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The Watrous Manitou

Inside: 2021 Agriculture Edition

MONDAY, MARCH 29, 2021

WWW.TWMNEWS.COM

VOL. 88 NO. 14 • WATROUS, SASKATCHEWAN • \$1.25







► 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



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Beauti-Tone
 CANADA'S PAINT EXPERTS

Hop on over for **Easter!**

We've got bunnies, baskets, chocolates, table decor, and napkins to go along with artificial spring plants and flowers.



Coming soon...

- Spring Take & Make Kits
 - Regional Kids First Literacy kits 2nd Edition
- *watch social media for more information!



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Tuesday 11am-7pm Wednesday 11am-7pm Thursday 11am-7pm Saturday 11am-5pm

WATROUS WHEATLAND LIBRARY



Easter BASKET DRAW!

For every library checkout until March 27 you will get your name entered in to win the Basket!

Draw Date: Tuesday, March 30 for pickup before Easter!

Get your entries in now, something for everyone in this awesome draw! Basket generously provided by Watrous Library Board Members.



Thank you
FOR UTILIZING
OUR LIBRARY!

► Recently adding a state-of-the-art new brush five wildland operations vehicle, the Watrous and District Fire Department also received a generous donation for a new trailer.

Fire chief of the volunteer department in Watrous Jory Vanthuyne was joined by members of Centennial Ford Sales Ltd. earlier this month as he accepted the donation of the new trailer unit on behalf of the department. Vanthuyne said, "We are extremely grateful to have businesses in our community that support our department! Centennial Ford Sales Ltd. donated a new trailer purchased from Melron Services in Watrous to haul our wildland side-by-side unit to and from calls.

Having the trailer will be a tremendous help for us in being able to fight fires in our area."

photo by Daniel Bushman



► Wanting to lend their support after donating to other local fundraisers and initiatives over the past few years, McArthur Ag Ventures recently donated \$2,500 to the Watrous Elementary School playground project. With phase one of the playground project already installed, fundraising is underway for the second phase. Wanting to help provide funds for the project that kids will one day be able to enjoy including their own children, Brennan and Amanda McArthur along with their son Axel presented a cheque to Watrous Elementary School Vice-Principal Rhonda Hardy on behalf of McArthur Ag Ventures.

photo by Daniel Bushman

FIGHTING FOR SENIORS IN DIFFICULT TIMES

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

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

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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Local communities log active minutes as part of challenge

■ Daniel Bushman

Residents throughout Saskatchewan including those in Watrous, Imperial, and LeRoy were encouraged to get active as part of the 10th Saskatchewan Blue Cross Go Out and Play Challenge. Submitting active minutes during the Mar. 1 to 10 in motion challenge, a total of 38 communities participated, logging more than five million overall active minutes.

Hoping to rank at the top, the three local area communities encouraged residents to be active with hopes of earning either the \$10,000 grand prize or the \$5,000 runner-up prize to put toward a community project/initiative.

Once the final day wrapped up, out of 38 communities, LeRoy placed eighth, Watrous was 15th and Imperial came in 31st. Both Watrous and LeRoy each logged more than 100,000 minutes over the duration of the event with Watrous getting 110,619 and LeRoy 190,652 while Imperial had 34,437 minutes, according to in motion challenge. But it would be Meadow Lake who had the most and placed first with more than 538,700 minutes of physical activity while Langenburg had 507,431 minutes and took the runner-up spot.

“It’s so great to see communities rally like this in support of outdoor play,” said Marnie Forsberg, Manager, Saskatchewan in motion. “After a year of COVID restrictions, spending time outside is more important than ever.”

While Meadow Lake will use its prize money to

improve lighting in Lions Park, Langenburg will use its money to put toward the town’s swimming pool project. Commemorating the 10th anniversary of the Challenge, LeRoy, who finished eighth received a \$500 playground stencil package, along with those who placed third to 12th.

While 2021 was a record year for the challenge including having 15 of the communities logging more than 100,000 minutes, over the 10 years, the challenge has awarded \$165,000 to 20 outdoor play projects and has had participants log more than 28 million minutes of physical activity.

“The challenge always brings out such great community spirit and pride. Creating ways for communities to spur physical activity, safe connection and engagement has never been more essential,” said

Cheryl de Villiers, Director of Marketing and External Affairs for Saskatchewan Blue Cross. “It’s powerful to see 38 communities from across the province step up to take part in this incredible funding opportunity this year.”

Celebrate Music
April 26 - 29
Virtual Music Appreciation

Contact Joanne Andrews
jrandrews@sasktel.net



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Watrous Kinsmen Childcare Centre
is seeking dynamic and enthusiastic educators to join our team to work in Watrous' first community daycare centre. If you enjoy working with children, are reliable, and have a positive attitude, we would love to hear from you!

