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Local woman breaking down barriers within the ag industry

■ Daniel Bushman

With a passion for agriculture, a desire to grow and share her experiences within the industry and a steadfast advocate for mental health, Lesley Kelly has not only rooted herself in farming but hopes that her journey will inspire others.

Raised on a farm southwest of Watrous, the same farm she now operates with her husband Matt and brother Derek, Lesley understands the value of being able to share her story with others. “I am so grateful for this rural and farm life, both in how I was raised and how I am able to raise my kids in a rural farming community like Watrous. My dad was always excited about opportunities for the farm and industry. He would share how others within the industry, whether it was learning something new from someone and getting a new idea, leaning on a neighbour during a stressful period or having coffee and sharing some laughs, helped him get through hard times on the farm. That really had an everlasting impact on me.”

Moving back home a few years ago from Regina with her husband and their two boys to be closer to family and the farm, Lesley was able to garner stories which she began passing along. Stories of seeking support from others within the agriculture industry. Stories of facing adversity when times are tough. Stories of connecting with others and helping them along their journey. And personal stories of her own, including her and husband Matt’s mental health journey and the loss of her dad, who was instrumental in her life and running the farm.

“I know in rural communities, many of our farmers are going through difficult times and due to the nature of our work and in rural areas, it is hard to access mental health resources and support. My hope and goal in sharing my family and I’s story and advocating for farming and mental health is that there is more awareness and support in rural areas. Then when my kids are older (and potentially farm) and go through hard times, we have broken

down the stigma around mental health and there is more help and support available for them.”

That journey of opening up and allowing others to know they are not alone first began for Lesley about seven years ago. Creating a snack food business, Kelly and her family had the unique ability to connect with shoppers while expanding their products into urban areas. Through that, questions began to crop up about farming and how things were grown. As people started to understand how operations worked, Lesley shared others would voice their concern about how farming was being done and the harm it was causing to the environment and animals. “This was quite upsetting to us at the time as we didn’t get the chance to share more of our farming story, answer their questions and dispel myths.”

Wanting to place an immense focus on explaining stories from the world of agriculture and having a background in communications and marketing, Kelly created a blog. As social media began to really take off and with people curious about how their food was grown, the creator of High Heels & Canola Fields became more active online. “I had a goal of creating conversations about farming, share why I love this industry and what goes on behind the scenes on a Saskatchewan grain farm to help dispel myths and misconceptions.”

Planting the seed online, it did not take long before her blog not only sprouted and bloomed but grew exponentially. “Shortly after starting my blog and sharing both our farm story and my husband and I’s mental health journeys, we received thousands of messages from across Canada, the world and both in and outside of agriculture from those who were looking for help but didn’t know where to start or who felt reluctant to share because of the stigma. We realized how so many of us in agriculture were struggling with our mental health, and there wasn’t an organization dedicated to mental health in agriculture.”

(continued on page six: LESLEY)



Making a difference

► Raised on a farm near Watrous, one she now helps operate with her husband Matt and brother Derek, a few years ago, Lesley Kelly began to share her passion for agriculture with others. Along with educating people about the industry, Lesley is also an advocate for mental health, creating the blog High Heels & Canola Fields along with launching

the DoMoreAg Foundation. Through her experiences, Lesley has been able to speak at a number of events throughout North America, sharing about the ag industry and mental health. She was also recently awarded with a Queen Elizabeth II Platinum Jubilee Medal for her many contributions.

 photos courtesy Lesley Kelly



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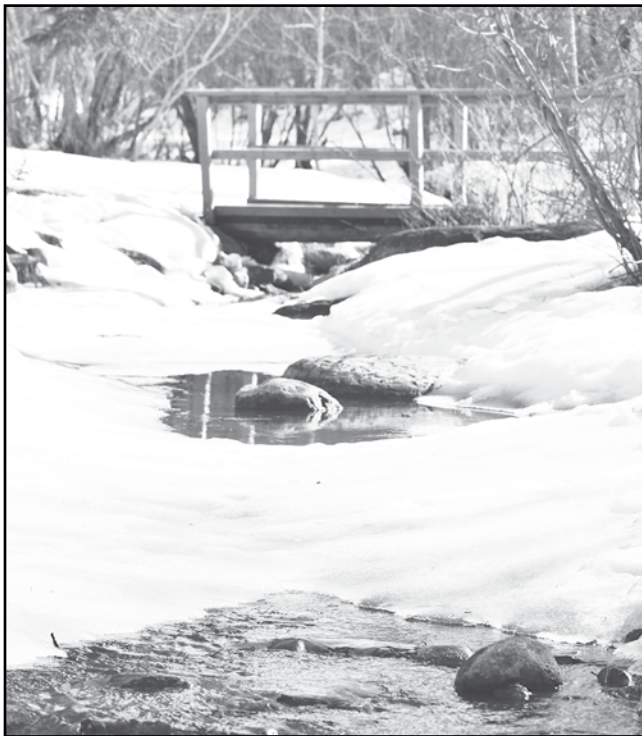
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Signs of spring

► After what felt like a lengthy winter, the warmer temperatures arrived and the spring melt began this past week. While it is not the most enjoyable time of year for those dealing with allergies, seeing the water flow once again at Wellington Creek at Manitou Beach (pictured left) and the geese returning from their winter vacations (above) are indications that spring is here. According to Environment and Climate Change Canada the normal daytime high for this time of year is 11°C while the overnight low is pegged at -2°C.

photos by Daniel Bushman

TWM and Advisor combine as finalists in multiple categories for Better Newspapers Competition

Highlighting the best within the industry, on

Mar. 31, the Saskatchewan Weekly Newspapers Association announced its finalists for the 2023 Better Newspapers Competition. This year, The Watrous Manitou was recognized as a finalist in seven categories while its sister paper, the Lanigan Advisor was named in three.

