

LANIGAN **—** ADVISOR

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Monday, March 29, 2021

Lanigan, Saskatchewan

www.laniganadvisor.com

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Spring officially arrived Mar. 20 and around the local area there were a number of signs indicating the seasons were changing. While there was a lot of ice build up at Wellington Creek (below photos), heading closer to the other end of the creek showed a different story as water was flowing freely. Upon closer inspection, you could hear the water underneath the ice moving toward Little Manitou Lake. - photos by Daniel Bushman



Co-ops are a different kind of business where profits all stay local right in the community. Humboldt Co-op sells seed and crop inputs directly to local farms. The farmer uses Co-op premium diesel to plant and harvest their crops. Then we sell the end product at our food stores. We are truly a farm to fork operation.

#WEARECOOP



WE ARE
WE ARE
WE ARE

MEMBERS
OWNERS
CO-OP

Jansen Zion ladies quilters

■ submitted by Karen Renz

Quilting changed for the Jansen Zion ladies quilters this year because of the closure of Canadian Lutheran World Relief sending quilts overseas to needy people.

This year we made better quality quilts with new batting and new flannel backs. This winter we made over 70 quilts.

This year the majority of the quilts were made from quilting supplies donated by the family of the late Elsie Robson.

Quilts were taken to the following places: The Hum-

boldt Soup Kitchen received three adult quilts and six crib blankets, Partners in Humboldt received six crib blankets, Interval House in Saskatoon received one box of boys clothes, a box of girls clothes and a box of six crib blankets. Amber Hoffman took three boxes of children's clothing to Regina.

In Humboldt: Futuristic's Group Home #1 received six adult quilts, Group Home #2 received six adult quilts and Group Home #3 received three adult quilts, The Lighthouse in Saskatoon received

seven adult quilts, EGADZ in Saskatoon received nine adult quilts, Ronald McDonald House in Saskatoon received nine crib blankets and three youth quilts, Lanigan Central Parkland Lodge received one adult quilt and four lap covers and a lap cover and a quilt for former Jansen residents in the lodge and two individuals in Jansen received a quilt.

We kept a few quilts for need should it arise. During COVID-19, Monday quilting gave us an afternoon of fellowship, coffee and a good time plus something to do.



Zion Lutheran Church Jansen Quilters pictured (left to right): Carol Neugebauer, Karen Renz, Vorgeen Wacker, Donelda Klinger, Linda Paetsch,

Rita Paetsch and Doreen Krieger. Missing from the photo are Cindy Zerbin and Louise McBurney.

- photo courtesy Louise McBurney



Varieties Available

AAC Wheatland VB CWRS
AAC Starbuck VB CWRS
AAC Brandon CWRS
CDC Inca Peas
CS Camden Oats
AAC Connect Barley
CDC Copeland Barley

CANTERRA SEEDS SeCan

Jansen

Louise Shannon

Spring has sprung and most of the snow has gone. I am so happy to see the signs of spring, especially the new baby animals like new calves. They are so cute. I have some tomatoes growing on my windowsills.

Quilting is over for the summer and fall. The ladies made many quilts and donated them to many homeless people and gave a couple to Central Parkland Lodge.

I hope the people who are ill are starting to feel better.

This past Sunday was Palm Sunday and the next Sunday is Easter Sunday. I hope people can get together for the Easter celebration.

Happy birthday to Doreen Johnson, Grace Larre and James Moss.

LANIGAN ADVISOR (WATROUS OFFICE)

Early deadline for all advertising and news for the Apr. 5 paper is Wed., Mar. 31 at noon.

We will be closed Friday, Apr. 2

Contact us at 306-946-3343

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April 1-10

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CO-OP HUMBOLDT CO-OP ASSOCIATION

ANNUAL GENERAL MEETING

WEDNESDAY, April 14, 2021
7 P.M. Virtual Meeting - Webex

Copies of the Financial Statement will be emailed to all registrants, will be available for pick up after the event at our administration office and will be posted on our website www.humboldtco-op.crs.

How to Register

Send an email to: admin@humboldt.crs
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- Co-op Number

A confirmation will be returned to you with log on information.

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WEALTH MANAGEMENT



RCMP Report

New way to report crime

The Saskatchewan RCMP is pleased to announce the launch of Online Crime Reporting.

The Online Crime Reporting tool will allow residents with a valid email address and Internet connection to report select crimes online using a computer or cellphone.

Check out the new Online Crime Reporting tool at: <https://ocre-sielc.rcmp-grc.gc.ca/saskatchewan>

Every crime reported to police matters!

When crime is reported to police, it provides a clearer picture of the types and number of crimes occurring in a specific area. This information can launch future police projects and initiatives. In addition, crime statistics are one of several components analyzed when determining officer deployment in RCMP detachments and units.

The following crimes can be reported through the Online Crime Reporting tool:

- Damage/mischief to property under \$5,000
- Theft of bicycle under \$5,000
- Theft under \$5,000
- Theft from vehicle under \$5,000
- Lost or found property
- Damage/mischief to vehicle under \$5,000

Incidents must also satisfy the following conditions to be reported online:

- No witnesses or suspects
- Item(s) lost or stolen must cost less than \$5,000
- Vandalized property that will cost less than \$5,000 to repair

- There are no items involving personal identity, firearms, licence plates or decals

If an incident does not fall within the reportable incident types, your local RCMP detachment must be contacted. Crime reported online will be treated the same as crime reported in any other way.

"Since Feb. 8, 2021 we have been piloting Online Crime Reporting in the communities of Swift Current, Yorkton, Kindersey, Melfort, Humboldt and Spiritwood. We are excited to launch this new tool Saskatchewan-wide in RCMP jurisdiction to provide the public with a new way of reporting crime to our detachments. We need the public's help to ensure all crime is reported," said Supt. Maureen Wilkie, Assistant Criminal Operations Officer for the Saskatchewan RCMP.

