, doing his practical assessment in North Battleford before

coming to Moosomin. Both doctors are from Iran, where they spent many years in medical practice before they chose to make Canada their new home. Pour—who is now a Canadian citizen-moved to Calgary to take his masters in neuroscience through the University of Alberta, where he also got a chance to do some medical re-search, an experience he cherishes.

Oveisi came to Canada with his family in 2009 and he originally settled in Toronto

"I studied in Tehran and I practiced in Iran for about 15 years, then we immi-grated to Canada in 2009 with my family, my wife and my daughter," he says. Oveisi says he's thrilled

to be in Moosomin. "I like Moosomin," he says. "My daughter loves her school. She's in Grade She likes the school

teachers—they are very good, excellent teachers. "I personally like the school much better than the school that my daugh-

ter used to go to in Toronto. "I like the community, I like the people. People are very welcoming." Pour says he liked the

opportunities that Canada provided, which prompted his move to Canada. "I have chosen Canada

as my home. I am a Ca-nadian citizen now," says says Pour. "I like Canada. I have so

many friends in Canada. Some of them are doc-Some of them are doc-tors practicing medicine here. And Canada's such a peaceful country—it's very good for many im-migrants. And there were opportunities then, so I de-cided to come to Canada. Initially when I applied to the University of Alberta to do some research there. Leat the onportunity to so I got the opportunity to go to the University of Alberta which is one of the best universities in Canada, and I had the chance to work with five different special-

"It was a good opportunity. I really like doing re-search, and then I got the chance to pass my exams chance to pass my exams and go through this program

Both Oveisi and Pour have practiced in large cit-ies, as well as rural areas during their careers. Oveisi says he prefers

small-town life.

small-town life. "I personally prefer small towns better than larger cities," he says. "To have peace of mind, it is better to live in small towns than large ones. Continued on Page 15





Invisible hand

There are some things in life that just can't be explained.

Every now and then an invisible hand from above reaches down, and suddenly, the impossible becomes possible.

Those of us who have adopted children can confirm this. And two farm families from Griffin, Saskatchewan are living proof. When Marcel and Kym van Staveren heard about

a summer hosting program for orphans from the Ukraine, they could not have known what was in store for them.

They welcomed two girls, ages 13 and 11, into their family for six weeks in the summer of 2013. They fell in love with the two angels, of course.

They hoped they could host the girls again at Christ-mas time, but when they were told they could not, the invisible hand reached down. That hand got them through a complex system of paperwork and approv-als that stood in the way of them adopting the Ukrainian sisters.

Eight months later, in 2014, Kym and Marcel found themselves on a plane to the Ukraine where they hoped everything would fall into place in their efforts to adopt the Ukrainian sisters.

It diấ.

The girls were now theirs. But what about the girls' best friends? What about

Christalee Froese

the sister, age 11, and the brother, age 13, who were left behind in the Ukrainian orphanage?

Right before the van Staverens' new 11-year-old daughter leaves her Ukrainian orphanage for the final time to live in Canada with her adopted family, she takes her two best friends aside.

She tells them she will try to get them to Canada as well.

- She tells them to be patient and wait.
- She tells them not to go with any other family. She tells them to pray. The friends listen to their best friend.

They pray for a family every day. In 2014, Saskatchewan farmers Wayne and Clare Vilcu decide to look into adopting from the Ukraine.

They live nine miles down the road from the van Staverens. They fill out paper work in Canada and wait to hear

from Úkrainian officials about the possibility of adopt-

ing two children. Several months later they receive a letter from the Ukraine stating that they have an appointment in the Kiev on March 11, 2015 at 11 a.m. to review the children who are available for adoption.

In Kiev, the Vilcus come across the files of the brother and sister who are best friends with the van Staveren girls. They ask to adopt them. Adoption officials

This past summer, the four orphanage friends are reunited at the Regina airport in Saskatchewan. They live just nine miles apart and are in loving family homes.

They are in the same schools. They have the same friends. They see each other almost daily. There are some things in life that just can't be explained.

Every now and then an invisible hand from above reaches down, and suddenly, four orphans have found the families they thought they'd never have

Suddenly, four children who would have been forced to leave their orphanages in Grade 9 and make their own way in the world have parents who will support them for the rest of their lives. Suddenly, the impossible is reality.

Email Christalee Froese at Lcfroese@sasktel.net or visit 21days2joy.wordpress.com.



3



School closure off the table **Board considers** discontinuing grades 7-9 at Wapella

BY KEVIN WEEDMARK

BY KEVIN WEEDMARK The Southeast Cornerstone School Division is not considering closing Wapella School, but it is considering permanently discontinuing grades 7-9, making Wapella a K-6 school. Grades 7-9 have been temporarily discontinued at the school for the last two years because of low enrolments in those grades. In the 2013-2015 school year, Grades 8 and 9 were temporarily discontinued at Wapella, and in the last two years Grades 7, 8, and 9 were discontinued. althoute Marella conand 9 were discontinued, although Wapella con-tinues to be classified as a K-9 school.

Wapella has an enrolment of 49 students currently, above the threshold of 37 to consider clo-sure of a K-6 school, but below the threshold of 58 for a K-9 school. The board had served notice earlier in the

school year that it was considering either closing the school or discontinuing grades. At the February board of education meeting in Weyburn, the board decided to continue con-

sidering permanently discontinuing grades 7-9 at the end of this school year, while dropping any

consideration of closing the school. The board voted 9-1 in favor of considering the grade discontinuation. The vote does not mean that grades 7-9 will be permanently discontin-ued, just that the board will consider the disconued, just that the board will consider the discon-tinuation. The board will meet with the commu-nity March 16 at Wapella School, and must make a final decision by the end of April. The change will take place at the end of the school year. Be-cause Grades 7-9 are temporarily discontinued at Wapella, the change would make the temporary discontinuation of those grades permanent. The board of education has set a community meeting in Wapella for March 16 at 7 p.m. at Wa-pella School. Elwood White is the only member of the board of ducation to yote azeing the orade discontinu-

of education to vote against the grade discontinu ance at Wapella.

He represents the area including Pangman, where the local school is also under review. In that case, the board voted to consider grade discontinuance or closing the school in Pangman.

Wapella Mayor Sandy Hintz was at the Board

wapelia Mayor Sandy Finitz was at the board of Education meeting for the decision. "I wasn't surprised that they went the way they did," he said. "I'm definitely happy they de-cided not to try to close the whole school." Hintz says the next step for the community of Wapella will be determining what the parents

want "The first thing we have to do is talk to the par-

"The first thing we have to do is talk to the par-ents in the community again. Ultimately it's up to them. It's up to the parents. Ideally, I would like to see those grades back in Wapella, but it's not up to me, it's up to the parents "There are a few parents that are fine to have their kids go to Moosomin for those grades, but I think more of a majority that want those grades offered in Wapella."

othered in Wapella. "Unfortunately, you can't make a decision that will make everyone happy. "We have to go back to the parents in the com-munity and see what they think. Maybe people will say let's fight for K-8 and give up on grade 9—we don't know until the parents decide. "It near the thick here to be the for the formation".

--we don't know until the parents decide. "I personally think being a K-6 school will affect the community. But we plan to have a community meeting, to see what everyone thinks before we go back to the board." Meanwhile the board voted to continue to re-

view grade discontinuance or complete closure of Pangman School. Four board members, including the chair, voted against considering grade discontinuance or closure in Pangman. The vote was 6-4 to continue considering closure or grade discontinuance.

Elwood White spoke out against the motion. "I can't support the motion to continue review-ing the entire school. Pangman is a community school.

"Our own data shows the students are doing above division average and our operational costs per student are in line with other schools. There's something beautiful about a community school that involves kids and seniors interacting and learning—a formal and informal education at the same time."





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PotashCorp wants to bring 60 NB miners to Rocanv

BY KEVIN WEEDMARK

PotashCorp is hoping to attract 60 laid off miners from Sussex, New Brunswick to PotashCorp Rocanville

PotashCorp is closing a mine in New Brunswick, while complet-ing an expansion of PotashCorp Rocanville, the lowest cost mine in the company's system.

The last part of the expansion, the completion of a second production shaft in place of the origi-nal service shaft at the original minesite, should be completed this fall.

this fall. The company is still adding to its workforce at PotashCorp Rocanville. There should be be-tween 720 and 750 employees at PotashCorp Rocanville when the expansion is complete. The 60 open positions at Ro-

canville are among 100 positions across Saskatchewan for which PotashCorp hopes to recruit min-ers laid off from the Picadilly mine in New Brunswick.

"There's a job fair in Sussex, New Brunswick on February 3, basically to let the New Brunswick employees know about the opportunities in Saskatchewan, primarily Rocanville," said Pot-ashCorp spokesman Randy Bur-

ton. "We're offering up to about 100 jobs. About 60 of those will likely be in Rocanville."

be in Rocanville." He said every effort is being made to connect New Brunswick miners with positions in Saskatch-ewan. "People who are about to lose their jobs in New Brunswick can apply for work here," he said. "Application forms have been

picked up by people who are in-terested—and a lot are interested. "Whether we will be able to fill 100 jobs, I don't know. That will

have to play out through the application process and interviews. Step one is for people to fill out an application. Step two is this iob fair, which is like an orienta-tion session for people who are interested. What they learn there may or may not have any impact

on what their decisions are. "Following that, we will start the interview process to sort out who will come."

PotashCorp has several human resources professionals going to New Brunswick. "We had a team of HR folks down there already dealing with severance issues, said Burton

There will be three more peo-

ple going down there from Ro-canville to help with the job fair, to talk about what positions there might be, to provide an overview of the mine. "They will also be of the mine. "They will also be talking about community infor-mation, such as what Rocanville is like, what are the services available. We have reached out to the towns, including Rocanville and they have provided some infor-mation. They have also contacted

mation. They have also contacted some of the other surrounding communities, such as Esterhazy, Moosomin, and St. Lazare. "These folks (in New Bruns-wick) will need to know what their housing options are, and what sort of communities we have," said Burton. "A lot of the folks there are long-time New Brunswick residents and might have never been to Saskatchewan. have never been to Saskatchewan,

so they'll have lots of questions That's part of the point of the job fair. If they have questions, they can fire away, and we'll do our best to answer them."

