

LANIGAN ADVISOR

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Lanigan, Saskatchewan

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Canucks claim provincial title on home ice

■ Daniel Bushman

Seeking back to back Senior A provincial championships and with fans packing the Drake Sportsplex for game two, the Drake Canucks took aim at winning a second consecutive title on home ice. Just like last year’s provincial win against Meadow Lake, the Drake Canucks sought a sweep against the high-flying Wynyard Monarchs Mar. 19.

With a massive opening series win over Kindersley (3-2 and 4-1) followed by a deciding third game 7-3 victory over Hafford/Edam, the Canucks met Wynyard in the Senior A provincial final where they came back to edge the Monarchs in game one 5-4. Looking to duplicate its opening game heroics from Wynyard, Drake played host for game two Sunday, Mar. 19 at 5 p.m.

As was the case against Meadow Lake in 2022,

spectators had to arrive early as hundreds of people took in the contest. With the arena buzzing well before game time, following warm ups and O Canada, the puck was dropped and game two officially got underway.

Hoping to avoid a slower start like in game one, Drake found itself in penalty trouble early on. Wanting to even the series, the Monarchs went right to work on the power play as Kohl Bauml tallied just 1:36 into the frame. With Drake netminder Calvin Bartel down to make the initial save, as players jostled for position near his crease, he ended up flat on the ice and well out of his net following the goal. After the marker, officials gathered to talk about whether a goaltender interference call should be assessed and the goal disallowed. Following a brief discussion, the goal stood and Wynyard led 1-0. (see page six: **CHAMPS**)

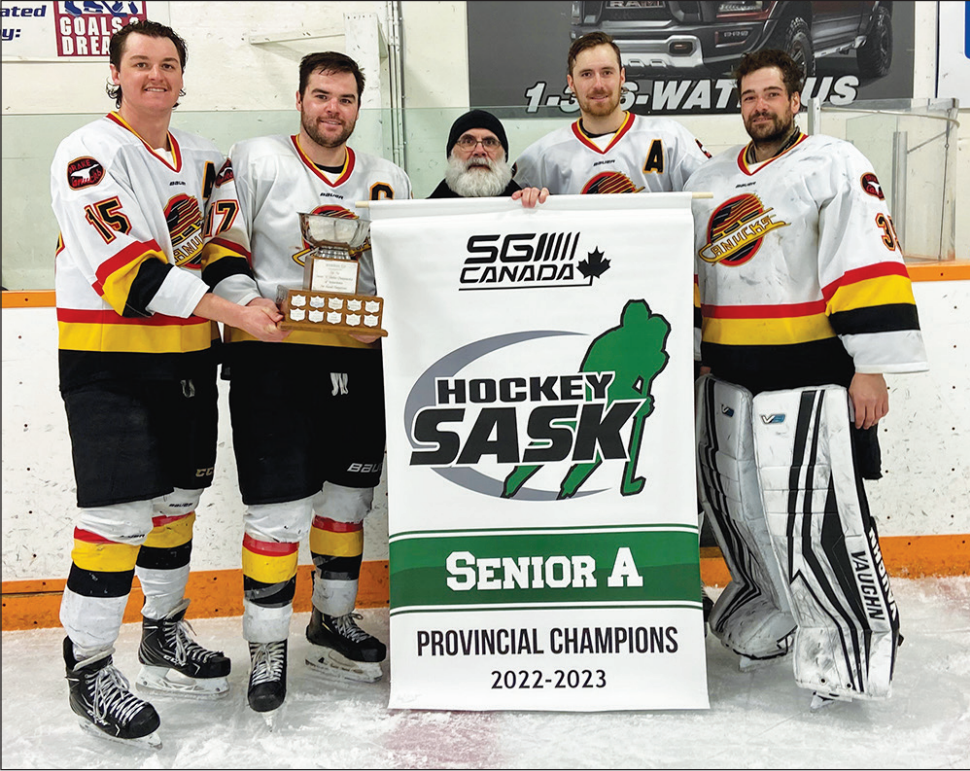


Provincial Champs

On home ice, the Drake Canucks captured the Senior A provincial title with a game two 5-4 victory over the Wynyard Monarchs. The championship made it back to back Senior A titles for Drake and for a number of players who were on the team last season. For others, it was their first Senior A provincial win as they joined the team this year. Pictured back row (left to right): Darren Blair, Duane McLaren, Bob Bergen, Karstin MacDonald, Austin Calladine, Nolan Blair, Emmett Scheidt, Isaac Shacher, Catlin Gusikoski, Carter Hansen, Nayte Zip, Terrell Draude, Maguire Scheidt, David Stumborg, and Scott Blair. Middle row (left to right): Andrew Johnson, Zach Zadorozniak, Carter Coben, Maguire Blair, John Lawrence, Trey Daelick, Eric Roy, Austin MacDonald, Justin MacDonald, and Steven Toporowski. Front row (left to right): Calvin Bartel, Cameron Blair, and Travis Mayan. Missing: Mason Briske.

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- photos by Daniel Bushman



Lazers head to HOOPLA

■ Daniel Bushman

Not only has it been a tremendous season for the Lanigan Lazers seniors girls basketball team, ranking number one in the 3A girls division, but through hard work, dedication and perseverance, the group advanced to the province's biggest stage in Prince Albert. Earning the opportunity to compete at HOOPLA, before making it to provincials Mar. 24, the Lazers captured a title at 3A Girls Conference play in Wynyard and returned to familiar surroundings at Lanigan Central High School for Regional action. Taking over the number one seed from Wynyard following an upset win during 3A Girls Conference, Lanigan entered

Regional competition Mar. 17 and defeated number 16 seed Rosthern 111-36 in game one. Moving on to face number eight seed Creighton, the Lazers won 87-48 to punch its ticket to HOOPLA. Winning at home, coach of the Lazers Lindi Stroeder said the Regional event in Lanigan was a huge success as the community came together to support it. As for her team moving on to the provincial championship bracket, Stroeder said great crowds and home court advantage at Regionals benefitted the team. "It was also the first ever Regional Championship hosted (to our knowledge) in LCHS history! Being able to celebrate our win with all of our local fans was really special. I am so proud of this

team. This team has worked so hard and really came together to create an amazing team environment!" With a first place ranking following a victory over Wynyard in the Conference final a few weeks ago along with Regional wins at home, the Lanigan contingent were able to maintain the number one seed heading into HOOPLA. Stroeder shared how hard work during Conference play allowed them to reach the top ranking and then keep it during Regionals. "Going into the final against Wynyard in Conference, I told the girls we needed to keep the game close so we would be able to vie for a top four ranking. My girls played exceptionally well, and we managed to upset Wynyard and take the first



- photo used with permission

place ranking. We are very excited to be ranked one and are hoping to keep it!"