330 impaired drivers charged in February

February's cold weather did not put a chill on law enforcement efforts to keep impaired drivers off the road. Saskatchewan police reported 330 impaired driving offences including 262 Criminal Code charges and 67 roadside administrative suspensions.

SGI said reducing impaired driving continues to be a top priority for law enforcement and SGI. Saskatchewan drivers have changed the culture of impaired driving in Saskatchewan. However, in spite of significant progress, impaired driving is still the leading cause of death on Saskatchewan roads and is 100 percent preventable.

SGI and law enforcement will focus on impaired driving three more times this year, in May, September and December. SGI stated an impaired driving charge can turn your life upside down, with licence suspensions, vehicle impoundments, Ignition Interlock, Driving Without Impairment courses and costly Safe Driver Recognition

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Late fees come into effect on April 13th



Lanigan & District Soccer Association

penalties, in addition to any court-ordered fines, jail time and driving prohibitions.

Police also placed a secondary focus on licensing and registration in February, catching 409 suspended or disqualified drivers and issuing 459 tickets for driving an unregistered vehicle. Causing a collision while driving without proper insurance coverage could leave you personally responsible for thousands of dollars in damages. Even if you avoid a crash, getting caught driving an unregistered vehicle will lead to a minimum \$580 fine. Driving while suspended results in an automatic court summons, and – in many cases – will result in your vehicle being immediately impounded.

In February, law enforcement also reported: 4,917 tickets for speeding or aggressive driving offences; 402 tickets for seatbelts and child restraints being used incorrectly or not at all; and 664 tickets for distracted driving (including 585 tickets for cellphone use).

RCMP respond to fatal collision

Around 11:30 a.m. Mar. 19, Indian Head RCMP responded to a call of a two-vehicle collision on grid 606, north of the community of Montmartre.

Initial investigation has revealed one truck was travelling southbound on grid 606 and a second truck was travelling westbound on a second grid road when they collided.

There were five occupants inside the first truck, all from Carry the Kettle Nakoda Nation area; one adult and four (see page six: **RCMP**)

OPINIONS

4 • MONDAY, MARCH 29, 2021 • THE LANIGAN ADVISOR

Ministerial Message Easter - Our Blessed Hope

■ by Dennis Kresier, Layperson, Christ Church, Nokomis and Anglican Parish of Last Mountain

Since the fall of mankind in the Garden of Eden, God has elected to use prophets, priests and kings to bring His people back to Himself. Some 2,000 years ago God changed His tactics. Christmas was God's idea- not ours!

God's Plan of Redemption was initiated in a stable in Bethlehem and reached its culmination some 33 years later on a Roman cross at Calvary. Bethlehem, Golgotha, and Calvary are REAL PLACES that still exist today.

Throughout history and up to our present day, people still fear death and wonder what happens when we die. We find the answer in St. Luke 23: 39-43. Jesus is crucified with two criminals alongside. One criminal turns to Jesus and says, "Lord, remember me when you come into your kingdom." Jesus answers, "Verily, I say to you, TODAY (not tomorrow, next week, or next month, but TODAY) you shall be with me in paradise."

The word "verily" comes from the Latin word "veritate," meaning truth or truthful. This is the Blessed Hope that we have as Christians because we can trust in this promise. This is Easter's message.

Jesus also promised that there are many rooms in Heaven for all who wish to go there. These rooms are absolutely free, paid in full at Calvary. However, there is a "catch" - there will be no accommodations without reservations. These reservations are to be made personally and voluntarily. No one can make them for us! Millions have made them over the years. The criminal on the cross made his reservation, and was accepted. Have you made yours?

uncompliCATED - Once upon a prairie summer



■ by Arlene Martin

When school doors closed for two glorious months, as a kid on a mixed grain and cattle farm, the entertainment possibilities were endless. I didn't dare mention the "B" word" should mother catch wind of me saying, "I'm bored." She always responded quickly and with determination: "Well, if you're bored, I can fix that!" Then I'd be sent, pail in hand, out to her huge garden to pick peas, raspberries or Heaven forbid - to the bushes to pick pincherries or saskatoons. I learned real quick never to say that word when mother was in hearing range. The following are some of the things that got me enjoyably through a prairie summer in the late '50s, early '60s:

-Playing fetch with our gentle collie, Lassie, tossing a new thing called a Frisbee and tail wagging, he always returned it.

-Thinking how sophisticated and grown up we looked enjoying a package of candy cigarettes and/or BubbleGum Cigars with my brother Brian.

-Enjoying mother's delicious homemade vanilla ice cream, and popsicles she made with orange and pineapple Jell-O.

-Listening to songs with my sister on her very modern leather encased, little transistor radio.

-Drinking grape Kool Aid with my cousins and laughing at our purple moustaches. And homemade Root Beer - waiting and waiting for it to finally be ready and enjoying that sweet sticky flavour.

-Playing with my Pez, a gift Aunt Mona from Kentucky, would bring when she came home to family on the hot summer prairie.

-Riding and bouncing on the hay wagon.

-Cleaning and converting a wooden granary into a bedroom then running, screaming into the house in the middle of night because of all the monsters and ghosts that lingered in a young girl's imagination.

-Laying on the grass at night with my cousin Donna and hoping for a flying saucer sighting.

-Swimming in the dugout, trying to catch salamanders in the shallow clay bottom murky water.

-Working on my Paint-By-Number or reading LITTLE WOMEN when it was too stormy to be outdoors.

-Playing dress-up with old curtains and mother's cinch belts and scarves.

-Tossing a baseball high over the roof of our garage and yelling, "Anty-eye-over" to my playmates on the other side waiting to catch it.