In addition to putting together a powerpoint presentation on the area, the Rocanville delegation will be taking with them copies of the World-Spectator's winter fun guide and summer activities guide to give New Brunswick miners an idea of the local lifestyle and recreation options in the area

Burton says there has been a lot of interest from among New Brunswick miners.

"There has been significant interest in the option of coming here, as I know there have been a lot of applications taken out," he said.



February 2016







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Decorating suggestions for your reception

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Whether your wedding reception is set to take place in a reception hall or at home, the decorations are a key element that should never be overlooked. Here are a few ideas.

COLOUR

Pink, blue, red, or gold: get out your colour charts to determine a colour scheme that will plunge your guests into your wedding theme.

A WHOLE BUNCH OF IDEAS

Garlands, topiary, bouquets, or delicately scattered flowers occupy a prominent place at any wedding. Some couples prefer top-quality silk flowers for their longevity, but most opt for natural flowers because of their fragrance and freshness. Some of the most popular flowers are red and white roses, tulips, lilies, azaleas, and bluebells. Discuss your preferences with different florists before you choose which one to hire for your big day.

OTHER ELEMENTS FOR A BEAUTIFUL WEDDING

- Monograms. The initials of the newlyweds can elegantly personalize the reception venue and the guest favours.
- Fabrics. Dress the room from top to bottom in themeinspired fabrics. Ceiling and wall hangings give an imposing touch to your wedding. Use wrinkle-free cotton or satin fabric to dress up the tables.
- Wedding lanterns. Hang these cozy lights high above your guests; rice paper lamps diffuse harsh hall lighting and create magical surroundings.
- Wall hangings. Garlands, pennants, beads, pompoms, and streamers add a whimsical touch to walls.
- Table settings. Use fabric bows and slipcovers to transform plain chairs. Disperse bouquets, candle holders, and other centerpiece features along the tables to bring coherence to the whole room.





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February 2016



A unique cake for a momentous occasion

Serving some kind of baked good on your wedding day is a tradition that dates back to antiquity. Today, there's no lack of choice when it comes to the flavour of your wedding cake: chocolate, vanilla, strawberry, lemon, or other original flavours. However, choosing your cake is a little more complex than you may have imagined, and that is why it is so important to meet with the baker when ordering the cake of your dreams.

During this meeting, you should mention the number of guests, clearly identify the style that you're looking for, and discuss the colours and shapes you've set your heart on. Don't hesitate to ask to taste the various flavours of cake, icings, and garnishes that the baker suggests. You could also show him or her pictures of the wedding cakes you like, plus a copy of your invitation and a sample of your decorating materials.



The more guidelines you can give the creator of your cake, the happier you'll be with the end result.

One of the current trends in wedding cakes is a tower of small cupcakes, decorated individually and mounted in whatever shape you desire. Another popular modern choice is a cake that is in fact a pyramid of macaroons, a magnificent blend of colours and flavours. Such cakes are also very practical, as they are already divided into individual portions.

Be sure not to forget the great tradition of keeping a few slices — or the whole top tier — of your wedding cake for your first anniversary. Seal it in plastic wrap, place it in an air-tight freezer bag, and enjoy it all over again one year later.

Wedding cakes made up of numerous small cupcakes are increasingly popular.



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The top ten wedding to-do's

He has finally proposed? Then your top priority is to do a bit of bragging and tell everyone the good news! Once your initial excitement has calmed down a touch, though, you'll have to take time to do some serious think-ing. There are so many details to plan, a budget to draw up, and deadlines to be met: it seems so overwhelming. If you are finding it hard to get some traction and launch your wedding planning, here are ten tips to give you some direction and help you get moving.

1. Establish your budget per guest. In fact, this is the perfect time to draw up your guest list.

2. Order your invitations, being careful to include your names, the date, time, and place of the wedding and reception, as well as the date by which you need to receive replies. Being clear about this will help you save a lot of precious time and money. Be sure to include stamped, addressed envelopes if you

can. 3. The reception hall is often one of the biggest expenses, so be sure to reserve one as quickly as possible. If you want to keep expenses down, think about holding the reception at a family home or

in a garden. 4. Creating a good atmo-sphere is just as important as choosing a caterer, although you don't want to skimp on food either. To cut costs, consider serving fewer courses, with a focus on excellent quality instead of quantity.

 Make up or order wed-ding favours for your guests. These are put with their place setting or offered at the end of the reception. Let your imagination run wild: you could offer small homemade soaps, candles, local produce in mini format, bath pearls, or small boxes of candies. It can also be fun to have a "retro" favour, such as a pack of matches with the bride and groom's names embossed on the matchbook cover.

6. Give yourself enough time to find a wedding gown that really suits your personality. It is also possible to rent a dress for the occasion, much as your beloved can buy or rent his tuxedo.

7. Book your hair, makeup, esthetician, and manicure appointments several weeks efore the wedding. If possible plan a test run

8. Put all your heart into writing down the vows that you would like to make during the marriage ceremony. If you plan to make a speech at the reception, be sure to get that down in writing as well.

9. Plan the reception down

CHOOSE THE HISTORIC

to the last detail: create the atmosphere you like with suitable music, entertainment, and a décor that matches your per-sonality. (Don't forget to decorate the bathrooms, a place everyone will see at some point!)

10. Organize your honey-moon so that you can celebrate your new life together. And while we're talking weddings, here are a few other tips to keep in mind: - Avoid giving important

jobs to the parents of the bride and groom — unless they really want to be involved that way. Instead, let them enjoy being with the guests. - If you intend to create a

gift list, be sure to put it on the Internet so that it will be easily accessible to everyone. - If small children will be

at the reception, plan to have a space available where they can play and a quiet room where they can sleep.

- Take photographs of your hair and makeup test runs so you can choose the perfect combination when you're well rested. Prepare a makeup kit for any touch-up jobs

on your big day. - Leave a guest book at the entrance of the reception hall. It's a great souvenir to keep. along with your photo album.

- Leave a disposable cam-era on every table so that guests can record magical moments during the reception.

The guest list:

a little more complicated than a grocery list!

Are you the type of person who has lots of friends, gets on well with work colleagues, and is involved in plenty of activities or sports? If you are sociable, love meeting people, and have the gift of building solid friendships quickly, you'll probably find that compiling your wedding guest list is a little trickier than

It might be tough, but you'll have to ask yourself if your budget can allow for a long guest list.

putting together a grocery list!

First of all, you should ask yourself if your budget warrants an intimate ceremony or a huge affair. Although your big day isn't just about money, the basic budget factor for the whole day is based on how many guests you invite to your reception: the more there are, the more expensive it will be. And, of course, more guests also means a more complex planning and set-up operation.

Keep in mind that every guest has the option of bring-ing a partner, which quickly extends the guest list. Start by listing the names of your respective parents, grandparents, brothers, sisters, and closest friends. After this you could add the names of all the uncles, aunts, and cousins. The list may now be already as long as you can handle. If your heart is set on a bigger wedding, you could always add the names of your work colleagues, distant family members, and old friends while choosing to offer a simple onecourse meal or buffet. Alternately, you could invite many to your wedding ceremony, and just a few closer relations to a smaller, more intimate reception.

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Fundraiser for Rocanville Community Hall: **Tickets being sold on first Hall-A-Days lottery**



BY KEVIN WEEDMARK

The first major fundraiser for Rocanville's new com-munity hall is now under with tickets for the Hall-A-Days trip lottery now on sale.

The new community hall was in the planning stages for a year and is now under construction.

"A group of us got to-gether in September of 2014 because we felt that Rocanville needed to come up with a community hall up with a community hall as we didn't have a venue that was big enough to host events other than our rinks which are only seasonal we can't use them through the winter," explains Kathy Brown of the fundraising committee. "That's how it all began.

And then once we had everything in place and some of the prices, we had a fig-ure of about \$2.4 million it was going to cost us to do our hall. PotashCorp gra-ciously gave us one third, so they donated \$800,000, the they donated \$800,000, the RM and the town commit-ted \$400,000 each, so that was their third, so there's one third that's going to be the responsibility of the committee members." Brown said donations

have been coming in for the project.

project. "We're over \$100,000 for sure that we've already raised," she said. How did the idea of the lottery come up? "In the fall, once everything was completely organized, we thought that we needed to come up with a fundraising campaign that we could do yearly to help raise the

funds," says Brown. "We initially had wanted "We initially had wanted to do a chase-the-acc be-cause it was so successful down east and they raised gaggles of money, but Sask Lotteries was not happy with the way it ran. There were too many restrictions on it that was fait that was on it that we felt that we would do more work than it was worth for the profit

It was worth for the profit we would make." The idea of a trip lottery came up, and the commit-tee decided to run with it. "We came up with it.

"We came up with the trip lottery, because it hasn't been done in a long time in Rocanville and most people seem to want a break from the winter nowadays," said Brown.

"We contacted our local travel agencies—we have two right in town—and we asked them to come

ap with some trip options for us. Initially we were going to do ten or twelve trips, one a month, but then one of the agents sug-gested, 'Why not do a trip of a lifetime, a huge trip, one that you would never do on your own, and then have two smaller trips We thought that was an excellent idea. They went back to work again and came up with more options for us. We have two \$3,000 trips, one supplied by each of the travel agencies. Each agency has come up with some options and we're going to have the early bird draw for

the two \$3,000 trips which is going to be on April 1. "Then we will have two \$5,000 trips and the two \$12,000 trips that are going to be drawn for at our caba-ret on April 23." Organizers are planning a macine cabarta with los

a massive cabaret with lo-cal band Shifty Morgan providing the music. The

a inassive cabatet with to-cal band Shifty Morgan providing the music. The draws will be made around 11 p.m. at the cabaret. "We're also going to sell optional 50-50 tickets as well," said Brown. "If we sell everything we're hoping to raise \$150,000." She said that adding the 50-50 component seemed to be a good idea as many lotteries have added an op-tional 50-50 and many tick-et buyers decide to go in the et buyers decide to go in the

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50-50 as well

"All the lotteries seem to be doing it these days," she says. "I know when we buy says. "I know when we buy our STARS and our Riders tickets and all our tickets we buy, we always buy the 50-50 as well. It's just another way of supporting the cause, and who wouldn't want a pile of cash if they happen to be drawn in the 50-50?"