In the Premier Awards Category, for The Watrous Manitou, Alexandra Dengler was named a finalist for Best Series of Advertisements for her work on the Centennial Ford full page advertisement.

Also for The Watrous Manitou, Daniel Bushman was named a finalist for three stories and three photos which include: Best Sports Story for an article on Joe Koza; two in the Best News Story of the Year category for a pair of storms which caused substantial flooding and for the tornado touching down in the local area; Best Black and White Photo; Best Wildlife Photo; and Best Sports Photo.

For the Lanigan Advisor, Daniel was a finalist for two stories and one photo which included:

Best Sports Story for an article on the SJHL Hall of Fame inducting local faces; Best Healthcare Coverage Series of Stories for articles related to local hospital disruptions; and Best Colour Photo.

Honoured and thrilled to see both newspapers included as part of SWNA's Better Newspapers Competition finalists, publisher Daniel Bushman said being recognized with other publications from across the province is a real privilege. "I want to extend my appreciation to those who took the

time to judge our work and select us as finalists. Having been a judge myself, it is not an easy task and being recognized is something we never take for granted."

Grateful to the staff at the newspapers and the work that they do, Daniel said, "My wife Kim and I are so proud of Alexandra for being named a finalist this year. She has done a tremendous job for us over the years and because of the great work she does, it was awesome to see her recognized this year. We are also so grateful for Laurie Regier and all that she has done for us over the years. Laurie has been with us right from day one and we are so thankful for her dedication and tremendous efforts over the years. Both have been such an important part of our team

and we are so grateful to have them."

Wanting to provide a product that people can not only enjoy but stay informed about what is happening in their communities, Daniel added, "Both of our weekly newspapers have contained award winning items over the years and it is our hope to continue to provide our readers with that type of quality moving forward. Being recognized on a provincial level is certainly a really big honour and we cannot do it without our amazing staff and without the support we receive by our readers and advertisers. Thank you!"

This year the Better Newspapers Competition Award winners will be announced during an online award presentation Friday, May 12th.

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Notice is hereby given under The Tax Enforcement Act that unless the arrears and costs appearing opposite the land and title number described in the following list are fully paid before the **12th day of June, 2023**, an interest based on a tax lien will be registered against the land.

Note: A sum for costs in an amount required by subsection 4(3) of The Tax Enforcement Act is included in the amount shown against each parcel.

DESCRIPTION OF PROPERTY LOT - BLOCK - PLAN	TITLE NUMBER	TOTAL ARREARS & COSTS
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3 - 09 - CX219	142189847	671.63
1 - 10 - CX219	133246852	1,326.14
3 - 10 - CX219	133246874	284.58

Dated this 17th day of April, 2023
Yvonne (Bonny) Goodson, Treasurer

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Approximately 100 acres is farm and hay land.

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WATROUS & DISTRICT Music Festival 2023

Tuesday, April 25th

Our Redeemer's Lutheran Church, Watrous, SK

SPOKEN WORD: 9 a.m. / 1:15 p.m.

PIANO: 9 a.m. / 1:15 p.m. / 7 p.m.

Wednesday, April 26th

Watrous Elementary School, Watrous, SK

BANDS: 9:15 a.m. / 1 p.m.



SASK LOTTERIES

RCMP Report

Graffiti in Lanigan a crime that occurred sometime between the late evening of Apr. 4 and the early morning of Apr. 5, 2023. Unknown suspect(s)

North Battleford Crime Reduction Team (CRT) was working to locate 26-year-old Ethan Night from Saulteaux First Nation Apr. 3. He was wanted on four separate warrants for offences including pointing a firearm, possession of a weapon for a dangerous purpose, uttering threats and fraud. Investigation determined he was at a residence on Salteaux First Nation. Officers were let into the house by occupants

and located Night hiding under a mattress. He was arrested without incident. **Arrest made in connection to assault at SaskTel Centre** The Saskatoon Police Service has arrested a 63-year-old man in connection to an assault that took place earlier in April. On Apr. 2, 2023, at approximately 6:45 p.m., police received the report of an assault that occurred in the 3500 block of Thatcher Avenue. The report indicated that a dispute had led to a 63-year-old man assaulting an 18-year-old man in a parking lot, in that area. Video of the incident had been obtained and verified by investigators. As a result of the investigation, on Apr. 10, 2023, the 63-year-old man turned himself into police at SPS Headquarters. He has been charged with Assault.

