Plain & Valley

Covering Southeast Saskatchewan and Southwest Manitoba

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Everyone deserves a family

Special needs children find home with Kipling family

BY MONIQUE MCKAY

Lisa and Don Smyth of Kipling live in a modest, comfortable home on a quiet residential avenue in small town Kipling, Saskatchewan. Don is well respected as the local veterinarian and Lisa is a busy stayat-home mom. Driving past their home, you might easily think nothing more or less than the average is taking place here . . . un-til you check out their 12-passenger van. It boasts maybe a little more room than most of us would seek in a family vehicle, and it's

of us would seek in a family vehicle, and it's equipped with a wheel-chair ramp. That's when the Smyth family start piling out. "You can see people wonder, when we're out," Lisa says with bemusement. "You can see they want to ask. Are we are a foster family? Do we run a day care?" She embraces her gathered children with her eyes; one has flame red hair, and two are clearly of aboriginal descent. One of her little boys, the child in the wheelchair, has a beautiful Ori-ental cast to his features. "But then they see the words 'The Smyth family' on the back of the van, and they're like what?'

Lisa has a sweet-tempered response to all of the typical comments passers-by are inclined to make when they see a couple managing a large, young family. As a mother of four boys six-and-under myself, I've heard those remarks too. I'm impressed with Lisa and Don's calm management of implied criticism for their family's choices, and I've borrowed one her one-liners frequently in these past few months. "Boy, you sure have your hands full!" someone will say, in a grocery store line-up or a parking lot, shaking their head as our brood straggles past. Like Lisa, I smile as nicely as I can and reply, "Yes, but my heart is full too.'

The Smyths are a family of 10, with three biological children and five adopted children. Each of the five children was adopted from Saskatchewan through the Ministry of Children and Families, and each of these children

is classified as having "special needs." The Smyths are Christians and educate their children at home, and have become increasingly fearless and open about the challenges they are willing to face in their own home as they extend their family to include some of Saskatchewan's "forgotten

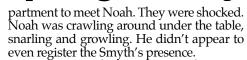
This tall, slim, young girl bounds up and down the stairs with one of her little brothers, negotiating her next turn at the Wii game, and reads at a grade five level.

When dealing with special needs chil-dren, Don and Lisa work closely with medi-cal professionals, social workers, and other supports. "But," Lisa says firmly, "it's your child. You need to advocate for them." She points out that each of her children has taken her farther than she ever thought she could go, never mind farther than anyone thought

they could go. "We try not to focus so much on the label;

the therapeutic aspects of animal husbandry. In addition to teaching responsibility, compassion, and empathy, nurturing relation-ships between their children and their pets has built bridges to reach out to one of their sons, whom they are supporting as he learns to cope with autism.

Although this young man has come a long way, there are still times when he retreats into a private world, and reverts to OCDtype behaviors; rocking back and forth by himself, unwilling or unable to communi-cate with his family. He won't respond to his father, mother, or siblings, but then the cat



He was not the little boy we had read about," Lisa remembers. Don looked at his wife and said, "Let's go back, and take an-other look at that profile."

Lisa returned to her family devastated. She had been so sure on the trip up that they were going to bring this child home, and now she was crushed and crying.

"This little guy needs a forever home," she recalls thinking, "but could we commit to a child with higher needs than we had an-ticipated? We had other children to consider too.

That night they reviewed their feelings, their dreams about their children's futures, and what the future held in store for the growling, disconnected child they had met. They decided Noah deserved at least another meeting, another chance to show them who he really was.

Initially, that second meeting followed the same pattern as the first. Don and Lisa made small talk with the social worker as Noah aggressively moved around the room, "army crawling" while making low grum-bling noises. Lisa quietly watched him, un-observed by the child and then slowly slid observed by the child, and then slowly slid to the ground, sitting on the carpet. She was only a few feet from him, but continued to converse with her husband and the worker.

Then she caught him giving her a side-ways glance. She allowed herself a small smile, and his crawling came ever closer in small, concentric circles. Lisa looked at Don, and they knew they had a small victory.

Then, the moment that changed everything!" Lisa says. Noah crawled past her, and, as if on second thought, back-tracked and threw his heavy, clumsy little body into her lap. He popped his thumb in his mouth and seemed very content, staring straight ahead.

"I didn't want to breathe," Lisa whispers, remembering. "After some time I looked down at him and said very quietly, 'Hello, Noah.' " He sat very still, and then their eyes met briefly. His gaze drifted upward to Lisa's dark hair, and reaching up with his free hand, he twirled one of her curls in his little fingers. "Pretty," he mumbled around his thumb. "I smiled, and the tears just ran," says Lisa. "I looked up at Don and we knew we had found our son." When I was pregnant with our second son, Coal, I was managing a little East Indian restaurant in the mountains, in the Kootenays. I was protuberant, heavily pregnant, and in the middle of the dinner hour an eclectically dressed grandmother stopped me by plac-ing her hands on my belly. "Ahhh," she said coyly, "I see you have a little stranger coming into your midst." As I watch our sons grow, and have the privilege of witnessing their personalities-their core personalities—emerge, I can't help but reflect on the truth of her statement. Lisa agrees. 'Bringing in another child, through birth, adoption, whatever, will rock your world. It's going to challenge you."



Lisa and Don Smyth are the parents of three biological children, and five adopted children with special needs.

Education, especially home based education, is advancing in leaps and bounds, and more lifestyle aids are increasingly available to people who need them. "There are no studies showing just how far they'll go when they're raised in a large, loving, Christian, homeschooling family," Lisa points out. The fridge in Lisa and Don's kitchen features a chore list detailing what is expected of each of the six youngest children. I am surprised to realize that their children, with "special needs" have a longer list of responsibilities than my own children of similar ages. I make a mental note to teach our sixyear-old to fold clothes. I also note that each child is assigned a duty related to caring for one of the family's multitude of furry and feathered friends; I met four dogs, a cat, a guinea pig, and a couple of birds. Don is a doctor of veterinary medicine, and both he and Lisa believe in

to say that this is the finality of your lot in life will come and nuzzle him. Slowly he stops ... I don't believe in that." rocking as she winds her soft body against his slim one, and a tentative hand reaches out to stroke her. Soon he is interacting with the family again.

children."

Their success with their children has been so dramatic that with their most recent adoption, the Ministry approached them with a proposal, as opposed to the other way around. Nonetheless, Lisa and Don insist there is nothing particularly special about them; no miracles, just hard work. "Most of the stuff we deal with is just normal parenting stuff; it's not anything above and beyond," says Don, "maybe a little more frequent."

Their first adopted child came home at seven weeks old, when their eldest son was about five. "I don't like change," admits Keegan, a strikingly good looking and well poised young man, "but after I meet them, Ì'm happy.'

When they welcomed this baby girl into their lives, they were told she would never walk, and they weren't to waste their time trying to teach her. She would never read.

Lisa says that with adoption, especially of a child that might face emotional challenges for his or her whole life, it's important to ask yourself some hard questions.

"Am I prepared to love a child who cannot love me in the way that I might expect them to? Analyze yourself; can you love a child who will take and take and take and maybe never give back?'

Lisa shares Noah's adoption story.

"When we first got the call about Noah," she says, "we had a few reservations. He was a little older than our range of acceptance, but after reading his profile and seeing his picture we thought this little boy was someone we wanted to meet.'