Heading into HOOPLA, the biggest stage for high school boys and girls basketball, Stroeder said it provides a really unique experience and opportunity as all of the top teams in the province compete in one city. "We are excited to watch a lot of good basketball and also excited to experience this provincial championship! It is a rare experience not many get to experience." At HOOPLA in Prince Albert, Lanigan was scheduled to face number five ranked Unity in game one at Carlton

Comprehensive Mar. 24 while number two ranked Wynyard was to play number six ranked St. Walburg. The winners of those games were slated to meet in the Mar. 25 final while the teams who lost were to play for bronze. On this year's Lanigan Lazers team, the players include: Kya Wildeman, Bayli Focht, Reese Stroeder, Rhea Martinez, Reese Wildeman, Montana Kulchyski, Chloe Mills, Anna Heinbecker, Cara Knudsen, Tessa Jones, Chloe Melin, Brooke Richels, and Brooklyn Sereda.



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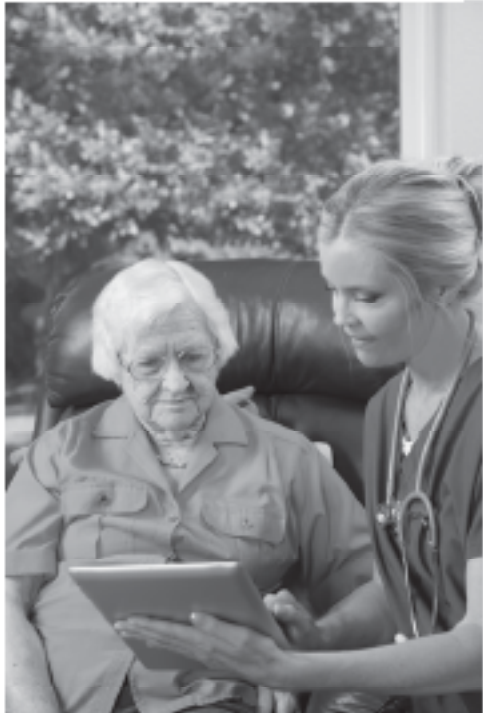
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Duties include answering phones, managing Serenity Spa reservations and performing cashier duties for both the Spa and the Mineral Pool.

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HEALTH 2023-24 BUDGET

A record \$6.9 billion health budget ensures Saskatchewan's health system is making investments that work for everyone.



- \$55.5 million as part of Government's nearly \$100 million commitment to recruit, train, incentivize and retain healthcare workers and physicians in communities across the province
- \$39 million increase for initiatives to help seniors age within their communities and provide the supports they need
- \$42.5 million to address surgical wait times by adding 6,000 more procedures
- An additional \$7 million for more specialized medical imaging procedures, allowing 10,500 CT and 4,700 MRI scans
- \$8.8 million to enhance and stabilize emergency medical services in rural and remote areas including support for an additional 33.19 full time equivalent positions in 27 communities across the province
- \$12.4 million increase for a record \$518 million for mental health and addictions

The 2023-24 budget will hire more healthcare professionals, perform more surgeries, improve emergency medical services, and strengthen the healthcare system across our growing province.

RCMP Report

National Impaired Driving Prevention Week

Mar. 19 to 25, 2023 marked National Impaired Driving Prevention Week, when police, government and community organizations worked to raise awareness about the risks and consequences of impaired driving.

"I wish we didn't have to continue to warn the public about the dangers of impaired driving. We know it's dangerous. We know its tragic consequences are 100 percent preventable," said Supt. Grant St. Germaine, the officer in charge of Saskatchewan RCMP Traffic Services. "But we continue to find impaired drivers on Saskatchewan's roads."

In January and February 2023, Saskatchewan RCMP and Combined Traffic Services Saskatchewan (CTSS) officers arrested 138 drivers who submitted breath samples over the legal limit and charged them under the Criminal Code. Some of these drivers were well over the legal limit of 80 mg of alcohol in their blood, which is the threshold for a Criminal

Code impaired driving charge: 66 drivers provided samples at least twice the legal limit; 12 drivers provided samples at least three times the legal limit; and two drivers were at least four times the legal limit.

"We're releasing these numbers to show you that people are continuing to get behind the wheel when it should be clear they shouldn't be. These results demonstrate why events like National Impaired Driving Prevention Week need to continue," Supt. Gt. Germaine says. "Everyone needs to take responsibility and ensure that they, and those around them, are not driving when they are impaired by alcohol or drugs."

Remember: If you will be consuming products which result in impairment, such as alcohol or cannabis, have a designated driver assigned or plan to take a cab or transit. If no safe ride is available, stay the night and drive only when sober; Don't take a chance. If you question whether you are "too impaired to drive or not", you likely are; Don't let friends or loved ones drive while impaired. If you have concerns about someone's ability to drive safely, share them calmly and rationally and offer alternative options; and if you see a suspected impaired driver, pull over and immediately call 911.

Food drives provide support for local food bank

■ Daniel Bushman

Following a heartwarming 2022 where people stepped up in a big way to support the Lanigan and District Food Bank, 2023 has picked up right where last year left off.

Operating out of its location next to the post office at the Carlton Trail Mall, spokesperson for the local food bank, Kathy Williams shared people, schools and organizations have been supplying much needed food and monetary donations.

"There have been a number of great people who have put on various food drives to keep our shelves stocked this year. Vince Wiegiers, a former resident of Lanigan, received an award and chose to pay it forward. He generously donated \$750 on behalf of Manual Life."

In addition to Wiegiers' generosity, Williams added in Drake, the school held a food drive, collecting 179.8 pounds of food for the local non-profit organization. Drake Winterfest was able to collect 50 pounds of food and donated a cheque on behalf of SaskPower for \$1,000.

Lanigan was also busy lending its support to the food bank as Lanigan Central High School Student Leadership Council held a four day drive featuring a different focus each day. From that, Williams said school co-presidents Finlee Renwick and Trinity Srochenski along with SLC member Jayden Morningstar dropped off 305.6 pounds of food and hygiene items.

"From all of those donations, we received a total of \$1,718.63 of food value and \$1,750 through



- photos submitted

monetary donations. Last year we received just over one ton of food and produce including stored potatoes every two or three months. That was a huge saving for

us and now this year with these recent donations, that allows us to save on costs. We are sincerely grateful to the communities and those who support us each year."

DUST CONTROL NOTICE

RM of Usborne No. 310

The RM of Usborne No. 310 will be applying calcium chloride at yard sites this spring.

This product is available to Usborne ratepayers only, for roads within RM 310 jurisdiction, at an approximate cost of \$0.34 per litre. There is also a fee of \$0.68 per metre for site preparation.

Please visit www.rmusborne.ca for dust control policy details, including staking desired areas.