Horizon archers compete at Districts

■ Daniel Bushman

Archers took aim at the Horizon Central Athletic Association's District championship in Watson Apr. 1. With six individuals and two teams taking home titles, a number of competitors represented the area. Of those athletes, here is how the local contingent fared and the schools they represented, according to results from Horizon. Any local athletes not mentioned were unintentionally missed: Bantam Girls: Makaela Siegfried of Drake placed ninth with a 194, Trinity Weber of Winston High in Watrous placed 13th with a 182, Hayley Johnston of Winston High in Watrous placed 14th with a 180, Sydney Mau of Drake placed 17th with a 173, Meagan Brooks of Holdfast placed 18th with a 165, Clairwynn Generous of

Holdfast placed 19th with a 149, Tamar Brown of Winston High in Watrous placed 22nd with a 126, Nora Croes of LeRoy placed 23rd with a 120, Delilah Bendel of LeRoy placed 24th with a 111, and Avril Siegfried of Drake placed 28th with a 36. Bantam Boys: Joel Toman of Drake placed second at 257, Danny Strauss of Imperial placed third at 251, Cej Rillorta of LeRoy placed eighth at 228, Kaysen Wolfe of Drake placed ninth with 226, Brice Toman of Drake placed 11th at 222, Joel Bachman of Holdfast placed 12th at 218, Jacob Alina of Imperial placed 16th at 201, Curtis Dennis of Holdfast placed 17th at 198, Darren Johnston of Watrous Elementary School placed 18th at 197, Felix Martens-Bartel of Drake placed 19th at 190, Parker Thurmeier of Holdfast placed 20th at 188, Garrett Upson of LeRoy placed 21st at 179, Daryl Fergurac of LeRoy

placed 25th at 170, Pryor Hebron of Imperial placed 30th at 130, and Jurgens Bothma placed 33rd at 90. Junior Girls: Katy Laing of Winston High in Watrous placed seventh at 187. Junior Boys: Evan Morelli of Winston High in Watrous placed first at 264, Paul Alarilla of LeRoy placed fourth at 233 and Brody Metz of Imperial placed 10th at 176. Senior Girls: Erica Harding of Winston High in Watrous placed second at 220 and Melissa Federspiel of Winston High in Watrous tied for third at 208. Senior Boys: Cohen Holowachuk of LeRoy placed second at 242 and Nikolai Somers of Winston High in Watrous placed fourth at 228. Team results: In Bantam, Drake finished in third with a score of 1,261.

MSMA Advantage fostering a think big mindset across region

■ media release

The member communities of the Mid-Sask Municipal Alliance (MSMA) are scheduled to meet with the Honourable Minister Don McMorris of Government Relations at the end of April to advocate for economic development resources to build the capacity to coordinate collaboration across public, private and non-profit sectors, mobilize the region's assets, and discover new approaches to increase prosperity through this next period of regional growth.

In preparation the MSMA board is reaching out to provincial and municipal governments, businesses, industry, regional organizations, First Nations, and NGOs requesting a show of support for this initiative. To help foster a "think big" mindset, the MSMA is prepared to facilitate bringing all the necessary voices to the table on a regular basis to create a progressive future for the region. "The landscape of our region has the potential for prosperity and growth. Now is the time to be proactive

and develop a sustainable strategy for success. The MSMA Advantage is a collaborative partnership aimed at stimulating strategic economic development initiatives and being a collective regional voice. By attracting new residents, businesses, and industry into our region we can showcase to Saskatchewan and the rest of the world why this is an ideal place to invest, work, and live," said Erin Richard, Chairperson of the Mid-Sask Municipal Alliance. With the necessary resources, the region could establish the capacity to develop a regional growth strategy as a collaborative and interactive process, develop community strategies to manage the

next decade of growth by building on the foundational work completed to date, and facilitate a plan to successfully manage and maximize the influx of new residents and business investments into the region. There would also be value in establishing a regional brand and a social media campaign to promote the communities and business opportunities across the region and highlight the advantages of living and working in rural Saskatchewan. To find out more about the project or to connect to this initiative, email admin.misma@sasktel.net.



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Watrous Wildlife Federation

Saturday, April 22nd

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Awards presentation and Calcutta to follow
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Tickets available from
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or contact 306-946-8855

Awards Night and Banquet

Opinion

Look What's Cooking by Laura Novecosky

Oatmeal Banana Applesauce Muffins

Ingredients:

1 ½ cups flour
1 cup rolled oats
½ cup brown sugar
1 ½ tsp. baking powder
½ tsp. baking soda
½ tsp. salt
2 large eggs
4 tbsp. applesauce OR 4 tbsp. oil
1 tsp. vanilla
¼ cup milk
4 mashed bananas
¾ cup chocolate chips
1/3 cup chopped walnuts or pecans

Directions:

Line a muffin pan with liners (use parchment liners) or pan spray the muffin pan. Preheat oven to 375°F. Combine oats, flour, brown sugar, baking powder, baking soda and salt. In another bowl beat the bananas, then add the eggs, applesauce (or oil if you are using oil), milk and vanilla. Pour wet into dry ingredients, mixing with a spoon until just combined. Fold in chocolate chips. Divide batter into 12 muffin cups, the cups will be full. Depending on the size of the bananas, you may have 14 muffins. If using a partly filled muffin pan, fill the empty spaces about ¼ full of water so your pan does not warp. Bake for 20 to 22 minutes.