Brown says a lot of work has gone into the lottery so far. "It has been a bit of work, because you have to follow the lottery rules and because we had no idea how to set it up, there's been a lot of back and forth. We're actually about a month behind launching it, but going forward I think this could turn into a think this could turn into a yearly event and once the hall is paid off, if there's still support for the lottery I think we should just carry on with it, it'll help support all of the facilities under the town's umbrella." Brown said there seems

to be a lot of interest in the

to be a lot of interest in rne draw. "We're really excited about it," she said. "We're hoping the tickets go re-ally well. We've already got people asking how much they are, when they're go-ing to be on sale—and they think \$100 for three is very reasonable. reasonable. "We're hoping a lot of



people in Rocanville sup-port us, because this hall is for them. We're kind of hoping that we'll sell them in surrounding communities too

ties too." While promotional mate-rial for the lottery includes some suggested trips, the winner will be able to ap-ply the value of their prize to any time to any trip. "The people buying the

are only ideas and options. If they want the trip they can go in and certainly work something out with the travel agents to that cash value," she said. "These are options only and there is cash option if you don't want the trip—it would be 75 per cent of the trip value for a cash option payout." Brown says she has high

tickets need to know those

hopes for the lottery. "I hope it goes on for years and years and it helps pay off our hall and helps maintain all our facilities,"

"It's a big commitment, but I can see big benefits for the community."

More information on the lottery is available by emailing kmklbrown@yah or calling 306-435-6725 kmklbrown@vahoo.ca





Dogsled rides are available at Asessippi this winter until early March

Dogsled rides offered at Asessippi

An additional attraction has been added to the Ases-Sip Ski Area and Resort just north of Russell. Manitoba's premiere ski resort has joined with Bluesky Expeditions to add dogsledding this winter. Those who sign up for the Bluesky experience at Ases-

sippi will:

Meet the dogs
Receive a short cultural teaching in the Bluesky Outfitters tent

Learn about the Métis people's connection with the land, trapping and fishing by dog team
 Learn about the importance of learning to read and

Learn about the importance of learning to read and getting an education
Learn about the importance of finding a position for everyone (and every dog) on the team and their classroom
Learn the safety aspects of riding in a sled with a dog team and how to safely approach a dog.
Take an authentic dog sled ride with a musher and dog team on a route of approximately two miles Gerald Azure, an internationally renowned musher, has operated Bluesky Expeditions in Churchill since 2001, and is the main musher at Assessippi. Recognized by thousands of tourists and media from all over the world, he has an internat (celebratine bis aboriginal culture) has an inherent gift of celebrating his aboriginal culture and sharing valuable "sled dog philosophy" based on kindness and respect for everyone he crosses paths with, especially his dogs.



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Azure was born in northern Manitoba, and is co-found-

Azure was born in northern Manitoba, and is co-found-er of the Hudson Bay Quest, a dogsled race between Churchill, Manitoba, and Arviat, Nunavut. "A dogsled ride with Bluesky Expeditions can teach you valuable lessons about life's challenges, and take you on a step back in time," said Azure, who together with his partner Jenafor Ollander worked last summer to map out a trail and build kennels for the dogs at Assessippi. Azure has been operating his dogsledding business in Churchill for almost 15 years. While conditions for the dogsled tours are best in the winter, that's when the plane and train fares to Churchill are the highest, making it too

expensive for the average Canadian family to visit. Because of that, Azure and Ollander partnered with Asessippi to bring the sled dogs south and make the ex-

Assessipping the steat dogs south and make the ex-perience more accessible. The 28 sled dogs arrived at Asessippi in early December. Dogsledding for the public began during the Christmas season and continues until early March, when Bluesky will return to Churchill for the spring season. Rates are \$65 for adults and \$45 for children and youth,

plus taxes. The dogsled trail is 3.2 kilometres long. There is room for two people per ride, plus the musher.



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12

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April 2	016	please visit our web			vhere pending at tin v to reserve your dat	
10	11	12	13	Unreserved] 4 Retirement Form Auction for Finlay Forms 89 UID Walter & Debra Finlay of Souris, MB.	Unreserved 1.5 Retirement Form Auction for Leonard & Cecile Gillis of Baldur, MB.	8th Annual Killerney & District Equipment Consignment Auction Killerney, M8
17	Unreserved 8 Farm Auction for The Estate of Alvin Findlay of Snowflake, MB	Urneserved Retirement Farm Auction for Dan & Denise Bromley of Brandon, MB	Unreserved 2 Refirement Farm Auction for Post & Rempel Farms Darmy & Margaret Post & Fred & Elene Rempel of Glenello, MB	Unreserved 21 Retirement Farm Auction for Rinn Farms Ltd. (Jim & Charlie Rinn) of Langruth, MB.	22	23
24	25	Complete Liquidation of 26 Farm & Meat Cutting Equipment for Lowrence & Jan Kostesky of Rossburn, MB	Urneserved 27 Refirement Form Auction for H Boutall Forming of Strathclair, MB	Umeserved 28 Retirement Form Auction for Nick & Ann Holyk of Brandon, MB	29	3 () Dale Wandrasek Custom Cabinets of Binscarth, Mi
May 20	016					
1	2	Unreserved 3 Retirement Farm Auction for Allon & Beulah Marshall of Russel, MB.	4	5	6	7
22	23	Unreserved 24 Spring Downstzing Sale for Rivercrest Honey Farm Will & Martha Clark of Brandon, MB.	4th Annual 25 Manitoba Bee Producers Live Bee Auction Held at Fraser Auction of Brandon, MB.	26	27	28
June 2	016					
]	2	Unreserved 3 Form Auction for Brends Wilson & The Estate of Orville Wilson of Grandview, MB.	4
5	6	7	8	9	10	Unreserved Retirement Form Auction for Norman & Linda Leschasin of Shaol Lake, MB.
12	13	14	Unreserved] 5 Form Auction for The Estate of Harvey M Kuharski of Neepawa, MB.	16	17	Annual Pre-Haying 8 Equipment Auction at Fraser Auction Yard Brandon, MB.

Low dollar a support for cattle industry

Canadian dollar woes are actually good news for Canada's beef and cattle industry, says the Canadian Cattlemen's Association.

says the Canadian Cattlemen's Association. "Generally in the cattle industry, espe-cially for cow-calf producers, that weaker dollar translates into higher prices and usu-ally helps the bottom line," says Brian Pe-rillat, manager and senior analyst of Can-fax, CCA's market analysis division. CCA notes U.S. oil prices dropped over 70 per cent in 18 months, falling below \$30 a barrel for the first time in 12 years. That yurgen belowd drag down the Canadian

plunge helped drag down the Canadian dollar, all the way to 14-year lows.

dollar, all the way to 14-year lows. And if the global oil glut worsens before it improves—as some analysts expect—the Canadian dollar could remain under pres-sure and devalue even more, with CCA citing wide ranging analysts' predictions between US\$0.65 and US\$0.59. But CCA notes a depreciating Canadian

currency supported live cattle and beef prices in 2015. "[U.S.] prices decreased dramatically faster than ours did, and if it wasn't for our dollar, our calf and fed prices would be in a lot worse shape than they are," Perillat

CCA says research reveals a one per cent depreciation in the exchange rate increases

depreciation in the exchange rate increases beef and cattle prices by one per cent. The impact on calf prices is even greater. "For every cent our dollar depreciates, you can add five, six cents a pound on the price of calves, so it's a little over one-and-a-half per cent," he says. A lower dollar also increases packer competitiveness, as it lowers packer labour costs compared to their U.S. competitors. That enables Canadian packers to be more accreasive and keen more cattle in Canada aggressive and keep more cattle in Canada, CCA says.



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Doctors make Moosomin home

🖙 Continued from page 1 "There's no pollution, no traffic jams," adds Pour with a smile.

"And noise, it's not noisy," says Oveisi, "I used to live on a very crowded street in Toronto and I did not like that street."

Toronto and I did not like that street." "The town is a little town but people are very friendly," says Pour. "I like it because it's not too far from Regina and Brandon and if I need to do some shopping or see some friends—I have friends in Regina—I can go and see them." Both Pour and Oveisi say the SIPPA Both Pour and Oveisi say the SIPPA

program is challenging, but it offers doc-tors from other countries one of the best chances of being able to practice medicine in Canada.

in Canada. "It is very competitive of course," says Pour, "especially recently with so many people from other countries applying for the program. But the SIPPA program is one of the best changes for IMGs—inter-national medical graduates—who have all the criteria and requirements. Not ev-eryone has the requirements, because the requirements are not easy, but those who have and who boin the program one they have and who join the program, once they pass the exams they have a good chance. And the assessment exams are not easy to write.'

Pour says the other good thing about the SIPPA program is that it includes extra ex-ams that are challenging, but allow for ex-perienced doctors to start practicing right

perienced doctors to start practicing right away if hey pass the program, without having to do their residency over again. "The SIPPA program has three extra ex-ams which are not easy to pass," he says. "So the good thing about the SIPPA pro-gram is that we were very experienced physicians. We didn't think we needed to do our residency again. The SIPPA pro-gram provides us with the opportunity, if you pass those exams, to start work-ing right away, so you don't have to go through a residency program and do one or two years of a residency program

again." Oveisi says he applied for SIPPA be-cause he had heard good things about liv-ing and working in Saskatchewan. "We have different provincial programs but the nature of Saskatchewan, I like it here," he says. "Theard good things about people so that was one of the reasons I chose to come here. People are nice here." Before coming to Moosomin to work to-gether, Oveisi and Pour also had the add-ed bonus of getting to know each other

ed bonus of getting to know each other first, as they both took the SIPPA program at the same time. "The very first day we were at the same

"The very first day we were at the same hotel in Regina," says Oveisi with a laugh. "We met in Regina and then we went to Saskatoon," says Pour. "We were in the same building because we did some of the exams in Saskatoon for a month. So we were in the same building and we even prepared for the exame together"

Pour and Oveisi say they are surprised at how busy the Southeast Integrated Care

Centre is in Moosomin. 'Compared to the size of the commu-

After meeting with the doctors of the commu-nity it is a very busy hospital," says Oveisi. After meeting with the doctors of the Moosomin Family Practice Centre, they say they were shocked to find out that each of the five doctors in Moosomin has 5,000 active patients. Pour and Oveisi are on call for emer-

sour and oversi are on call for emer-gency services every other day for a 24 hour period and see walk-in patients at the open access clinic from 9:30 to 4:30 on their alternate days.