Reporting to the Executive Director, your work responsibilities will include the following tasks:

- Support children with a philosophy of building strengths and supporting challenges that meets diverse needs.
- Provide daily routines and care which age appropriate is and which allows choices about their activities, fostering independence.
- Observe and monitor children's play activities.
- Help plan, organize and participate in recreational activities and outings.
- Documentation on daily activities, daily habits, sleeping, eating, toileting, social skills and emotional well-being of the children.
- Assist in preparing food for children, serving, and feeding meals and refreshments to children.
- Perform housekeeping duties such as cleaning and dishwashing after meal preparation as required.
- Support children's emotional and social development.
- Knowledge of safety and emergency procedures.
- Perform other related duties as directed by the Executive Director.

What we are looking for:

- Strong understanding of child development for up to the ages of 12.
- At least 2 years of experience in working with children up to the ages of 12 - preference will be given to applicants who have training in Early Childhood Development and/or who have had previous experience working in approved Daycare settings.
- A satisfactory Criminal Record Check including the Vulnerable Sector Search that is valid within 6 months.
- Food safety certification.
- Valid First Aid and CPR.
- Valid Driver's License is an asset.

Education: Early Childhood Education Level I, II, or III considered an asset.

Salary: negotiable depending on training and experience. Childcare incentives available.

Job Type: Full-time, part-time, and casual positions could be available depending on number of children at the centre.

Please send cover letter and resume to watrouschildcareinc@gmail.com



Avril Reifferscheid
Broker
306-946-8520

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306-535-2842

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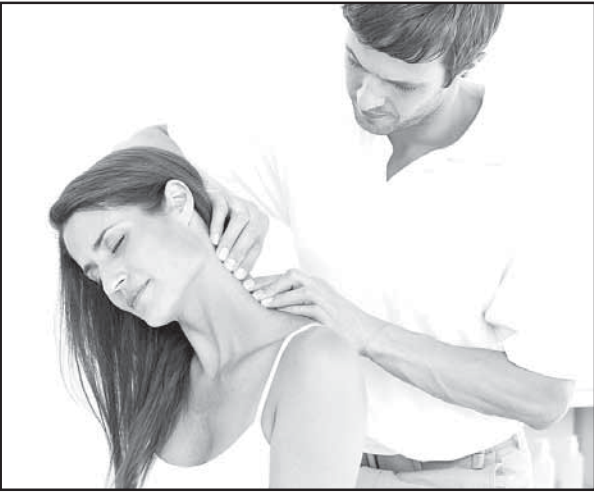
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Family consists of 2 parents, guardians, grandparents or any combination of them and all their children under the age of 18 - some restrictions apply.

THURSDAYS - Bring a Buddy Swim Night
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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://ocresielc.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, Kindersley, 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 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 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 fire-arm

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

CHECK

& CHEQUE

SGI customer rebates are on the way in May.

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

- CHECK your mailing address is correct at **MySGI.ca**
- CHECK out **sgi.sk.ca/rebate** to learn more
- CHEQUE will be sent your way in **May**

Rebate amounts vary based on premiums paid on vehicles registered between January 1, 2018 and December 31, 2020. If you're an eligible customer, a rebate cheque will be mailed your way in May.

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- Mainline Chrysler (\$200)
- Green Acres Greenhouse (\$200)
- MBGC Membership (\$500)

Tickets to guess are \$20 each. To purchase yours, contact Evan at 306-222-3633 or talk to a member of the Watrous Kinsmen. Monitoring services donated by TJ's Mobile. For more details and contest rules, see Watrous Kinsmen on Facebook.

Lottery License #SR20-1083

Community Connection

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.

MANITOU BEACH

Sue Alcock

Hot news – our Jubilee Drive-In theatre has a new name and is now named The Drive-In at Manitou Beach. Earl Hayhurst from Video Stop is running the outdoor movie house again. Last year the flea market was held at the drive-in, after several years next to the horseshoe pits, but I do not know where the flea market will be this summer. I suppose it all depends on COVID spacing requirements and energy of those involved.

Our sympathy and condolences are extended to the family and friends of Bonnie and Howie Ulmer on the recent passing of Bonnie's brother Gary Mooney. As you know Bonnie and Howie operate the mini golf here.

As the amount of snow and mud shrinks away to nothing, it is time to think about gardening. Those lovely yellow dandelions that drive many of us crazy provide food for the bees. Recently I read an article about the bees we have around here who nest underground rather than above ground. So I suppose we better be careful what we spray on and around those lovely bright sunny dandelions which make excellent wine, by the way, and the leaves go well into salads. So they are a free food and I am sure we have all noticed the cost of food and gas is going up of late.