The entire Smyth family traveled to Saskatoon, and Don and Lisa went to the De-

Continued on page 11 🖙





Applications now available for Environmental Farm Action Program

Rural Initiatives (MAFRI). Producers can now register at their local MAFRI Growing Opportunities (GO) Office for new EFP

In the past, more than 6,500 Manitoba producers took part in the Environmental Farm Plan (EFP) program that was part of the Agriculture Policy Framework. Of those, 5,611 statements of completion were issued, translating to over 8.8 million acres of land assessed by producers through the

ba Agriculture, Food and must have completed an environmental farm plan or an equivalent agrienvironmental plan and have received a valid statement of completion. Statements of completion are considered valid for a period of five years from the date of issue. The EFAP will operate for four years concluding with the end of Growing Forward on March 31, 2013.

assisting producers to continue to implement sustainable agriculture practices, building on the success of the Agricultural Policy Framework (APF) which expired in 2008.

Growing Forward, a federal-provincial-territorial initiative, is investing \$1.3 billion towards the agriculture and agri-food industry in Canada.

Further information on Growing Forward programs is available at any GO Office throughout the province or online at: www.gov.mb.ca/agriculture/growingforward/

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Province commits \$100,000 to Bell Barn

BY TAYLOR SHIRE On Tuesday, Aug. 25, the provincial government announced that they were going to provide \$100,000 in funding for the historic \$1.3 million Bell Barn project in Indian Head.

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"For 125 years, the Bell Barn stood as a symbolic link to Saskatchewan's past," said Tourism, Parks, Culture and Sport Minister Dustin Duncan. "By investing in this project, we're ensuring that future generations will be able to learn and appreciate our great history."

The Bell Barn was established 125 years ago just north of Indian Head on the Bell Farm site. Construction of the Bell Farm started in 1882 and within a year, 100 buildings for the corporate farm were built on the 53,000 acre farm.

The corporate farm experiment lasted only until 1889 but Saskatchewan's first ever round barn remains a great piece of heritage for the community.

In 2006, the Bell Barn Society was created to ensure the Bell Barn would be saved and rebuilt.

The Bell Barn was dismantled in April 2008 due to its deteriorating condition.

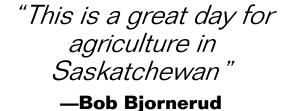
Last February, the Heritage Canada Foundation had the Bell Barn on its Top Ten Most Endangered Places list.

With all the funding and fundraising, the Bell Barn is being reconstructed with the stones from the first barn as well as other local stones.

On July 28, the first stone was laid in the reconstruction process.

The Bell Barn society has raised \$500,000 from the public. The federal government recently provided \$700,000 to the project. Add that to the recent \$100,000 and the project is just about fully funded.





month, the province contributed \$100,000 to the \$1.3 million project.

MC Dayle Bowman speaks to supporters and Provincial Ministers about the history of the Bell Barn at Indian Head. Last

The provincial ministers on hand last Tuesday to make the announcement included Duncan, Minister of Agriculture Bob Bjornerud and Minister of Health and MLA for Indian Head-Milestone Don McMorris.

"Our government is committed to preserving the agricultural foundations of our province," Bjornerud said. "The Bell Barn is a unique part of our history and we are proud to support this project."

Gracom Masonry was the company hired to do the construction of the project. They are hoping to be completed the masonry by mid-October.

"We are proud to be doing this heritage project," said Burleigh Hill, project manager for Gracom. He added that building this requires a bit of an artist's eye as well as a mason's eye.

The masonry is 69 feet in diameter, 14 feet high, two feet thick and 200 feet around.

"This funding commitment clearly demonstrates the

Indian Head Prairie Theatre Presents A Comedy Murder Mystery Where YOU guess who "dun it" for a prize

pretation of Saskatchewan's agricultural heritage," Bell Barn Society Chairperson Frank Korvemaker said. "We have now achieved more than 95 per cent of the \$1.3 million needed for the project. With these funds, we can confirm that the project will be completed on time for a grand opening in 2010." "The Bell Barn has been a significant landmark in the Indian

Head area since the farm was established," McMorris said. When the barn is completed, it will become an interpretive

province's support for preservation, development and inter-

centre for the community of Indian Head. The Bell Barn society members also expect that the barn

will now bring in a lot more tourism to the area.

McMorris agreed, saying that this project will preserve local history as well as bring tourism to the area.

"It will not only bring tourists," he said. "But it preserves our heritage."

"(The Bell Barn) is the oldest agricultural property in the province," McMorris said. "The community is really behind it all. "

"It was a real eye sore when it was falling," he added. "Now it will be impressive and people will be proud."

Duncan also agreed with the tourism and preservation aspect, adding that the new interpretive centre will educate future generations about agriculture.

Duncan believes the Bell Barn tells an important story. It reminds people of prairie agricultural heritage and reminds the province of its founding. "The hard work here is for future generations," added

"The hard work here is for future generations," added Bjorenud. "This is a great day for agriculture in Saskatchewan."



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Tried and True Recipes by Sandra Johnson

Chicken Shepherds Pie

2 Tbsp margarine 1/3 cup flour 1 1/2 cups chicken broth 1 1/2 cups milk 4 cups chicken meat, cut into bite size pieces, cooked 2 cups frozen mixed vegetables, thawed and drained 2 Tbsp dried parsley 1/4 tsp thyme
1 tsp salt
1/2 tsp pepper
Potato Topping:
6 medium potatoes
1/4 cup milk
1/4 cup margarine
1/2 tsp salt
1/2 tsp pepper

Preheat oven to 375°F. In large saucepan, mix margarine and flour to make a paste. Slowly whisk in chicken broth and milk. Bring to boil over medium heat, whisking constantly. Reduce heat to low and simmer for 5 minutes. Stir in chicken, vegetables, parsley, thyme, salt and pepper. Transfer mixture to 3 quart casserole dish. Set aside to cool slightly. Cook potatoes until tender. Drain and mash with electric beater, adding milk, margarine, salt and pepper. Spread potatoes over chicken mixture. Bake for 30 to 40 minutes, or until the top is golden. Serve with green salad and fresh buns.

Note: I use only 1 can chicken broth and add 1/2 cup water to scrapings in frying pan I fried the chicken in.

Chocolate Zucchini Cake or Muffins

1/2 cup margarine
1/2 cups sugar (1/2 brown, 1/2 white)
1/2 cup oil or 3/4 cup applesauce
2 eggs
1 tsp vanilla
1/2 cup sour milk
2 1/2 cups flour
1/2 tsp baking powder

1/4 cup cocoa
1 tsp salt
1 tsp baking soda
2 cups shredded
zucchini
Topping:
1 cup chocolate chips
1/2 cup brown sugar
1/2 cup margarine
3/4 cup flour

Mix margarine and sugar well. Add oil or applesauce, eggs and vanilla. Mix well. Add sour milk, flour, baking powder, cocoa, salt and baking soda. Mix well. Add shredded zucchini. Mix well. Pour into a 9x13 inch pan and sprinkle with topping. Bake at 350°F for 40 to 45 minutes.

Topping: Crumble together, sprinkle on top of unbaked cake.





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September 2009



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Cyclists ride down Highway 8 during the 2008 Ride For Refugees, which had more than 70 participants.