-Sleeping at grandmother's house and waking up to her delicious oatmeal porridge. Also the joy of collecting nickels simply by giving my grandpa happy kisses and laughing through his whisker rubs.

-Listening in on the 'party-line' telephone till Mother saw me and told me to hang up and respect our neighbour's privacy.

-Putting sewn-by-mother doll clothes on cats and kittens in the barn then placing them in my doll carriage for trips around our farm yard.

-Riding bareback on our two gentle white work horses, Lady and Prince.

-Giggling with my cousins, Andrea and Linda, over absolutely nothing when they'd visit.

-Falling asleep so tuckered from the fresh air, watching the stars through my window and listening to daddy play his violin while mother played the piano and hummed along.

-Gyrating, spinning and swiveling to keep at least two hula-hoops circling my scrawny gangly torso.

-Going to church Sunday mornings wearing a dress sewn by mother, my hands tucked inside white gloves, feet in white leather Sunday shoes.

In the blink of an eye those days have vanished. Still I find myself often thinking of golden summers growing up on our little farm. I smile as I imagine having today's electronic/digital 'toys'. I know my folks would never allow 'us kids' to spend endless hours playing on those devices while daylight burned and the moon shined.

It is easy to get lost today in the warp speed of time and who we once were fades. Telling our stories endorses that once we were little and loved and though we didn't know it - we had a wonderful life.

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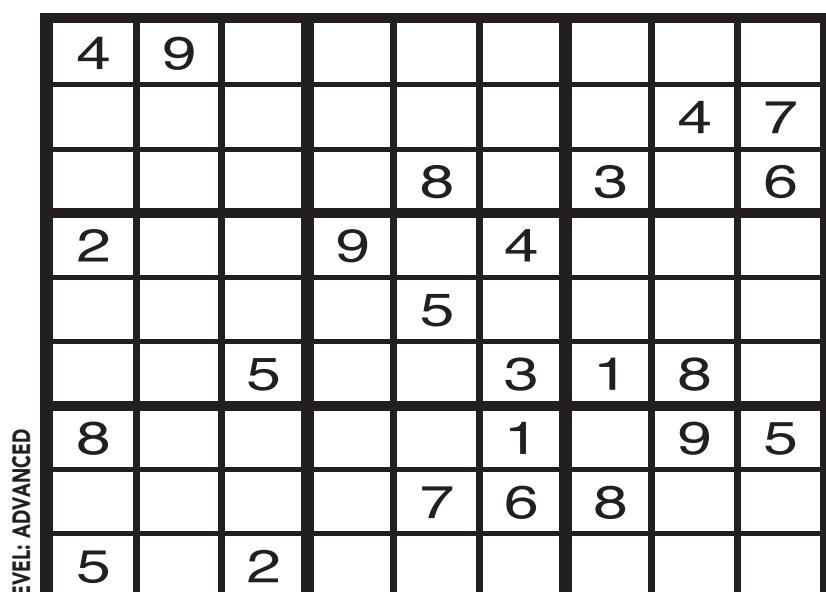
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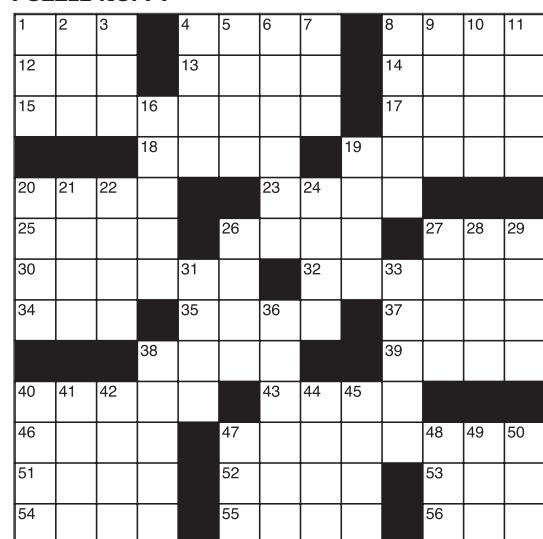
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LEVEL: ADVANCED

CROSSWORD

PUZZLE NO. 71



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ACROSS

- Seek the affection of
- Circle segments
- Marshes
- Hem's partner
- Bath need
- Diabolic
- Neighbor of Texas
- Grand party
- Toddler
- Christmas decoration
- Subside
- Ruckus
- To the briny
- Hit hard
- Took a load off
- Ship
- Curiously
- Some are personal
- Three-piece-suit part
- Clean erasers
- Certain amphibian
- Red bloom
- Daddies
- Saber's kin
- Malt drinks
- Cheerio!
- Pinch
- Favorite star
- Anguish
- Virginia dance
- Sports facilities
- Humpty Dumpty, e.g.
- "The Spy Loved Me"
- Acorn producer
- Wise bird
- Pale
- Chess piece
- Tourist's must
- Hot spring
- Sired
- Arena shape

FOR ANSWERS
TO SUDOKU AND
CROSSWORD,
SEE PAGE 12



"Serving the community's greatest need"
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"TO-GO" STEAK FRY APRIL 24

STEAK \$30 MEAL KIDS BURGER WITH \$10 VEGGIES & DIP

Tickets available soon.
Pickup will be scheduled in 15 minute intervals.
Happy, hoppy Easter!

Find us on Facebook! [Facebook.com/JansenAndDistrictKinetteClub](https://www.facebook.com/JansenAndDistrictKinetteClub)



“Look What's Cooking by Laura Novecosky”

Barley Bake

Ingredients:

This is a great change from rice. We love it!