They say it can be hard to keep emer-gency services running at a hospital as busy as Moosomin's with only two doc-tors, but they don't want to see emergency services suspended. Despite that, they say they are happy to

finally be working as full-time doctors in Canada and to be in Moosomin.

"We are happy that we are here and it's a nice town," says Pour.

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BSA PAg

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Plain and Valley





Wolseley principal an award winner low teachers the

skills.

and

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Tim Taylor, principal Dr. Isman Elementary chool in Wolseley, is at Dr. School among forty exceptional educators who are being celebrated for demonstratcelebrated for demonstrat-ing innovation, having an entrepreneurial spirit and employing creativity in finding solutions and op-portunities. The Learning Partnership will be honor-ing their accomplishments at the 12th annual Cana-da's Outstanding Princi-pals gala on February 23 in Toronto.

Tim has 40 years of service with Prairie Valley and previous school divisions, and has dedicated his career to providing top quality learning opportu-nities in rural schools. He established professional learning committees to al-



he created innovative instructional groupings to facilitate and maximize learning. Tim schedules himself to work with teachers in math classes supporting a range of learners, which has of learners, which has contributed to increased achievement in mathematics and reading across the grades

"Mr. Taylor ensures that children are valued and that their individual differ-



empathy yet is also firm, convincing and committed. I am blessed to have Mr. Tim Taylor as one of my principals. He is outstanding."

The winners also receive a five-day executive lead-ership training program on leadership and management at one of Canada's top business schools, the University of Toronto's Rotman School of Manage-Toronto's ment.











Students are making themselves at home at Brandon University



When Nathan MacKrith left home to pursue his education, he chose BU for the promise of a personalized experience and comfortable surroundings. Now in the third year of his Bachelor of Arts pro-error that he has found to have a surround

20

gram, that's exactly what he has found. "With the closeness and the tight-knit with the coseness and the fight-knit atmosphere, it's a lot easier to get to know your professors and other people," said MacKrith. "I really feel 1m not just a number at BU, I'm an actual person." The size of the University and the city

of Brandon were very important in put-ting MacKrith at ease as he adapted to life away from his hometown of Winkler, al-lowing him to make a smooth transition and focus on his studies. With enrolment of around 3,000 stu-

dents, BU offers undergraduate degrees from the Faculties of Arts, Education, Health Studies and Science as well the School of Music. The University also has a growing number of graduate programs. Located in the heart of Brandon, the campus features many conveniently lo-cated amenities, such as residence and dining facilities, a book store and a stateof-the art fitness and recreation centre. When it's time to unwind there are plenty of options, including clubs, activities planned by the University and the Stu-

dents' Union, and cheering on the BU Bobcats volleyball, basketball and soccer teams

teams. MacKrith has had no trouble filling his spare time, being involved with the Eng-lish and Creative Writing Club, Student Services, the John E. Robbins Library and The Quill, BU's student newspaper. "There's a whole lot of active clubs on campus and it's great." MacKrith said. "I'll go to events from different groups and different clubs and they're all very welcoming."

and different clubs and usy to an end, welcoming." At the heart of the BU community are the students, who will always be the top priority. All newcomers to BU take part in advisory sessions with Student Services "off bafore they enrol in their first classstaff before they enrol in their first classes, helping them plan which courses will help lead them to their goals. Support students and faculty mentors are also

available to help everyone reach their fullest potential throughout their time at the University.

"We're very committed to student suc-ess," said Tom Brophy, BU's Associate cess. Vice-President of Student Services and University Registrar. "Students tell us in their evaluations that they appreciate beginning relationships with our staff before they even arrive on campus." MacKrith agrees that the tools he has

MacKrith agrees that the tools he has needed for success have always been readily available to him. "Any time I need help, even informally, my professors encourage me to come by and talk with them," MacKrith said. "Ac-cessibility to professors at BU is fantastic, which is a huge thing for me." Like its students, BU is looking for-ward to a bright future, building on the strengths of its traditions, while embrac-ing the challenges of a changing world. "It's an exciting time to be at BU," Bro-phy said. "You can see it in our faculty and in our students as well. There's a wilf-ingness to be innovative and be creative."

ingness to be innovative and be creative.





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Southeast College

Finding practical solutions for students and employers



Southeast College prides itself on its ability to offer courses for skills that are in demand in Southeast Saskatchewan's la bor market, and is unique in its efforts to

bor market, and is unique in its efforts to pair its students with potential employers. "We go through a rigorous process ev-ery year to determine which programs we are going to offer," says Sheena Onrait, Manager of Marketing and Communica-tions with Southeast College. "It involves a surplue of forebra Put area timestated tions with Southeast College. "It involves a number of factors. But most importantly it involves the labor market. We look at what is important to that community and the surrounding areas, what kind of la-bor market shortages they have, and if we have a program that we can potentially of-fer that can help to mitigate that labor mar-ket shortage."

fer that can neur to integet summer to integet with the shortage." Southeast College has campuses located in Moosomin, Estevan, Weyburn, Assini-boia and Indian Head, Saskatchewan. It also has a learning centre located in Whitewood.

The college serves a region of more than 70 communities spread throughout 20,000 square kilometres. Through partnerships with post-secondary institutions, the col-lege delivers a variety of career, vocational, lege delivers a variety of career, vocational, and academic programs to meet the eco-nomic demands of southeastern Saskatch-ewan. The college offers numerous busi-ness, safety, and industrial programs and courses required to meet the diverse and challenging workplace skill sets of Sas-katchewan's economy. "It a be cell of 2016 up will be provide

"In the fall of 2016 we will be running our Continuing Care Assistant full-time program out of Whitewood," says Onrait. "There will be a part-time Continuing Care Assistant course in Wolseley with potential to add another cohort of part time students in Moosomin. "We will also be running the Electrician

Applied Certificate program out of the Moosomin campus. "We will also be running a new program

Technician Program, and it will be run-ning out of the Moosomin campus as well. Students diagnose, repair, modify, overhaul, service and maintain some of today's most technologically advanced machines, including tractors, combines, cultivators, seeders and sprayers. It's a great career choice if you like working with ag equip-ment and troubleshooting mechanical problems.

"Out of the Moosomin campus we have "Out of the Moosomin campus we have partnered with the Moosomin and District Regional Park to offer a heavy equipment operator program coming up this spring," she says. "That's very exciting because I don't think one has ever been offered in the Mooromin prev." Moosomin area.

Moosomin area." The college also offers a wide range of continuing education programs. "One of the ones the Moosomin campus is working really hard on right now is the SAIT business training workshops," says Onrait. "These are professional develop-ment style workshops that are designed to enhance an employee's skills—your su-pervisory, your leadership, your problem solving, your employee motivation, those types of things. They are really great con-tinuing education programs." What courses are highest in demand

with the college?

"It varies from region to region," says Onrait. "Of course it always seems like health care positions are in high demand. We are running two full-time continuing care assistant programs throughout the re-gion this year in Whitewood and in Wey-burn.

"The electrician program in Moosomin has been a steady program. Even though the recent decline in the economy has probably impacted some employment in that area, the student demand stays strong enough, so we are continuing to offer it. "In the areas where we have power rem

"In the areas where we have power gen-eration—the Estevan-Coronach area—the demand for fourth class power engineers is still strong in these areas as well. So we are continuing to offer those programs in these areas." Onrait says Southeast College sees stu-

dents from a wide area. "Our students come from all over," she

says. "We've had students from Prince Albert, we've had students from Regina,

We've had them from all over the province. "We are seeing an increase in local stu-dents as well. There are a lot of students who are staying at home and taking the programs at Southeast College has to offer

programs at Southeast College has to other and then working in the area afterwards." Onrait says there are some major ben-efits to taking classes at Southeast College. "I honestly think the smaller class sizes are key. We have more one-on-one instruc-tor time and there's a strong relationship built with their peers and with their in-structors and you just can't get that in larg-er centres er centres

"We have enhanced student support. There's a student advisor at each main campus, and those student advisors are actively involved in the students' success and in the support of the student on an ongoing basis. "Our scholarships are amazing. There

are a significant amount of scholarship dollars that are available to all of our stu-

dollars that are available to all of our stu-dents that they can access." The Moosomin Campus will host their inaugural Moosomin Swing for Scholar-ships Golf Tournament in June 2016 at the Pipestone Hills Golf Club. Onrait says the purpose of this tournament is to raise scholarship dollars that are awarded back to students in the form of entrance scholar-bine meri hased scholarships and hursa. ships, merit based scholarships and bursa-

"Across the region, we also host annual "Across the region, we also host annual tournaments in Estevan and Weyburn. We will be looking to engage local businesses and community members for this initia-tive. As well, we would encourage any other business or community partner that is interested in finding out more about our scholarship program to contact our local

is interested in finding out more about our scholarship program to contact our local campus," she says. Onrait says one of the things that is unique to Southeast College is its efforts to pair students and employers. "We call them student employer meet and greets and we do them with all of our full-time Saskpolytech programs," she says. "It's very unique. We started this at the beginning of the last cademic year. "We employ employment advisors who help facilitate the relationship between the

student and the future employer. They also have the resources to get the student ready for the interview process. They do mock interviews, they help them polish up their resume and their cover letter. It's an added thing to that student support we offer. "The employment advisors also organize the student-employer meet and greets. We have them page the and of the program

the student-employer meet and greets. We have them near the end of the program and we invite employers in to meet our students and talk to them and give them an idea of what they are looking for in an employee, and, if they wish, they can do interviews with our students or they can provide information processors. provide information packages. "There are all sorts of things we can tai-

Interested in sorts of unings we can tar-lor and custom for any employer that is interested in coming in and meeting our students. We welcome that on a regular basis. We've made some really, really great

student and employee connections. "Not only are we offering programs that are needed in our labor market, but we are trying very hard to attach our students to trying very hard to attach our students to that job after they complete that program. It's key for us and it's really great to be able to see the student come through and get a job at a local place. Often they will come back and talk to our future students as well." as well

Onrait says there are a number of ways to connect with Southeast College in order to find out more about the wide range of courses they offer. "The best way for a student to find out

"The best way for a student to find out more information about all of our pro-grams," she says, "is to visit our website at southeastcollege.org, to visit any one of our campus locations, or to call our toll free registration line at 1-866-999-7372."