In order to receive product, you **MUST** contact the office at 306-365-2924 or rm310@sasktel.net to be put on the list prior to Friday, April 7th, 2023 at 12:00 p.m. (no exceptions)

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It has once again been brought to our attention that a number of subscribers have not been receiving their Lanigan Advisor in a timely manner, specifically in Jansen. Please know that the Lanigan Advisor takes this very seriously and have reached out to Canada Post. Nothing has changed from our end in how we label and distribute our papers each week and the postmasters at each location have done an incredible job in making sure the papers are placed in mailboxes as soon as they arrive at their locations. To the best of our knowledge this is a delivery issue and not one from the Lanigan Advisor nor the post offices which receive the papers. The Lanigan Advisor understands the importance of receiving the paper in a timely manner and apologizes for the frustration and inconvenience this has caused. We spend a considerable amount of money on postage each week to ensure our papers are delivered quickly and so we are equally as frustrated as you are and hope this situation will be resolved shortly. Thanks for your understanding. - Daniel Bushman/Lanigan Advisor

WHEATLAND REGIONAL LIBRARY

Monday & Wednesday
3 p.m. - 7 p.m.

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Tuesday, 11 a.m.

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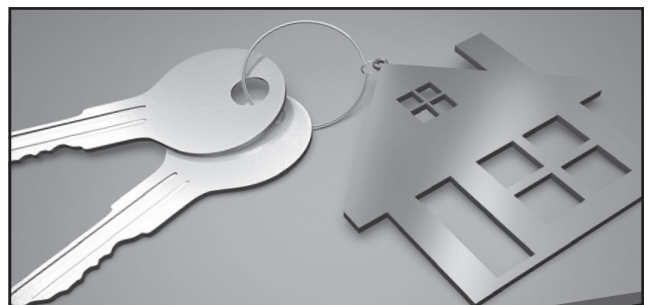
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Jansen

Louise Shannon

Mar. 20 was World Down Syndrome Day. The people I know are very sweet and can do many things. Sorry, but Mrs. Seifert was not at the library but her cookies were. Do not forget the cabbage roll and perogie supper Apr. 3. Quilting and bowling will be over next week for the spring and summer. Happy birthday to Grace Larre, granddaughter of Dean and Gail Schroeder. Mar. 23 was the first day of above zero.

Prairie Rose Bowling



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Thursday Mixed Mar. 16 LHS: Glenda Blyth, 156 LHT: Glenda Blyth, 422 MHS: Greg Paetsch, 257 MHT: Greg Paetsch, 536 Monday Mens Mar. 20 MHS: Bruce Elke, 219 MHT: David Arnst, 594 Wednesday Ladies Mar. 22 LHS: Linda Kinzel, 224 LHT: Linda Kinzel, 597

Viscount

Sandra Reid • 306-227-1193

What an awesome picture Mary Joan captured from her yard (picture below). I was amazed to see the white fox was still hanging around, not only that, but it seemed to be friendly with the deer. Monday night, I did see the deer over by the car wash, but did not see the fox.

The Viscount Central School Kindergarten class enjoyed some leprechaun fun with Mrs. Jantz.

We had a water line break in Viscount Mar. 17. It was in our area of town, so we managed to see some of the work that had to be done to do the repair. Amazing that a machine can dig down so far into the frozen ground. It was a long cold day for the workers, but much appreciated by the people in town to have our water turned back on for the weekend.

Monday, Mar. 20 (it was hard to believe that it was the first day of spring), the Blankets for Canada ladies had a very fun afternoon at the Viscount library. One of our 'old members' motored out from Saskatoon. She came out for a lovely visit and stayed to sew with us, so there was much catching up to do. There were seven ladies busily working on blankets and we really did a lot of work! We are sill trying to make adult-sized blankets as we know there is such a need still. Please feel free to drop in for a visit or even to sew with us Monday afternoons at the Viscount library. For more info, call or text Evelina at 306-281-8196.

Looks like it is very possible that the Easter Bunny will have to leave the eggs in the snow banks this year. I am pretty sure that last year the yards were just about cleared of snow.

We are moving into the month of April with hopes of getting outside to enjoy some spring air and do some yard work. I believe two years ago we went camping at the end of April.



uncomplIcATed - And This One Is All Mine!!



by Arlene Martin

Walking home from school he blends in with all the other teens. Trying hard in dress and manner to be another photocopy of the gang. He needs a hair trim, new sneakers and his jacket sleeves hide the bicycle chains wrapped around his wrists. But should he look like I want him to, he would lose his momentary uniqueness and have trouble 'finding himself' in this troubled old world.

His language and hand writing could use more time, more detail. His bedroom is so messy, it's scary. Sometimes I question whether he is typical. Then I realize he hasn't had many years at all to become 'polished'. He is typical whatever that means but far more than that, to me his is special.

Sometimes we have words and after we both feel rotten. Then he will tidy the kitchen, shovel the driveway, vacuum the stairway and his behaviour is repentant. No grudges. No hard feelings or hidden agenda. I am reminded that Heaven isn't finished with him and it's my job to love him as he is at the moment. Moment by moment, day after day as long as this mother breathes.

We've gone through too many hard times that most

(I wrote this when 'said' son was in grade 10. Can't believe it's almost 45 years ago!)

He stood before the judge, shoulders bent, head down, mustering courage on cold unfamiliar ground. To anyone else he was just another lanky awkward teenager who found himself in some trouble. But to me - oh, he was everything I lived for and my dreams for him soared.

people don't know about in the short span of years and he feels them. He can't fix them and gets frustrated and can't talk about what he is feeling or thinking. I always wish he could. When he gets jiggly, paces and touches everything in sight and snaps at his brother - I remind myself he is coping the best he can and the only way he knows how. He's trying to figure out his place and where he belongs. The world is getting bigger, his future is looming - appealing, but also scary.

His table setting manner is fast and everything a table setting shouldn't look like. When he's said he's cleaned his room and made his bed, rather than interrogate about it, I just assume he likes it that way and it's his space. But give him a wrench, a screw driver and something broken, he shines!

He is awkward and shy in public and at this particular moment in his years, he favours his father and is possessive of dads' time. He has an insatiable appetite and he's very accomplished at losing things. Especially time.

There's nothing spectacular to single him out of a crowd and some teachers let me know by phone they are concerned about his future and his academic lackluster. But as he stands before the judge, willing to accept his fate, I blink back hot, painful tears. I know this kid. His potential is limitless and this stage he is in, will pass.

Our neighbours tolerate him, his brother often loathes him, classmates ignore him, my friends are glad their kids aren't like him, the judge judges him - but they don't know him like his mama. His years left in our home are so rapidly diminishing and even though he does everything to be utterly unlovable - I know different. He is ALL mine and one day he is going to show everyone, he's going to be everything his mama knew he would be.

