

LANIGAN ADVISOR

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Lazers volleyball team receives prestigious SHSAA Sportsmanship Award

■ Daniel Bushman

While the Lanigan Lazers senior girls volleyball team had set its sights on capturing a provincial title at the 2021 3A event in Shellbrook and Canwood, despite not advancing to the medal round, the team's efforts both on and off the court did not go unnoticed.

Veteran volleyball coach and Lanigan Central High School teacher Barb Klapak, who lent a hand with the senior girls team this year, said the group was honoured to receive the SHSAA Sportsmanship Award during the 2021 3A Girls Provincial Volleyball Championship in Shellbrook and Canwood.

Awarded to Lanigan based on their positive team play and interactions with officials, teams, and hosts during the provincial event, Klapak who has coached a number of teams over the years at provincial events said, like most tournaments, provincials have very competitive games which can bring out team and player frustrations and emotions. "In the case of our Lanigan group, it was a very young team this year coached by Haley Wagar. Despite having many close games at provincials which extended to a third set, the girls maintained a positive and encouraging team mentality which was observed throughout the weekend."

Saskatchewan High Schools Athletic Association (SHSAA) Executive Director Dave Sandomirsky explained why the award is such an important honour to receive for any school.

"It is well-known that when there is competition, there is a winner and a loser. In our society, we tend to reward and celebrate the winner. But how do you react when you lose? How do you react when you win? How do you carry yourself, as a team, while in competition? We realized some years back that this is an important aspect of sport that requires attention and when it is positive, it requires recognition."

Approaching the Saskatchewan Milk Marketing Board with the idea of honouring a team at a provincial championship exemplifying the spirit of sportsmanship, in conjunction with Sask. Milk, SHSAA received the green light to move forward with the idea. With the first banner awarded back in 1996, Sandomirsky said, "The 'blue banner', is a highly respected honour. The gymnasiums which display these banners are in schools which strive to make sportsmanship, respect, and responsibility a daily habit – a part of their school culture."

In Lanigan's case, Sandomirsky shared the team had a tremendous journey to provincials competing at very tough conference and regional championships. "The 3A girls competition was extremely close this year which made for amazing volleyball and extremely competitive



A worthy achievement

After a tremendous year in which the Lanigan Lazers senior girls volleyball team earned a berth to the 2021 3A Girls Provincial Volleyball Championship in Shellbrook and Canwood, the team was recognized for their efforts both on and off the court. While the young and talented team did not quite get to the podium, because

matches."

Over the course of the provincial weekend in Shellbrook and Canwood, Lanigan played games against varied competition and skill levels. "The focus and respect with which the team played remained consistent. The demeanour of the team reflected the demeanour of the coaches. They continued to play every game in a respectful manner regardless of the score and this made it an enjoyable athletic experience for their opposition, fans, and officials."

While the Lazers won and lost during the course of the weekend, Sandomirsky noted they were humble in victory and respectful in defeat, not getting caught up in the moment to allow themselves to find places to lay blame.

"Coaches and players alike maintained their composure and the integrity of the game," said SHSAA's executive director, adding the team finished the tournament in heartbreaking fashion in a thrilling three set match.

of the sportsmanship they displayed and the respect given after each game, win or lose, Saskatchewan High Schools Athletic Association honoured them with the Sportsmanship Award. On Feb. 16, the group was recognized for their efforts and display of respect during a small presentation at the Lanigan Central High School gym (above).

- photo used with permission

"When all was said and done at the end of each game, they showed sportsmanship and respect to their opponents by acknowledging their effort. The coaching staff was second to none, demonstrating that competition is healthy, but education through high school sport is invaluable in the development of students. The Lanigan fans were positive, cheering the girls on, and giving them support."

Because of that attitude and effort, on Feb. 16 a representative from SHSAA along with Horizon School Division Administrator of Student Activities, Brian Grest were in attendance at Lanigan Central High School for a small presentation. Following the current COVID-19 guidelines set out by the province, each athlete and coach received a personalized award along with a team cooler and team banner that will hang in the school. Klapak said, "Sask. Milk, a huge sponsor of SHSAA provincials, also contributed chocolate milk for the entire school! On behalf of the team and the school, we were honoured and thrilled to receive this award and recognition."

Find the Lanigan Advisor online at www.laniganadvisor.com

Navigating through the uncertainty of the pandemic

■ Daniel Bushman

For many people who have at one time or another felt isolated or alone, depressed or anxious, or even just carried the weight of the pandemic over the past two years, the COVID-19 pandemic has created a lot of uncertainty, impacting people’s mental health.

While some of those impacts have been felt short-term and could be felt long-term as well, with the provincial government announcing Feb. 8 that all restrictions including masking will be lifted come month’s end, for some that means relief but for others, more anxiety.

Senior Program Consultant with the Canadian Mental Health Association Sask Division, David Nelson said the impact over the past 24 months or so has certainly been felt in various ways by residents of Saskatchewan.

“I think initially people handled things fairly well. I don’t think anybody thought necessarily that it would be going this long.”

As the pandemic

lengthened and moved into 2021 and now 2022, Nelson noted some people were able to cope quite well while others who may have already experienced mild anxiety or depression were able to cope for a while “but then it really kind of kicked in and hit people. Many people were really finding it quite difficult and looking around for ways to get assistance.”

After each new variant arrived, the heaviness of living with added guidelines and limitations grew and because of that, many are now experiencing a term Nelson refers to as pandemic fatigue: exhaustion a person may be feeling after months of spending extra time and energy dealing with the pandemic and the struggles it has brought on.

“I think in some subtle ways it has made everyone kind of a little more anxious, a little more irritable and very much wanting this to be over.”

According to the Canadian Mental Health Association, in any given year, one in five people in Canada will personally experience a mental health

problem or illness. By age 40, about 50 percent of the population will have or have had a mental illness.

While Nelson did not have specific statistics regarding those numbers during the past 24 months, he felt as restrictions are removed the pandemic will still have an ongoing impact on people’s mental wellness. “As I understand it, COVID is not going anywhere anytime soon. It is going to change hopefully to an endemic . . . but I think people are still thinking it is going to just be done. So I think people are adjusting slowly and of course we all are different so some people can cope with that quite well and others are finding it quite overwhelming and others are hunkering down and saying, ‘I am not going anywhere or doing anything until this is all over.’”

As restrictions are eased in Saskatchewan and throughout parts of Canada, adjusting to a new normal will be a little different for everyone. Regardless of how each person adjusts, Nelson suggests that people should not be socially isolating.

“That is never a good recipe for good mental wellness.”