Tips from
Reena Nerbas

on it. My tea not only melted the finish on the dining room table, but the heat melted the ink onto the table! Because hindsight is always 20/20, I realize now how stupid it was to think that a thin piece of paper would protect the table against something so hot! If you can help me fix this mistake, I would really appreciate it. Maria

Dear Maria,

Solutions and Substitutions

Dear Reena,

I was enjoying a cup of very hot tea one morning. The tea was so hot that I had to put it down on the table. I had no coasters around me, so I grabbed the closest thing which was a sheet of paper with some writing in blue ink

Boy have I been there! The first and easiest solution is to apply mayonnaise or non-gel, non-bleach toothpaste to the wood. Leave for 30 minutes and wipe. If the stain remains, cover the mark with a white cloth. Using the steam setting on your clothing iron, wave the iron overtop of the cloth making sure that you do not set the iron on one area. Even if the heat mark disappears, the ink may remain. If hairspray does not remove the ink, you can try baking powder and dish soap. Be cautious not to hurt the finish of the wood.

Note: Every user assumes all risks of injury or damage resulting from the implementation of any suggestions in this column. Test all products on an inconspicuous area first.

Reena Nerbas is a popular motivational presenter for large and small groups; check out her website: reena.ca. Ask a question or share a tip at reena.ca

Carbon tax exemption bill for farmers passes House vote

media release

Conservative MP Ben Lobb's Private Members Bill C-234, which provides a total Carbon Tax exemption for farmers, was passed in the House of Commons with cross-party support. Moose Jaw-Lake Centre-Lanigan Member of Parliament Fraser Tolmie said this bill is a massive win for Saskatchewan farmers.

"From my first day on the campaign trail, the Carbon Tax has been a top issue for countless

constituents throughout the riding, especially farmers and ag industry professionals." Tolmie said. "This bill provides them some much needed hope and relief at a time when new fertilizer regulations, high fuel costs, and stifling tax burdens have been threatening their livelihoods."

Tolmie also questions the Carbon Tax's ability to affect emissions outputs after years of failure.

"Our party is proud to have secured this important victory

for farmers and our agriculture industry, but we can't stop there. The Carbon Tax makes life less affordable while doing nothing to reduce emissions. We will provide an environment plan that champions technology over taxation, one that will grow our economy while providing a clear path to a cleaner future."

He finally pointed out the importance of the cross-party support this bill achieved.

"As Mayor of Moose Jaw and now Member of

Parliament, I've always done my best to reach across the aisle and work with people of different backgrounds to achieve common goals. I am grateful for the support of my colleagues from other parties who came around to our perspective; the Carbon Tax unfairly targets Canadian farmers who are already world leaders in sustainability."

Bill C-234 now moves on to the Senate where it is also expected to pass, bringing it one step closer to royal assent and becoming law.

For Community Connection news,
see page eight.

For Watrous Centre news,
see page 11.

They belong together like a horse and carriage



Neighbourly advice according to Ed

A spiritual column
by contributor
Raymond Maher
www.accordingtoed.com

In 1938, Frank Sinatra sang a song about commitment. The song was called Love and Marriage. The song expressed that love and marriage go together like a horse and carriage. It also claimed

that you could not have one without the other.

Today, many might scoff at the song as old-fashioned and obsolete. Likewise, some scoff at Jesus' death and resurrection as Christians celebrate Good Friday, Apr. 7, and Easter Sunday, Apr. 9. I pray that you will be sure that Good Friday and Easter Sunday belong together. Jesus' death on the cross on Good Friday resulted in His Resurrection to eternal life on Easter Sunday. The cross plus the resurrection equals salvation for sinners.

Good Friday is about the sting of death on Jesus. Jesus obeyed the law perfectly for us. He fulfilled

the law for us. He was willing to give to God his Father his righteousness for us and suffer the punishment of our sins in our place on the cross. Jesus was committed to enduring pain and punishment beyond measure for each of us as sinners.

Psalm 22 was written by David, but it paints a picture of what Jesus experienced during his crucifixion. Jesus was considered a worm, not a man, in his arrest, trials, lashes, crown of thorns, and suffering on the cross between two criminals.

He was scorned and despised, mocked and insulted by the people.

They scoffed, "He trusts in the Lord; let the Lord rescue him." A band of evil men encircled him. They pierced his hands and feet. They cast lots for his garments. Indeed as the psalm indicates, Jesus was poured out like water and all his bones felt out of joint while nailed to the cross. His heart melted away like wax in his suffering until his death. (Psalm 22:6-8,16,18,14)

Isaiah 53 reminds us that the Lord laid on his suffering servant (Jesus) the iniquity of us all. He was pierced and crushed for our transgressions. However, His punishment brought us peace in that by

his wounds; we are healed.

Jesus suffered on the cross until all was accomplished so that the Scripture was fulfilled; then Jesus said, "I am thirsty." He was given a drink of wine vinegar; and after the drink, he proclaimed, "It is finished." Then he bowed his head and gave up his spirit." (John 19:28-30)

The Jews did not want the bodies left on the crosses during the Sabbath, so the soldiers broke the legs of the other men still dying on the cross to speed up their death. But Jesus was dead, so one of the soldiers pierced Jesus' side with a spear bringing a sudden flow of blood and

water. (John 19:26-34)

Joseph of Arimathea placed the body of Jesus in his own new tomb cut out of rock. He rolled a large stone in front of the tomb's entrance. The Jews went to Pilate and asked for the vault to be secured. The soldiers went and sealed the tomb door and posted a guard there.

The tomb could not hold Jesus. Jesus Christ is God, and He is risen indeed. Christians believe in the risen Christ who promises, "Because I live, you shall live also." (John 14:19 and John 11:25). Good Friday and Easter Sunday are at the heart of our Christian faith.