Ride for Refugees is back for a second year in Moosomin area

BY KARA KINNA Last fall, over 70 people hopped on their bicycles for a day of cycling from Moosomin to Rocanville that managed to raise over \$12,000 to go toward helping refugees.

This year, Reverend Mel Konkel is hoping that the area's second Ride For Refugees will be just as big, if not bigger than the one last year.

"I was very pleased with last year's ride," says Konkel, the pastor of Moosomin Baptist Church. "I didn't know how it would turn out. I didn't know if we'd have five riders or 10, but I was very, very pleased.

This year, the Ride For Refugees will be held on Saturday, Oct. 3. The ride is an annual event that takes place at various locations around Canada, and in some locations internationally, as a way of fundraising for people in refugee situations. Half the money raised by the ride goes overseas, while the other half is used locally in some way.

Sponsored by the Moosomin and District Association of Churches, last year's Ride For Refugees in the Moosomin/Rocanville area was the only one that took place in Saskatchewan. Konkel brought the idea back to Moosomin after attending a Ride For Refugees in Ontario and loving it.

"The Moosomin and District Association of Churches sponsored it. Two people from Hamilton came to talk to them, and from that presentation, that's where it took off," says Konkel. "That's when people really got behind it."

Konkel says this year's ride already has a lot of

support behind it. "Everyone who was giving direction and leadership last year is very interested again," he says. "All of the churches are behind

it and in favor of it, and we'll see about some of the community organizations as well."

Like last year, people who want to join the ride can register in teams, or as individuals. There will be three rides that cyclists can choose from: A 50 kilometre ride on Highway 8 from Moosomin to Rocanville and back, a 25 kilometre ride from Moosomin to Rocanville, or a short 10 kilometre ride around Moosomin.

The ride starts from the Moosomin Baptist Church at 8 p.m. and ends at St. Mary's Catholic Church in Moosomin with a dinner for the riders.

"I think one of the real selling features of the ride is that we all see the value of getting involved in things that are bigger than we are, and this gives our community a chance to work together for a common cause," says Konkel. "I just think raising awareness is a worthy task. When you hear of the plights of some of the refugees—these are well educated people for the most part who had to flee their countries with nothing. Their lives are threatened, and then they have no home. It's hard to imagine putting yourself in their situation and getting a feeling for what it must be like."

Konkel says anyone interested in joining the Ride For Refugees on Oct. 3 can call him at 435-2127 or 2455, or can register and collect pledges online at www. rideforrefugees.com.



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One of Canada's top horse trainers loses barn, but not hope

BY CHRISTALEE FROESE When Cain and Roberta Quam surveyed the aftermath of the July 27 fire that destroyed their entire horse training facility, the Kendal, Sask. couple thought that life as they had known it for the last 11 years was officially over.

"Initially I thought, 'I'm done, I can't do this again,' " said Cain, one of Canada's top horse trainers and cutting horse competitors. "We had a really successful business, but it took so much work to build it up and operate it, that I had often thought that if I had to do it all over again, I never would.'

Seeing their life's work, which included a 10,800-square-foot riding arena and a 2,700-square-foot heated barn, burn to the ground along with a lifetime of tack and tools was more than the couple thought they could bear. But then support from the family's hometown communities of Kendal and Montmartre started to flood in, and members of

Canada's horse community rallied behind the Quams. "The community just rose up around us and gave us so much support and encouragement that we started to think that maybe we could rebuild," said Cain, referring to a fund-raiser held on Aug. 22 in Montmartre and gifts like brand new and said, 'Keep it—it's yours.' I told him I couldn't take it, because a good saddle is worth \$4,000 to \$5,000, but he just kept saying, 'It's yours.'

Roberta said every act of generosity, from a simple card to the donation of tack, has meant the world to her and Cain and their two girls, 10-year-old Cheyenne and 8-year-old Jay-Lynne.

"I would come home from somewhere and there'd be a watermelon in my porch, or someone would have dropped off a meal," said Roberta, who works alongside her husband at Cain Quam Performance Horses. "One girl at Cow Town (a Regina horse supplier) heard about the fire and



Cain and Roberta Quam and their children.

sent a rope out one day with a customer and it turned out that Cain used that rope just two days later. Without it, he would have had nothing—everything was gone.

While the couple's insurance payout for the \$400,000 arena, barn and tool shed will not be enough to cover the cost of rebuilidng, the Quams say they have made a com-mitment to rebuild, thanks to the generosity of their friends, neighbors and cowboy colleagues.

The support we've received, whether it's money, tack or just a word of support, has been the difference—it really has," said Cain. "Experiencing a community stand up be-hind you is humbling and uplifting and what has gone on in the last month has given us the emotional lift that will enable us to go on."

The \$26,000 raised at the Aug. 22 silent auction, attended by over 400 people, will be used for day-to-day living while the family rebuilds their facility.

"Initially we were kind of uncomfortable getting a help-ing hand like that, but we came to terms that we weren't going to survive without it," said Cain, adding that he hopes to have his arena and barn rebuilt by the new year. "In order to rebuild, we're going to have to do 70 per cent of the building ourselves so that we save on labor costs.

The Quams have managed to stay in business this sum-mer, continuing to ride just eight of the 23 horses that they had in training at the time of the fire.

"My first thought when I drove in the yard and saw the building on fire was my wife and kids, and next it was the horses," said Cain. "That fire had the potential to take out 17 horses right there and for all but three weeks of the year, those horses would have been in that barn.'

While Cain and Roberta also lost \$25,000 of tools and \$65,000 of custom-made tack, Cain says he's just thankful that no lives were lost in the blaze.

'Most of my tack was custom-made, and a lot of it was bought when I was younger and single, so it was pretty expensive, fancy stuff that you wouldn't necessarily purchase with the responsibilities that come with age," said Cain. "But to be honest, while it's a big loss, it's just stuff. I felt worse about my hired man's new saddle because he's a young fella and he had just bought his first custom-made saddle.

Cain says his perspective on life has changed dramatically since the fire.

'It's life-changing in terms of how thankful we are for all we have and all we haven't lost," said Cain. "From the bottom of our hearts we want to thank anybody who has helped us in any way they have, from words of encouragement to offering help. It has really been the difference and it's what's kept us going. It's changed us, and it's changed our business . . . and I think it's all for the good."

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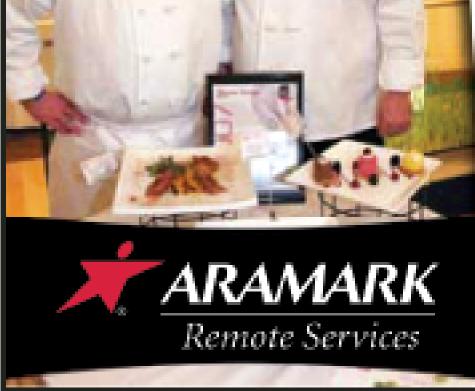
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European Space Agency chooses Indian Head

The European Space Agency (ESA) has chosen Indian Head, Saskatchewan, as one of three sites over which it will collect space-borne radar images throughout the 2009 growing season. The imagery data will be examined by researchers for use in land cover mapping, crop management and new applications tailored to environmental monitoring.

10

The other sites are Flevoland, The Netherlands, and Barrax, Spain.