- 1 medium onion, finely chopped
- 1 cup pearl barley
- 1/2 cup slivered almonds
- 1/4 cup butter
- 1/2 cup chopped fresh parsley (two heaping tbsps. dried)
- 1/4 cup finely sliced green onions
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 7 cups beef broth

Directions:

In a skillet, sauté onion, barley and almonds until barley is lightly browned. Stir in parsley, green onions, salt and pepper. Transfer to a pan sprayed baking dish. Stir in the beef broth. Bake, uncovered at 350°F for one hour 15 minutes, or until the barley is tender and the majority of the liquid is absorbed. Cover and let stand 10 minutes before serving.

The Lion's Roar

■ submitted by Lion Oz Lutz

We are now offering for sale our Ultimate Odds lottery as our next major fundraiser. One hundred tickets are sold at \$100 each. Every 10th ticket drawn is worth the purchase price to the winner; the last ticket out of the drum is worth \$4,000. We respectfully request your support. Good luck!

TeleMiracle 45 was another very successful fundraiser, due largely to the hard work and dedication of the Kinsmen and Kinettes of Saskatchewan and the generosity of Saskatchewan people who regularly donate more to charity (per capita) than any other province in Canada. The Lanigan Lions salute the Kinsmen and Kinettes, especially our friends

at Jansen, for your very successful efforts.

In closing: A very popular positive resulting from the pandemic is the many kind acts being done by many kind people: visiting the aged, being more empathetic to the homeless, helping the disadvantaged with food and clothing, running errands for those unable to venture out, etc. Lorna and I were the recipients of one very kind act recently when my friend and neighbour, mayor Tony, came over with towels, detergent, a ladder and proceeded to wash all of our windows! This is no small task: we have lots of windows and high ones too! It was greatly appreciated.

Happy Easter to all our readers. Let us keep obeying the rules so we defeat this virus. Stay safe everyone!



- photo by Daniel Bushman

Viscount

Sandra Reid • 306-227-1193

It is just about the end of March and we are approaching the month of April. Last year Apr. 22 we did a lot of yard work. May sound silly to some but I am looking forward to getting into the yard and being outside. We have enjoyed coffee on the driveway as the sun seems to warm that area very nicely.

Twenty-nine blankets were delivered to three different shelters in the city. Although we no longer have been meeting weekly at the

Viscount library, the Blankets for Canada ladies have been busy working throughout the year from their own homes. We have received 8"x 8" knitted and crocheted squares from volunteers from many different towns and are so grateful for them. We are also thankful for any donations of yarn which we use to crochet borders around each blanket.

If you would like more information, please call Evelina at 306-944-4820.

Book Club is reading Left

Neglected by Lisa Genova. She is an American neuroscientist and author who has also written Love Anthony and Still Alice as well as a self-help book, Remember: The Science of Memory and the Art of Forgetting.

Thank you to all who helped make this week's Viscount news possible.

Best wishes to anyone who is under the weather. I hope you feel better soon. Stay warm, stay safe and have a great week!

Plunkett

Deloris Wilson (Sutherland) • 306-944-4852

Happy Easter to everyone.

A coffee shop and restaurant has opened up in town and it is managed by Mike Devine and Judy Shoemaker.

Recently visiting us were Linda and Trevor McDonald of Saskatoon, Marge Haynes of Lanigan and Ken Wilson of Saskatoon.

The deer have slowly moved out of town now.

The weather is really spring-like now. The snow is slowly leaving.

The craft ladies are busy working on afghans for the Interval House in Saskatoon.

They are doing their work at their own homes. They bring me wool and I am crocheting eight inch squares in my home. This is a great winter project.

The Plunkett election for councillors is at the end of March.

Birthday greetings go out to all who are having a spring birthday.

Get well wishes go out to anyone ill or in the hospital. We wish them a speedy recovery.

Anyone having any news, please phone me at 306-944-4852. Thank you kindly.

(from page three: RCMP)

children. All five were transported to hospital, one via STARS.

The lone adult male occupant of the second truck (from the Glenavon area) passed away at the scene.

The investigation into the cause of the collision will continue.

Indian Head RCMP wants to thank the many first responders who attended this call including RCMP Collision Reconstruction, the Saskatchewan Coroners

Service, STARS Air Ambulance, Montmartre Fire Department, and Emergency Medical Services from Fillmore, Indian Head and Grenfell.

Stolen generator
On Mar. 20 at 9:45 a.m., Wakaw RCMP received a call of a generator taken from a residence in the Town of Wakaw.

It is described as a 855NT Cummins mp855 Genset brand generator. It is large, the colour blue and has lights on top of it. It contains a 300 gallon diesel tank attached to it. The generator weighs approximately 20,000 pounds.

Anyone with information about this investigation is asked to contact Wakaw RCMP at 306-233-5810 or call Crime Stoppers anonymously at 1-800-222-8477.

Car robbery with firearm
On Mar. 21 at approximately 9 p.m., Battlefords RCMP received a 911 call to the 1200 block of 103rd Street for a vehicle that had been stolen by suspects with weapons. Members on scene spoke with two victims who advised that they were standing outside of their vehicle that was on the street running when they were approached by two males and one female.

One of the males was carrying an edged weapon and all three then proceeded to get into the running vehicle. The victims then proceeded to try and stop the three suspects. The female suspect produced an edged weapon and chased one of the victims away. The third male suspect also produced a firearm and chased the other victim away.

The suspects then returned to the vehicle, got inside and drove away at a high rate of speed. Neither victim was injured. The vehicle is described as a black Hyundai Santa Fe with Saskatchewan Licence plate 980-KTR. If you see this vehicle call 911 or Battlefords RCMP do not approach it, the occupants are believed to be armed.