TWM
Est. 1933

Daniel and Kim Bushman, publishers and editors

Laurie Regier, typesetter/customer service

Alexandra Goodrich-Dengler, advertising/creative

The Watrous Manitou • Box 100 • Watrous, Sask. • S0K 4T0

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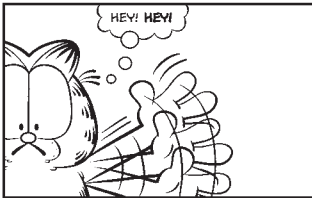
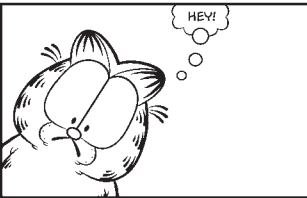
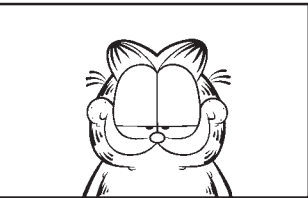
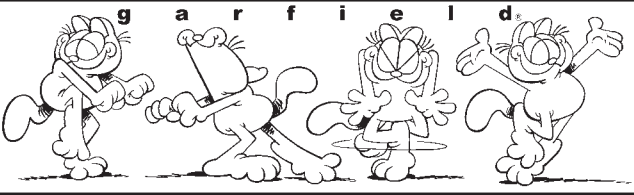
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Universal Crossword

Edited by David Steinberg April 16, 2023

- ACROSS**

1 Cheese often mixed with Monterey Jack

6 Bad mood

10 -back (relaxed)

14 Skater Ohno

15 Actress Hatcher or Garr

16 Dos + dos + dos + dos

17 Asian gambling mecca, as some spell it

18 Counterpart of sow

19 What gets sown

20 Attack someone's reputation

22 Traveling woe that melatonin can decrease

24 Spot for Spot

26 49-Across's sound

29 "wow!!"

30 Region

31 Like Santa's helpers

33 PC linkup

35 Finicky

39 Carne

40 Abbr. after a list

41 Tennis star Naomi, or her Japanese birthplace

42 Hebrew holy book

43 Insect that secretes royal jelly

44 Have a great time

45 Boyfriend

47 THC kin

49 Sheep mom

50 There's no going back on it!

55 Separate from a country

56 Success after success

60 Like WNBA players, in general

61 Alphabetic range

63 Grocery store division

64 Abbr. after a list

65 Days of (long ago)

66 "This means war!"

67 Goes green, maybe?

68 Unfathomably long time periods

69 Jumped
- DOWN**

1 Recording devices, for short

2 Milky gem

3 Math term hidden in "velocity"

4 Like unseasoned food

5 "Don't wait for me"

6 Metaphorical vehicle for those having a hard time

7 Like an overly attached partner

8 401(k)

9 Ones place?

10 Situation that's not worth trying to fix

11 D.C.-to-Boston train

12 "Rumor has it ..."

13 Evade

21 Entertainment company with a lion in its logo

23 Meticulous person's trait

25 Hokey Pok-e and Nae Nae, for two

26 Outdo

27 As well

28 A ways away

32 Journalist who co-founded the NAACP

34 Had some goiabada or garlic bread

36 Click the floppy disk icon

37 Distort

38 University in New Haven

46 "Yes, captain"

48 Wager

50 Blender brand

51 "Cool beans!"

52 Dazzling success

53 There's no rose without a

54 Overdone

57 Actress Rae

58 Horse hoof sound

59 Clark, aka

62 As well

FOR ANSWERS
TO SUDOKU AND
CROSSWORD,
SEE PAGE 11

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UNIVERSAL Sudoku Puzzle

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

		4	2	3	1	8		
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DIFFICULTY RATING: ★★★★★

Themeless Sunday 30 by Rafael Musa

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(from front page: LESLEY)

Having members of her family farming and understanding the intricacies and stressors producers are faced with in the agriculture industry, Kelly knew something more had to be done. That is when she joined up with a few others to create the Do More Agriculture Foundation.

With a mission to create more awareness about mental health, build community and connection and bring and create mental health resources and support, the co-founder said, “Through this work and while also advocating for agriculture, I have had the opportunity to travel and speak across North America and Europe, be

invited on national and provincial news shows, be part of campaigns and work with companies that are focused on creating positive change.”

The daughter of Darlene and the late Garnet Martin, Lesley also designed and started a clothing line, creating more awareness about mental health and farming while meeting hundreds and thousands of people to hear their stories. “I’ve connected with people after being on stage and they feel brave enough to come up and share afterwards or on social media through a message or video I’ve shared or at the airport after reading one of my shirts that states: ‘Coffee, farming & mental health.’

What stands out is how every person’s story matters so much and how we have so much in common. Our stories can help bring us together, heal and move forward.”

With thousands of miles accumulated in her vehicle and on a plane and the countless hours dedicated to her blog, foundation and social media channels, when asked what it means to be making a difference, Lesley said, “Helping others and having a positive impact on others definitely fills up my cup. I never set out on making a difference in the ag industry but our overall goal in sharing our farm and mental health story was hoping that it helped one person. I’m so grateful that it’s helped create positive change in



Creating positive change

►Understanding how stressful the agriculture industry can be and all that comes with it, Lesley Kelly has not only been a tremendous advocate for mental health but the Do More Agriculture Foundation, something she helped to create, has

been able to generate awareness about mental health. Through that initiative, Kelly has been invited to speak at conferences and events throughout Canada and the United States about mental health in agriculture.

photo courtesy Lesley Kelly

our industry and for the support my family and I have received in return.”