This project, called Agri-SAR 2009, is a prelude to the launch of Sentinel-1 at the end of 2011. The Sentinel-1 satellite is the first of five missions that ESA is developing for the Global Monitoring for Environment and Security (GMES) initiative. GMES is a joint venture between the European Commission and ESA to provide accurate and timely information to better manage the environment, understand and mitigate the effects of climate change and ensure civil security.

To help accomplish this ambitious task, ESA looked to Canadian expertise.

The radar images will come from Canada's RA-DARSAT-2 satellite, built, owned and operated by Mac-Donald, Dettwiler and Asso-ciates (MDA) of Richmond, British Columbia. MDA also built the Space Shuttle's remote manipulator system, or Canadarm. RADARSAT-2 can gener-

ate Earth observation images

of remarkably high definition even at night and through clouds.

Canada leads the world in development of this technology. Called Synthetic Aperture Radar, or SAR, the system measures the reflection of microwave radar pulses from the Earth's surface.

A number of Canadian scientists will support the ground research activities. These activities include col-lection and analysis of information about land cover, crop type, crop condition, crop biomass and yield, and other variables such as soil moisture and weather (rainfall, temperature, wind, humidity).

Dr. Guy Lafond, produc-tion system agronomist at AAFC's Indian Head Re-AAFC's Indian Head Re-search Farm, is playing a key role along with Dr. Joe Piwowar, a remote sensing specialist at the University of Regina (U of R), Ms. Lindsey Ziegler, a U of R graduate student in the Department of Geography, Mr. Chris Holzapfel of the Indian Head Agricultural Research Foun-Agricultural Research Foundation (IHARF) and Drs. Ron Caves and Harold Zwick of MDA.

As part of the project, these researchers will look at how RADARSAT images can be used for agricultural purposes. Specifically, they are investigating the merits of SAR data for classifying crop type and estimating crop yield.

The research team will do

Images from space. The European Space Agency has chosen Indian Head as on of three sites in the world to collect space-borne radar images throughout the 2009 growing season. detailed monitoring of crop development on select fields

within a 25-km radius of the

Indian Head Research Farm. Another part of the project involves collecting RapidEye satellite images and correlating, or associating, NDVI data from the RapidEye im-ages with NDVI data from a GreenSeeker optical sensor.

The Normalized Difference Vegetation Index, or NDVI, is the most well-known and used index to identify vegetative (crop) areas and their condition from remote sensing data.

The RapidEye system is a network of five optical re-mote sensing satellites built by MDA for RapidEye AG in Germany. This system pro-vides "multi-spectral" im-ages from the light reflected from the Earth's surface for

different wavelengths. Multi-spectral means within the vis-ible light range (blue, green, red) and beyond (infrared). For example, near infrared is used primarily for image is used primarily for imaging vegetation, while other colours help identify crop type and condition.

GreenSeeker® is a variable rate application and mapping system designed for onfarm use. This system, out of the U.S., has ground-based sensors to provide data that can be used to make variable rate applications, map crop condition and biomass, evaluate drainage or irrigation, modify soil sampling strate-gies and determine optimum

harvesting dates. Previously, Mr. Holzapreviously, INT. Holzap-fel developed equations to predict the yield potential of canola and spring wheat for the GreenSeeker optical sen-sor. Ms. Ziegler will be work-ing with him to test whether the RapidEve NDVL can be the RapidEye NDVI can be used for yield predictions.

Ms. Ziegler will also collect LAI data of different crops on a weekly basis. The Leaf Area Index, or LAI, measures the total amount of plant foliage covering the ground. This index is a good indicator of crop growth stage and can be measured on the ground or estimated from imagery data. It is another important tool for interpreting radar images.

The AgriSAR 2009 project provides a unique opportu-nity to thoroughly investigate new types of agricultural products that can be derived from radar images; for example, high-resolution soil moisture maps and crop biomass. As well, it will contribute to future developments in remote sensing with radar.

Canadians will benefit from these applications as they will enhance our ability to monitor environmental change and support resource sustainability.

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We need to look at what makes us all the same

Continued from front

Lisa tells me about her youngest daughter, who was four years old when the Smyth family brought her and her little brother home. "I thought, man . . . a four year old," Lisa remembers of accepting an older child.

Many prospective parents fear bring older children into their lives. Perhaps more damage has been done over a longer period of time, damage it will be difficult or impossible to help heal. Perhaps behavioral problems will be more deeply ingrained; maybe that child will have either so much loyalty to their former family, or will be so disillusioned by a longer history of rejection and neglect, that love will not grow in the way every parent wishes and imagines it will. Roughly, every year a child spends in care takes two years to work through, according to Lisa.

"She's six now," Lisa says of the smiling girl with deep, flashing eyes, "and it's just in the last few months she's begun to come out of her shell, to get mad, to get angry. At least the first six months to a year you're still trying to figure things out.'

It seems odd to me, listening to Don and Lisa eagerly and proudly sharing stories of the last tantrum their six-year-old daughter threw. I have a six-year-old too, and it's more about teaching him to control his emotional outbursts as opposed to applauding them.

However, Lisa explains to me, because of her daughter's history, she feels a strong need to be "good" all of the time, to please her parents, to hide her true feelings. Perhaps she still fears that if she isn't exactly what she thinks they want, the Smyth family motto of "forever, for always, no matter what" somehow won't apply to her. And, of course, growing up into womanhood fear-ful or incapable of expressing her needs, feelings, or opinions will not portend a happy future for this bubbly and affection-ate girl with growing confidence. Don and Lisa seem to approach parenting very holistically, not only ensuring their children have the life skills to thrive physically, but also what they need to be spiritually and

emotionally strong. Of course, no child's profile is complete. A profile is compiled by that child's case



The Smyth family together.

worker, with input from birth parents, foster parents, the medical community, and perhaps extended family. There are always gaps, and sometimes there are lies. It is the Ministry's practice to err on the side of caution, so often a profile can read, "May have been exposed prenatally to drugs and alcohol." It's not something they know for sure. Sadly, that's also the case with other forms of abuse; a child may be unable or unwilling to speak about it, and it's not something anyone is rushing up to share with a social worker.

Lisa and Don have a wonderful way of respecting this very difficult and confusing issue; they empower their children, most especially when they are new in the home.

'We make it safe for her," Lisa explains. "The power is on her, to say good night, to touch her. The bedtime routine."

Children in the Smyth house are not obligated to give physical affection, which doesn't seem to inhibit them at all. During my time in their home there was lots of casual contact between both the parents and the siblings; hanging on to a brother's arm running down the stairs, tapping insistently on Lisa's legs, hoping for a break in the conversation, as well as wonderful displays of familial affection. Both of the girls clamored into their father's lap, and a sister and brother curled up together like a couple of puppies on the carpet, listening in.

However, Lisa emphasized, especially at the beginning, it's all initiated by the child.

'They make a game of it," explains Keegan, their eldest son. "It's true," says Lisa, 'I'll be like; 'It's bedtime? You're not going to kiss me, are you? That would be ...'" she rolls her eyes and shivers delicately, " 'sooo . gross.'

That, of course, brings out the natural desire of any healthy young child to tor-ment their mother. Soon, Lisa will be fending off smooches and squeezes, protesting that she's under duress all the while. Lisa feels that they can give their parents affection on their terms, while they are in control. To this day her six-year-old daughter loves to sneak up on her and surprise her with a kiss. Don and Lisa are confident that not only have they respected what they do know about their children, they've also respected what they might not know.