Roads are more pleasant these days as the melt slowly continues and the village crew fixes messy spots.

Dipping back into our history I read in The Watrous Signal of Apr. 16, 1931 that Mrs. Hookham has the first swim in the lake. That was the same year that the provincial park opened and Sid J. Dennis of Moose Jaw had the lease to run the chalet and park. That year was busy – a new Anglican church has its opening service, there was an air show with seven planes doing stunts and giving rides, there was roller skating (maybe at the Arcade Pavilion), and Watrous Pharmacy opened a branch near Danceland with J. Hubert Scott the proprietor. There were 150

men staying at the relief camp while they worked on the new park and they had to have a weekly bath! Ten thousand spruce trees were planted in the park – not many remain now but that was 90 years ago! A special dinner at the chalet, a posh place to be, cost 75 cents on Saturday, July 4th.

Periodically I bring up the golf course land – it was scrip land of Joseph Daigneault who signed away NE 3-32-25 W2. Thanks to digitization as I have discovered that on Nov. 3, 1909 he sold a half share to Robert Rands, a butcher in the Village of Watrous. A quarter share each went to Mark Ed. McArdle, a merchant of Saskatoon and Thomas J. Cahill a broker from Saskatoon. At a later time he held Métis scrip on SW 12-22-23 W3 S subdivision. His father was Vincent Daigneault and if I have read the information correctly his mother was Margaret, nee Bouvier. The family was from Isle a La Crosse and Joseph was described as a trapper. This information came from the Provincial Homestead Records and the library and Archives Canada website.

The latest village newsletter is in circulation and accessible via the village website. It is a good read and the fun announcement is that golf carts can be driven legally around the village. There was chitchat about the deer, the dog park and those rules and a reminder about the community garden and how to retain or maybe obtain a lot. Be sure to really read your newsletter for the information.

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!



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Notice of Preparation of Assessment Roll Rural Municipality of Colonsay No. 342

Notice is hereby given that the assessment roll for the **Rural Municipality of Colonsay No. 342** for the year 2021 has been prepared and is open to inspection in the office of the assessor from 8:30 a.m. to 5:00 p.m. on the following days: Monday, Tuesday, Wednesday and Friday, and from 8:30 a.m. to 12 p.m. on Thursdays, March 29 - June 1, 2021.

A bylaw pursuant to section 214 of *The Municipalities Act* has been passed and the assessment notices have been sent as required.

Any person who wishes to appeal against his or her assessment is required to file his or her notice of appeal with:

**The Assessor, Rural Municipality of Colonsay No. 342
Box 130, Colonsay, SK, S0K 0Z0
by the 1st day of June, 2021.**

Dated this 29th day of March, 2021.
Randi Wood, Assessor

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WATROUS: April 17, 2021; 9 am - 3 pm; \$55

WATROUS: April 18, 2021; 9 am - 3 pm; \$55

RED CROSS BABYSITTING

WATROUS: April 24, 2021; 9 am - 3 pm; \$60

For details or to register, contact:

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- General day to day operations
- Routine cleaning duties
- Scheduling of staff and swimming lessons
- Supervising staff
- Ensuring the safety of swimmers

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- Routine cleaning duties
- General day to day operations
- Ensuring the safety of swimmers
- Other duties as assigned



To apply, email your cover letter and resume with qualifications to
Taylor Johnson at
taylorrowan77@hotmail.com

APPLICATION DEADLINE APRIL 9



Opinion



Easter Seals set to launch Paper Egg Campaign

■ media release from SaskAbilities

This year's Paper Egg Campaign runs from Apr. 1 to 30, 2021. It is an annual fundraising initiative by Easter Seals™ Canada, where Canadians are invited to donate to their local Easter Seals™ charity while at the cashier/checkout register. SaskAbilities serves over 60,000 clients each year and is the proud operator of Easter Seals™ Saskatchewan. Donations collected through the Paper Egg Campaign in Saskatchewan will remain in the province and go towards funding programs and services that aim to improve the quality of life of children, youth and adults who are experiencing disability – this includes Camp Easter Seal, Summer Fun and Adaptive Technology Services.

In 2021, SaskAbilities and Camp Easter Seal are excited to announce Camp Connected, an online, virtual program open to all Saskatchewan residents experiencing disability.