What he does encourage people to do is head outside. “Go for a walk and get out of the house. I don’t think anybody needs to feel that they just can’t go out or they will get ill right away. Stay away from crowds, use social distancing but get out, go for a walk. It is perfectly fine within your bubble to have a small group of people you know are vaccinated and they are checking to see if they have COVID but don’t isolate yourself so much that it starts to build on itself and you become fearful of anybody or doing anything.”

Nelson also suggested that people should keep up with their social contacts. “It is very important to socialize to some degree for all of us or we start to get very anxious or depressed. Some people can cope with that for a period of time but it impacts on all of us negatively if we get into that cycle of social isolation.”

One thing that Nelson strongly encourages people to try is to take breaks from social media and their devices. “What you really don’t want to do is what we call news scrolling. It is so easy to listen to and get sucked into listening to all of the negative things, all of the

stuff about the pandemic and for that matter, anything else that is bad news these days. News scrolling is almost guaranteed to make you depressed and more anxious. It doesn’t mean you don’t listen to the news but don’t get sucked into watching it and watching it, because it is very unhealthy.”

Understanding how hard it can be to stop looking at your phone on a continuous basis, Nelson said breaks from the device will help. That can include turning your phone off at night or not leaving it next to your bed. “It just sets up poor sleep. It sets up anxiety. There are times when you can just realistically say I am sleeping now and my phone is going to be in the next room on vibrate. I will see people the next morning who may have called. Just learning how to cope with the use of social media, the use of your phone in your reasonable way . . . with the pandemic and the layers of anxiety that are out there, it is even more important to do that.”

As for the restrictions in Saskatchewan being lifted, Nelson suggested that people not consider it an all or nothing situation, getting confused with living

with COVID as opposed to thinking it is gone altogether. “I think people should use their own judgement. If you don’t want to wear a mask, if you still want to be careful when you go with groups and so on, even though the government isn’t mandating that, if it makes sense to you, do that. I think it would be a big mistake for everybody to just throw all their masks in the air and say it is over. It is not. I think there is a difference between mandating and then just using our judgement to be safe.”

With people on different sides of the spectrum when it comes to the pandemic, as regulations and different changes have occurred, Nelson said throughout the past two years, his office has received quite a number of calls related to the uncertainty of it all.

“Lots of people just want to talk to somebody and be reassured it’s okay. Other people it hits much harder and they are really getting into depression, really getting into high anxiety; therefore, we might be able to refer them to some professional counselling to speak to someone who is not family, who is not politicized, and just kind of help sort out things a little bit.”

If someone is still experiencing anxiety, depression and is unsure of what to do, Nelson assured there is help. “You can phone us and we can see what we can do or you can phone 811 and they will give you some help.”

On the provincial government’s website, under Mental Health and COVID-19, there are links to find support in your area, tips on coping, managing stress and staying connected.

In addition, on the Do More Agriculture Foundation’s website (www.domore.ag), there are links for support including provincial farm stress lines and mobile crisis services.

Nelson also suggested a person see their family doctor or visit a walk in clinic

(see page three: **PANDEMIC**)

COMMUNITY DEVELOPMENT OFFICER WATROUS MANITOU MARKETING GROUP

The Community Development Officer reports to the Watrous Manitou Marketing Group (WMMG), an independent Board of Directors. The CDO is responsible for leading, developing, and implementing all initiatives around tourism and community economic development for the WMMG as mandated by the Town of Watrous and the Resort Village of Manitou Beach.

SPECIFIC DUTIES OF THIS POSITION

- Oversee the operations of the Watrous-Manitou Marketing Group in its role to lead the promotion and facilitation of community tourism, community economic development and the marketing of the Watrous Manitou destination area.
- Work with the WMMG Board of Directors to develop strategies, marketing initiatives, and identify opportunities to promote tourism and community economic development.
- Develop and implement a yearly business and marketing plan for the WMMG and work closely with local stakeholders in the management of the local Destination Marketing Program.
- Oversee all aspects of the ‘Unsinkable Watrous-Manitou’ Brand including creative messaging and content development.
- Work with and develop strong working relationships with local and provincial media. When applicable, be comfortable with being the ‘face’ of the community.
- Represent Watrous Manitou in public speaking opportunities and presentations at local and provincial meetings, tradeshow, and conferences.
- Engage with the business community, prospective investors, the public, and other stakeholders.
- Update marketing materials as needed, such as the community profile, economic profile, business welcome package, and new resident welcome package.
- Develop new initiatives and projects to further economic, tourism, and community development goals.

Send your cover letter and resume to: **Watrous Manitou Marketing Group**
E-mail: wmmg@sasktel.net - Phone: 306-917-7300

Application Deadline: Monday, February 28, 2022

The Position Job Description is available upon request at wmmg@sasktel.net.
This competition will remain open until a suitable candidate is found.
We thank all applicants for their interest; however, only candidates invited for interviews will be contacted.

EMPLOYMENT OPPORTUNITY OFFICE ASSISTANT

The RM of LeRoy No. 339 is accepting applications for an Office Assistant.

The position is full time, Monday to Friday and requires a highly motivated, detail-oriented individual with high standards in ethical conduct in the performance of the duties.

Interested applicants will require excellent public and communication skills, experience in computer applications (Microsoft Office) and skills related to administrative practices and procedures, including payroll and general accounting practices.

The municipality offers a comprehensive benefit package including Health and Dental, Disability and matching Pension Plan (MEPP). This position offers an hourly wage of \$22 - \$28 per hour based upon qualifications and experience.

Qualified persons are invited to submit a cover letter and resume detailing education, experience, qualifications, and three work-related references to:

RM of LeRoy No. 339
Attention: Donna Tymiak - Administrator
Box 100, 100 1st Ave. NE, LeRoy, SK S0K 2P0
Phone (306)286-3261 Fax (306)286-3400
Email: rm339@sasktel.net

Applications must be received by
9:00 a.m., Monday, March 7th, 2022.

Prior to an offer of employment, the position will require the successful applicant to provide a current and satisfactory criminal record check.

We thank all applicants, but only those selected for an interview will be contacted.

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RCMP Report

Shots fired at vehicle

On Feb. 13, 2022, at approximately 11:15 p.m., Maidstone RCMP responded to the report of shots fired at a vehicle travelling on Hwy. 16 west of Lashburn, Sask.

There were no injuries.

The vehicle was described to police as being a dark coloured one ton truck with three occupants.

Maidstone RCMP continue to work diligently to locate and arrest the individual(s) responsible for the incident.

At this time, police believe this was not a targeted event.

Maidstone RCMP would like to remind travellers of the importance of reporting any suspicious activity on highways and roads to police immediately.