CHECK 
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& CHEQUE 

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Complete this quick checklist to make sure the cheque arrives in your mailbox:

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- CHECK out sgi.sk.ca/rebate to learn more
- CHEQUE will be sent your way in May

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AGRICULTURE

A world to feed

AGRICULTURE EDITION: PAGES 7 TO 11 AND 15

Local area research farm a key component to global company

■ Daniel Bushman

With an opportunity to provide producers confidence in understanding how varieties and products can survive in local geographies and Prairie conditions, a research farm just outside of Watrous has not only be able to offer that key data but has done so for over 40 years.

Situated on Research Road a few kilometres east of Watrous, Nutrien Ag Solutions operates a Seed Breeding and Innovation Department. Established in the late 1970s and known as the Research Farm, it has been a fixture within the area and like the agriculture industry, has had a number of transformations over the years.

Along with facilities, equipment and land plots located at the site near Watrous, currently there are three full-time staff including a farm manager/research agronomist who takes care of the day to day operations and is responsible for the safety of staff and the location. Two research technicians are also on site and they take care of the in-field operations. To help with additional work, four seasonal staff are brought on board.

Entering her 22nd year at the Research Farm is farm manager/research agronomist Juanita Allin who has been joined for the past five seasons by research technicians Shannon Craig and Evan Stacey.

"I am fortunate to have had a consistent team with me over the past five years," said Allin who added she is grateful to have been able to hire many local university students over the years as well to support the program. "The relationships we build with summer staff over the years is one of the perks of this type of work. A lot of these are lifelong friendships built in the field during the summer."

With the main research at Nutrien Ag Solutions location

east of Watrous currently involving a small plot with an emphasis on canola variety development for commercial use, Allin said, "We do have our feet still in some cereal and forage variety trailing as well as research in the development of Nutrien Ag Solutions Loveland line of chemicals and crop nutritional products."

Having the unique ability to accumulate and utilize the research to help grow the company and in turn, benefit producers, tours are held each year at the Research Farm for retail staff members of Nutrien to get an up close look at how things are progressing. By allowing tours, the Research Farm is then able to highlight the work being done and varieties being used for retail staff to market in future years.

"The Research Farm was located near Watrous due to the fact that it has an 'average' soil composition for the province. This allows us to showcase products that can be used in all areas. Then during the winter we run two greenhouse sessions, growing canola that supplements our larger greenhouse projects ran in Saskatoon at Innovation Place."

Since the industry continues to advance, Allin said the main goals of the program are ever-evolving. "Currently increasing our shatter tolerance and clubroot resistance within our canola varieties is the focus of our efforts. This year we are also taking part in salinity

(see back page: **RESEARCH**)

reclamation trailing as our forage program has some excellent varieties for this use."

Being able to stay on top of all of the advancements within the agriculture industry has been key over the years for the local area research farm. By doing that, Allin said sites like the one east of Watrous allows producers to gain confidence and knowledge in understanding the varieties and products have been thoroughly tested in geographies and conditions prior to entering the commercial stream.

In an effort to do that, Allin shared about how the operation runs throughout the year. "Since we are essentially farming on a small scale, our year cycles similar to that of a conventional producer. This time of year we are preparing for spring seeding, doing equipment maintenance, field planning and seed treating. Once we begin seeding we do not count our progress in acres, but in the number of research plots seeded. In Watrous our group is responsible for around 16,000 plots between our site in Watrous, and satellite sites in Lake Lenore and Allan. During the growing season we take care of our plots just as any producer would, spraying for weeds, insects and disease. We also spend time taking notes on the plots for things such as flowering, maturity and lodging to assist our breeding team. While



Pictured above: Taking a few notes while in the field. Pictured left: looking at the numerous plots located at the Research Farm just outside of Watrous.
- photos courtesy Juanita Allin



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Manitoba researchers putting prairie cover crops in context

■ submitted by Callum Morrison, PhD student in the Department of Plant Science at the University of Manitoba

Cover crops seem to be a growing topic of discussion these days. Despite being a relatively niche endeavour in the Prairies, they are quickly gaining popularity. With growing interest, many people are eager to learn what cover crops are, how many farmers are growing them, and how farmers are fitting them into their rotations.

A new project at the University of Manitoba is surveying farmers across the Prairies to answer these questions. So far they have heard from over 400 farmers across the Prairies – including four from the RM of Usborne! Make sure to keep reading to learn how to take part!

What is a Cover Crop?

Cover crops are grown when a cash crop is not growing, such as after harvest. The aim of cover crops is to benefit the soil, and improve subsequent crops. A common example would be planting a fall rye cover crop following harvest

of a cereal cash crop. These fall or ‘shoulder season’ cover crops grow through fall until freeze up. If the cover crop can overwinter, they will also grow the following spring before being terminated by the farmer so the next cash crop can be planted.

Full season cover crops have also been used to tackle problem soils. A full season cover crop may involve a farmer taking an entire field or targeted areas within a field out of annual cash crop production to improve the soil. Farmers with fields that were too wet for planting may plant a cover crop to dry out a field and improve the soil for planting the following year. Full season cover crops are popular with cattle farmers as they can be grazed at the end of the season.

Why we need more research?

Cover crops are becoming more popular on the Prairies, but adoption remains low. There is an opportunity to expand our knowledge on how cover crops are being used on the Prairies so we can assist other farmers with their decision making process, and guide future research, extension and policy.

The Prairie Cover Crop Survey aims to determine the extent of cover cropping across the Prairies, how and why cover crops are being used, what benefits farmers have seen and the challenges they have faced.

Crucially we also want to hear from farmers who have never grown a cover crop as well as farmers who have grown cover crops but have stopped growing. This will help us to identify what challenges remain surrounding cover crops and identify ways we can overcome these hurdles.

Take Part!

Any farmer can add their voice by taking the survey at: <https://www.surveymonkey.com/r/prairiecovercrops2020> Any farmer can take part! It is just as important to hear from farmers who grew cover crops in 2020 as those who did not. Together let's shape the future of cover cropping in Canada!