Reflecting back to when her journey first began, Kelly noted the agriculture industry has come such a long way in a short time. “Before we shared our mental health stories publicly, we searched online if there were others sharing as well and unfortunately, we couldn’t find others.” Once her and Matt began to open up though, Lesley said they received a huge positive reception. However, Kelly also indicated there was some negative feedback and criticisms that came with being vulnerable.

“That of course hurt at the moment as our goal was to help others who may be feeling alone and to help our industry get better and more support and resources. But now, those criticisms are seldom and the support outshines them. Now we are seeing open, honest and supportive conversations and awareness happening online, at events, within the media, at board and industry tables and meetings and at kitchen tables, which is so amazing and encouraging. We have seen more funding, awareness initiatives and support come to our industry. There is still lots of work that needs to be done but we are moving the needle forward in a huge positive way.”

In addition to her tremendous work as an advocate for mental health and farming, Kelly

has also been cutting a trail for women in agriculture. Involved with organizations like the Sask Wheat Board of Directors, Lesley continues to push for positive change in an industry predominately led by men. “I am encouraged to see positive change with inclusivity and seeing more women become involved at the board level (there are two of us women on the Sask Wheat Board of Directors, out of seven) and have leadership roles within their farming operations and industry. Women are the heart of the industry and the farm in many instances and we have unique skills and traits that can help provide solutions, offer guidance, create opportunities and move farming businesses forward.”

Similar to her skill sets on the family farm, Kelly brings a different perspective while working off of it as well. “I try to mentor and share what I’ve learned to help and encourage other females get involved in the industry as there is such a need for not only women, but young farmers at the industry level.”

That work and those experiences have also extended to her own kids. “The tools and skills we’ve learned about taking care of our mental health has really helped us start and have conversations with our kids. I want them to have the confidence, tools and skills to be aware, communicate, connect and help each other and themselves when they are going through a hard time. We share with them that if they would like to farm one day, it’s not if they will go through hard times but when, and we hope by what we are doing when they go through those hard times, that they will have a community around them that will support them and they will have more tools and resources too.”

With her work through mental health and the

agriculture industry over the past five or so years, experiences both on and off the family farm, and having a positive impact on others, Lesley was recently and deservedly recognized with a Queen Elizabeth II Platinum Jubilee Medal. “It was such a nice surprise. I was in the Seattle airport and a bit sleep deprived after being away on the road for a couple of weeks. I got an email that I had received the medal and when the ceremony was and thought it was spam. So I called the number to check and they said that I had been nominated. I phoned my husband and I cried. It was such a wonderful surprise and gesture of how far we’ve come as an organization and industry, and our impact.”

A moment the producer and blog creator will not soon forget, reflecting back over her time advocating, speaking, representing women in the industry and sharing her own journey, Kelly said some of her biggest highlights have been the messages and stories received from others across the world. “Whether that is someone feeling inspired and encouraged to share, get further support, learn something or help someone else through a message or a post I’ve sent out or sharing their story with me and others after I’ve presented, that really touches me each and every time.”

It has been through those events where the resident of Watrous has also been able to meet others doing similar work. “It is such a gift! From what I’ve learned in sharing, it can be so powerful and has such a positive, contagious effect. Personally, it has felt therapeutic to share and for others, encouraging and inspiring to know they aren’t alone. It is so great

(continued on back page: LESLEY)



ANNUAL GENERAL AND SPECIAL MEETING 2023

THIS IS YOUR CO-OP.

Every Saskatoon Co-op member is an owner, and as an owner, you can and should have a say in your business.

To ensure the health and safety of our members, Team Members, and Directors, please join us for our virtual Annual General and Special Meeting.

SASKATOON CO-OP ANNUAL GENERAL AND SPECIAL MEETING

**Tuesday,
May 16
2023**

7:00 P.M. Call to Order

Advance registration is required and closes May 9, 2023 at 4:00 PM.

For more information, and to register, please visit our website at saskatooncoop.crs.

Only those who submitted membership applications prior to March 26, 2023, will be eligible to vote. Joint members are required to register separately.

Resolutions and questions in advance to Board@saskatooncoop.ca would be appreciated by May 5, 2023.

MEMBERS WILL VOTE ON:

- Special Business - Amalgamation with The Vonda Co-operative Association Limited*
- 3 Director positions up for election
 - 3 three-year terms
- Ask Questions /Vote on Resolutions
- Learn about your Co-op

*A copy of the proposed amalgamation agreement and the proposed special resolution is available to any member on request at Saskatoon Co-op locations, and at www.saskatooncoop.crs.



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COLONSAY

Irene Gray • 306-255-2775

Jim and Irene travelled to Manitou Beach for an early birthday lunch at Murray and Kathleen Dering's.

The Colonsay Food Bank welcomed all the items that the Viscount School collected for them. They held a drive challenge with classrooms competing to see which classroom could collect the most to donate. The Gr. 1-2 students won the challenge.

Judy Dieno and daughter Annette travelled to Arelee to have an Easter gathering with Grant and Haughn and family Apr. 8.