Anyone with information related to this incident is asked to contact Maidstone RCMP by calling 306-893-4800 or their local police detachment. Information can also be submitted anonymously by calling Saskatchewan Crime Stoppers at 1-800-222-TIPS (8477) or leaving a tip online at www.saskcrimestoppers.com.

The investigation is ongoing.

Charges laid after medication and drugs seized

On Feb. 9 La Loche RCMP executed a search warrant at a residence in the community of La Loche in connection to an ongoing investigation.

Officers located and seized: approximately 59.3 grams of suspected crack cocaine; approximately 1 mg methadone; a quantity of prescription drugs; and a quantity of Canadian currency.

Investigation has determined some of the prescription drugs seized were not prescribed to individuals at the

residence where the search warrant was executed.

Three individuals were arrested without incident at the residence.

Vernon Laprise, Stacy Lemaigre, and Jayda Boucher-Moise, all from the La Loche area, have been charged with single counts of: possession for the purpose of trafficking (cocaine), Section 5(2), Controlled Drugs and Substances Act; and possession of property obtained by crime over \$5,000, Section 354(1)(a), Criminal Code

Laprise is also charged with one count, possession for the purpose of trafficking, (Opioid - other than heroin), Section 5(2), Controlled Drugs and Substances Act.

The investigation continues.

Man arrested after attempting to evade police

A man is facing charges after he was struck by a vehicle while attempting to evade police.

Shortly after 11 p.m., Feb. 14 an officer observed a vehicle they believed may be stolen in the area of 33rd Street and Quebec Avenue in Saskatoon. When the officer attempted to conduct a traffic stop, the vehicle fled at a high rate of speed. As the vehicle proceeded illegally through a red light, it was struck by another vehicle.

Upon his arrest, a 42-year-old was found to be in possession of several knives, crystal methamphetamine, hydromorphone, and several false identity documents. The vehicle he was driving was also confirmed to have been stolen.

The man is charged with Evade Police, Dangerous Driving, Possession of Stolen Property, Possession of Crystal Methamphetamine and Hydromorphone, Possession of False Identity Documents (x3), and Identity Theft.

No one was injured in this incident.

Man charged in Regina

A 43-year-old Regina male is facing a total of nine charges as the result of a weekend arrest by the Regina Police Service Stolen Auto Unit, assisted by K9 and Patrol.

On Saturday, Feb. 12 at about 12:30 a.m., investigators from the RPS Stolen Auto Unit located a 2006 black Ford F-150 truck that matched the description of a truck stolen on Dec. 27, 2021. The licence plate on the vehicle came back to a 2020 vehicle, indicating the plate was stolen. The lone male occupant of the vehicle took several alleys, avoiding main roads as if to escape detection. The vehicle was eventually stopped in the area of 1st Avenue North and York Street. A male exited the vehicle and was successfully tracked by a canine team and arrested for possession of stolen property.

Further investigation showed the truck was used in two break and enters from early January. During a search of the vehicle, an additional stolen licence plate was found. The driver is facing nine charges.

Forty-three year-old Michael Zwack of Regina, is charged with: Attempt Break & Enter, s. 348(1)(a) CC; Theft under \$5,000 (lock box & key fob), s. 334(b) CC; Break & Enter, s. 348(1)(b) CC; Possession of property obtained by crime under \$5,000 (truck), s. 355(b) CC; 2 X Possession of property obtained by crime under \$5,000 (licence plates), s. 355(b) CC; 2 X Breach of probation, s. 733.1(1) CC; and Operation of a conveyance while prohibited, s. 320.18(1)(a) CC.

(from page two: **PANDEMIC**)

doctor if they are feeling like they are moving into a state of depression. “Everybody has a day, or two or three when they are feeling down. Everybody has what they call the blues. That is really not clinical depression. Clinical depression is maybe you start to feel like that for a few weeks or longer. Maybe you really start to lose interest in the things you have always been interested in. Maybe you find it really hard to just get out of bed in the morning.”

When that occurs, Nelson said that is when things begin moving towards clinical depression. However, he added clinical depression can be easily treated. “Don’t hesitate to go to your family physician or a walk in physician.”

If you see someone you know experiencing clinical depression, Nelson said talk to them and encourage them to get some help. “It is treatable, very much so. Over 80 percent treatable. Of course like almost anything

else, the longer you wait to deal with it, potentially the worse the outcome could be.”

As people in Saskatchewan and around the globe are beginning to adjust to 2022’s new normal as restrictions are lifted, Nelson hopes that the pandemic will move toward an endemic.

“There is a light at the end of the tunnel with this. It is going to be a fairly slow kind

of a thing that this goes away and becomes much like a flu. But I think it is important to understand that this isn’t the flu and is not going to be seasonal likely.

“We will gradually get through this. Please keep socially active with people either in person or online. We are social creatures by nature and when we don’t do that we start to get into real trouble with mental wellness.”

NOTICE OF POLL

Town of Lanigan

Public notice is hereby given that:

- A poll has been granted for the election of:
Two (2) Councillors: Town of Lanigan
- Voting will take place on Wednesday, the 23rd day of February, 2022 from 9:00 a.m. to 8:00 p.m. at the polling place listed below.
- I will declare the result of the election at #110 Main Street, Lanigan, SK on the 23rd day of February, 2022 at the hour of 9:00 p.m.

Polling Area No.	Polling Place	Address
1	Lanigan Town Office	#110 Main Street Lanigan, SK

Dated at Lanigan, SK, this 31st day of January, 2022.

Kelli Timmerman
Returning Officer

VOTER IDENTIFICATION WILL BE REQUIRED TO VOTE

TOWN OF LANIGAN SWIMMING POOL STAFF REQUIRED

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& Part-Time
Guards/Instructors

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COMMENCE**

May/June, 2022

FULL & PART-TIME GUARDS/INSTRUCTORS
Qualifications: WSI, NLS or Red Cross Lifeguard,
Standard First Aid, CPR Level "C".
Experience and/or additional qualifications preferred.

Please provide a detailed resume including
certifications obtained prior to May 31, 2022.
Applications will be received until
March 24th, 2022
Mail to: Town of Lanigan
Box 280, Lanigan SK, S0K 2M0
or email: recreation.lanigan@sasktel.net
For more information call: 306-365-3444



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Jansen

Louise Shannon

Condolences to the family of Andy Anderson who recently passed away. He had three girls and two boys. Pamala lives in Jansen.

Emily Koshinsky is still doing well in volleyball. The team won both games over Regina on the weekend.

Welcome to Todd Gunther who is working at the

RM office.

A quilt raffle is being held for Telemiracle. Tickets are available at Accent Credit Union or the library.

A very happy birthday to Art Ramshaw of Nokomis. He will be 104 years old. He is Bev Schroeder's father.