(Today this man makes stunning steel sculptures from scrap metal. If you get a minute check out his variety of steel tulips, calla lilies, prairie lilies and other stunning creations: FLORES AETERNI (steelartistrybyross.blogspot.com))



Look What's Cooking by Laura Novecosky

Dumplings for any kind of soup

Ingredients: 1 egg ¼ tsp. salt ½ tsp. baking powder ½ cup milk 1 ½ cups flour

Directions: In small bowl beat egg, then add salt and baking powder while continuing to beat using

a fork. Add milk and beat again. Add flour and make a very soft dough. Mix well, then drop into boiling soup in about ½ tea-spoon size and cook for two to four minutes. You can also cook separately in boiling salted water and transfer to any soup when it is heated up. I have made dumplings for years but minus the baking powder - these make a wonderful soft dumpling.

LANIGAN ADVISOR

Daniel and Kim Bushman, publishers and editors Laurie Regier, typesetter/customer service Alexandra Goodrich-Dengler, creative/advertising Watrous Office Contact Information: Box 100, 309 Main Street, Watrous, Saskatchewan S0K 4T0 Phone: 306-946-3343 Fax: 306-946-2026 email: twmadvisornews@gmail.com

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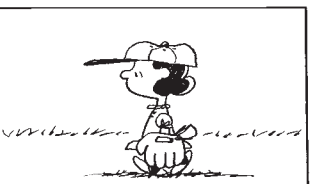
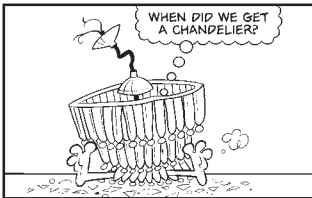
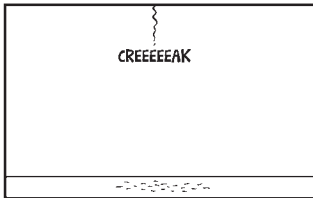
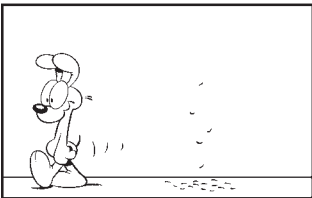
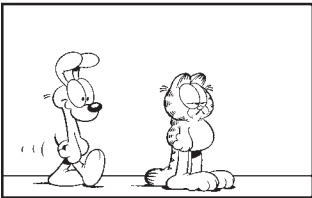
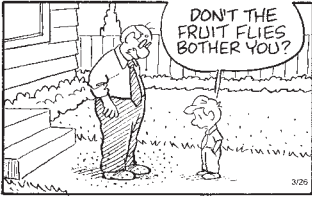
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Just for Fun



UNIVERSAL Sudoku Puzzle

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

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

DIFFICULTY RATING: ★★★★★



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Universal Crossword

ACROSS

- 1 Vegetable in rosolje or borscht
5 "___ Let the Dogs Out?"
8 "OOH, mine!"
12 Dishonest person
13 Timely benefits
15 Muslim leader
16 Aptly named autopilot in "Airplane!"
17 "Over the Rainbow" composer Harold
18 "This looks like trouble ..."
19 "Where was my mistake?"
22 Word after "pig" or "bull"
23 Extra WNBA periods
24 Brief org.
25 Badminton court divider
26 Call for pizza, say
28 AAPI Heritage Month
30 Campfire treat
32 ___ and Bass (apt name for a seafood restaurant)
33 Auditors' agcy.
34 Buffalo groups
35 Like a bug in a rug
36 Bothered incessantly

- 38 Parking place?
39 "All right, we get it!"
42 "___ So Fine" (Chiffons tune)
43 Organ for appreciating organ music
44 Name also spelled with "ea" or "haw" in the middle
47 Holey kitchen item
51 Complete package
56 Sonoran greeting
57 Artifact
58 Snow queen of Arendelle
59 At any time
60 Island country north of Libya
61 Resounding defeat
62 Patch up
63 Lustrous quality
64 Part of the Timberland logo

DOWN

- 1 Gum-filled suckers
2 "Both options work for me"
3 Dine, then dash
4 Dressage horse's gait
5 Crossword constructors, say
6 Hindu festival of colors
7 "Limited time only" promotional event

- 8 Chanel rival
9 "Thank you for the recognition"
10 When everything goes perfectly
11 Certain vehicle emissions exam
13 Worm on a hook, e.g.
14 One may pooh-pooh cheap wine
20 Fish found in a 2016 sequel
21 Do, as the dishes
27 Waffle brand
29 Zone
31 ___ Verde National Park
36 Developmental standards
37 Where to keep what you'd rather not keep
40 "Nope"
- 41 Only four-letter Great Lake
44 Forceful push
45 "To ___" (Poe poem written, oddly enough, for Jane)
46 Gold star, e.g.
48 Movie critic Roger
49 Medal-worthy mettle
50 Come next
51 They/___ pronouns
52 Chef ___ Chase, aka the Queen of Creole Cuisine
53 Woods who said "I don't need back-ups. I'm going to Harvard."
54 Internet destination
55 Fence opening

FOR ANSWERS
TO SUDOKU AND
CROSSWORD,
SEE PAGE 13

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3/26

Themeless Sunday 28 by Adrian Johnson

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(from front page: **CHAMPS**)

Down by one, Drake looked to respond during a tense first period. Waiting for the right break, with just over two minutes remaining, the Canucks had a great chance to tie the game. Unable to connect, a couple of players got caught deep in Wynyard territory and the Monarchs scooped up the puck and barrelled down the ice. With an odd-man rush, Josh Jordan and Kohl Bauml set up Jesse Forsberg in the high slot and he was able to make it 2-0 with 2:10 to play.

Despite the late period marker, the Canucks quickly replied, connecting with one minute left as assistant captain John Lawrence made it 2-1. With the crowd in a frenzy, the volume was turned up even louder as the Monarchs were assessed a penalty which carried over into the second period.

As teams left the ice following the opening 20 minutes, spectators remained where they were so as not to lose their spot. Following a flood, the two clubs returned to the ice and the Canucks took aim at tying the game on the power play.

With shots all knotted up at 10 a piece through the opening frame, after the puck dropped to signal period two, Drake headed right into Monarch territory. Going to work with the man advantage, 57 seconds after the middle stanza started, the Canucks connected as Travis Mayan scored from Isaac Schacher and John Lawrence to make it 2-2.

Back to even on the scoreboard, momentum shifted Drake's way and they began to take over in the shot department. Despite out shooting Wynyard in the early going of the second period, the Monarchs were able to collect the next goal as Alex Forsberg slid one past Bartel with just under 14:30 left to retake the lead.

While the Canucks found themselves down, once again it did not take long for a reply. With 13:52 left on the clock, Eric Roy received a feed from Travis Mayan and he blasted the puck into the net to tie the game at three.

A physical contest throughout, things continued to heat up in period two as Wynyard was assessed five penalties while Drake received two. Putting the teams four on four for part of the middle frame, each had more space to maneuver. With players from both sides coming and going to the penalty box,

the Canucks eventually would get a power play and went to work. With 12:38 left, just 1:14 after Roy's goal that tied the game, the defenceman spotted Blair and the captain pushed his team ahead.