Sharla and Keegan, the Smyths' eldest children, are their biggest supporters. Keegan recognizes when his parents need a break, and Lisa remembers the times he's shooed his parents out of the house for a grown-up time-out. "Just go, Mom!" he'll say, and she tells me with no small pride that she's confident he's capable of manag-

ing their tribe. The young man, who will graduate this year, seems calm, intelligent, and well spoken. He's had adopted siblings since he can remember, and seems reconciled to his post as elder brother with the eye-rolling good humor typical of his age and station. "We've really stretched our older kids to

see the world differently," explains Don. "We're a fortunate family. Some people have real hard times, different walks of life.'

Sharla, who lives and works in Regina, called her parents recently with an anecdote from work. The company she works for had hired a young man with autism. Most of her co-workers dismissed him as a "token," and simply ignored him, did his job for him.

"But Mom," Sharla said, "it's just like at home. You just think of two or three ways to explain something, and then he's fine.'

From my point of view, this is the Smyth family's most powerful legacy; raising caring, hard-working people who have the patience and communication skills to reach out to a wider diversity of people. As Lisa says, "We're all different, but we need to look at what makes us all the same.

Before leaving the scented candles, scattered storybooks, and friendly lap dogs that characterize the Smyth family home, I ask Lisa and Don whether they will adopt again. They both laugh, and Keegan looks heavenward in mock exasperation.

"We always say 'And this is the last time!" Lisa laughs. "And we say, 'Yeah, right!" Keegan shoots back with a grin. "But," Lisa says with a sweet shrug, "it's like the Grinch says; your heart grows two sizes bigger that day. You always find room in your heart, in your love, for one more."

The next article in this series will consider some of the specific challenges parents raising adopted children with special needs are overcoming. If you have something you would like to comment on or contribute, please feel free to e-mail me at sweetmamalove@hotmail.com.







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Plain and Valley

Kaposvar church recognized as national historic site

On behalf of the Honourable Jim Prentice, Canada's Environment Minister and Minister responsible for Parks Canada, Garry Breitkreuz, MP for Yorkton-Melville, recently unveiled a Historic Sites and Monuments Board of Canada plaque commemorating the national historic significance of the arrival and settlement of Hungarians at Kaposvar.

"The Canadian Government is proud to com-memorate the arrival and settlement of Hungarians

at Kaposvar," said Mr. Breitkreuz. "This desigand ethnically-diverse history."

The arrival and settlement of Hungarians at Kaposvar represents one of the earliest (1886) ethnic block settlements in the Canadian West, one which has left a strong and ongoing historical and cultural legacy. Small rural communities such as Kaposvar largely defined the Hungarian-Canadian experience from the 1880s to the 1920s, when more

than two-thirds of Hungarian-Canadians lived in Šaskatchewan.

"Today's commemoration represents an important chapter in our history," said Minister Prentice. "It acknowledges the importance of the vision and perseverance exhibited by early immigrants in establishing communities and cultivating lasting legacies."

Kaposvar continues to be perceived, within the community, as pivotal to the formation of a distinctive identity. For decades, the spiritual and communal heart of Hungarian settlement in Canada was at Kaposvar, where the church, rectory, cemetery and shrine provided a focal point. A commemorative plaque will now be on permanent display at Kaposvar Historic Site.

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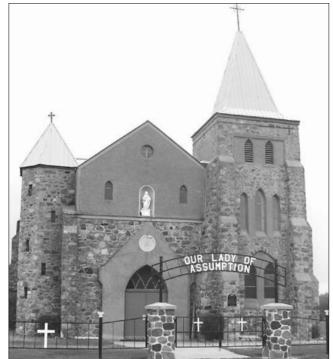
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of Canada, Parks Canada manages a nation-wide network of national historic sites that commemorate persons, places and events that have shaped Canada's history and which offer visitors the opportunity for real and inspiring discovery.

The Historic Sites and Monuments Board of Canada, created in 1919, advises the Minister of the Environment about the national historic significance of places, people and events that have marked Canada's history.

The placement of a commemorative plaque represents the official recognition of historic value. It is one means of educating the public about the richness of our culture and heritage, which must be preserved for future generations.



Kaposvar church, one of the buildings which has been recognized as part of a national historic site.





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Arachnophobia

"The itsy-bitsy spider went up the waterspout. Down came the rain, and washed the spider out . . . "

At which point a large percentage of us screamed and ran the other way, because surveys show that one-fifth of men and a third of women are frightened of arachnids.

It makes sense, right? Spiders can be poisonous.

But so are stinging insects such as bees and wasps, and yet we seem to hate spiders more. At the University of Wurzburg, Germany, psychologist Georg Alpers asked 76 students to rate photos of spiders, wasps, bees, beetles, butterflies and moths on how much fear and disgust they inspired and how dangerous they were. Spiders topped the list in all three categories—even though all bees can sting, but only some spiders are poisonous.

So are we born with a fear of spiders, or is it something we learn, something that perhaps, as Stuart Hine, an entomologist at London's Natural History Museum, told New Scientist magazine "stems back to the days of plagues when people suspected anything that crawled out of the thatch as carrying disease."

Certainly we seem to be born with the ability to recognize spiders over other objects. Recently New Scientist reported on the research of David Rakison of Carnegie Mellon University in Pittsburgh, who showed five-month-old babies simple representations of spiders, made up of block-like shapes, plus other, more jumbled, images made of the same shapes.

He found that the babies looked at the "spiders" for an average of 24 seconds, but at the jumbled images for only around 16 seconds—a full eight seconds less. That suggests



Edward Willett

babies are born with a "mental template" for spider shapes, and possibly for other things that could harm us (snakes comes to mind).

For safe objects, however, no such template seems to exist. Rakison repeated his experiment with a representation of a flower. The babies didn't spend any more time looking at that than they did looking at the images made with jumbled shapes.

Now New Scientist has reported on a new study by Rakison, one that suggests not only that fear of spiders is something that is learned sometime after birth, but also suggests women learn that fear more readily than men—which explains why more women than men fear spiders.

This time Rakison worked with 11-month-olds. In the training phase of the test he showed 10 girls and 10 boys a picture of a spider alongside a fearful face. In the following phase he showed them the image of a spider alongside a happy face, and then the image of a flower paired with a fearful face.

He found that even when the spider was paired with a happy face, the girls looked at it significantly longer than at the flower, which he interpreted as meaning that after the initial phase, the girls had already learned to link spiders with fear. The boys, on the other hand, spent the same amount of time looking at both images: they hadn't made that assumption.

With a different group of babies, Rakison skipped the training phase featuring the spider with the fearful face, and simply showed them a spider with a happy face and a flower with a fearful face. This time both boys and girls looked at the images for the same length of time.

That implies both that babies don't have an inborn fear of spiders and that girls are more prone than boys to develop that fear.

Rakison thinks girls may be more inclined than boys to learn to fear all kinds of dangerous animals, a gender difference which may have evolved during humanity's long hunter-gatherer phase, when to be successful at hunting men had to be more willing to take risks, whereas women had to be good at avoiding dangerous animals, including spiders.