I hope everyone had a good long weekend.

I planted my tomatoes!

Prairie Rose Bowling



Seniors

Thursday, Feb. 10

LHS: Glenda Blyth, 166

LHT: Glenda Blyth, 427

MHS: Greg Blyth, 226

MHT: Greg Blyth, 665

Ladies

Wednesday, Feb. 16

LHS: Shannon Bay, 196

LHT: Shannon Bay, 465

Mens

Monday, Feb. 14

MHS: Dwayne Koshinsky, 244

MHT: Dwayne Koshinsky, 587

Viscount

Sandra Reid • 306-227-1193

Three ladies worked together Feb. 9 at the Viscount library making blankets. We nearly put together an entire blanket of beautiful squares. Next week, we should have it finished and ready for a cross-stitched border. We meet at the Viscount library Wednesdays between 1 and 4 p.m. There is plenty of room at our table so do come and check us out or better yet, join us. The work is simple and gratifying, and it is so much fun to converse with others while making these lovely blankets. We welcome all interested persons, male and female alike. Should you like more information on what we do, where our blankets go, give Evelina a call at 306-944-4820.

Best wishes to anyone who is under the weather. I hope you feel better soon. Have a great week, stay safe, stay warm and enjoy some fresh air. Please let me know if you have any news to share. Thank you.

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uncomplIcATed - Hostile in the henhouse



■ by Arlene Martin

The farm where I grew up was a mixed farm and we had livestock and all the usual animals. We didn't call cats and dogs 'non-essential animals' back then because the dogs were for chasing away coyotes and other predators and rounding up the cattle. Though I loved the cats and dressed them in doll clothes, to my parents they were indispensable mousetraps on legs. The dog I really loved was named Lassie because he looked exactly like the collie on the then popular television show, "LASSIE." He was gentle, playful and lovable and I felt Lassie understood my silly schoolgirl miseries and misunderstandings. There was one place on our farm even Lassie wouldn't venture and that was the henhouse. He didn't bother the chickens and the chickens didn't bother him. There was a bully in the building. The old rooster. He was nasty. I used to argue with mother that he could fly and she would say, "Don't be silly, Arlene. Everyone knows that roosters can't fly." I would tell her that he hated me and she'd always reply, "It's his nature. He is just being protective. He doesn't much like me either."

My siblings and I had to gather the eggs daily and we took turns. Brother Brian and yours truly secretly plotted to kill said rooster with Brian's beloved Hiawatha Model 850 22 single-shot rifle. But we both knew if something ever happened to that noisy old bird the two of us would be in really big trouble.

I was always at a disadvantage trying to sneak into the henhouse because it was dark inside. By the time my eyes adjusted, with a flutter of flying feathers, that cantankerous piece of poultry would come soaring from the rafters. I would flail my skinny arms to scare him off but that made it rather difficult to find the eggs and put them safely in the basket. If I returned with only several eggs, mother knew there should be more and sent me back. Sometimes I wore armour. If mother's blue enamel bowl wasn't in use I would plop that on my head. Getting it to stay on was another matter.

I disliked the chickens. They were loud and with unhygienic bathroom manners. It was hard to collect all their eggs because often they would just drop and plop them in weird places.

One day when I entered the henhouse the rooster got me straight away. I didn't stand a chance. Despite mother saying he couldn't fly, that day he did. I ran out of the shed crying and shrieking. This brought the attention of my brother who suddenly appeared from a nearby bush where he'd been target shooting. His brown eyes were huge watching me run across the yard with the rooster on my head. "SHOOT HIM!! SHOOT HIM," I screamed. As Brian started to take aim, it dawned on me that might not be a good idea so I began waving my arms yelling at him to stop. Brian set his rifle down and began laughing. Within minutes the rooster decided he'd taught me lesson enough and leaped down in deafening victory. As he ran and half flew back to the henhouse I was hollering after him that someday he'd be on my supper plate. Sniveling and wailing I ran to the house and into the kitchen. "ARLENE!" mother said sternly, "Calm down and be quiet. You're going to wake the dead." My amused brother was quick to tell her what happened and out came the Watkins Petro Carb Salve that fixed all medical emergencies in the 1950's. Reassuringly she told me how lucky I was to have such beautiful thick hair because it protected my scalp from the rooster's sharp talons. Looking at smirking Brian, she told him to go back and get the eggs. I wasn't feeling the least bit lucky as I fetched my blonde doll, Rita, and went outside to sit on the step beside Lassie. Brian approached me and set down his basket of eggs. "Who am I," he laughed, throwing his arms in the air waving his hands, twirling and clomping his feet. I cuddled Rita and Lassie, then quiet enough so mother wouldn't hear I said, "I hate you."

Today there is no marking the home - the wooden steps where that little girl sat so very long ago. The driveway, the trees, the buildings are all gone and it's just open field as far as one can see. Lassie, Rita and the old rooster also have disappeared. My sisters and brothers today are my best friends because we share something so unique, so wonderful, and sadly, so fleeting and fragile. Family.

In reflection though, I have to ask - Brian, if you are reading this - the day of the rooster altercation, were you really going to pull the trigger?

Encouraging afternoon being organized for Central Parkland Lodge in Lanigan

■ submitted by Pastor Frances Kitson, Knox United Church Lanigan

The Central Parkland Lodge in Lanigan is still recovering from a recent COVID outbreak, which has been extremely hard for both residents and staff. In an effort to bring some cheer and encouragement, the churches of Lanigan are getting together at the Lodge on Tuesday, Feb. 22 at 2:30 p.m. We will sing some hymns and golden oldies (with enthusiasm if not skill!), and anyone from the community is welcome to join us.

Dress warmly, because we will be singing outside! For folks who can't join us, cards of well wishes for staff and residents will be gratefully received, as will colouring books and crossword puzzle books for residents (please note that food cannot be accepted at this time). These can be brought to the Lodge on Tuesday, or dropped off ahead of time at Knox United Church on Hoover Street. Any questions, feel free to phone Frances Kitson, United Church student minister at 306-365-3036.

Thank you so much!

The Lion's Roar

■ submitted by Lion Oz Lutz

Super Bowl LVI is now history and even though superstar quarterback Tom Brady (now retired) was not in it, it was still an exciting game for fans. LA Rams prevailed over Cincinnati Bengals by a score of 23-20.

Part three of our Superboard allowed some of our patrons the opportunity to

win some extra cash. Here are the winners: first quarter: Rams 7, Bengals 3 - winner Bob Thompson, \$100; half time: Rams 13, Bengals 10 - winner Julie Wildeman, \$100; third quarter: Rams 16, Bengals 20 - winner Mark Nivon, \$100; final score: Rams 23, Bengals 20 - winner Julie Wildeman, \$200. Congratulations to the winners; to those who did not win,

your final chance for cash will be Stanley Cup hockey but you will have to wait until June!