Leading 4-3 and outshooting Wynyard 17-12 to that point, Drake remained on the power play. Working in the Monarch zone and with 11:06 on the clock, Blair once again got the puck from Roy, this time at the side of the net. With the goalie and a pair of defenders anticipating a shot from the blueliner, Roy instead sent it to Cameron, fooling everyone, and Blair made no mistake to give his team a 5-3 lead. With the secondary helper going to Mayan on the club's fifth goal, the trio of Cameron Blair, Eric Roy and Travis Mayan all contributed on the last three markers, coming in a span of 2:54.

Up by a pair, Drake held Wynyard off the scoreboard for the remainder of the frame and at the buzzer outshot its opponent 23-20 through 40 minutes and 13-10 in period two.

Knowing there was just 20 minutes remaining and hoping to secure the win, the Canucks came out focused in the third. With Roy and Schacher controlling the puck, the pair were able to take valuable time off the clock for a good portion of the period. With good puck movement and playing more cautiously, Drake kept the contest in hand until late in the stanza.

With less than three minutes to go, the Canucks were assessed three high sticking calls, one with 2:39 to play, a second with 2:29 on the clock and a third with 1:04 to go. Those would put the team down two players and provide the Monarchs with the opportunity they needed to tie the game.

Hoping to notch a pair of goals while looking for a third, with less than two minutes to play, Wynyard tugged its netminder to make it a six on three advantage. Hemming Drake in its own end, the Monarchs connected with 1:40 to go as Alex Forsberg and Jesse Forsberg set up Parker Thomas to make it 5-4. Still with a power play, Wynyard took aim at tying the game and 40 seconds later, would be aided by a high sticking infraction to Drake.

On pins and needles and up by one, the home fans nervously watched from the stands as the Canucks went down two players with 1:04 remaining. Having only three defenders on the ice for Drake, a flurry of chances by Wynyard put everyone on high alert. Filling their lanes

and with Bartel standing tall in net, the Canucks were able to get possession of the puck, clearing the zone. With time running out, the Monarchs gave one last effort but Blair snagged the puck and drove deep into the opposing end, pinning himself in the corner and letting the clock wind down.

At the buzzer, the Drake Sportsplex erupted as the Canucks secured a thrilling 5-4 win, sweeping Wynyard in the Senior A provincial final to collect a second straight championship on home ice.

With sticks and gloves flying in celebration and fans cheering on their team, the win marked Drake's second ever Senior A provincial title. In recognition of the effort from both sides, provincial plaques were handed out, and a banner and trophy were presented by Hockey Sask General Manager Kelly McClintock.

The win at home gave Drake its 13th senior title, previously winning Senior A in 2022, Senior B in 2012, Senior C in 2010 and 2005, and Senior D in 2013, 1996, 1995, 1994, 1990, 1978, 1976, and 1974. While no other team in Saskatchewan has won A, B, C, and D, according to Hockey Sask, Drake ranks only behind Kindersley (15) and Shellbrook (14), and now tied Wilkie (13) for total overall senior titles.

Winning five of those championships for Drake as a player and now five as a coach, Duane McLaren said being able to go back to back in Senior A was a special feeling. "It is pretty amazing but we have lost enough times over the years where it feels almost like a bit of relief to win."

With a pair of power play markers in the final game, Cameron Blair said it was exciting to win the championship. "We were going through a lot of teams each series and it could've went either way. We were down against Kindersley in game one and were short players in game two. Hafford/Edam took us to three games and against Wynyard, we were down two goals in both games and found a way in each game to come back and win. It is always exciting to win and pretty special to do."

Reflecting back on the provincial run, McLaren shared that while every round was tough, game two against Kindersley was a key part of the team's provincial success. "I feel that game is where the team figured out what it would take to win and they bought in. That was probably the turning point for the whole run."

Comparing last year's Senior A title to this year, McLaren noted the biggest difference was the team and the new guys that came in. "They fit in unbelievably and I think that has something to do with the dressing room we had. Everybody fit in and worked hard towards the same goal."

Blair also shared how the group comprised of different players from the Long Lake Hockey League came together quickly. "We have had quite a run in with the Foam Lake guys over the past few years since they joined the LLHL

and it was nice to play alongside them instead of against them. As soon as they said they were on board, they were all in. They were coming to every practice and in the city, did everything as a group. It is tough to come together and be such a tight-knit team in a little run like this but I think it would be fair to say we all came together and we all had the common goal and we got it done."

The captain also noted the importance of people stepping up when players would go down to injury. "David Stumborg, a vocal leader and superstar defenceman, broke his hand in game one of provincials and everyone else on the backend bought in and pulled together to make up for David's ice time. In game three against Edam/Hafford, Maguire Scheidt hurt his shoulder taking a hit to make a play to help us punch our ticket to the final. Without guys being able to pay the price and step up for the guys who got hurt along the way, we would not have won anything. It says a lot about the character of the guys in the room."

Another one of those leaders who has been a big part of the team over the years is netminder Calvin Bartel. On the provincial winning squad last year, Bartel was unable to dress in the final game against Meadow Lake but this year got the opportunity to do so and made the most of it.

"You could tell through the whole provincials he was dialed in this year," said McLaren who started the netminder every game. "He was getting that last start no matter what."

Making key saves during the run to the title, once the final buzzer sounded and Drake captured its second straight championship on home ice, Blair knew exactly who was getting the trophy first.

"That was what I wanted to do last year because he had been here for a long time. I know it is not easy being a goalie sometimes where maybe there are nights where you are sick and can't play but you still go in the net. He toughed it out this series and even against Kindersley for game two, I didn't know how he could play but he found a way and stood on his head. To be able to hoist the trophy first, he is a big part of this team and the community."

Along with Bartel's tremendous effort in net, McLaren also echoed similar praise about his captain. "You know you are getting 110 percent every night from him and I think that kind of drives everybody else also."

That was evident in the last game as the Canucks battled back from a deficit and then were able to take the lead courtesy of Blair's two power play markers and hold on for the victory. "That was a very tough game," said McLaren. "Especially when most of our players know a lot of their players. They really wanted to win and they were going to do whatever it took."

Applying pressure right through the contest, special teams were a factor and at the end of the day, Blair remarked it worked out in Drake's (see back page: **CHAMPS**)

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- Manage training needs, performance evaluations and guidance sessions
- Time card management
- Promote and participate in workplace safety and best practices

The candidate must possess:

- A valid class 5 driver's licence, Class 1A would be an asset
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- Self-motivation and the ability to manage multiple projects over the construction season
- Leadership, supervisory, organizational, communication and record-keeping skills

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- Years of experience in construction/ municipal fields
- Current driver's abstract
- Three references

Applicants are invited to submit a resume **prior to 4 p.m. on April 14, 2023** to:
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Work to commence ASAP. Preference will be given to applicants who are able to operate a grader, loader, tractor with mower, scraper, etc. A valid driver's licence is required. 1A or 3A endorsement would be an asset.