Although we will miss visiting Little Manitou and Watrous in person this year, during the months of June, July and August we will bring the best of camp to you via virtual activities, challenges, campfires, videos and much more. Interactive and engaging programming will run from June 14 to Aug. 19, 2021. Our campers depend on us to create opportunities for them to connect in meaningful ways with others to enhance their independence and to grow relationships that last a lifetime. We are looking forward to staying connected with everyone and we cannot do this without your generous support. Your donation helps us to deliver this program and to keep Camp Easter Seal maintained for our return in 2022.

If you would like to learn more about our virtual program or know someone that would like to register, Registration for Camp Connected opens Apr. 7. Please visit SaskAbilities.ca/camp for more information. Everyone is welcome to participate in this free programming thanks to the ongoing support of funders, donors and community partners.

Please support the 2021 Paper Egg Campaign by visiting one of our business partners in Watrous - the Watrous Co-op, the Watrous Bakery and/or the Watrous Pharmacy - and donate to the cause. You can also donate online by visiting SaskAbilities.ca.



Tips from
Reena Nerbas

cut a potato in half and sprinkle it with powdered laundry detergent, rub onto spots, rinse and dry. Doing this gets rid of water and rust spots. Bar Keepers Friend is another effective option. To make your own silver or stainless steel cleaner, place crumpled aluminum foil in a pan or plastic bucket. Dissolve one-quarter cup washing soda in enough hot water to cover the cutlery. Place cutlery on foil and let stand for 5 minutes until the stains are gone. Rinse and polish dry.

Dear Reena,

I cook a lot of East Indian food and it tastes great! The problem is that after I cook curry, my house smells for several days. How can I remove the smell in a hurry? Thanks, Opal

Dear Opal,

My favourite solution is to make your own air freshener using vinegar or water and 15 drops of your favourite essential oils such as the delightful combination of cinnamon, orange or grapefruit and peppermint. Simmer the water/oils on the stove for 15 minutes following cooking. Other than that, you can light fragrant candles such as soy blueberry or cinnamon. Always put soy candles in a container as they will spread out when they melt (you can also light a few beeswax candles). If you own a Lamp Berger, you can utilize the wonderful appliance for killing odours such as cigarette, cooking, pet odours and paint fumes.

Solutions and Substitutions

Dear Reena,

Whenever I bake blueberry cupcakes, the berries drop to the bottom of the cups and will not distribute evenly in the cupcake. Any ideas of how to avoid this? Harper

Dear Harper,

Roll the berries in flour (or cornstarch) before adding them to cupcake batter. This trick works with nuts as well. When it comes to using frozen blueberries in a recipe, do not allow them to thaw first. Adding them while frozen will preserve the texture and prevent them from bleeding into the other ingredients and changing the colour of your baking. Note: if the skin is not broken, a blueberry will not bleed colour.

Feedback from Wise Reader

Re: keeping brown sugar soft

To keep brown sugar from going hard I store it in a quart jar with a tight lid. Works great, Donna

More tips from the kitchen

To remove tomato skins, put tomatoes in boiling water for 45 seconds. Plunge tomatoes into ice water and the peel will slide right off. Submitted by: Nathalia

I purchase mini fruit flavoured yogurt cups for my children. The problem is that they hate eating yogurt. So, with the wrapper still sealed, I decided to push a popsicle stick into the centre of each yogurt cup. I then froze the mini yogurts. Now instead of offering the kids a yogurt, I remove the frozen yogurt from the cup and offer them a popsicle and they gobble it up in a hurry. Submitted by: Erin

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



Neighbourly advice
according to Ed

A spiritual column
by contributor

Raymond Maher

www.accordingtoed.com

Betrayal and denial are actions that are as common as freckles. Often, we may not see how serious it is to betray others. Too often, we deny our responsibility for the well-being of others as well as for ourselves. Ed, my old neighbour in Saskatchewan, says betrayal and denial are what other people do to us because they do not see straight. They do not understand what they are doing affects others or themselves.

The Church Season of

Unable to see straight, like being intoxicated

Lent focuses on the denial and betrayal of Jesus as it plays out fully in the Holy Week events. To a large degree, we may only see what we want to see. We may ignore hearing what we do not want to hear because it challenges our thinking, speaking, or acting. Intoxicated driving is a denial of other people's safety. The safety of those who are on the road at the same time as the drunk driver. Driving drunk is also a betrayal of the driver himself or herself. When you drive drunk, you put yourself at risk of an accident that might result in your injury or death.

We do not always do what is wise or safe regarding ourselves or others. The more we focus on ourselves and others, the more intoxicated we become with what is temporary and fleeting. If our most trusted family members and friends can betray us, so can all the things and people we are counting

on to protect us and give us happiness. We need to count on God most of all.