In closing: When the Rams defeated the Bengals Feb. 13 in Super Bowl LVI, it brought another exciting NFL season to an end. Next up is baseball; in less than a month, pitchers and catchers will be reporting to training camps in Florida.

If baseball is one of your

favourite sports, I have a suggestion for you. What could be better on a cold, winter night than reading a good book? Calico Joe is an exceptional story about a small town baseball star whose career was cut short when a pitcher threw . . . This novel is written by John Grisham: a very different theme for him but he does a masterful job of it.

LANIGAN ADVISOR

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3 yr: \$85

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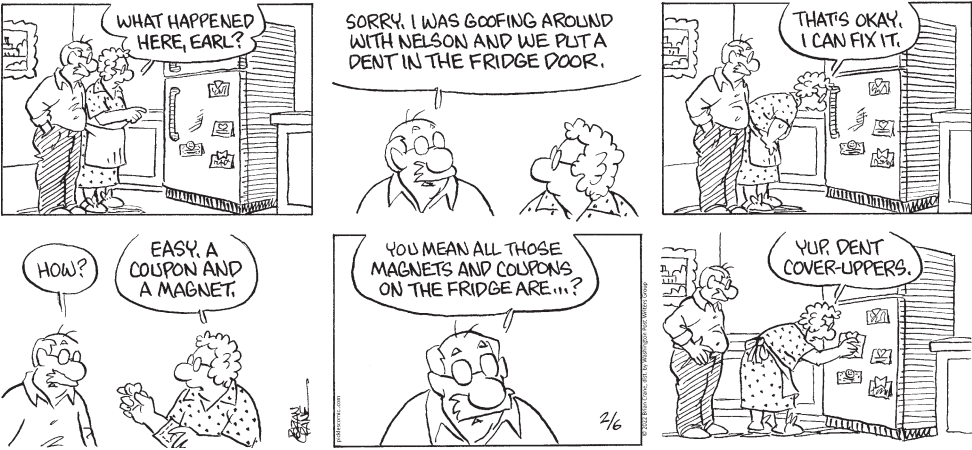
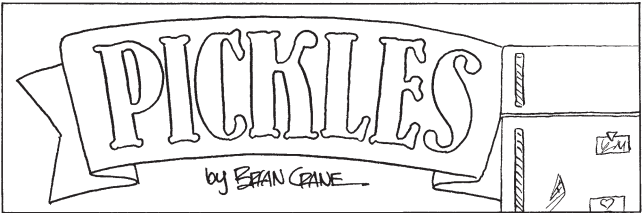
USA:

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Just for Fun



SUDOKU

LEVEL: ADVANCED

7							6	8
	6							
5		8		9				4
4			7					
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CROSSWORD

PUZZLE NO. 119

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
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- ACROSS**

1. President's _____ Office

5. Hunger

9. Felon's flight

12. Italian money, once

13. Drive away

14. Hatchet

15. River barriers

16. Period preceding Easter

17. Scramble (for)

18. Haste

20. Final

21. Jacket features

24. Certain poem

26. In flames
27. Former: hyph.

31. Kind of music

32. South American range

34. Uncooked

35. Clad

37. Cream of the crop

39. Pod dweller

40. Springs up

41. Flat bread

44. Goes on and on

46. Grape or orange drink

47. Ice mass, for short

48. So long, in London: 2 wds.
52. Negative linking word

53. Employer

54. Self-images

55. Shady tree

56. Hang around

57. "Broadcast _____"

- DOWN**
1. Out-of-date
2. Passing through
3. Limb
4. Lower
5. The British
6. Biblical pronoun
7. Pardon

FOR ANSWERS TO SUDOKU AND CROSSWORD, SEE THIS PAGE



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8	7	5	4	6	3	2	9	1
1	5	4	6	3	7	8	2	9
9	3	6	1	2	8	7	4	5
2	8	7	9	4	5	6	1	3

THIS WEEK'S ANSWERS
TO SUDOKU AND CROSSWORD



Look What's Cooking by
Laura Novecosky

Garlic and Onion Focaccia
Great bread machine recipe

- Ingredients:**
- 1 cup water
 - 2 tbsp. olive or canola oil
 - 1 tbsp. sugar
 - 1 tsp. salt
 - 3 cups bread flour
 - 1 1/2 tsp. yeast
 - 2 large onions, thinly sliced
 - 2 finely chopped garlic cloves
 - 3 tbsp. butter
 - 1 cup shredded mozzarella cheese
 - 2 heaping tbsp. grated Parmesan cheese

Directions:

In bread machine place first six ingredients according to your machine's instructions. Select dough setting, check after about five minutes of mixing to see if you need another tablespoon of flour or water (depending on the feel of the dough: not too wet or too dry). When cycle is complete, turn dough onto floured surface, roll into a 12 inch circle. Transfer to a 14 inch pizza pan that has been sprayed with cooking spray. Cover and let rise about a half hour. Meanwhile, cook onions and garlic in butter over medium heat for 15 to 20 minutes until onions are golden brown, stirring often. Using your fingers make impressions all over the dough and top with onion mixture. Sprinkle with mozza and then Parmesan. Bake at 400°F for 15 to 18 minutes until golden brown, remove to rack to cool slightly, cut into wedges. Best served warm.

Huskies clash with Cougars

■ Daniel Bushman

A pair of university volleyball teams containing athletes with local ties squared off on the court as the University of Saskatchewan Huskies women's volleyball team met the University of Regina Cougars. With Jansen's Emily Koshinsky part of the Huskies and Lanigan's Cassadi Klapak on the Cougars' roster, the clubs were in Saskatoon vying to capture a few sets.

In Friday's matchup, the Huskies edged Regina 25-23 in the first set before getting 25-16 and 25-20 wins to clinch first place in Canada West's East Division. Jansen's Emily Koshinsky led Saskatchewan with a tremendous game high 15 kills while Lanigan's Cassadi Klapak had an impact for Regina with 20 assists and 10 digs.

The victory for the Huskies ensures they will play host to Pool C in the first round of playoffs.

Looking to join the Huskies in the post-season, Regina took aim at Saturday's matchup. In that Feb. 12 series, it would be the University of Saskatchewan Huskies increasing their record to 12-2 with a three-set win (25-13, 25-17, 25-22). The loss for Regina gave them a 4-8 record but it would end up being enough as they would clinch a playoff spot.