Neil Thomas from Edmonton spent a week visiting his father Ray. He also spent some time with other friends in town.

Thursday, Apr. 6, the Colonsay Senior Centre saw 20 seniors gather for the monthly supper. It was an enjoyable Chinese supper from the Colonsay Hotel. A short meeting was held after supper then several enjoyed playing cards.

The Colonsay Sports Grounds Committee is looking for new members.

Several families held Easter gatherings and get-togethers over the weekend.

Forty-seven people enjoyed the poker night held in Allan Apr. 6. Some from Colonsay attended.

Jim and Joyce Walker travelled to Calgary to visit their son Stacey for a few days.

Jim and Irene Gray travelled to Saskatoon Apr. 9 to the home of Tyler and Venessa Hinz and enjoyed visiting, an Easter supper and to celebrate Irene's birthday. Also attending were Brenda and Kory Liang, Ben and Mu Ling and grandma from Unity.

Get well wishes to Jim Gray who is back in the hospital.

The gift of affection - be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

VISCOUNT

Sandra Reid • 306-227-1193

Nice with the weather. Could have been earlier, but I am sure we all will take the sunshine our beautiful blue skies offer. Speaking of the weather, we had a lot of family arrive at our house Good Friday. We never realized what condition the highways were in. So glad they all made it out and returned to their homes safely. I saw pictures the next day and wow!

The month of April is National Poetry Month. At Viscount Central School the high school students shared original works and various favourite texts they had written or studied.

Tuesday, Apr. 4, the Viscount Central School Drama Club put on a fantastic performance of Skid Marks: A Play About Driving.

Monday, Apr. 10, there were four of us ladies that joined together to sew squares together for Blankets for Canada. We enjoyed visiting and sewing as much as

always. It is a perfect time to come together and visit while doing something so awesome. Our time is nearing the end for the year. Blankets for Canada will have its last meet for this season Monday, Apr. 24 at the Viscount library and will resume again in the fall. Please feel free to think of us should you be looking to donate knitted or crochet squares. We have very much enjoyed meeting and working together all year and look forward to seeing everyone after a long-awaited summer.

Speaking of summer, I cannot wait to get out and enjoy the sunshine and do yard work. Of course it will have to dry up a bit, but it is melting fast. I was beginning to worry about the community garage sales that we are having the long weekend in May, but I think it should be melted by then.

Best wishes to anyone who is under the weather. I hope you feel better soon.

YOUNG

Pat Bryson • 306-259-4860

National Volunteer Week is Apr. 16 to 22. Where would our village and area be without the many volunteers who give so freely of their time? Much appreciation is extended to each one of you.

We hope students and teachers alike enjoyed the Easter break pausing to relax and rejuvenate. Now it is on to the last lap of the school year.

Does your mudroom look like mine with multiple seasons of footwear filling the shelves? Various winter boots, spring rubber boots and summer sneakers, all side by side, ready for the wearing depending on the weather conditions of the day.

You need to bring a hearty appetite when dining at The Big Rock Inn, Eat and Drinkery. The daily lunch specials are homemade and so delicious! What a treat for us to have a restaurant on Main Street!

Congratulations to The Watrous Manitou and Lanigan Advisor for being finalists, recognized a combined 10 times as part of the Saskatchewan Weekly Newspapers Association 2023 Better Newspapers Competition. Saskatchewan newspapers are alive and well tying our small towns and communities together. Well done Daniel Bushman and staff! With the online award presentation scheduled for May 12, know that we are rooting for you.

Enjoy your week!

The Watrous Manitou office hours

- 306-946-3343 -

Monday: closed to public

Tuesday to Thursday: open 9 a.m. to

noon and 1 p.m. to 5 p.m.

Friday: open 9 a.m. to 1 p.m.

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“Notices Classifieds”

AND

In memory



JONES - Lorne, Dec. 24, 1946 - Apr. 17, 2022:

Missed - Remembered -
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SCHROEDER - In loving memory of our mom and nana, Joan, who passed away Apr. 17, 2019. We have loved and missed you every single day since you left.

"My mother . . . she [was] beautiful, softened at the edges and tempered with a spine of steel. I want to grow old and be like her."
(Jodi Picoult)
- Karen, Keith, Blair, Lesley and families.

NOTICES

RELICS ART AND ANTIQUES AT MANITOU BEACH IS NOW open by appointment or by chance for spring shopping. Ph. 306-999-0429./16-4c

SERVICES

LAWN/YARD CARE. Weekly yard maintenance. Grass cutting, edging, etc. Available for estimate after Apr. 24, 2023. CC Property Maintenance, Hugh Carlson 306-222-0677./17-3p

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TWM Classified Deadline Wednesday, 5 p.m.