The disciples spoke willingly and openly about being loyal to Jesus, but it is never merely about our right words and good intentions. Circumstances blind us or have us not seeing straight and have us denying or betraying both people we know and love and those we do not know. We cannot control if others will be loyal to us. It is not what others say to our faces but behind our backs. It becomes clear that others have denied or betrayed us. Most of us have recognized that we have been guilty of denying and betraying others for various reasons.

We remember in Lent that Jesus' disciples deserted Jesus at his arrest. Judas Iscariot, His own disciple, betrayed Jesus to His enemies. One of Jesus' most trusted disciples, Peter, betrayed or denied being

a disciple of Jesus three times. Jesus prayed for his enemies mocking Him while he was suffering on the cross because they did not know what they were doing. Sin clouds our judgment. It keeps us from seeing and acting as we should. Jesus willingly died that God could forgive our sins. Jesus gave His righteousness to God for our forgiveness and took the punishment of death for our sins on himself.

The pandemic has been a reality check that death cannot be eradicated here on earth. Our focus is to be on God, who offers us more than death and more than the sinfulness that keeps us in denial or betrayal of God and others. Thankfully, God gives eternal life in heaven to all believers in Christ. "God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life." (John 3:16)

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Est. 1933

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

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3 yr: \$139

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AGRICULTURE

A world to feed

AGRICULTURE EDITION: PAGES 8 TO 14 AND 19

Local 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



► Pictured above: Taking a few notes while in the field. Pictured below: looking at the numerous plots located at the Research Farm just outside of Watrous.

photos courtesy Juanita Allin

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 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

(continued on page nine: RESEARCH)

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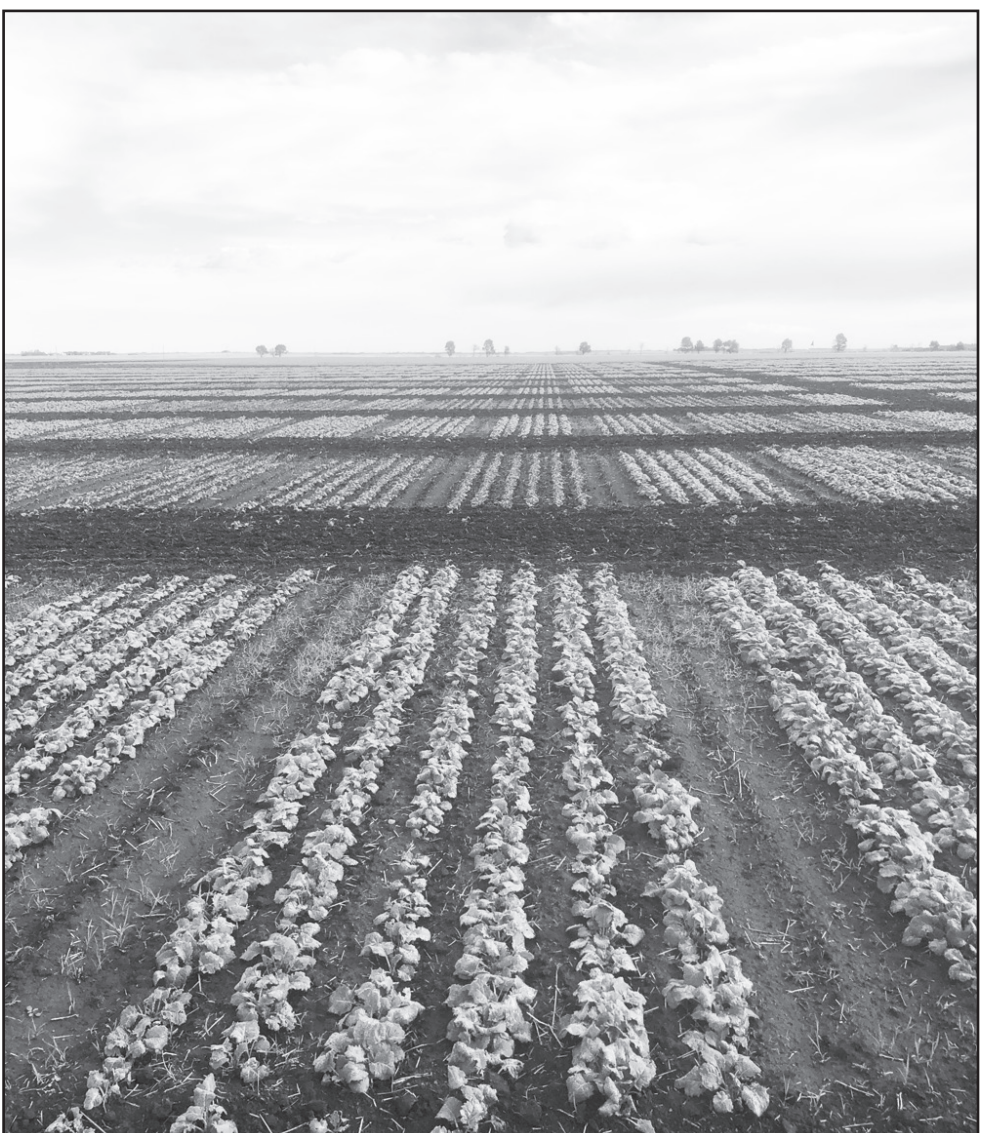