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ROGRAM	LENGTH	LOCATION
gricultural Equipment Technician	36 weeks	Moosomin
ontinuing Care Assistant Certificate	31 weeks	Weyburn & Whitewood
ducational Assistant Certificate	39 weeks	Ocean Man First Nation
airstylist Certificate	46 weeks	Weyburn
	37 weeks	Estevan & Coronach
ower Engineering Technician		
ower Engineering Technician	21 weeks	Estevan and Moosomin

be determined.

Full Time Programs will have an application ing date of May 13, 2016.

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2015 a milestone year for Parkland College



2015 was a milestone year for Parkland College, and it will look to keep that mo-mentum going in 2016. The Trades and Technology Centre (TTC) opened in Yorkton last fall, greatly expanding the College's ability to deliver more high-demand skills training pro-grams to students in the Parkland region. Students are now able to take advantage of the full-time SaskPolytech programs at Students are now able to take advantage of the full-time SaskPolytech programs at the TTC: Agriculture Machinery Techni-cian, Heavy Equipment/Truck and Trans-port Technician, Multi-Mechanical Trades, Power Engineering, and Welding, Six flex-ible classrooms and state-of-the-art labs and shop equipment give students the best hands-on learning experience pos-sible. And the College's connections and partnerships with business and industry make the transition from school to em-ployment easier.

ployment easier. Established programs at Parkland Col-lege's other locations in Yorkton, Melville, Esterhazy, Fort Qu'Appelle, Canora, and Kamsack also cater to students' needs. If you're interested in university pro-

Bachelor's degree in Nursing, Indigenous Education, or Social Work without moving

to Regina or Saskatoon. If you're interested in virtually any other degree, you can take the first year of classes at Parkland College. That flexibility can save you time and money and help you better adjust to the demands of post-secondary schooling. Parkland College also offers a variety of

skills training diplomas and certificates, including the Business, Office Administration, Practical Nursing, and Continuing Care Assistant programs. These offerings can put you on the fast track to a career where trained graduates are in high-demand.

And to help you on your way, Parkland College offers a generous scholarship pro-gram. Close to \$200,000 will be awarded to students in the 2015-16 academic year. Students in the 2015-16 academic year. Sub-dents entering their first year of full-time post-secondary studies at Parkland Col-lege in the fall of 2016 are invited to apply for Entrance Scholarships. More informa-tion is available at scholarships.parklandcollege.sk.ca. Make a smart investment for your fu-

ture. Visit www.parklandcollege.sk.ca, call toll-free 1-866-783-6766, or follow Park-land College on Facebook and Twitter.



Insurance for students

You've bought your daughter a brand new lap-top computer and a printer as a going away present. She's going to university as a full time student. Will these valuable electronics be insured from theft, van-duiren are fre? dalism or a fire? If your child continues to

live in your household, her belongings are covered un-der your policy. Check to make sure the

personal property limit on your homeowner's policy is adequate. You might need additional coverage to insure expensive items like jewelry, musical in-struments, or certain sports equipment.

If your college student lives in his or her own

place off-campus, or shares an off-campus house or apartment with friends, apartment with menos, you might have to set up a separate renter's policy for your student. That will not only cover

his or her 'stuff', but also provide liability cover-

hurt in her place. In addi-tion, many landlords have made renter's insurance a requirement of the lease. Renter's insurance policies are usually quite afford-able. Talk to an insurance professional.

age in case somebody gets











Featured Programs for Fall 2016

Program	Dates	Length	Location	Tuition (Approx)	Credential
Agriculture Equipment Technician	Sept - May	36 weeks	Yorkton	\$6,000	Certificate
Bachelor of Indigenous Education	Sept - April	4 years	Yorkton	varies	Degree
Bachelor of Science in Nursing	Sept - April	4 years	Yorkton	varies	Degree
Bachelor of Social Work	Sept - April	4 years	Yorkton	varies	Degree
Business Certificate	Sept - April	32 weeks	Yorkton	\$3,735	Certificate
Business Diploma with Management Specialization	Sept - April	2 years	Yorkton	\$3,735 yr 1 \$3,960 yr 2	Diploma
Continuing Care Assistant	Sept - June	32 weeks	Yorkton	\$5,000	Certificate
Electrician	Sept - April	30 weeks	Esterhazy	\$3,200	Certificate
Firefighter	Aug - Oct	13 weeks	Melville	\$10,340	Certificate
Heavy Equipment, Truck & Transport Technician	Sept - May	36 weeks	Yorkton	\$6,250	Certificate
Multi-Mechanical Trades	Oct - Apr	26 weeks	Yorkton	\$4,675	Certificate
Office Administration	Sept - April	32 weeks	Yorkton	\$4,155	Certificate
Power Engineering - Third Class	Aug - Jan	21 weeks	Yorkton	\$2,750	Certificate
Power Engineering - Fourth Class	Sept - June	38 weeks	Yorkton	\$5,650	Certificate
Practical Nursing	Feb - Dec	2 years	Yorkton	\$12,000	Diploma
Welding	Sept - May	35 weeks	Yorkton	\$5,880	Certificate
University - first year	Sept - April	varies	Yorkton	varies	Credits



By the time you apply, the information provided here may change so please visit our website for the latest details on the program you are interested in.

1.866.783.6766 | parklandcollege.sk.ca



CMU graduate works with United Nations in Bangladesh

BY DANIEL WINSTANLEY

Working for the United Nations De-velopment Programme (UNDP) Bangladesh has been a truly wonderful and educational experience. I received this position under the United Nations As-sociation in Canada's International De-velopment and Diplomacy Internship Programme.

My placement duration is six months, having begun in August. Although this is an internship, I have signed a contract with a specific title: Junior Professional Consultant: Planning and Monitor-

ing Results. I currently work in Dhaka at the central, 20-story United Nations (UN) building. I work for the Results and Resources Management Cluster (RRMC), a department which is essen-(RKMC), a department which is essen-tially the highest level of quality assur-ance for UNDP. At any given time, there are between 20 to 40 projects running in the country and each of these projects reports to RRMC on a regular basis. Since I am with the Monitoring and Evaluation (M&E) Team, consisting of myself and three others, I communicate with project managers and M&E offi-

Dumont Technical Institute focuses on education for Métis

Dumont Technical Institute (DTI) is the adult education and skills training entity of Gabriel Dumont Institute

Established in 1992, DTI provides qual-

Established in 1992, DTI provides qual-ity education, training opportunities, and services to Saskatchewan's Métis. Over the past twenty-four years, DTI has been successful in offering adult ed-ucation and training programs to Métis people across the province. With the philosophy "Learners Come First," DTI has been instrumental in help-ing reshape the lives of Métis individuals and communities

and communities.

DTI continues to prioritize Adult Basic Education, Health, Industry/Trades, and

Buciation, Health, Industry/Trades, and Business training. DTI is proud of its partnerships and direct links to employers that help Métis learners obtain solid employment.

DTI is proud of the giant strides it has made over the years to help meet the needs of Métis learners through cur-riculum enhancement and Métis-specific programming; working cooperatively with other institutions and agencies to improve Mélis participation and success in the education system; and ultimately developing a skilled Mélis workforce that will meet local, regional, and national la-bour market needs.

STUDENT SERVICES INCLUDE:

- Academic support
 Tutoring and guidance
 Culturally re-affirming environment
 Links to employment

Liaison with sponsoring agencies such as: GDI Training & Employment, Provincial Training Allowance, and Stu-

dent Financial Assistance Referrals for student assistance Career counseling

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 Adult Basic Education

La Loche
 Adult Basic Education

- Moose Jaw Heavy Equipment Truck & Transport
- Mechanic Pinehouse Lake
- Adult Basic Education

- Adult Basic Education
 Prince Albert
 Adult Basic Education
 Practical Nursing Year 2
 Heavy Equipment Truck & Transport Mechanic
- Regina
- Adult Basic Education
 Practical Nursing Year 1 and 2
- Office Administration
- Scaffolding
- Adult Basic Education Practical Nursing Year 2
- Office Administration PROGRAMS COMING SOON
- CED Multi-Sector Safety Tickets
- Security

All DTI programs are nationally and provincially certified programs. All program delivery is based on ad-equate client numbers and funding. For

start dates and other information, please call: 1-877-488-6888 or visit our website: www.gdins.org

cers frequently.

I've had the amazing opportunity to learn the intricacies of the internal UN corporate planning intranet system, work with project M&E officers to re-fine their M&E plans and indicators in line with the International Aid Transline with the International Aid Trans-parency Initiative, build excel databas-es aggregating M&E data from over 30 projects, provide support to the devel-opment of UNDP, Bangladesh's next Country Programme 2017-2021, and to work on the Results Oriented Annual Report 2015 for UNDP Bangladesh that will be submitted to New York. Addi-tionally, as a co-presenter supporting my team leader, an M&E Specialist, I delivered a presentation on Results Based Management at the Baneladesh 'White House.' Thinking back to my studies at Cana-

Thinking back to my studies at Cana-dian Mennonite University (CMU) in international development, I remem-ber doing a lot of research, thinking, and writing. All of this comes into play when working for an international or-ganization that has to analyze the ex-treme complexities of each country, balance the nuances of national and in-ternational staff working together, and partner with the government closely in

a fragile political environment. I came into this internship expecting a level of rigour and precision in all areas of opregion and precision in an areas of op-eration. What I have learned is that the situation is complex and requires a va-riety of approaches. Sometimes things just need to get done and we have to work within the space that we have. Other times, the demand for rigour and precision is outcome precision is extreme.