According to an article on the Huskies website, the east division-leading Huskies jumped out to an early 9-0 lead in the first set Feb. 12. A day after clinching a home playoff berth, the team's offence was able to race out to a 25-13 first set victory. Recording 15 kills a day earlier, Koshinsky followed up that effort by tallying a game-leading 10 kills. For her effort, she moved into sixth place in Canada West career kills with 1,230.

In the second set, a tight contest with the Cougars had the visitors leading 16-15 heading into the technical time out. However, the Huskies would prevail after holding the

Cougars to just two more points in the set.

Looking to take set three, the Cougars pushed for the win but the Huskies mustered enough offensive power to come back nabbing a 25-22 victory after a Koshinsky kill.

While Koshinsky was effective in helping the Huskies find the win column, on the other side of the court, Klapak also made an impact once again, this time with 22 assists and seven digs. The Cougars, who fall to 4-8 were also led by 10 kills by both Bailey Balaberda and Jessica Lermينياux. Katie House and Devyn Grimsrud both had five blocks and libero Sierra Parris-Kruger ended up with a team-leading 12 digs.

Despite the defeat, the University of Regina volleyball team locked up a playoff berth and will be heading to the post-season. The Cougars were scheduled to close out Canada West play with a home weekend against Manitoba and a road weekend at Brandon. The Huskies meanwhile return to the PAC on Feb. 25 and 26 when they face the Winnipeg Wesmen.

Pirates face Monarchs in opening round of playoffs

■ Daniel Bushman

With identical regular season records (6-9), the Lanigan Pirates hosted the Wynyard Monarchs as game one of their best of three series got underway in the opening round of Long Lake Hockey League playoffs.

As first place Drake and second place Foam Lake each received an opening round bye while Davidson defeated Watrous in two games to eliminate the Winterhawks from the post-season, Lanigan hit the ice Feb. 16 against Wynyard.

In the first period, the Monarchs registered the game's first two tallies as Austin Linnen and Riley Storzuk pushed the visitors ahead 2-0 through 20 minutes.

In the second frame, Lanigan cut the deficit to one as Trevor Atamanenko beat netminder Adam Jordan and it was 2-1 with 18:28 left. Less than seven minutes later though, the Monarchs regained its two goal advantage as Linnen notched his second of the evening. With a hot stick, Linnen added a third marker, this time with 8:55 to play and Wynyard nabbed a 4-1 advantage. Looking to

get back in the contest, with a power play opportunity, the Pirates connected as Austin Calladine and Elliot Peterson chipped in with the helpers to push the score to 4-2. Then a short time later, with 1:27 remaining, the home crew scored once more as Peterson made it a 4-3 game. Down by just one, Lanigan took aim at tying the game heading into the third period.

In the final stanza, it was the Monarchs who struck first as Tyler Kreklewich scored less than a minute after the third started and with 19:04 remaining, it was 5-3. Down but not out, Lanigan was assessed a penalty; however, while shorthanded, Peterson scored his second of the night and with 8:27 left, the Pirates trailed by just one. Hoping to tie the game at five, the Pirates tugged netminder Mack Shields late in the contest for the extra attacker but it would be Wynyard who scored an empty-netter with less than a minute to play to take a 6-4 win. Shots favoured Lanigan in this one as the Pirates put 33 on Jordan while Wynyard had 32 on Shields through 60 minutes.

After dropping the first

game in the best of three, Lanigan was on the road as the team looked to even the series in Wynyard Feb. 17.

With Mack Shields in net for game two, the Pirates got off to a good start as the team tallied first in Wynyard with 8:33 remaining in period one courtesy of a goal from Austin Calladine. Up one through one, Lanigan continued to press in the second and with some solid saves in net, up front, Calladine notched his second of the contest to give the team a 2-0 advantage. Leading by a pair, that was all the scoring through 40 minutes as both clubs headed into the third period with Lanigan ahead.

In period three, it would not be until 5:27 left when Wynyard struck with its first of the game as Riley Storzuk scored to cut the deficit to one. Up 2-1 and late in the game, Lanigan tried to push to the end of the period but with 29 seconds left on the clock, the Monarchs tied the contest as Ryan Cruse made it a 2-2 game.

Forcing overtime, Wynyard looked to close out the series in extra time while Lanigan took aim at forcing a third game.

In the first overtime

period, teams traded opportunities but both Shields and Adam Jordan were up to the task as they both shut the door. After the first extra frame, both clubs hit the ice for the second overtime period and this time there would be a winner decided.

With each team trying to notch the winning marker, the series would come to a conclusion as Max Gudnason would win it for Wynyard giving them a 3-2 win and a 2-0 series victory. The Long Lake Hockey League season would come to an end for Lanigan while Wynyard advanced to face Drake. In the other series, Foam Lake will take on Davidson.

In provincial action, Lanigan met the Biggar Nationals and according to the Pirate twitter feed, in game one were unable to complete the comeback, losing at home 3-2. In game two of the best of three series, the Pirates led 2-1 through one courtesy of a shorthanded marker from Calladine to give the team its one goal lead. Lanigan then chipped in two more and had a 4-1 advantage through two periods while leading in shots 25-19. In the third, the



Lanigan captain Carter Lamont (above) and the Lanigan Pirates faced the Wynyard Monarchs in round one of the Long Lake Hockey League playoffs. After losing the first game at home Feb. 16, Lanigan headed back to Wynyard in the best of three looking to even the series. After Lanigan led 2-0, Wynyard came back late in the third period to force overtime. Eventually heading into double overtime, Lanigan lost a close 3-2 contest and were eliminated from playoff action.

- photo by Daniel Bushman

team held off Biggar to win 4-2, forcing a third game back in Lanigan Feb. 19. Shots through 60 minutes were 31-28 in favour of the Pirates.



“Technology can be a useful tool, but it can also take a toll on your mental health and sleeping habits.

- Cody Fajardo
Quarterback for the Saskatchewan Roughriders

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**MORE THAN JUST
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Sleds ready to roar at first annual Unleash The Draggin' Drag Races

■ *Daniel Bushman*

Organizers are getting revved up as riders from across Saskatchewan, Alberta and Manitoba will be headed to Manitou Beach in early March as part of the first annual Unleash The Draggin' Drag Races.

Taking place at the Resort Village of Manitou Beach and hosted by Manitou Mini Mart, the snowmobile drag racing event on Mar. 12 will be the final race of the year for the 2022 Straightline Snowmobile Racing Association (SSRA).

Gearing up for the day long event, Mike Hayward explained how the high-octane, fast-paced day came to be.

"Last year I started looking into some different events to do during the winter time and had planned on hosting this event last year but due to COVID, it was pushed back to this year. I was still interested in seeing this take place at Manitou Beach so we are going to give it a shot."