HELP WANTED

CLEAN DIMENSIONS COMMERCIAL CLEANING is currently looking for a part-time cleaner in the Watrous and Raymore areas. Experience would be an asset. Starting wage is at \$17.50/hr. Please send resume to info@clean-dimensions.com or call 1-306-450-5393./17-2c

HIRING FRONT DESK ATTENDANT. Manitou Springs Resort is seeking a dynamic, customer-oriented individual. Duties include answering phones, checking guests in and out, managing reservations and addressing guests needs. Please email resumes to manitousprings@sasktel.net/15tfc

HIRING CAFE COOK/SERVER. Manitou Springs Resort is seeking a dynamic, customer-oriented individual to join the Watercrest Cafe Team. Duties include taking orders, preparing meals, maintaining inventory, ordering supplies and maintaining a clean kitchen and work area. Please email resumes to manitousprings@sasktel.net/15tfc

SPA DESK RECEPTIONIST. Manitou Springs Resort is seeking a receptionist for the Serenity Spa and Mineral Pool. Duties include answering phones, managing Serenity Spa reservations and performing cashier duties for both the Spa and the Mineral Pool. Please email resumes to manitousprings@sasktel.net/15tfc

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see page 11

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**Business and Community
Directory continued on
Coming Events page**

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APRIL

- DATES FOR MANITOU Beach Communities in Bloom bingo are: Apr. 20, 27, May 4, 11, 18 and 25. Doors open at 6 p.m. with bingo starting at 7 p.m. Manitou Beach Community Hall./15tfc

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MAY

- WATROUS SCHOOL OF Dance Spring AGM Wed., May 10, 7:30 p.m. at Watrous School of Dance./16-5c

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- AL-ANON MEETING THURSDAYS 8 p.m. Ph. 306-946-2466, 306-946-7802./22-48p

- ALCOHOLICS ANONYMOUS meetings: Watrous, Thurs., 8 p.m. Anglican Church Hall on Main Street in Watrous. (306-946-2466)./8tfc

- WATROUS ROTARY CLUB meets alternating Tuesday evenings at the lower level of Watrous United Church. Call 306-946-3535 for more information./8tfc

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Classifieds continued from page nine

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At the Watrous Centre

Whist winners at the Senior Centre Thursday, Apr. 6 were: first - Sharon Carlson, 150; second - Sherwin Petersen, 146; third - Fred Kahlert, 142; fourth - Marilyn Crawford, Arlene Gegner and Betty Carlson (tied), 140. Travelling - Arlene Gegner and Colleen Hunt. Home-steadier was Gena Amendt, seven times at same table.

Kaiser winners at the Senior Centre Monday, Apr. 10 were: first - Lorelei Stewart, 224; second - Bob Wignes, 192; third - Rod Degenstein, 185; fourth - Arlene Gegner, 173.

Anyone interested in submitting local Watrous news can do so by faxing 306-946-2026, emailing watrous.manitou@sasktel.net or stopping by the office.

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U11 league champions

► After finishing first in the regular season, the Watrous Hawks U11 Team 1 started the East Central Minor Hockey League playoffs with a first round win over Strasbourg. Then with a close second round victory over Muenster, it set up a league final against Watrous Hawks U11 Team 2. With both teams only losing one regular season game all year to each other, it made for an exciting league final. Watrous Team 1 took game one with a 3-2 victory and in Game 2, the contest was tied 5-5 in the final moments. Watrous Team 2 pulled its goalie, needing the victory to force game three

but Watrous Team 1 would score an empty net goal to seal the win and the league championship. Congratulations to both teams on successful seasons. Watrous Hawks U11 Team 1 pictured back row (left to right): head coach Robert Oakes, Riley Klassen, Thomas Thoner, Colton Oakes, Rylan Crittenden, Greyson Couture, assistant coach Grant Crittenden and manager Darren Carlson. Middle row (left to right): Oliver Haines, Raya Lockie, Jace Carlson, Sawyer Wolff, Tanner Carlson, and Reid Crittenden. Front row: Connor Jansen.

info and photo courtesy Robert Oakes

(from page six: LESLEY)

to see how awareness and support is building through others sharing their stories. This is how we will break down barriers, the stigma and create further mental health capacity in our rural areas.”

But despite all of the positives and gains within the industry, the work has not ended for Lesley. As the pandemic arrived three years ago, it created a whole new set of stressors. Navigating through those challenges both on and off the farm, with the bulk of 2023 remaining, including the start of seeding season, Kelly is optimistic about what may be ahead.

“My role on the farm has expanded since my dad passed away so I am really invested in learning all that my dad taught me, helping build what he grew and make a plan for the farm in the future. I look forward to staying involved with the industry at the board level and hope to present at a few conferences and events. I pinch myself

because I get to travel to places that I’ve never been before like New York, Arkansas, and this year I am going to Montana for the first time and back to Texas. Our kids are active in sports and I love watching them play and have fun with their friends so that is always a highlight and top of the list.”

While she has a lot on her plate as she continues to keep up with the demands in the agriculture sector, Lesley is quick to point out it is a dream come true to be where she is. “To raise our kids where I grew up and surrounded by family and friends I grew up with, I couldn’t have asked for a better community to live, have our family grow and plant more roots.”

To learn more about what Lesley is up to, people can find her across social media platforms under High Heels & Canola Fields and at www.highheelsandcanolafields.com. For more information and resources about mental health in ag, visit domore.ag.

TWM AROUND THE WORLD



► In this edition of TWM Around the World, it is off to Negril, Jamaica where in-laws of Angie Rolheiser, the Watrous Manitou Marketing Group's new Community Development Officer, got to be "on a roll" with her. Pictured with an edition of Angie on the front page of The Watrous Manitou are: Ken and Anne Moldenhauer in the front and Mike Rolheiser and Joy Greenhough in the back row. Thanks for thinking of TWM during your travels!

photo submitted

Awards Night and Banquet

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