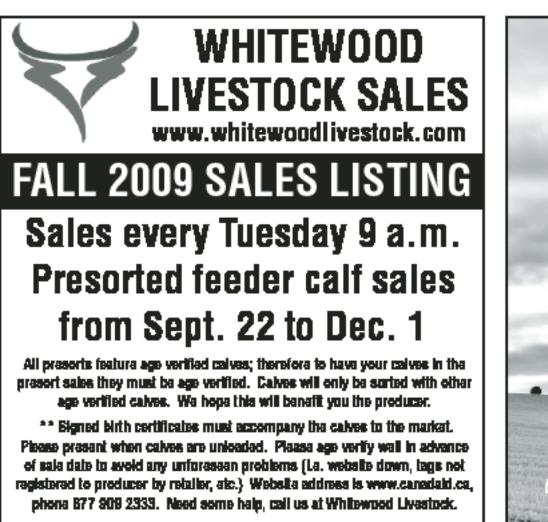
Acquiring, rather than being born with, a fear of spiders also makes sense, Rakison says, since there's no point in an infant fearing spiders until it can respond to them in some way, by crawling away, for instance.

More mature responses include screaming, running, climbing on chairs or smashing the nasty little eight-legged monstrosity into paste with repeated blows of a . . .

Sorry. Got a little carried away.

Spiders. Yecch.

Edward Willett is a freelance writer in Regina, Saskatchewan.



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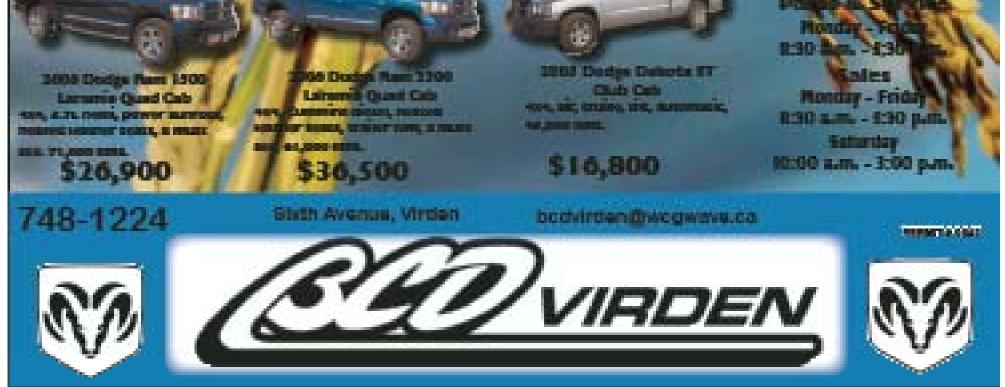
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September 2009





Plain & Valley

Covering Southeast Saskatchewan and Southwest Manitoba

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Austin making a difference in orphans' lives

BY KEVIN WEEDMARK

"The hugs and smiles they give you make it all worthwhile," Diana Austin says.

Some people might argue that hugs and smiles are little compensation for typhoid, malaria, parasites, and everything else that comes with volunteering at an orphanage in Ghana, Africa.

Austin, who grew up in Moosomin, is on her second trip to the Ashan Children's Home in Ghana, where she feels she can make a difference in the lives of the children.

"I was always interested in Africa," she explains. "In grade 12 I did my exchange to France, and there I learned about volunteer exchanges to developing countries. I knew that was what I wanted to do. I was 18 when I came to Ghana the first time. My mom told me I couldn't go. I remember saying 'well, I'm 18 and it's my money and I'm going.' Now in retrospect I realize that 18 was very young to come here." Diana knew she wanted to go to Africa,

and Ghana seemed like the most peaceful option for that first trip.

"Ghana and South Africa were the only two options," she recalls. "Ghana is an English speaking country and has a long-standing history of peace and political stability. I knew there was a lot of tension between blacks and whites in south Africa so I decided on Ghana."

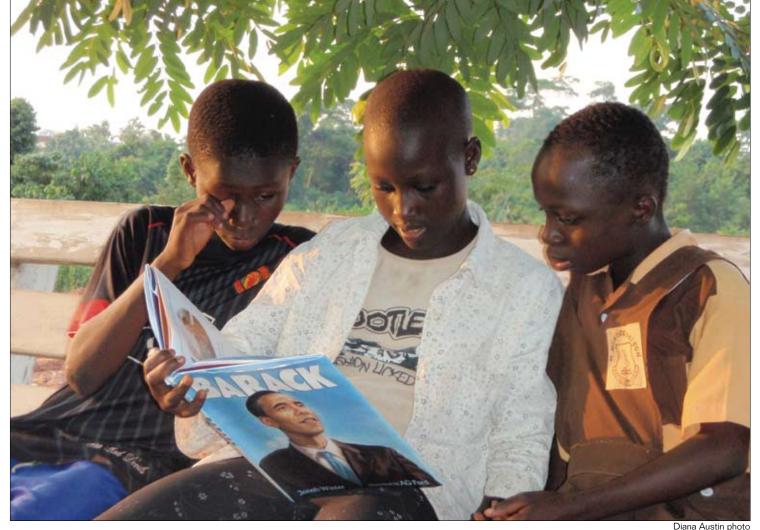
Her first impression was that west Africa was definitely different than the Canadian prairies.

"I remember one of the first days, I saw a palm tree and heard something that sounded tropical, and I remember how happy I was to be here. I remember think-

"When I first arrived in Accra, the capital, it felt so foreign, but when I returned to Accra to fly home, I remember thinking that in comparison to all the rest of the country it seemed just like home."

"Some parts of the country are very different and people live very simple lives, but Accra has a new shopping mall just like anything in North America.

The biggest surprise for Diana on her first trip was how technology was chaning Africa. "The big shock was how many people had cell phones," she says. At that time, no one in my family had a cell phone, but here people could be living in a mud hut but they would have a cell phone." A different way of life in a different culture on a different continent took a little getting used to. "Coming here there's definitely a culture shock," Diana says. "It's all-encompassing—everything from the language to the food is just so different. But it's more disturbing going home after being someplace so different. It's disturbing to be shocked by your own culture.'



Orphans at the Ashan orphanage in Ghana look over a book about Barack Obama.

be like,' just loving them with everything. They're so loving and so hungry for attention you get quite close to them. It was really hard leaving, so I promised that once I finished university I would come back."

True to her word, Diana has returned to the same orphanage. She has been there since May. She was accepted into medical school, but convinced the school to give her a one-year deferral, so she can spend more time volunteering before starting

medical school next September. She plans to leave Ghana this fall

There are some things about Africa Diana will never forget. "I remember one of the kids, at the time

one of the youngest. I remember he was playing with a bicycle chain, playing toy cars. I realized you don't need the fancy Tonka trucks, he had the bicycle chain and he was happy.

"When you see things like that, you wonder what do people at home have to be upset about? People here can still smile and be happy even if they go through a lot of difficul

I came here the first time there was just a dirt road to get to the city. Now it's nicely paved. The first time there was only one building, now there are more buildings, most made out of concrete blocks.

The orphanage is on quite a big spot of land. We have a slanting football field. The director's wife has a bakery, a traditional clay oven by a big mango tree. There is just one season when all the mangos are ripe. When I first arrived it was mango season, and there were mangos everywhere. We also have orange trees and papayas, and

On that first trip, Diana spent six months working at an orphanage.

"When we showed up there were two of us," she says, "me and a girl from Austria. When we got here they said "Okay, just do whatever you want. We didn't know what we should do. We both taught classes. We taught between four and nine kids who needed help. We would tutor them separately.