Wanting to see all types of sleds in attendance with local racers, amateurs, kids, juniors right up to professionals, Hayward said, "We are hoping to have around 100 sleds and racers from three provinces who will be competing on a 500 foot track. There is multiple different classes with an entry fee to compete. For those wanting to register, they can contact me at Manitou Mini Mart and I can point them in

the right direction. We are also looking for sponsors for door prizes and prize money and volunteers who would like to lend a hand during race day."

Excited about hosting the first annual Unleash The Draggin' Drag Races, Hayward noted the event will be held immediately south on William Street on the first open field to the east at Manitou Beach.

"We plan on doing this every year and have a cabaret, banquet and supper planned for the Saturday event. Spectators are welcome to take in the action and the race day itself is geared to families and kids of all ages. We hope to see lots of people there."

Lanigan senior girls advance to regionals

■ *Daniel Bushman*

After advancing to Horizon School Division Districts, the girls senior curling team from Lanigan took aim at a championship banner while setting its sights on a regional berth.

Competing in Wadena Feb. 11 and 12, the rink from Lanigan beat Ituna in its first draw. Looking to defeat Wadena to advance to the A-side final, Lanigan came up short but rebounded on the B-side to once again defeat Ituna. In the final, facing Wadena, Lanigan

was unable to defeat their counterpart; however, both rinks moved on to the regional event Mar. 4 and 5 as Lanigan took home the B-side title.

In the mixed event, Watrous started its run to a regional berth against Foam Lake. In that draw, the blue and gold defeated its counterpart and advanced to meet Watson. Looking to make it two straight, Watrous once again came through, moving to the A-side final where they would once again meet Watson after that rink

defeated Foam Lake on the B-side. In the district final, Watrous ran the distance and made it a sweep of the bracket, taking home the district championship and moving on to regionals. Watson, who was named the B-side winner, also moved on to regionals.

On the boys side, it was Bellevue defeating Muenster in the final as both rinks advance to regionals.

In doubles, Imperial lost to Strasbourg and Wadena while Strasbourg defeated Wadena to take the district championship.

Junior rinks compete for district titles

■ *Daniel Bushman*

Qualifying for districts within Horizon School Division, a few local junior curling teams including Lanigan were ready to rock as rinks competed in Ituna Feb. 15 for a chance to earn a district title.

On the girls side, Muenster and Humboldt defeated Lanigan while Muenster got past Humboldt and was named the district winner.

In doubles, Strasbourg beat Nokomis and Lanigan while Nokomis would defeat Lanigan as Strasbourg would go on to win the district title.

On the boys side, Nokomis lost its opening draw to Wynyard and then to Quill

Lake as the team's district run came to an end. Wynyard would go on to defeat Humboldt to take the district title.

For the Watrous junior mixed contingent, they advanced to districts after winning the pre-district A-side final over Raymore. In Ituna, Watrous took on Humboldt Collegiate in its first draw and after a victory, moved on to face Foam Lake. In that match up, Watrous once again prevailed, winning the A-side bracket and awaited the B-side winner. On the B-side, after losing to Watrous, Foam Lake faced Raymore and were able to advance setting up a rematch against the blue and gold.

In the district final, Watrous would defeat Foam Lake to win the championship.

SHA outlines next steps at facilities following COVID-19 changes

■ *media release*

Effective Feb. 14, 2022, the Saskatchewan Health Authority (SHA) removed the Proof of Vaccination or negative test mandate for visitors and essential family support in all of its facilities, long-term care homes and affiliates.

This means that the public will no longer need to supply

a valid proof of full COVID-19 vaccination or negative COVID-19 test to enter a SHA facility, long-term care home or affiliate.

This does not mean that the COVID-19 pandemic is over but indicates a necessary transition towards living with COVID. Transmission of COVID-19 and its variants will continue to pose a risk throughout the province. Residents are encouraged to make their own personal risk assessment when accessing SHA facilities.

As of Feb. 14, there will be no changes to the masking, screening and family presence directives in SHA facilities. When you enter a facility, you will be expected to:

- Wear a medical grade face mask for the duration of your stay in the facility. Facilities include all hospitals, vaccine

clinics, out-patient clinics etc. Failure to wear a mask may result in being denied access to the facility. Patients will continue to be able to remove their masks when they are in their own room. All staff in any SHA facility or performing any SHA service, like Home Care and including LTC homes, are still required to follow continuous masking protocols.

- Wash your hands using readily available hand sanitizer at frequent points throughout your visit.

- Answer the COVID-19 screening questions honestly and to the best of your ability.

- Follow Family Presence guidelines. You can see the Family Presence levels on the SHA website.

- Be kind and respectful to everyone. Abusive language and actions will not be tolerated and may result in removal from the facility.

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TOWN OF LANIGAN PUBLIC NOTICE DRINKING WATER QUALITY AND COMPLIANCE

Information on the Town of Lanigan Drinking Water Quality & Compliance for 2021 is available at the
Town Office, #110 Main Street, Lanigan, SK.

Should you have any questions regarding this information please call the
Town Office at 306-365-2809.

Kelli Timmerman, *Town Administrator*

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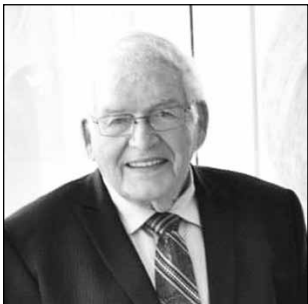
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NOTICES AND CLASSIFIEDS

OBITUARY



**ANDERSON,
Andres "Andy" S.**
Mar. 12, 1928 - Feb. 12, 2022

The family would like to announce the passing of Andres (Andy) S. Anderson on Saturday, February 12, 2022.

Andy was born March 12, 1928 to Sigtryggur and Soffia (nee Einarsson) Anderson on

the family farm, Mimer district, southwest of Kandahar, Sask.

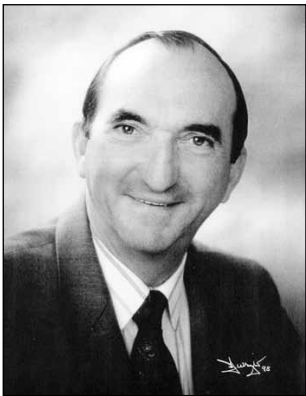
Andy is survived by his second wife Shirley (nee Katz) Anderson, predeceased by his first wife Ellen Aldis (nee Auchstaetter) Anderson, mother of his five children, seven grandchildren and 10 great-grandchildren: **Pamala** (Larry) Briske and family Shannon (Jill) Briske; Byron (Danielle) Briske, and Meagan Briske (Dean); **Laurel** Anderson Reinhart (Tim); **Andrea** (Bruce) Turner and family Tawnya (James) Wawryk, Tracy (Chris) Patrick and Taylor Turner; **Rory** Anderson; **Edward** (Jewel) Anderson and daughter Tiffany (Braydan) Mohns; his stepchildren Joyce (Dan) Stevenson, Danielle (Riley) Woodman, Joel (Maggie) Stevenson, and David (Karen) Katz and their children Riley, Brock, and Eric; and he is also survived by his sister Aldis (Ernie) Miller.