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(from page eight: RESEARCH)

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 we utilize chemical and mechanical weed control, we do spend time rouging for off types and weeding throughout the summer. Our research plots are harvested with combines that are similar to a producer’s, 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.”

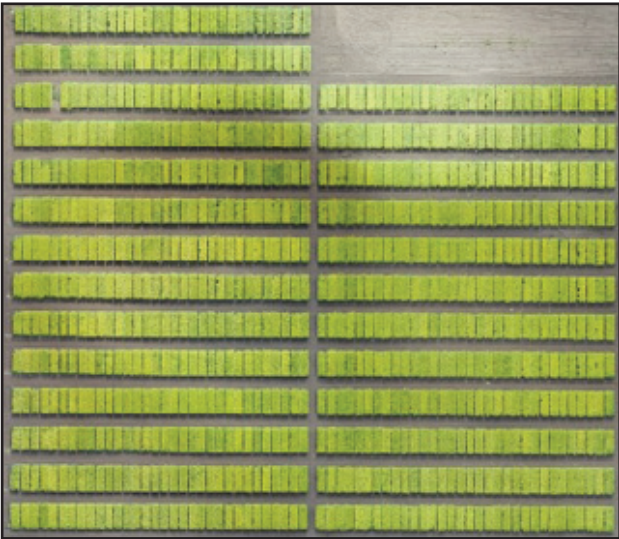
With five different farm hub

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.”



▶ Drone image of flowering plots at the Research Farm near Watrous (left).
photo 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

(see page 11: SURVEY)



► Callum Morrison (above). photo submitted

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(from page 10: SURVEY)

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



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

(continued on back page: CANOLA)

Spring is around the corner!

Be safe out there!



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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



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

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

(continued on page 13: COVID)

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Farmers Have A Good Thing Growing!

(from page 12: COVID)

- 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 fatigue 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.
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

Wheat Growers disappointed in carbon tax ruling

■ media release

The Western Canadian Wheat Growers expressed their strong disappointment in the ruling by the Supreme Court of Canada upholding the constitutionality of the carbon tax.
“The Liberal federal government’s plans to reduce greenhouse gases through taxation is ill conceived. They are placing a huge financial burden on family farms. With the ongoing increases in the carbon-tax moving to \$170/tonne by 2030, I am concerned that many family farms will be taxed so high that the

next generation will leave the industry,” said Gunter Jochum, President.
Research shows that Western Canadian grain farmers are already net-zero emitters. Steps taken by grain farmers through no/low-till seeding, equipment improvements such as the use of GPS and drones, seed varieties and highly productive inputs, have resulted in increased carbon sequestering and storage as well as increased production.
The world commodity prices that Canadian farmers must sell their grain at will not offset the continu-

ously increasing cost of the carbon tax. This is a losing proposition for all Canadian grain farmers.
“All parts of the grain value chain are able to pass along the increased cost of the carbon-tax, except farmers. Farmers deal with world commodity prices and the carbon tax decreases their competitiveness in the world market,” said Jim Wickett, Sask. Director and Secretary-Treasurer.

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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.



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Next Gen Agriculture Mentorship Program supports industry’s future

■ media release

Canadian Western Agribition’s Next Gen Agriculture Mentorship Program welcomed the newest group of eight young agriculture leaders Mar. 24. This program matches young leaders in the

agriculture industry with experienced professionals who provide them with skills and experiences to advance their careers. The Governments of Canada and Saskatchewan committed \$100,000 in funding through the Canadian Agricultural Partnership to support this intake of mentees.

“Canada’s young people are key to the future success of our agricultural sector,” said Marie-Claude Bibeau, Minister of Agriculture and Agri-Food Canada. “The government is working hard to ensure our youth are able to play an active role in building a stronger and more prosperous sector. The Next Gen program creates leadership development opportunities to give the future agriculture leaders the skills and experience they need to contribute and make a difference in our industry.”

“Canadian Western Agribition’s Next Gen

Agriculture Mentorship program provides young industry leaders with valuable skills that will help them advance their careers and share the story of how our producers create safe, high-quality food,” Agriculture Minister David Marit said. “I want to congratulate Canadian Western Agribition on matching their third intake of mentees with mentors and thank them for their efforts to engage young people.”