- photos courtesy Callum Morrison



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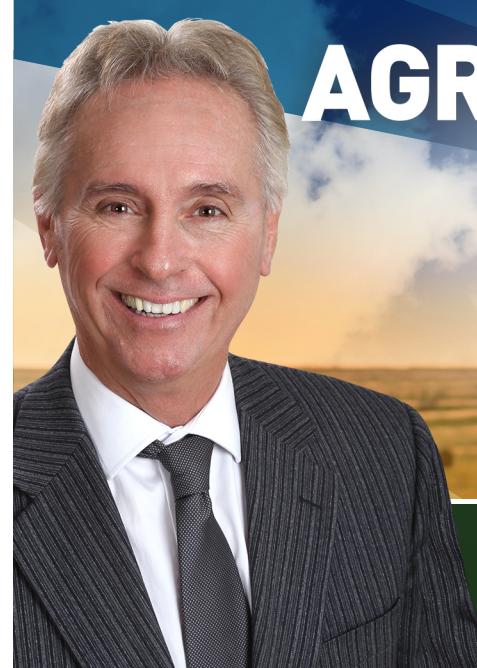
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One Year Later: The Impacts of Covid on Our Mental Health

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

March marks one year since Canada and most of the world grounded to a halt and declared Covid-19 a global pandemic. We all remember the last day in the office, at school, out to dinner, at a party or visiting family. Each of us may have a different example of our personal mark of "before" and "after" life in the pandemic, yet the fast-approaching one-year anniversary of lockdown is bound to bring up difficult feelings.

For a lot of us, it's been a year where we've experienced upsetting thoughts, feelings, and memories. For myself, it was the abrupt halt of my speaking business and travelling across Canada raising awareness about mental health. For our family, it was trying to do both business and school at home, at the same time and the worry of trying to keep our kids healthy and safe. During the pandemic, we lost two of our family members. Grief is a hard process and in the absence of extended family, friends and community makes it even more difficult.

The pandemic's abrupt and profound change in our lives, compounded for so many by illness and/or care taking and grief, has been largely felt as a stressful and traumatic event. Trauma is classified as something that typically involves a death, a brush with death or a fear of death, with examples ranging from accidents and serious illnesses to physical attacks and natural disasters. Whatever the specifics of the event, reactions to this one-year anniversary will be varied and can be an upsetting and exhausting reminder, throwing us back into those initial feelings of panic and fear.

Within agriculture, our experiences over the last twelve months have also varied. Stressors ranged from the shut

down of processing plants, delayed travel for and the lack of foreign workers, high feed costs, and adjustments and shifts in demand in our food system, to name a few while some may not have experienced any changes on the farm with Covid. For our farm, the pandemic added stress and uncertainty if we were going to receive inputs and parts in time for seeding, and the worry of our farm team safety.

While some experiences are shared and others unique, you're not alone if a year of restrictions, lockdowns and uncertainty has made you:

- Have ups and downs with your mental and physical health
- Appreciate making it through one day at a time
- Feel helpless and frustrated with uncertainty
- Struggle with grief, loss and loneliness
- Become more aware of your self care, or lack thereof
- Question the status quo and your social environment
- Use both old and new coping skills to help you get by
- Feel tired and fatigued for no apparent reason

• Become angry at the loss of time and experiences with others

- Become more reserved and introverted
- Get used to functioning in a survival, basic and sustainable level
- Appreciate the small things in everyday life
- Reflect to see how much we have grown and changed
- Create new traditions with family and friends

Through all of our different and shared experiences, there is a commonality that remains true - we are all going through this together.

(see page 10: **COVID**)



Pictured above: Lesley Kelly with her husband Matt, their kids Jennings and Copeland, and their dog Willa.

- photo courtesy Lesley Kelly

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CN sets grain movement record for 12 consecutive months

■ media release

For the 12th consecutive month CN has set a new record by shipping over 2.28 million metric tonnes (MMT) of Canadian grain and processed grain products via carload in February. This exceeds the previous February record set in 2019 of 2.12 MMT by over seven percent.

So far, during the 2020-'21 crop year, CN has moved over 19.7 MMT of Canadian grain. This is 24 percent higher than the three-year average of 15.9 MMT, and 17 percent higher than the record of 16.9 MMT set in the 2018-'19 crop year. CN is also breaking records with over

700,000 metric tonnes of grain moving directly from western Canada via containers, in addition to volumes shipped from eastern Canada.

Rob Reilly, Executive Vice-President and Chief Operating Officer at CN said, "We are proud of the accomplishments of our team of railroaders despite the fact that the first half of the month of February was characterized by a severe cold outbreak. The resulting challenging operating conditions across a large part of our network did not prevent them from ensuring that our network was running safely and that we kept meeting our customers' needs during this period. CN's investments in air distribution cars and automated track inspection

technology has contributed to greater safety and higher productivity this winter. The ongoing collaboration between CN, the ports, Canadian grain farmers, as well as all of our supply chain partners has been, without any doubt, the key to our success during this challenging month."

CN's continued ability to deliver record amounts of grain and as well as other commodities and goods is largely due to the investments in capacity made by the railroad over the past few years. Since 2018, CN has invested over \$10 billion in track, locomotives, and railcars, including the purchase of over 2,500 new high capacity grain hopper cars.

(from page nine: COVID)

*We've gone through a year of the pandemic - together.
We will get through this pandemic - together.*

With spring, brighter and warmer days, new life, optimism and replenished hope. Each day comes stories of those in the country getting vaccinated and we've seen greater attention and investments made into the mental health care system. We also continue to hear stories within our communities and within ourselves of resiliency and inspiration. Through the hard times of Covid, it has also let in new light. In our family, we have created new experiences and new traditions that brought smiles and laughs. Throughout history, hope has risen from the ruins. There is so much room to be hopeful for what comes next. And it's worth fighting for.