Duties include, but are not limited to:

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Seeking successful seeding season

■ Daniel Bushman

While there still remains a lot of snow on the ground making seeding season seem like quite some time away, producers are gearing up for what they hope is a prosperous 2023.

Nicole Montreuil, Government of Saskatchewan Crops Extension Specialist Regional Services Branch, Ministry of Agriculture graciously took some time out of her busy schedule to share about how harvest went in 2022 and what conditions look like heading into seeding.

How did harvest go as a whole for the local area?

Harvest overall went well in the Lanigan and Watrous areas. Lanigan area received more moisture in season so yields were higher in that area with farmers reporting mostly above average yields. Watrous area saw a bit dryer conditions and yields were seen around average. Grain prices were high so most farmers were still happy with the year in central Saskatchewan.

Following harvest and the snow over winter months,

what are fields looking like right now?

Moisture levels right now in the Lanigan area are looking high. Based on our snow water equivalent maps for Mar. 15, 2023, Lanigan area has greater than 120 mm of snow water equivalent. The Watrous area and south doesn't have quite as much and is sitting between 100 to 120 mm. Fields currently are still very snow covered and a significant melt has not happened yet.

Has the winter been positive for producers or is there some concern?

Winter has been positive overall for producers as there were mild temperatures and lots of snowfall. Grain prices are starting to drop so that seems to be the only concern as input prices are

increasing/staying quite high.

When does seeding usually start and where are things at in that regard?

Seeding usually starts the first week of May around the Lanigan area. Around Watrous and a bit south of there, sandier soils can be found so seeding may get going a bit sooner due to faster dry up. As far as seeding start up, there is still large amounts of snow in the fields and in yards and equipment is still stuck in the snow for now.

As we move closer to seeding, what are some things that you would like to share with producers?

As seeding approaches I would recommend farmers get their bin run seed retested before seeding to make sure no significant changes happened over the

winter and also so they can know their disease load and type of seed treatment they should be putting on. A list of accredited seed testing laboratories can be found on the Canadian Seed Institute page.

Things are still uncertain with Lambda-cyhalothrin for 2023 so check out a PDF that Sask Pulse, Sask Wheat, Sask Barley and Sask Canola put together on key pests, their thresholds and alternative foliar and seed treatment insecticide options. It can be found on any of the commodity group websites.

Is there anything else you would like to add?

Check out the Ministry of Agriculture's calendar of events and follow us on Twitter and Facebook as we post often about events and other crops related

information. Along with that, if you are interested in any previous webinars we have done, all of the recordings can be found on our website, saskatchewan.ca. Just search webinars in the search tab. I also encourage you to check out Sask Ag Now, Saskatchewan Agriculture's blog on all things agriculture. This can also be searched at saskatchewan.ca.

We also need help for our field surveys this summer. Information from these surveys is used by our provincial specialists and researchers at AAFC and the U of S. The Ministry of Agriculture has moved to a permission-based survey

system. This means that we need the help of growers to get this important work done. Please read more and sign up at Pest Monitoring in 2023 or search pest monitoring 2023 on our saskatchewan.ca website.

Save the date for our team's large summer extension meeting – Crop Diagnostic School 2023 at the Indian Head Agricultural Research Foundation July 25 and 26, 2023.

For more information, contact your local regional office, or the Agriculture Knowledge Centre at 1-866-457-2377 to get in touch with your local Regional Crops Extension Specialist.

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Carlton Trail 4-H Club general leader receives prestigious award

■ Daniel Bushman

With a passion for the agriculture industry and wanting to pass along his knowledge to the next generation, Carlton Trail 4-H Club general leader Shawn Bartel was recognized with the 2022 Saskatchewan 4-H Provincial Leader of the Year Award.

Spotlighting volunteer leaders who are the biggest champions of the 4-H program through their support and guidance, only one recipient in Saskatchewan is named for the prestigious honour each year. Through a letter describing the 4-H leader's service to 4-H and the impact they have had, including club involvement, 4-H involvement, community involvement, length of involvement, leadership, and how much the members have learned and developed as a result of the leader, when the nomination for Bartel was chosen, he was honoured.

"It's very humbling to know that someone took the time to nominate me for this award and appreciated my contributions to the club, which a lot of times as a volunteer often goes unnoticed."



Pictured: Shawn Bartel received the 2022 Saskatchewan 4-H Provincial Leader of the Year Award.
- photo by Daniel Bushman

Raised on a farm just outside of Drake before moving back to Watrous 16 years ago when he and wife Allison purchased the Watrous Animal Hospital, Shawn was already familiar with 4-H, participating in it when he was younger. So when his kids, Cade, Kaylin and Mesa began showing an interest in agriculture, Bartel wanted to provide them with a similar opportunity he had. Getting involved with the

local 4-H club nine years ago when his son Cade's passion in the cattle industry and show cattle began taking off, three years later Shawn became the general leader. Overseeing all of the projects within the Carlton Trail 4-H Club including dairy, beef, horse, sheep and event planning, as the general leader, Bartel has been kept busy.

"When I started as a (see page nine: **BARTEL**)



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(from page eight: **BARTEL**)

general leader, our club only had a beef component but since then has grown to include all the other projects. I spend a lot of my time working with the kids in the beef, horse and sheep projects, as those are the projects our own kids are involved in. I oversee the monthly general meetings and assist in the individual project meetings. It's everything from helping the kids with their animals and their bookwork, managing finances, booking and organizing events, submitting registrations and so much more."

With such dedication and passion in helping the next generation, Shawn was notified in late November he had been selected as the province's recipient for the leadership award. A few months later, Bartel was recognized during a virtual 4-H Canada leadership awards ceremony and then Mar. 18 attended the 4-H Saskatchewan awards where he received his certificate.

"The 4-H program is an extraordinary program; however, it takes a lot of dedicated adults to lead the young members," said the 4-H volunteer and full-time rancher who operates Twin Creek Stock Farm. "I am very privileged to have a great group of adults assisting me as project leaders, and my recognition reflects back on them as well and all they do to make this club successful."

Sharing why 4-H is a great program for kids to learn about different projects, Bartel said, "There are 63 projects available to do from photography to rabbits, woodworking to beef, horse or sheep. It utilizes a workbook for the members to learn about the area or interest. For most of our members with animal projects they learn about the industry. Everything from animals to husbandry, nutrition, cost of

production and health."

Explaining how 4-H teaches youth to be part of a group, help one another and work together in teams, Bartel said, "The kids are responsible to run the meetings and hold the executive roles. It strengthens their public speaking abilities as that is a core component. It creates connections within the industry for young kids, as they start their lives, many often become long-lasting relationships as they grow into adults. These kids, through this program, learn a lot about responsibility. They develop good work ethics. They "learn to do by doing" as that is the 4-H motto."