23

precision is extreme. Professor Paul Doerksen, speaking in one of my classes about an upcoming paper, explicitly told us to use proper Chicago citation when backing up a claim, otherwise the paper would be returned. At that time, I most certainly didn't argue thick twice about whet he didn't even think twice about what he said. The following day after handing in the paper, he dropped it on my desk say-ing he would not accept it. Somewhat grudgingly, I bought a citation hand-book, made the proper citations, and handed the paper back in correctly. Not so long after that time, citation became very important to me with Chicago be-ing my preference. I believe in rigorous testing and evidence in various profesdidn't even think twice about what he of data and evidence in various profes-sional documents and reports is critical. sional documents and reports is critic This was a skill I developed at CMU

Continued on Page 27 🖙



Ideas live in community... Discover CMU



Plain and Valley

February 2016

Guide to 2016 Education St. Peter's College: Discover a gem



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Nestled in Saskatchewan's aspen park-land on 500 acres of orchards and farm-land, St. Peter's College at Muenster, Sas-katchewan, is one of the prairie's hidden gems. Since 1929, St. Peter's College has been providing outstanding education through its affiliation with the University of Coup. In the University of the State State of the Sta of Saskatchewan. From its century old be-ginnings, St. Peter's Abbey and the Col-lege have remained true to their roots as the only Benedictine college in Canada. Students have gone on to successful ca-reers in law, medicine, education, busi-ness inductry and covernment Today the conserve and government. Today the College is a beacon of innovation and academic excellence.

St. Peter's offers first and second year University of Saskatchewan classes in the Colleges of Engineering, Kinesiology, Agriculture, Arts and Science and the Ed-

wards School of Business. In addition, St. wards School of Business. In addition, St. Peter's also delivers academic program-ming for students seeking to enter the Col-leges of Nursing, Education, Pharmacy and Nutrition, Law, Medicine, Dentistry, and the Western School of Veterinary Medicine. Students at St. Peter's College find that the small class sizes lead to in-dividualized instruction, which in turn leads to strong academic performance. This is important as students pursue entry into competitive colleges and prepare to meet future academic challenges. Many students reflect that their time in this supstudents reflect that their time in this sup-portive environment has helped them "learn how to learn". That's why both ru-ral and urban students find the surround-ings of St. Peter's College inviting. The College provides a natural, built in learn-ing community only minutes away from all the amenities in the city of Humboldt. As University of Saskatchewan students, hose attending St. Beatry's College have those attending St. Peter's College have access to all of the supports provided by

access to all of the supports provided by the main campus. St. Peter's College prides itself on its supportive programming. Its Academic Centre for Excellence (ACE) provides in-dividual and group sessions on a wide range of personal and academic concerns. From finance and mental health to aca-demic writing, and resources for Evelich demic writing and resources for English language learners, the ACE program is geared to support students based on their

The Maker Movement at École de Bellegarde

Creating, inventing, playing, discover-ing, tinkering; these are all verbs that are sometimes missing from our everyday classroom lingo. As educators, we are often too preoccupied with content and dis-semination of information that we forget

semination of information that we forget to offer our students the time to «play». The Maker Movement in our school has plans to change the way our students learn by giving them creative, tactile, proj-ect-based learning opportunities, along with learning and mastering both official languages of our country! The staff of Ecole de Bellegarde would like to give our students every chance to become inventors and innovators.

become inventors and innovators

Our 3D printer is just one of the many additions to our 'Makerspace' as is the idea of incorporating the STEAM (Sci-ence, Technology, Engineering, Art and

Math) approach in our school curriculum. The Maker Movement is just one of the features of our school that makes us stand out as an unique and viable school. As well as receiving a complete educa-tion from preschool to grade 12 in French, students have an opportunity to partici-pate in activities and programs that as-sures them of a well rounded education throughout all of their years in our school, an education that will prepare them for the 21st Century! Come check out our school situated in

South East Saskatchewan in the hamlet of Bellegarde!

You may obtain more information on our school and on the admissions crite-rias on the CEF Website at www.cefsk.ca or contact the school principal at lprefontaine@cefsk.ca.

needs. While St. Peter's has long been known for its connection with writing and the visual arts, the College's renovated, state of the art labs lay the groundwork for introductory studies in biology, chemistry, physics and geology. Coupled with a vibrant student govern-ment, a multi-purpose sports and fitness

centre, and plenty of opportunities for vol-unteer experiences, St. Peter's has something for everyone.

Centrally located in the province, St. Pe-ter's College is truly a one of a kind hid-den gem of the prairies. To discover more about St. Peter's College, check out stpeterscollge.ca or call (306) 682-7886.



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Arduinos)

February 2016

Guide to 2016 Education

Celebrating the success of of R business students

Business students at the University of Regina are celebrating after some wonderful successes in recent competitions for busi-ness schools. The Hill teams did

The Hill teams did very well at two events: the Inter-Collegiate Busi-ness Competition (ICBC) at Queens University in Kingston, Ontario, and the JDC West competition at the University of Saskatch-ewan. As well, the celebra-tion marked the success of the UB Investing team that the UR Investing team that participated recently in the Montreal Exchange Op-tions Trading Simulation

contest. At a reception to mark these successes, President Vianne Timmons congratulated the students and said: "Students like you represent the best of your dedication and you represent dedication and you repre-sent pride. And you also show the community that investing in post-second-ary in this province pro-duces future leaders like you

The Hill School sent two academic teams to Kings-ton for the final round of ICBC competition, in the Marketing and Human Resources disciplines. The human resources team of Shandi Van De Sype and Hanna Senicar finished first. This is the sixth year of the last seven that the Hill School had teams

Full School had teams place in the top at ICBC. In Saskatoon, the JDC West competition was held, with over 600 students from 12 business schools taking part in events to test taking part in events to test academics, social respon-sibility, sports and social events. The Hill team was named the top Academic School of the Year, and came in second place in the School of the Year category.



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University of Saskatchewan, and in part-nership with the College of Arts and Sci-ence. This provides students with over 230 credit classes in the Arts and sciences that they can select from-many unique to the campus. Any U of S student may take STM

courses as part of their U of S degrees courses as part of their U of S degrees. A new 20,000 sq. ft. addition to the Col-lege was completed in 2013, providing additional classroom space incorporating the latest technology; dedicated student study space; faculty research space and a large natural light atrium for studying and gathering with friends. STM is also recog-nized for its community service learning and international travel opportunities, successful drama and glee club, youth groups, a student governing body within the College and access to student advising and College ministry support.

and College ministry support. For more information please visit stm-college.ca or contact one of our STM stu-dent advisors at 306-966-8900.

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Additional



The Hill School finished first in Not-for-Profit and first in Taxation. As well, Hill students came in second in Human Resources, second in Busi-

Resources, second in Busi-ness Strategy and Account-ing. The Finance team came in third. The Hill JDC West team also logged the most hours of charity with a total of 3,179 hours, and raised more than \$45,000 for Hopes Home Charity. In congratulating the students, the Dean of the Hill School of Business, Dr. Andrew Gaudes, said: "These outstanding fin-ishes at ICBC and JDC West are incredible feat to attain year after year. to attain year after year. The competitions are in-tense and the adjudication is ruthless. Time and time again the Hill students enagain the Hill students en-ter into these competitions and leave with the judges' jaws dropped. It's amaz-ing, and every year we have wonderful successes. This is part of our fabric and part of the culture of our school of business." The third competition

The third competition that UR Investing busi-ness students excelled at ness students excelled at was the recent Montreal Exchange Options Trad-ing Simulation contest. It attracted more than 2,800 students from 37 universities across Canada, and the team of four U of R business students finished

third out of 1,909 teams. The students had eight weeks to invest \$100,000 of virtual cash. At the end of virtual cash. At the end of this period, their portfo-lio was worth \$216,000—a profit of 116 per cent.

for business schools.

"Once again, the Re-gina community can take great pride in knowing they have a local business school with a growing na-tional and international presence. It's a school with students who value excellent business intelligence,

alongside humility and an overwhelming commit-ment to giving back to the community through vol-unteerism and charity. It's a school which reflects all the positive elements of the community within which it resides," Dean Gaudes told the students. The University. of Re-

the students. The University of Re-gina's Faculty of Busi-ness Administration is renowned for its approach-able faculty and the quality of its graduates.



Business students are all smiles as they celebrate their strong showings at competitions (Photo courtesy of U of B Photography) alongside humility and an



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25

Book tells the story of Cannington Manor house

Dedicated to Cienna Friesen, book raises awareness, funds for Meagan's Walk

BY KARA KINNA

When Wawota's Faye Rempel was assigned to write a book as part of a writing course she was taking she never had any intention of having that book published

"I just wanted to hone my skills, I had no intention of publishing this book," she says. But about five years later, that's just what hap-pened—the book was published by Friesen Press. Entitled *The Shiny House*, the book tells the story of the Humphrys-Hewlett historical house at Canning-ton Manor, and two children who find their way into

The story—a short children's novel—explores the

rich history of the house and the Cannington Manor area, and also includes some personal material as well; Rempel's protagonist has lost his mother, and the children deal with a bully who has some problems of his own. The protagonist of the book, James, he has just lost

his mom, and he's moved with his dad to his autit and uncle's farm," says Rempel. "My mom passed away when I was nine and I didn't have any siblings so I know what a child would go through losing a parent. So I introduced that.

"And of course I was just fascinated with the shiny house for years right from the first day I ever saw it— and I would love to get inside, but I can't. I did a lot of research on it and figured out what was inside the house at one time.