If you or someone in your family or farm team are going through a hard and stressful time, reach out and call the Saskatchewan Farm Stress Line at 1-800-667-4442 or the Mental Health line at 811. The Do More Agriculture Foundation is offering free mental health workshops until the end of April. For more information or to sign up, please visit www.domore.ag how-to-do-more



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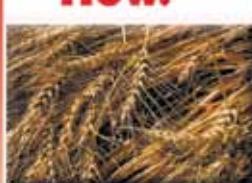
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Canola crush plant expands at Yorkton

■ media release

The Government of Saskatchewan welcomes Richardson International Limited's new investment to double processing capacity at its canola crush plant in Yorkton, which will make it the largest in Canada.

"This is a significant investment in our province that will create local jobs, support economic recovery and help our province continue to grow," Trade and Export Development Minister Jeremy Harrison said. "As the world recovers from the economic impacts of the pandemic, there remains a growing need for the food products Saskatchewan produces, such as canola oil and canola meal, and we appreciate this investment and expansion at Richardson's Yorkton canola crush plant, which will help meet that demand. Our government is committed to maintaining a competitive business environment to attract these types of investments, which will benefit all Saskatchewan residents, and we look forward to working with Richardson on this important project."

"Saskatchewan is a leader in agricultural production and we welcome this investment to increase canola crush capacity in the province," Agriculture Minister David Marit said. "We know the world wants the high quality products Saskatchewan produces, with canola oil and canola meal

our top value-added exports in 2020. This expansion of processing capacity will help Saskatchewan meet the goals outlined in our Growth Plan, which includes a target to crush 75 percent of the canola our province produces here in Saskatchewan.

"We opened the original Yorkton plant in 2010 and at that time, it was by far the largest capital investment Richardson had ever undertaken," Richardson International President and CEO Curt Vossen said. "Saskatchewan and Manitoba producers have responded effectively, providing growth in canola production over the years - this has given us the confidence to move forward with expansion once again. We have appreciated the encouragement and co-operation of the rural municipality of Orkney, the city of Yorkton, and the province of Saskatchewan."

The new expansion will double the canola crush

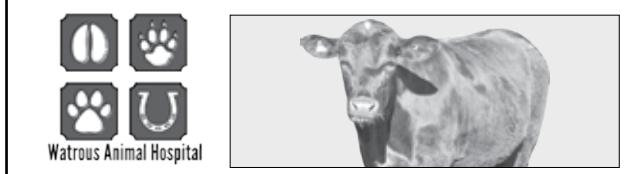
capacity at the facility to 2.2 million tonnes of canola seed annually. The project will also optimize operational efficiencies and modernize the facility. The project will also upgrade infrastructure that will include a high-speed shipping system with three 9,500-foot loop tracks that will serve both major railways.

This project will help to achieve several of Saskatchewan's Growth Plan goals, including to: grow private capital investment in Saskatchewan to \$16 billion annually; increase the value of exports by 50 percent; grow Saskatchewan's agri-food exports to \$20 billion; increase agriculture value-added revenue to \$10 billion; and crush 75 percent of the canola Saskatchewan produces in Saskatchewan.

Saskatchewan's Growth Plan also includes a commitment to maintaining a competitive tax environment and providing incentives to help attract further

investment. These include the Saskatchewan Value-Added Agriculture Incentive, the Saskatchewan Chemical Fertilizer Incentive, the Manufacturing and Processing Exporter Tax Incentive and the Saskatchewan Commercial Innovation Incentive (Patent Box Program).

Richardson plans to begin construction on the expansion immediately and is expected to be completed in early 2024.



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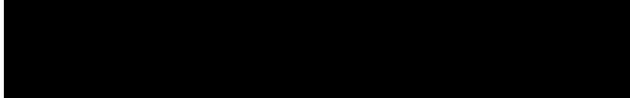
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Why can't you 'just get over' a mental health condition?

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

"Can't you stop being so lazy?"
 "Why don't you quit worrying?"
 "Just be happy already."
 "Change your thinking."
 "Can't you just get over it?"

When you or someone you know suffers from a mental health injury or illness, it can be hard and frustrating. It can be even more frustrating when you hear statements like "just get over it" or others try to convince you to "just be happy." You might even start to think of things like, "Why can't I just get over it?"

Mental health injuries and mental illness affects everyone differently. For some people, it comes and goes. For others, it can feel almost constant. You might experience one episode of depression or an anxiety attack, or it might be a lifelong struggle. You might experience multiple illnesses over time, or all at once.

When it comes to mental health, there are many things that are outside of our control that prevent us from "just getting over it." Often there is a chemical imbalance or genetic predisposition to mental health issues. While some of the factors in mental health can be genetic, there are also environmental factors that can contribute to mental health. If you are constantly surrounded by unhealthy things, it can make it very difficult to change how you feel. In addition, when you have experienced a significant trauma, loss or been involved in an accident, your brain responds in ways that are often beyond your control.

It's hard to predict what your experience with mental illness will be. But if your symptoms are severe, or if you've experienced multiple types of mental illness, it's not likely to go away on its own—and if it does, it may come back. The good news is that with the right attention and help, illnesses are treatable and improvement is possible.

Unfortunately, the "just get over it" phrase is still something we hear over again and isn't helpful advice for a

person living with a mental illness. When someone breaks their leg, we wouldn't expect them to just get over it. Nor would we blame them if they needed a cast or other help in their daily life while they recovered.