The successful mentees and mentors chosen to participate in this intake are:

- Alexandra Clarke, paired with Gerry Hertz
- Sandra Hessdorfer, paired with Sara Shymko
- Megan Roger, paired with Brett Halstead
- Morgan Follensbee, paired with Kim Keller
- Blaine Lamontagne, paired with Danny Petty
- Grayson Berting, paired with Joe Barnett
- Ryan Garbarczyk, paired with Shelley Jones
- Anna Karlsson, paired with Heather Deobald

The Next Gen Program is an agricultural mentorship program for future leaders in

Saskatchewan delivered by Canadian Western Agribition (CWA). The program accepts eight applicants into an 18-month mentorship experience. Mentees are paired with some of the strongest leaders in Canadian agriculture. During their mentorship, mentees will gain industry knowledge, board and governance training, business education and networking opportunities.

“It’s been a pleasure watching the Next Gen Agriculture Mentorship program grow and CWA is proud to be part of the success of our industry’s future,” CWA President Chris Lees said. “Already, graduates from the program are filling leadership roles in agriculture all over the province.”

This project is supported through the Canadian Agricultural Partnership, a five-year, \$3 billion investment by federal, provincial and territorial governments to strengthen the agriculture and agri-food sector. This includes a \$388 million investment in strategic initiatives for Saskatchewan agriculture.





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“Notices Classifieds”

In memory

SATHER - In loving memory of Jean, a dear mother, grandmother and great-grandmother, who passed away Apr. 2, 2020:

One year has passed, our hearts still sore,
As time rolls on we miss you more,
Your welcome smile and pleasant face,
No one can fill that vacant place.
- Love you and miss you, your family.

SAWA - In loving memory of our dear mother, grandmother and great-grandmother, Anna, who passed away Mar. 31, 1989:

Dear God, we miss our mom
We know she's with you there,
Tell her that we love her
And keep her in your care.
She loved us all so dearly
And loved with all her heart,
It was hard to say goodbye
Impossible to part.
So there is another gem
In Heaven up above,
Comfort her and give her
Our everlasting love.
It was hard to lose a mother
So thoughtful and so dear,
Left are the memories
They're all we hold near.
So take care of our dear mom
And keep her in your care,
Till we can come to Heaven
And be with her up there.
- Lovingly remembered and greatly missed by your family.

Thank you

We would like to express our sincere thank you to all of Mom's (Edna McGifford) friends in Watrous and area. You made Mom very happy with the drop-in visits, the summer patio visits, the phone calls, and the grocery and mail pickups. Mom would tell us of the gifts of food that were brought over and the visits. Thank you! Mom really enjoyed the move to Jubilee Court - her new friends, her daily walks, and the get-togethers. Thank you to Dr. Adebayo for the wonderful care over the years. Thanks to the ambulance attendants, Dr. Sharma, and hospital nurses for the compassionate care given to Mom during this last short illness. Thank you to Pastor Doug and Sarah Gregory for leading the wonderful memorial service and to Fotheringham-McDougall Funeral Service. From the depths of our hearts, thanks for the phone calls, texts, cards and food. These will never be forgotten.
- Mel and Delores, Brian and Margaret and families

We would like to extend our thanks and deep appreciation to the staff at Watrous District Health Complex for the care Leslie Farago received. Thank you to Drs. Choudhary and Adebayo and the staff at Manitou Lodge for your compassion, kindness and comfort given to not only dad, but to our mother and us as well. Special thanks to Fotheringham-McDougall Funeral Home for your assistance and guidance. To the entire staff at WDHC, the 'Walk of Honor' was truly an honor and very much appreciated! Watrous and community played a huge part in mom and dad's life and we are thankful that dad made it 'home' for his final days with us.
- Garnet and Darlene Martin, Brad and Lorna Habermehl and Ken and Donita Schaffel and families

We would like to extend our thanks and appreciation to everyone who reached out to us when dad passed away. Thank you for the cards, phone calls, online condolences, flowers, food brought to the house, memorial donations and for the support we received from our friends and community. Special thanks to Fotheringham-McDougall Funeral Service - Al, your support and professionalism is much appreciated. To the staff at Manitou Lodge - a huge thank you for the care dad received and for your compassion and support. You truly are Health Care Heroes!
- Darlene and Garnet Martin and family

NOTICES

LEWIS AGENCIES LTD. For the 2020 Tax Season in lieu of in-person tax consulting, Sharon Crittenden, CFP will be available out front the Tri-Central Insurance office at 11 a.m. on Mar. 13, 20 and 27, 2021 to pick up tax files. Please call 1-800-667-8911 or 306-963-2022 for inquiries./9-6c

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Sask. COVID-19 update

■ media release

COVID-19 update for Mar. 25: 155,754 vaccines administered, 168 new cases, 105 recoveries, and two new deaths.