Along with Bartel receiving the Provincial Volunteer Leader of the Year award for Saskatchewan, other recipients from across Canada included: Joyce Kelly of Edson 4-H Multi Club, Alta.; Dr. Kathy Wilkins, Northumberland 4-H Veterinary Club, Ont.; Amanda Hamilton-Seward, Windygates 4-H Beef Club, Man.; Gillian MacDougall, Shawville 4-H Club, Que.; Gail Wallace, Kensington 4-H Club, PEI; Christine Moutray, Vanderhoof 4-H District Council, B.C.; and Alain Blanchette of New Brunswick's Irishtown 4-H Club was named the 2022 4-H National Volunteer Leader of the Year.

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Local area 4-H leaders honoured

■ submitted by Nathan Kirzinger/Viscount 4-H Club Reporter

At the 4-H Saskatchewan Annual General Meeting Mar. 18, several 4-H leaders were recognized for their exemplary contributions. Two of these admirable volunteers were former (see page 11: **4-H**)



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Pictured: Harvey Welter, Thelma Howard, and Tracy Fitzsimmons.
- photo submitted

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(from page 10: 4-H)

leaders of the Viscount 4-H Beef Club, Harvey Welter and Tracy Fitzsimmons.

For the past 40 years, Harvey Welter has been an influential figure in the Viscount 4-H Beef Club. Between the years 1982 and 1998, he served as the club's general leader. Mr. Welter remained an active volunteer after this time by supporting events such as the club's annual Achievement Day and by being a valuable source of marketing information. On top

Taking Care Of You: Self Care On The Farm

■ written by Lesley Kelly, Farmer and Co-Founder of the Do More Agriculture Foundation

Let's clear up one common misconception from the get-go: Self-care is not synonymous with self-indulgence or being selfish. Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.

If you think you've been hearing more about self-care now, you're right. According to Google Trends, the number of searches for "self-care" has more than doubled since 2015. The well-being of farmers is key to a healthy agricultural sector. Yet, according to Farm Management Canada's Healthy Minds, Healthy Farms research conducted in 2020 found that 45 percent of farmers have high stress levels and research from the University of Guelph found that almost 60 percent of the 1,100 farmers were classified with varying levels of anxiety and 35 percent with depression.

"Self-care is part of the answer to how we can all better cope with daily stressors," explains Jan Thorson, the Executive Director of the Saskatchewan Mobile Crisis Services and who leads the Saskatchewan Farm Stress Line. It's farm and work stress. In farming, it's the stress of factors outside of our control while also trying to keep up with the pace of daily life. "We are feeling lonelier and less able to unwind and slow down with mounting farming pressures of finances and workload, which can make us feel more anxious and overwhelmed by even the simplest tasks. Make time to have fun. We grown ups are not very good at that, and it is really important," shares Thorson.

What Is Self-Care, and Why Is It Critical for Your Well-Being?

Several organizations and researchers take a health-oriented approach when defining self-care. The World Health Organization defines self-care as: "the ability of individuals, families, and communities to promote and maintain health, prevent disease, and to cope with illness and disability with or without the support of a healthcare provider."

According to this definition, self-care includes everything related to staying physically healthy — including hygiene,

of supporting 4-H on a club level, he also sat on the Steer Sale Planning Committee for the Prairieland Junior Ag Showcase for 12 years and judged numerous cattle shows. Without Harvey Welter, the Viscount 4-H Beef Club would not be what it is today and that is why he was inducted into the Saskatchewan 4-H Hall of Fame.

Tracy Fitzsimmons received the Saskatchewan 4-H Builders Award and could not have been more deserving. Between the years of 2012 to 2021, she volunteered as the club's general leader, assistant general leader and project

nutrition, and seeking medical care when needed. It's all the steps an individual can take to manage stressors in his or her life and take care of his or her own health and well-being.

As self-care has become more mainstream, the definitions have started to become more applicable to the general public and tend to focus on tuning in to one's needs and meeting those needs. "Self-care is anything that you do for yourself that feels nourishing," says Thorson.

"That can be something that's relaxing or calming, or it can be something that is intellectual, spiritual, physical or practical or something you need to get done. Self-care is all (see page 12: CARE)





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leader for numerous different projects. In addition, she was an important figure in establishing the club's constitution and has used her experience to help other club leaders. Both her positive attitude and passion for the program drove Tracy to become an effective and knowledgeable volunteer, which is what made her a deserving recipient of this award.

Because of the efforts of volunteers such as Harvey Welter and Tracy Fitzsimmons, the Viscount 4-H Beef Club and youth associated with it would not have able to prosper for the 66 years of its establishment.



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- Be a quick learner
- Confident working alone
- Experience in municipal administration is preferred

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To be considered for this position, please submit a cover letter with salary expectation, start date and available hours, along with your resume outlining your qualifications and experience by **April 6, 2023**. This position may be filled prior to the closing date if a suitable candidate is retained.

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(from page 11: **CARE**)

the steps you take to tend to your physical and emotional health in the ways you are best able to do so,” she says.

Self-care requires checking in with yourself and asking yourself how you’re doing and what your body’s asking for. Some people use it to deal with difficult challenges, others just to maintain their happiness day to day.

On the other hand, self-care does not mean the same thing for everyone. Different people will adopt different self-care practices, and even your own definition might change over time. “What is self-care for one person will likely differ from someone else, and what’s self-care for

you one day might not feel like self-care another day,” Thorson says.

Types of Self-Care

There are a few different categories of self-care:

- Physical self-care, such as prioritizing sleep, mindful movement or exercise, and choosing healthy and nourishing foods.
- Emotional self-care, such as positive self-talk, hot showers, saying “no” to things that cause unnecessary stress, giving yourself permission to take a pause, enjoying an activity or hobby in peace, or setting up a weekly coffee with a friend or neighbour.
- Spiritual self-care, such as attending a religious service, spending time in nature, meditating or breathing exercises, incorporating regular acts

of kindness into your day, or keeping a gratitude journal.

How to Start a Self-Care Routine

To get started with a self-care routine, researchers suggest:

1. Determine which activities bring you joy, replenish your energy, and restore your balance.
2. Start small by choosing one behaviour you’d like to incorporate into your routine in the next week.
3. Build up to practicing that behaviour every day for one week.
4. Reflect on how you feel.
5. Add in additional practices when ready.
6. Get support through sharing practices from loved ones, friends, a coach,

a licensed professional (like a therapist or dietitian), etc.

Practicing self-care doesn’t need to be a heavy lift right out of the gate. Here are a few ideas to ease you into your self-care journey:

- Journal.
- Start each day by paying attention to your breath for five minutes and setting intentions for the day.
- Eat breakfast.
- Reflect on what you’re grateful for each night.
- Put your phone on airplane mode for a half hour each night and excuse yourself from the notifications.
- Call a friend just to say hello.
- Take up a relaxing

hobby, even for a few minutes each day or week to start.