When we tell someone to get over their illness, we trivialize their condition and deny their pain. For example, for those with depression, "cheering up" is not a simple task, and it's important to recognize that they probably wish they could, too. "Getting over it" also diminishes the fact that mental illnesses are serious health conditions, and reduces it to something that can be fixed just by changing their thinking habits. People living with mental illness are aware that life isn't fair and can be challenging. Reminding them of this fact doesn't help them cope with their illness.

What might feel like a beautiful day to you could be a much different picture for someone with a mental illness or injury, who may have difficulty seeing the same joy you recognize in everyday life. Implying that the person should feel happy ignores their condition and may make them feel guilty.

Instead, try some of these statements:

- I'm sorry you're not feeling well. Is there anything I can do to help?
- I will try my best to understand.
- I can see that you're struggling, and I really admire/respect you for pushing through this.
- What you're going through is real, and I think that almost anyone in your situation would feel that way.
- Can I come over and keep you company?
- Would you like to go for a walk or drive with me?

Mental health injuries and illnesses are real and can be very painful. Learning why mental illnesses need to be taken seriously can help save someone you love from a life lived in pain. To help them through a challenging time, compassionate statements, learning about and understanding what they are going through and being there for them can make a world of difference.

If you or someone you know needs help, reach out for mental health support by visiting Do More Ag resources.

The Do More Agriculture Foundation is not intended to



Lesley and her husband Matt Kelly (above).

- photo courtesy Lesley Kelly

be a substitute for professional medical advice, diagnosis, or treatment. If you are in crisis, please visit your local emergency department or call 911 immediately.

The Do More Agriculture Foundation is offering free mental health workshops until the end of April. For more information or to sign up, please visit www.domore.ag/how-to-do-more

HEALTH OF THE NATION MIYOOMAASHCHIHOWIN DAAN NUTR NAASYOON

The Métis Nation-Saskatchewan (MN-S) Government Ministry of Health oversees health programs and services for Métis citizens and communities.

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"I wanted to become a Métis citizen to connect to my culture and learn more about my family."

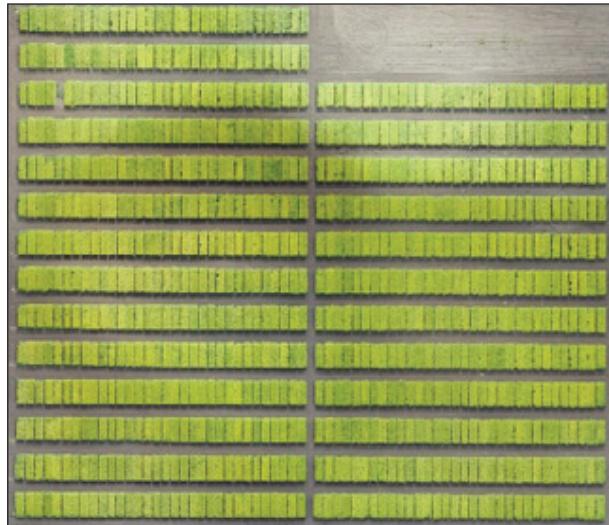
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"Métis means a person, who self identifies as Métis, is distinct from other Aboriginal peoples, is of historic Métis Nation Ancestry and is accepted by the Métis Nation." Métis Nation-Saskatchewan Constitutional definition of Métis

(from page seven: **RESEARCH**)

Drone image of flowering plots at the Research Farm near Watrous (right).
- photo courtesy Juanita Allin

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My Conservative colleagues and I have been proud to defend our elders' interests throughout the pandemic, including advocating for:

<input checked="" type="checkbox"/> Reducing prescription drug dispensing fees	<input checked="" type="checkbox"/> Support for Legions, veterans and seniors' charities
<input checked="" type="checkbox"/> Assistance for care homes	<input checked="" type="checkbox"/> International family unification and virtual visitation
<input checked="" type="checkbox"/> RRIF amendments	<input checked="" type="checkbox"/> Rapid COVID-19 testing
<input checked="" type="checkbox"/> Expedited disability benefits	<input checked="" type="checkbox"/> Defending the rights of our faith communities
<input checked="" type="checkbox"/> Airline cancellation refunds	

The well-being of seniors is a top priority for all of us during the pandemic.

Regards,



TOM LUKIWSKI

MEMBER OF PARLIAMENT

Moose Jaw—Lake Centre—Lanigan



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we utilize chemical and mechanical weed control, we do spend time rousing for off types and weeding throughout the summer. Our research plots are harvested with combines that are similar to a producers, just a lot smaller. Each canola plot is weighed for yield and a small sample is taken while we combine in the field. In the fall, we start our preparations for the next year with fertilizer and chemical applications. Our winters are filled with training opportunities, equipment maintenance and our greenhouse."

With five different farm hub locations spread throughout the Prairie provinces including the one near Watrous, Allin said the added hubs allow the company to test additional products under a wide variety of environments each year. While Nutrien Ag Solutions falls under the larger Nutrien umbrella, Allin noted for the most part their operations run separately from those within the mining division, although there have been some benefits to being within the same company.

"Our Seed Breeding and Innovation Department has been able to utilize farm land that is owned by Nutrien around the mines in Allan and Vanscoy which allows for some communication between the two divisions of Nutrien."

fortunate to be busy all year round, like other Nutrien research farms and operations within the province, due to the COVID-19 pandemic Allin said the Research Farm has had to adjust a few things. "We have modified a few of our processes to ensure that we are adhering to proper social distancing. We have moved to only one person per vehicle as well. Safety of our employees is a key value at Nutrien Ag Solutions."

Despite navigating through the pandemic, Allin said the Research Farm remains committed to its research heading into the remainder of the year. "Moving into the 2021 season we will continue to work on the canola material that is moving through our system, we have some exciting products ahead. We are also looking forward to some increased technology use. We are utilizing drones to assist us with some of our note taking and overall health of our research plots."

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