So how close did she get to the children on that trip?

"We got really close," she says. "I re-member hugging one of the kids and thinking 'this is what a mother's love must

and do some medical-related volunteering in Costa Rica.

That sounds like a lot of selfless volunteering in developing countries, but Diana believes this is the time to do it.

"Once I start medical school, I'm not going to get a lot of breaks, and when I'm done medical school I'll be in my 30s. After this I have to finally grow up so this is my time to be adventurous and do what I can.

Diana was surprised by some of the challenges on this, her second trip to Ghana.

'It's been more challenging than I was expecting," she says. "I was enjoying life in Saskatchewan and it was comfortable. It was hard to leave the friends and relationships I had there.

And I didn't expect to have to deal with culture shock again. I thought it wouldn't be such a big deal, but it was.

"Then I found that I just wasn't feeling well for a long time. I just didn't have my normal level of energy. I finally got tested after a few weeks, found out I had mild cases of malaria and typhoid fever. But it wasn't severe, and now I'm healthy again.'

She says every day is a learning experience. "There are so many things that happen, every day there seems to be some lesson that I learn," she says. "People here are very open. People will talk to you like an old friend even though you've just met them. You learn a lot from them.

Grinding poverty is a daily reality for most people in Ghana, Diana says.

"A lot of people never finish their junior high education because of poverty," she says. "There's enough food—you don't see people starving—but people have a hard time. It's always tight for people. There's never enough, and for a lot of people their father isn't really present in their life. They never knew their father.

"Women are left to raise the children, but the jobs they get as petty traders or bakers, or selling tomatoes at the market can't provide everything the children need, so a lot of people end up spending all day figuring out how they're going to eat that day." Diana paints a picture of an improving

situation at the orphanage.

We're outside the second biggest city in the country, Kumasi, about a half hour drive out from the city," she says. "When we're planting peanuts."

The orphanage has been supported over the years by a handful of private donors and the director is now building a guest house on the land to provide a source of steady income.

"At random times, churches will drop off bags of rice or some food to help out, and volunteers will work on different projects," Diana says.

Some questions loom over the orphanage at the moment. A new law in Ghana allows for a maximum stay of five years in an orphanage, meaning some children may have to be sent to live with relatives.

"This is the only home a lot of them have ever known," says Diana, "so I don't know what's going to happen. Our image of orphanages is that the kids want to go and be with a family, but the kids here want to stay. They're terrified of having to go.'

The orphanage has been around for 10 years, and some of the children are getting older, to the age where they will start having to pay for schooling if they're going to continue their education.

Continued on page 18

This is what a mother's love must be like'

I Continued from page 17 III No one yet knows how that money could be raised or if the children will have the opportunity to continue their education.

Some of the children come from very difficult circumstances.

"One of the little boys here, Kwame, was aban-doned in a field by his mother when he was an infant," says Diana.

"He was found by a farmer and brought to Ashan. When he arrived he was apparently in very bad health. The director's son, Ross, remembers many a night when one of the 'ma's (cooks) would wake him up pounding on his door yell-ing that Kwame was dying and needed to go to the hospital. Kwame is now three, maybe four years old, and in good health. Ross said that if someone asks who is his father he will say 'Da Ross' or 'Da Jim,' the director. And if asked who his mother is he will reply with 'Ma Chrisie' (the director's wife) or 'Ma Hannah' (one of the cooks).

"Another girl, Lucy, was thrown to the roadside by her mother when she was a young toddler. I think she was around two but was barely crawling at the time. Like Kwame, Lucy arrived in very bad health. A volunteer from Australia named Amy took her in as her own, buying her baby food, clothes and other things for her.

"Amy became so attached to Lucy that when it came time for her to leave she asked the director, Jim, if she could adopt Lucy and take her back to Australia with her. The original mother got word of this some how. She begged Jim to forgive her and not to let

HUGE

Amy take Lucy out of the country. In the end, Lucy stayed at Ashan and is now six years old. The neglect that Lucy must have received in her early years is evident though in her lack of maturity. The kids said that at first she had quite a few behavioural problems. Ma Christie would buy her new sandals almost every day but then Lucy would just throw them away for no apparent reason. (An event that is even more extreme in a place where not all the children, even at the orphanage, have sandals to wear in the first place.)"

Diana received an honor when she was made Queen Mother of a neighboring village. Each village has a chief, and the Queen Mother is an honorary member of the village's royal family. "They dressed me up in traditional dress for the ceremony, there was a lot of drumming and dancing, a lot of handshaking. They pour libations, they presented me with a gift, kente cloth hand woven in this area, which is very intricate

and very expensive." Diana is also raising funds for construction of a baby ward at the orphan-

age. "It's coming along okay," she says. "This week they're putting in cement floors.

Diana's parish, St. Mary's Church in Moosomin, is raising money for the baby ward. "St. Mary's has taken it on as a mission project," Diana says. "They agreed to accept donations for it there.'

Diana says that not everyone understands her desire to lend a hand in developing countries.

remember talking with a friend. We went and saw a documentary about

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SALE

a doctor who worked with Doctors Without Borders, kind of my end dream. She said she didn't understand why anyone would want to do that.

"I said I didn't understand why anyone wouldn't want to do that.

"I think people have to be here to understand. My parents didn't really understand why I wanted to come back after I got sick the first time. But now that they've come for a visit, they understand why it's really worth it despite all the hardships.'

So what does the future hold for Diana?

"My end dream is joining Doctors Without Borders," she says.

"The first hurdle was getting into medical school, and I found out the day after I arrived here that I was accepted. The acceptance was the first hurdle, now I have to get through medical school and one day I can make a really big difference for people who need help.'

Anyone who wants to

support the baby ward to Baby Ward Fund, St. project can send a cheque Mary's Catholic Church,

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Ghanaian women help dress Diana Austin for a ceremony in which she was made the Queen Mother of a village.

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Plain and Valley

August land sale brings in \$14.8 million

The August sale of Crown petroleum and natural gas rights has totalled \$14.8 million. Cumulative revenue from land sales for the 2009 calendar year now stands at \$50.8 million.

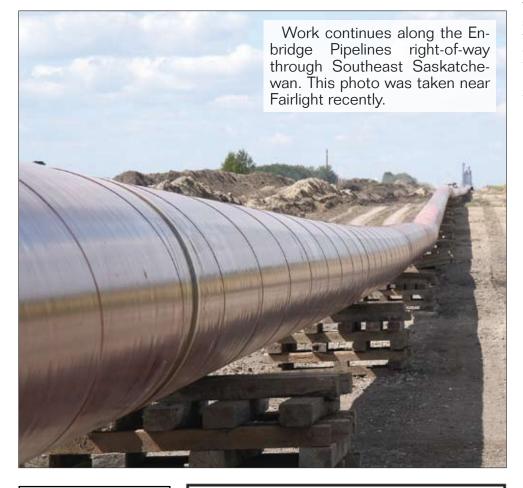
Results from the latest sale are consistent with those from the three but recovering oil prices,

that preceded it in 2009. Those sales averaged \$12 million each, and this latest sale continues to reflect the cautious approach the oil and gas industry is taking this year throughout North America.

"In a year of lower,

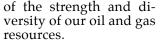
industry continues to show a steady, sustained interest in our oil patch," Energy and Resources Minister Bill Boyd said.