- Create a bedtime routine (no screen time for 30 minutes prior, shower, drink a glass of water, etc.).

If you read this and feel a sense of sadness or overwhelm from challenges mounting or establishing a self-care practice, it’s best to get help and support. There may be barriers to caring for yourself from past trauma, mental health issues, or family or farm situations that may be making it more challenging to get started. Seek support from trusted counsellors and behavioural health providers (like therapists), a trusted primary care

doctor, or a close friend.

The bottom line: Self-care can have a positive effect on your health and outlook, but it requires a commitment or intention to invest in your well-being. “Self-care is a choice that each individual can make to proactively take care of their well-being. We need to remove the stigma that being kind to and taking care of ourselves is self-indulgent or selfish,” Thorson says.

If you or someone in your family or farm team are going through a hard and stressful time, reach out to a professional. For local crisis contacts and resources visit <https://www.domore.ag/crisis-contacts>.

March proclaimed as Ag Literacy Month

■ **media release**

The month of March has once again been proclaimed as Agriculture Literacy Month in Saskatchewan. Agriculture Literacy Month connects students of all ages to agriculture through presentations led by industry volunteers.

“Connecting our youth to agriculture is an important piece of strengthening Saskatchewan’s agriculture sector,” Agriculture Minister David Marit said. “Presentations from

industry experts can help educate children on the work that goes into producing the high-quality food that our province is known for.”

Throughout the month of March, industry volunteers, from all levels of food production will join classrooms to share presentations and personal experiences to help students learn more about agriculture.

“Thank you to the many volunteers who will be visiting schools across the

province to assist students in learning about such an important industry,” Education Minister Dustin Duncan said. “Agriculture literacy is about teaching our youth that agriculture is about much more than just growing food, it is also about land management, natural resources such as our water and soil systems, sustainable practices and technological innovations.”

Agriculture in the Classroom has been an important organization in Saskatchewan for many years. This year’s theme is agricultural stewardship, which will teach students about the important relationship between producers and the environment.

“Volunteers are vital to the success of Canadian Agriculture Literacy Month,” Agriculture in the Classroom Saskatchewan Executive Director Sara Shymko said. “Having a guest visit the classroom to share their personal agriculture and food story is a real draw for teachers and rewarding for the volunteers. They have fun of course, but most importantly, they are helping to inspire the next generation of agriculture leaders and change-makers with their passion and story.

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COMING EVENTS

JANSEN ZION LUTHERAN Church Cabbage Roll and Perogie Supper and Bake Sale, Mon., Apr. 3, 5 to 7 p.m. Jansen Community Centre. Adults \$15, 10 and under \$8, preschool free./13-3c

Crossword puzzle grid with words: BEET, WHO, DIBS, LIAR, BOONS, IMAM, OTTO, ARLEN, OHNO, WHAT, DID, DOW, RONG, PEN, OTS, ABA, NET, ORDER, MAY, SMORE, PORGY, IRS, HERDS, SNUG, ATEAT, SEAT, ENOUGH, ALREADY, HES, EAR, SHAUN, SIEVE, THEWHOLE, SHEBANG, HOLARELIC, ELSA, EVER, MALTAROUT, MEND, SHEEN, TREE

SOLUTION: 9 6 5 3 8 7 1 4 2, 7 3 8 1 2 4 9 5 6, 4 1 2 5 6 9 7 8 3, 1 4 3 6 5 2 8 7 9, 2 5 7 9 3 8 6 1 4, 8 9 6 4 7 1 2 3 5, 3 7 9 2 1 5 4 6 8, 5 8 4 7 9 6 3 2 1, 6 2 1 8 4 3 5 9 7

Early deadline for all advertising and news for the Apr. 10 paper is Wed., Apr. 5 at NOON. Lanigan Advisor (Watrous office) will be closed Friday, Apr. 7. Phone 306-946-3343 email twmadvisorsales@gmail.com

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(from page six: **CHAMPS**)

favour. “In the second period, it was power play, penalty kill and back and forth. It felt like the period took an hour although it was tough to complain about how good our power play was rolling. But at the end of the game when we got into penalty trouble, it was pretty crazy. You definitely gripped the stick a little tighter at the end.”

As the seconds ticked down and the final buzzer went, once the celebration began, having his dad, uncle, brothers and Trey Daelick, who is also part of the family on the team was something

Cameron will remember for a long time. “It was pretty special to win it with them. It was fun and really awesome.”

With another banner going up in the rink and smiles from those who packed the Drake Sportsplex, both the head coach and captain acknowledged the tremendous support from the fans and community throughout the season.

“Our fans have always been very good,” stated McLaren. “They support, they help out and the community has always supported us and that is big. People like Scott Blair doing all the managerial work, Darren Blair helping

out on the bench, Greg and Denise Howat doing all the work they do is unbelievable and Gord and Dianne Siegfried and Bob Bergen as well. It would be hard to be able to do what we are able to do without them and others.”

Also not wanting to forget anyone, Blair said there are a lot of people behind the scenes who make things run, allowing the team to be successful. “After every game, Denise Howat has a meal for us. Her and Greg are always running the 50/50 and Gord and Dianne Siegfried are running the front door. Herb Friesen is at the rink doing the ice and maintaining everything and even our coaches are a big part as well. Duane comes every single game hauling the equipment

trailer and helps pack and unpack bags. My dad Scott and uncle Darren are also helping a lot. It is truly remarkable and it is tough to put into words how much appreciation I have for them for the hours they put in. It shows how much they care too and it is awesome.”

That passion and those stories about people volunteering and doing whatever they can to help are remarkable. In the case of Cameron, it is no different as his family was in the midst of calving while embarking on a provincial run. “When we went into overtime against Kindersley, my dad had to leave the bench, go home, pull a calf, and come back as the game was ending. For him to do all that and then



- photo by Daniel Bushman

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my mom has had to miss some games to take care of the farm too, when we are all gone, for her to look after the farm means a lot. And that is just our little story. There are so many other stories where somebody is looking after somebody and taking care of kids or whoever to make sure someone can come to the game and that is really special.”

The 2022-‘23 provincial team included: Calvin Bartel (35), Justin McDonald (30), Mason Briske (1), Catlin Gusikoski (3), Eric Roy (4),

David Stumborg (5), Carter Hansen (6), Maguire Blair (7), Nayte Zip (8), Terrell Draude (9), Austin McDonald (10), Zach Zadorozniak (11), Karstin McDonald (12), Emmett Scheidt (14), Nolan Blair (15), Austin Calladine (16), Cameron Blair (17), Trey Daelick (18), Maguire Scheidt (19), Carter Coben (20), Steven Toporowski (21), Andrew Johnson (22), Travis Mayan (24), Isaac Schacher (27), John Lawrence (28), Head Coach Duane McLaren, Assistant Coach Darren Blair, and Manager Scott Blair.

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