Andy was predeceased by his parents Sigtryggur and Soffia Anderson, and 10 of his 11 siblings.

A funeral service for Andy was held on Saturday, February 19, 2022 at 2 p.m. at Hillcrest Funeral Home (210 Wess Road Saskatoon, Sask.).

Memorial donations in Andy's memory may be directed to the charity of your choice.

To view the livestream of Andy's service and leave condolences for the family, please visit www.hillcrestmemorial.ca.



**ROTH,
Albert**
1941 - 2022

Mr. Albert Roth of Red Deer, Alta. passed away at the Red Deer Regional Hospital Centre on Thursday, February 10, 2022 at the age of 80 years. Al was born December 23, 1941 in Medicine Hat, Alta. and was raised in the Medicine Hat area. He attended the University of Alberta

and graduated with a Bachelor of Science Degree in Electrical Engineering in 1964. Al's career started with Calgary Power in Calgary, Camrose and Red Deer for a total of 15 years, and then with the City of Red Deer as the Superintendent for the Electric Light and Power Department for 27 years. Al was a faithful and loyal servant in his work, and would often say that if you choose a job you love, you will never work a day in your life. He served on several Church Boards and was a member of several work-related organizations. Al loved to garden (especially on the acreage), read, travel, spend time with his grandchildren, and most of all, he loved being with his family. He enjoyed listening to country and gospel music and was fond of baseball and fishing. Al always took time to stop what he was doing to help anyone in need with moving, repairs, driver training, running errands and chauffeuring about town. He faithfully flipped burgers and washed dishes every Wednesday night for the past 13 years, at a community BBQ, rain, snow

or shine. Al will be remembered for his amusing stories, his joy for life, his jokes and practical jokes, often being on the receiving end of such, and enjoying it to the full. Al was raised in a Christian home and lived out the moral and spiritual principles of a Christ-centered faith throughout his life. His life verse was "Be faithful until death and He will give you the crown of life", Rev. 2:10. Al lived life to the fullest in service to God, family and his ever-extending circle of friends.

Al will be lovingly remembered by his loving wife of 54 years, Marlene, his two children, Richard (Celine Danis-Roth) and Joanne (Ronald) Walokoff and his three grandchildren, Connor, Sophia and Chloe. He will also be sadly missed by his sister, Margaret Herter and his six sisters-in-law; as well as numerous nieces, nephews, dear friends, and he was a father figure to many.

Al was predeceased by his two infant sons, David Albert Roth and Jonathan Roth, his father, Michael Roth, his mother, Emily Bertha (Wahl) Roth, an infant sister, Frieda Roth, his father-in-law, Albert W. Rode, his mother-in-law, Bertha Rode, and numerous aunts, uncles, cousins and many in-laws.

A Celebration of Al's Life was held at Streams Church, 5350 - 46 Avenue, Red Deer, Alta. on Sunday, February 13, 2022 at 3:00 p.m. While his spirit is with Jesus, Al's earthly shell has been laid to rest in the Garden of Peace, Alto Reste Cemetery, Red Deer County, Alta.

Condolences, memories and photos may be shared and viewed at www.parklandfuneralhome.com.

Arrangements in care of Parkland Funeral Home and Crematorium, 6287 - 67 A Street (Taylor Drive), Red Deer.

OBITUARY

IN MEMORY



MANYK - In loving memory of our dear Harvey who passed away Feb. 22, 2021. Forever in our hearts.

I'm writing this from heaven where I dwell with God above
Where there are no more tears or sadness. There is just eternal love

That day I had to leave you, when my life on earth was through
God picked me up and hugged me and he said "I welcome you"

Then God gave me a list of things he wished for me to do
And foremost on that list of mine is to watch and care for you
And I will be beside you every day and week and year
And when you're sad I'm standing there to wipe away the tears
And when you lie in bed at night, the day chores put to flight
God and I are closest to you in the middle of the night
There are rocky roads ahead of you, and many hills to climb
And together we can do it taking one day at a time
And when you're walking down the street and you've got me on your mind

I'm walking in your footsteps, only half a step behind
And when you feel the gentle breeze or wind upon your face
That's me giving you a great big hug or just a soft embrace
And I will always love you from the land way up above
We'll be in touch again soon. I send you all my love.

- Forever loved and sadly missed by Barb, Dave and family, daughter Stephanie, Isaac, Stewie and Lady.

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COMING EVENTS

HALIBURTON COMMUNITY Club Poker Derby, Sun., Mar. 6, Haliburton Hall (12 miles south of Jansen or 10 miles east of Lockwood). Registration 11 a.m. to 1 p.m. No starts after 1 p.m. All riders must be in by 4 p.m. Hands 1/\$5; 3/\$10; 7/\$20. 50% payout. Four prizes plus Mystery Hand. Door prizes and raffles. Lunch and refreshments available. For more information contact Dustin Lynch 306-365-7351, Jack Robson 306-365-2004 or Darin Pedersen 306-528-7997. ***To enter hall, proof of vaccination or negative COVID test will be required.***/6-5c

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LANIGAN ADVISOR IMPORTANT DATES

Lanigan Advisor (Watrous office) is on holidays Monday, Feb. 21 to Friday, Feb. 25.

There will not be a paper Feb. 28. Next issue will be Mar. 7.

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With an opportunity to have some fun while learning how to skate, a contingent of youngsters have been taking part in this year's Lanigan Canskate program. With the province's COVID-19 guidelines allowing for people to utilize the arena in Lanigan, organizer Kaylyn Bartel said the season began during the first week of November with around 36 skaters and runs until mid-March.

Choosing whether they would like to participate once or twice a week, skaters range in age from as young as two years old up to 11 years old. "The kids always progress so quickly during the year. It is a lot of fun for them and we really appreciate our head coach and instructors for teaching kids the skills they need to be able to skate."

- photos by Daniel Bushman



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With COVID-19 guidelines different than in 2021, the arena in Lanigan has been a hub of activity this season. Following the guidelines set out by the province, with a number of teams including the Lanigan Pirates U9 contingent hitting the ice, the community has also welcomed other clubs from the area. As part of that, recently one of the Watrous U9 teams headed to Lanigan to play (pictured) and judging by the smiles on the faces of those on the ice, it was a fun time.

- photos by Daniel Bushman



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