"While land sale activity is admittedly not at the exceptional, recordbreaking level of 2008, this latest sale in fact provides a fine example



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"The Bakken play continues to contribute the lion's share of revenue in this sale, but parcels in each of the other three oil producing areas have generated excellent bonus bids, showing that Saskatchewan's business climate and resource reserves continue to attract significant capital expenditures to the province."

August's sale included five petroleum and natural gas exploration li-cences that sold for \$1.4 million and 211 lease parcels that attracted \$13.4 million in bonus bids.

Weyburn-Este-The van area, largely on the strength of the Bakken play, received the most bids with sales of \$8.2 million. The Lloydminster area was next at \$3.8 million, followed by the Kindersley-Kerrobert area with bonus bids totaling \$2 million and the Swift Current area at \$725,000.

The highest price bid for a single parcel was \$829,402. Prairie Land & Investment Services Ltd. acquired this 809-hectare lease parcel 35 kilometres west of Estevan.

19

The highest price paid on a per-hectare basis was \$8,721. Western Land Services Co. Ltd. acquired this 0.75hectare lease parcel 60 kilometres southeast of Lloydminster.

The next sale of Crown petroleum and natural gas dispositions will be held on October 5, 2009.



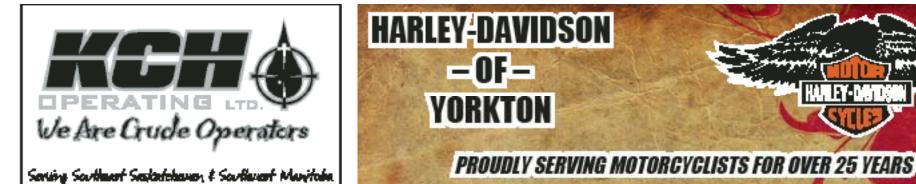
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Photo by Marion Husband of Wawota showing kids in a tug-o-war at the Cannington Manor Fair Day on Aug. 2.



Congratulations to **Diane Jamieson** of Moosomin, the winner of our contest! Diane received four tickets to the Julian Austin concert in Moosomin as her prize.



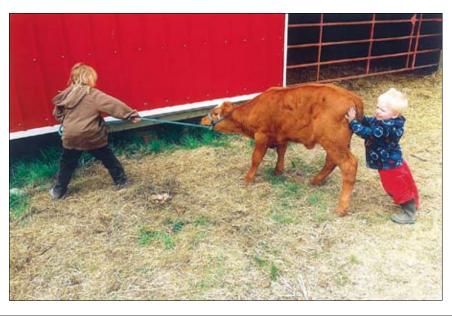


Photo by Diane Jamieson of Moosomin. Shown in the photo are Cheyenne Jamieson and Levi Jamieson and one stubborn little calf.



Photo by Andrea Thomson of Fillmore, Sask. showing a curious fawn.



Photo by Lana Hilderman of Kipling showing a young man watching the waves crash into a boat during a wedding at a cabin on Fishing Lake.



Plain and Valley

Photo by Nick Anderson of Moosomin showing a sunset at Moosomin Lake



Photo by Marilyn Paul of Moosomin. Here Paige and Rylar Hutchinson and their in Mitchell Driedger prepare for a jump into the water at Fieldstone park.



Photo by Bill Thorn of Moosomin showing a sunset at Clear Lake



Photo by Myrtle Chambers of Fairlight showing two little girls "riding the waves" at Welwyn park.



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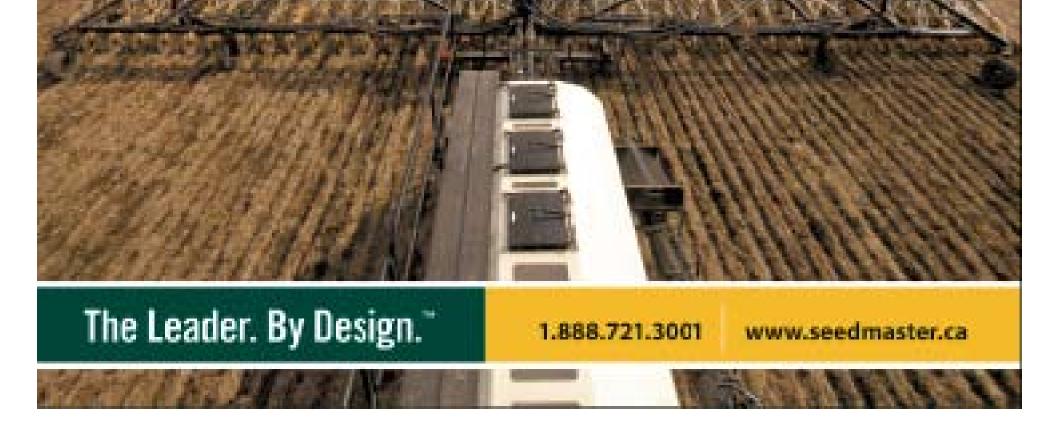
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Act, the fine can be as high as \$50,000. Com-plaints of illegal burning

or hazardous conditions

caused by stubble-burning

smoke should be directed

to district offices of Mani-

toba Conservation or the

Manitoba Fall crop residue burning restrictions now in effect

Manitoba Agriculture, Food and Rural Initiatives is reminding farmers want-ing to burn stubble, straw and other crop residue of the provincial requirement for specific authorization prior to any burning.

Between now and Nov. 15, producers need authorization before burning crop residue. Authorizations are based on smoke dispersion conditions and specify where in the province and during which hours daytime burning of crop residue will be allowed.

Producers with land in municipalities surrounding the city of Winnipeg who wish to burn crop residue are required to obtain a permit prior to burning. Permit applications are available online or from any GO Office.

Night burning of crop rights-of-way, residue, ditches, native pastures and waste areas is banned year-round.

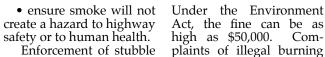
Information on where and when burning will be authorized is available by calling the toll-free information line at 1-800-265-1233 or online at www.gov. mb.ca/agriculture/news/ burn. Service is available in French and English.

If burning is authorized for a particular area, farmers must:

• burn only within the hours specified for their area as identified on the toll-free telephone information line, online or by the conditions on the permit issued;

• ensure fires are supervised at all times;

• ensure areas being burned have been properly fire-guarded to prevent fires from spreading; and



burning regulations is car-ried out by Manitoba Conservation and the RCMP.

The fine for illegal burn-ing under the Summary Convictions Act is \$2,324.



RCMP

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1998	MF	8780	Chopper, PU, 1647hrs	\$72,500
1997	NH	TX66	Chopper, PU Header	\$64,500
1995	MF	8570	Chopper, chaff spreader, PU	SOLD
1993	MF	8460	Chopper, chaff spreader, PU	SOLD
1986	Gleaner	R50	PU, header	\$22,500
1979	MF	760	Chopper, PU	\$7,950

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1999	Hesston	565A	5x6	\$13,900	
1999	Hesston	565A	5x6, auto tie	\$14,900	
2002	Hesston	1275	16' s/s, reverser	\$20,900	
1999	MacDon		16', s/s rollers	\$12,500	
2005	Bale King		rh discharge, fine cut	\$10,900	
2005	Highline		lh discharge	\$8,500	

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1999	MF	220	26' DS, PU reel, sch drive, 2053 hrs	\$46,500	
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