Rempel may not be able to get into the house her-self, but she ensures that her two main characters do. "They have gone around and checked the interpre-

"They have gone around and checked the interpre-tive signs around the house and they're very interest-ed," she says. "Sierra, who has lived there all her life, always wanted to get into the house, and of course it's locked and boarded up and there's no way in—and they find a way in though a window they're able to crawl through into the basement. "I used all the information I have about what was in the house—the billiard room and the grand piano brought over from England, and the massive mir-rors—I've taken all the information that I could collect about the house."

rors—I've taken an the information match cases about the house." After the book was written, Rempel says it was her son who encouraged her to get it published. "He's an English teacher in England, and he really pressed me to do it," she says. "Because it was people from England that came over and tried to settle here, bassid it would be inst a wonderful book to talk about

from England that came over and tried to settle here, he said it would be just a wonderful book to talk about that he could read to his kids in England." Rempel says that her son, and the publisher, were also impressed with her ability to tell the bully's side of the story in the book. "I work with kids at Kids Club and I have a thing about bullying," she says. "I thought with the bully there's always another side to his story, so I put that in the book." in the book

While the book helps to shed light on important



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Above: A photo of the boarded up Humphrys-Hewlett house at Cannington Manor.

Below: The cover of Faye Rempel's book, The Shiny House.



Prairie history and some children's issues, Rempel says the book has taken on another important pur-pose for her. All of the proceeds of the book are being donated to Meagan's Walk, an annual fundraiser held in Toronto to shed light on brain tumors in children and to raise funds for SickKids, which houses The Ar-thur and Sonia Labatt Brain Tumour Research Centre.

The money is being raised in memory of Cienna Fri-esen, a little girl from Wawota who lost her life at age seven due to a brain tumor.

"Cienna Friesen, she lived very close to there," says Rempel. "In fact her dad had a real fascination with that house, and he actually took Cienna when she was little and took her into that house. So there was that connection."

Rempel says she was inspired by the way Cienna soldiered through her cancer treatments right until the end.

"She was very feisty. She was an amazing little girl," she says. "She never complained. They did radiation treatment and she had to sit so still and she never whined or complained. She was a very amazing little

"I don't want publishing the book to be about me. I'm only interested in people knowing about the book because, not only are the proceeds going to Meagan's Walk, but there is a bit of information in it on Mea-gan's Walk.

"Last year I was able to send \$1,500 with Rochelle "Last year I was able to send \$1,500 with Rochelle (Cienna's mother) from the proceeds when they went on the walk—not just from the book, because I was able to sell a lot to friends and family and some on-line, but people also gave contributions to the cause, because they could see I was pretty passionate about it. That what's at the top of my list about the book." There is a dedication to Cienna at the front of the book written by Beneral and Beachells Friener Cien

book, written by Rempel and Rochelle Friesen, Cienna's mother.

Rempel says she and her husband Neil are planning to take part in Meagan's Walk this year on May 7 in Toronto

The book is available for \$12 a copy at McPhail Travel in Moosomin and Rempel says it can also be ordered online through Amazon or Barnes and Noble. People can also search for the book on Friesen Press? website, and it is also available as an ebook. All royalties from the book sales go directly to Mea-

gan's Walk. Rempel says it was a challenge writing the book, but

she enjoyed it. "It was fun, I have to admit. I really quite enjoyed it

because you get to use your imagination. I really like that I was able to go back in time and do some time travel.'

She says the best thing about the book, though, is

that it could help raise awareness for Meagan's Walk. "This book is opening the door. It's giving informa-tion and a place to go online to check out Meagan's Walk. It's bringing that to people's attention."





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CMU graduate works with United Nations in Bangladesh

** Continued from page 23 This position has also greatly enhanced my understanding and appreciation for results lan-guage. International development classes with Professor Ray Vander Zaag consisted of lots of discussion and analysis reareding different comdiscussion and analysis regrading different con-cepts and development principles. I remember Logical Frameworks being a frustrating issue. In my M&E unit in Bangladesh, results are every-thing. Sometimes it's looked at from a financial tring. Sometimes it's looked at from a manchal perspective, but the majority of the time it's look-ing at what we are doing and ensuring that it's actually producing results—results supported by clear evidence. Today, I really enjoy Results

by clear evidence. Today, I really enjoy Results Based Management and emerging concepts such as Theory of Change. In a changing development context where full transparency is becoming the norm, expectations for clear and well thought out planning are high. As my placement draws to a close at the end of January, I am exploring the possibility of continu-

ing to work with UNDP Bangladesh as an inter-

national consultant. I really enjoy living in Dhaka and all the interesting work I've done. Both inside and outside of work, I have met many interesting people and made new friends. I would definitely consider working in Dhaka for a couple years, however, I also plan to pursue a masters degree in statistics. Working abroad can be difficult, but also a lot of fun

also a lot of tun. For those considering upcoming practica, I highly recommend considering international placements. I'm tremendously thankful to CMU for my education and to all the professors who challenged me to think critically about every issue.

Right: Daniel Winstanley holds a Bachelor of Arts from CMU with a major in International Development and a minor in Disaster Recovery.





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Plain and Valley

25,500 square foot building will be largest Co-op home centre in rural Saskatchewan

Work on new home centre set for 2016

BY KEVIN WEEDMARK Construction is expected to start this year on Borderland Co-op's new home centre in Moosomin. The new 25,500 square

foot home centre in Moo-somin would be the largest Co-op home centre in rural Saskatchewan. Borderland was initial-

ly looking to replace the Moosomin Home Centre in the future at the site of the C-Store and Gas bar on the east side of Moosomin, but following a fire early in 2015 which destroyed the Moosomin location of North American Lumber, the home centre moved up on the Co-op's agenda. Rather than develop the

centre on land it owns at the east end of town, Bor-derland adjusted its plan to purchase the former North American Lumber site across the street from the home centre, and the portion of Carleton Street between the two sites. The site will be less expensive to develop than the east side site because utilities are already in place and the site requires no fill.

Borderland Co-op Gen-eral Manager Jason Schenn said a lot of work has been done on the project.

"We're working away in the background here to get our drawings done and we keep pushing on all the things we need to do," he said

'Meanwhile we're still waiting for the street clo-sure to finish off. That's been a long, tedious process to get that done, unfortuto the street closure, and I got the papers finally to sign off on from the surveyors to send it off to Com-munity Planning. So now it should be in Community Planning's hands this week and hopefully it will move

quickly now." He said both the Co-op and the town administra-

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tion have been working to move the process along. "(Town administrator) Paul (Listrom) and I have both been pushing and trying to figure out where trying to figure out where things are at, but it has to go through the legalities nd Community Planning The process is complicated because it involves trans-forming several lots on two blocks, and the former street, into one parcel of land.

land. Schenn says construc-tion on the massive new home centre should start in 2016. "We're hoping for a spring-summer start. We'd really like to see spring but "" be a see spring but it all depends right now on Community Planning."

Schenn says the project is ready to go from the Coop's perspective, the street closure just needs to be fi-nalized and the land transfered.

"We're at the point on the Co-op side of things that we're ready to go. An architect has been selected to do the drawings, and once we get this land thing sorted out, we'll be ready to finish the drawings and go to tender. We're proba-bly six to eight weeks from the drawings being ready, and then there is the tender process. The wildcard in there is when are we going to see the title to the land to see the title to the so we can get on with the project

Schenn estimates con-Schenn estimates con-struction will take a year or more. "This is a year-long project for sure," Schenn said. "This is a massive build. The exact timeline will demond on the general will depend on the general contractor, but anything we've seen is about one year.

Schenn said the total cost of the project will be "in the neighborhood of about \$6 or \$6.5 million." With economic

With economic growth slowing in Saskatchewan, Schenn believes it will be easier than it has a easier than it has been in

Honestly driven.

recent years to find a contractor to take on a project of this size.

"The opportunity to find a contractor will probably be a lot better this year," he said. "Even when we built said. "Even when we built the Whitewood project we didn't really have trouble finding a contractor to do the job. As far as pricing, they were pretty reasonable for the most part. I have a feeling that we're going to be in the same situation here. Moosomin is a bit more of a centre than Whitewood, so it's going to be easy to put up guys in a hotel here and that kind of

thing. I think it's going to be pretty easy to find a con-tractor to do this job." Borderland has had a lot

of capital projects on the go, with new C-stores completed in the last year in both Rocanville and Whitewood. "Whitewood is not at 100 per cent yet," Schenn said. "This week we're doing some substantial comple tions for the main project, and then from now it's going to be taking care of defi-ciencies and little finishing touches. There's still quite a few of those things that need to be done. The sales floor area looks beautiful



and the cardlock got up and running last Friday. So we're almost there, it's just a few imperfections to clean

"The Rocanville project is pretty much done. There are a couple of little items there too, but it's up and running and it looks really

Photo on page 33

The has town closed the block of Carleton Street between North Front Street and Park Avenue, and the plan to create one large parcel of land from 21 lots across two blocks, and the former street, is now before Community Planning. Once approved. construction of the new home centre can go ahead on the site.



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How an RRSP can help you retire your way

We know it's not easy to save for retirement

But it may be easier than you think! but it may be easier than you thinks Saving enough for retirement is definitely a big goal. But what if someone told you that the change you spend on coffee or a snack every day, if put to good use, could help you save for the retirement you want? When it comes to retirement, a little sav-

ings can go a long way. Making regular contributions to a Registered Retirement Savings Plan (RRSP) is a great place to start. By making small, frequent contributions, you can build your nest egg without even noticing it. And you might be pleas-antly surprised when you see your bal-ance at the end of the year!

RRSPs are a special type of savings ac-count registered with the government. Each year, you can contribute up to 18 per cent of your previous year's income, or a maximum amount set by the government, whichever is less. You'll see your annual contribution limit on the tax assessment you get from the government after you've filed your tax return. Contributions are tax deductible, so you'll lower the tax you pay today. And your money will grow taxdeferred as long as it remains in the plan. When you withdraw money from the plan it will be taxed, but by that time you'll probably be in retirement and likely in a lower tax bracket

You can deposit your money into an RRSP in a lump sum. As long as you do so before the annual deadline you'll be able to deduct the contribution on your tax re-turn. But depositing a one-time lump sum can be unnecessarily stressful as the deadup with a large amount fast. The gold standard for RRSP saving is to

deposit a little bit, but on a regular basis. By setting up weekly or bi-weekly automatic deposits, you can build your budget and make a plan to reach your goals. Then you won't have to think about it again un-til your situation or priorities change, and you want to revisit your deposit strategy.

Together we can determine if an RRSP is the right solution for your retirement savings plan. Let's talk to build a strategy that works for your unique needs so you can retire your way. Submitted by Jim Beale with Sun Life Fi-

nancial

PAC now to retire well Managing your money:

It's an undeniable fiscal fact: Filling up your Registered Retirement Savings Plan (RRSP) contribution room each year is a great way to maximize the size of your retirement nest egg. But many Canadians have trouble coming up with a sizeable chunk of money as the contribution deadline looms (as it is now)—and as a consequence, that con-tribution room goes unfilled and their retirement savings are diminished.

But there is an easy solution: A Pre-Authorized Contribution Program (PAC), an easy way to invest-so easy you may actually forget you are investing-that delivers these significant financial benefits:

 Your regular contributions have longer to grow and thanks to the miracle of compounding, you add significantly to your retirement nest egg.

 You enjoy the benefits of dollar cost averaging—meaning that you buy fewer units of an RRSP-eligible mutual fund (for example) when prices are high and more units when prices are low. Over time, this strategy reduces the impact of volatility and usually results in a lower average cost to you and the accumulation of more units.

To start PAC-ing, simply arrange with your bank to deduct a specified amount from your savings or chequing account on a regular basis that is contributed to your RRSP (or additionally or alternatively to a Tax-Free Savings Account or your non-registered portfolio).

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You'll be amazed at the long-term growth your PAC can deliver-here's an example: PAC \$250 into your RRSP each month and (at an annual compounding rate of return of 6%) you'll have \$243,628 of pre-tax assets after thirty years.* But if you wait until the end of each year to invest a lump sum of \$3,000, you'll only have \$237,174. So by PACing each month, you potentially add \$6,454 to your retire-ment fund without costing you one additional penny!

There's no doubt that a PAC can be instrumental to reaching your long-term goals, but it is only one element of a comprehensive financial plan that should also include such strategies as asset allocation, portfolio balance/rebalance, tax-reduction, estate planning and other strategies tailored especially for you. Your professional advisor can



Jan Gustafson Senior Consultant 626 Carleton Street · Box 220 Moosomin, SK · SOG 3N0 Ph: 306-435-2430 Cell: 306-435-9940 Fax: 306-435-2163 jan.gustafson@investorsgroup.com *License Sponsored by The Great-West Life Assurance Company help you pick the PAC and financial plan that works best for you.

The rate of return is used as an illustration only and is not intended to reflect future returns on investment.

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Farmers hit hardest by gov't rules, paperwork

Government rules and paperwork con-tinue to hit farmers even harder than other small business owners, according to survev data released by the Canadian Federation of Independent Business (CFIB), on day four of Red Tape Awareness Week.

A national survey of small business own-ers shows that three in four (76 per cent) farmers identify government regulation and paperburden as a serious concern for their business, while 69 per cent of businesses in other sectors cite red tape as an issue. This marks the fifth consecutive year that farmers' red tape frustrations have outpaced that of the general small business community in Canada.

"For all the photo-ops and campaign commitments made at the farm, Canada's farmers have seen little relief from the burden of costly government rules and paper-work," said Marilyn Braun-Pollon, CFIB's vice-president for Agri-business. "It's still frustrating that Statistics Canada continues to insist farmers fill out the survey right in the middle of their busiest time of the year-spring seeding. But we were pleased to hear the federal government announced this week that they will be making the 2016 Census of Agriculture more accessible by moving it online." "At the provincial level, Saskatchewan's

Ministry of Agriculture has taken important steps to reduce red tape at the farm gate," stated Braun-Pollon. The Ministry's Operational Plan for 2015-16 includes a commitment to implement service stan-dards throughout the Ministry, as well as develop and implement a digital strategy that contains new ways of offering Ministry services, including online delivery, to clients. "Recently, the Ministry has streamlined and improved the CropConnect website, which now allows customers to complete most Crop Insurance transactions online, saving farmers' time, money and hassle. In addition, CFIB understands the Agri-Food Council is undertaking a review of all regulations of agencies that fall under the Act – with the goal to streamline regulations."

"The Saskatchewan government has worked hard to reduce unnecessary red tape for entrepreneurs. In fact, Saskatch-ewan maintained a "B" in CFIB's annual Red Tape Report Card, for its strong comed Braun-Pollon. "CFIB will continue to work with the Ministry of Agriculture to find additional ways to cut red tape for farmers.

Farmers list an alphabet soup of regula-tions and agencies that are costing them time and money, including:

- Canada Revenue Agency
 Canada Border Services Agency
- Canadian Food Inspection Agency
- Statistics Canada
- Land use restrictions and by-laws Product labelling

"Farmers are looking to expand their operations and implement innovative tech-nologies and practices that allow them to continue growing high quality food for all Canadians," noted Braun-Pollon. "We need to ensure that the sector isn't held back by out-dated, redundant and confusing regulations." CFIB says they look forward to working

with both the federal and provincial governments in the coming months to discuss ways to help foster a competitive agriculture industry and further reduce red tape.





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- 5L V8 Cummins Turbo Diesel Engine
- Aisin 6-Speed Automatic Transmission
- New Gooseneck Hitch Available

A NEW CLASS OF POWER: The all-new Cummins 5.0L V8 Turbo Diesel is the heart of the next-gen TITAN XD. This beast of an engine brings heavy-duty performance and torque to half-ton pickup territory, and does it with better fuel economy than its gasoline counterparts.

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The front elevation of the new Borderland Co-op Home Centre planned for Moosomin. Construction on the \$6 million project is expected to start this spring or summer and will take about a year. Construction of the new home centre will require the closure of one block of Carleton Street. To provide a sense of scale, the front of the building, shown here, will be 190 feet wide.



February 2016



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BY RICHARD HILL "There's not much going on in February, so why not do 10,000 kettlebells?" This was the challenge tossed out by my brother Dave back in August, 2015. Fitness challenges are nothing new to Dave, who maintains an active fitness routine as part of his ongoing mili-tary training. My daughter Kristi and I (civilians) stay fairly active and we always look forward to something interesting and challenging when we get together with Dave's family. But this summer, as Kristi and I were groaning from a 200m x 12 interval run with Dave, he dropped the idea of the 10,000 kettlebells.____

Parkinsons

That's interesting, but how does it connect to Parkinson's re-search, or to Dr. Rajput? That is the backstory. I (Richard) am the oldest of three children who were born and raised in Saskatchwear. Dave is the youngest and we have a middle sister, Mary, who still lives in our hometown near our Mom, Marilyn Scutt. This story is really about Mom, not so much because she was diagnosed with Parkinson's Disease in January, 2006, but because of her val-iant efforts to help the cause of Parkinson's research since then. She was so impressed by both Drs. Rajput that she has committed to do

was so impressed by both Drs. Kajput that she has committed to do what she can to support their work. Mom has always been a selfless, giving person, but even as her Parkinson's disease has progressed, she has continued to give of herself. One of her projects is "re-imagined" greeting cards. Friends and community members drop off old cards, and she meticulously cuts and pastes them into new cards with her custom Made for Parkinsons by Marilyn label on the back. Mom has set up her table at various community events around Moosomin over the past five years and sells or even auctions off the cards to raise money for Parkinson's research. She has raised \$3500 so far and her 2015 roads Parkinson's research. She has raised \$3500 so far, and her 2015 goal is \$1000

In addition to this, when she realized that Parkinson Society If addution to use, where we realized that far answer over y sakatchewan had resource people who could facilitate support groups, she organized one in Moosomin. That was in September, 2012. Through this group, at least 13 individuals and their families have been able to share their experiences, hear from various speak-ter and their states and their specification of the state of the speak-ter and the state of the specification of the speak-

In 2012, she wrote an essay about how Parkinson's Disease had affected her life and submitted it to a Parkinson's Society Saskatchevan contest. Her essay was drawn and the prize was an expenses-paid trip to attend the World Parkinson's Conference in Montreal. The whole experience was a wonderful highlight for her.

The whole experience was a wonderful highlight for her. Although getting around safely is a growing challenge for her, she remains as active as she can, participating in a community choir and providing occasional leadership in her home church. When typing on her computer became difficult due to shaking hands, she eagerly latched onto the idea of voice-recognition soft-ware. Her "Dragon" lets her simply speak and the computer writes down what she says. What impressed me, aside from her willing-ness to try it in the first place, was the day she told me that she had just explained the whole Dragon thing to her doctor, who was also very impressed—and probably a bit jealous! The point of this story is that, even though Mom has Parkinson's disease, she has not wavered in her effort to do what she can for others. That is basically her legacy. She has always done as much as

disease, she has not wavered in her effort to do what she can for others. That is basically her legacy. She has always done as much as she is able for others. Because she can. So. . . back to the kettlebells. The idea of doing 10,000 kettle-bells in a one-month period is quite a physical challenge, but it is do-able. And to have a project which can raise awareness about Parkinson's disease and provide a direct opportunity for people to financially support Parkinson's research is definitely winning solu-tion. So why are we doing 10,000 kettlebells in February? Because we can. we can.

If not sure you're up for 10,000 kettlebells, don't worry—there are LOTS of ways you can participate. Because you can. To make a donation to the 10,000 Kettlebell Challenge in sup-

port of the Dr. Ali Rajput Endowment for Parkinson's Disease and Movement Disorders Research at Royal University Hospital, please contact the RUH Foundation at 306-655-1984 or make your donation online.



NEXT ISSUE: MARCH 11 DEADLINE: MARCH 2



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