An additional 4,247 doses of COVID-19 vaccine have been given in Saskatchewan, bringing the total number of vaccines administered in the province to 155,754.

The 4,247 doses of COVID-19 vaccine reported Mar. 25 were administered in the following regions: Far North West (170), North Central (18), North East (633), Saskatoon (1,289), Central West (340), Central East (40), South Central (157), South East (182) and Regina (1,418).

The appointment booking system has expanded to include residents 62 years and older. These residents are encouraged to book their COVID-19 vaccination and can do so online or by phone. More than two-thirds of Saskatchewan residents age 80 and over and 30 percent of Saskatchewan residents in their 70s have now received their first dose.

Status of Priority Population Vaccinations, as of Mar. 24, 2021

Status of Priority Population Vaccinations, as of March 24, 2021			
Group	Estimated Population	Received First Dose	Received Second Dose
LTC Residents	8,392	7,569 (90%)	5,234 (62%)
PCH Residents	4,247	4,267 (100%)	2,410 (57%)
Age 80+	51,307	35,930 (70%)	7,826 (15%)
Age 70-79	79,818	25,679 (32%)	3,957 (5%)
Phase 1 health care workers (includes LTC and PCH staff)	40,500	23,334 (58%)	14,775 (36%)

*An individual may be counted in more than one category (e.g., an 85 year-old LTC resident will be counted in the LTC resident category, the 70+ category and the 80+ category). Effective Mar. 5, Saskatchewan implemented the delayed second dose policy. This does not apply to residents of LTC and PCH and those priority Phase 1 individuals who had scheduled appointments to receive their second dose. All populations receiving vaccinations after Mar. 5 will receive their second dose after all Saskatchewan adults have been offered their first dose.

Daily COVID-19 Statistics

There were 168 new cases of COVID-19 to report in Saskatchewan on Mar. 25, bringing the provincial total to 32,346 cases.

Two Saskatchewan residents who tested positive for COVID-19 have passed away. The deaths were reported in the 40 to 49 age group from the North Central zone and the 70 to 79 age group from the Central East zone.

The new cases are located in the Far North West (2), Far North East (3), North West (3), North Central (2), North East (1), Saskatoon (25), Central West (3), Central East (19), Regina (70), South Central (11), and South East (24) zones. Five new cases are pending residence information.

Eight cases with pending residence have been assigned to the following zones: Far North West (1), North Central (2), North West (2), Regina (1), South Central (1), and South East (1). Three duplicate cases have been removed from the Far North East (1), North West (1) and Saskatoon (1) zones.

There are a total of 30,301 recoveries and 1,623 cases are considered active.

One hundred fifty-four people are in hospital. One hundred and thirty-two people are receiving inpatient care: Far North West (1), Far North East (1), North West (5), North Central (5), North East (1), Saskatoon (41), Central East (8), Regina (56), South West (2), South Central (3) and South East (9). Twenty-two people are in intensive care: Saskatoon (6), Central East (2), South Central (2) and Regina (12).

The seven-day average of daily new cases is 181 (14.7 new cases per 100,000). There were 3,370 COVID-19 tests processed in Saskatchewan on Mar. 24, 2021. To date, 643,629 COVID-19 tests have been processed in Saskatchewan.

As of Mar. 24, 1,064 variants of concern (VOC) have been identified by screening in Saskatchewan, reported in the Far North East (1), North Central (1), Saskatoon (18), Central East (20), Regina (895), South Central (63) and South East (66) zones. These have previously been reported as “presumptive positives” but all screening tests will be considered confirmed VOCs for the purposes of public reporting and contact investigations.

There are 118 new lineage results reported Mar. 25. Of the 478 VOCs with lineages identified by whole genome sequencing in Saskatchewan, 470 are B.1.1.1.7 (UK) and eight are B.1.351 (SA). The Regina zone accounts for 400 (or 84 percent) of the VOC cases with confirmed lineage reported in Saskatchewan.

Due to increased COVID-19 transmission risk in Regina and area, the Chief Medical Health Officer announced amendments to the public health order. The new orders announced Mar. 24 will remain in effect until Apr. 5, 2021 and reviewed at that time.

The following revisions to the public health order are effective immediately: restricting private indoor gatherings to immediate household members only; limiting non-essential travel to Regina and area; and working from home when possible. Effective 12:01 a.m., Mar. 28, all restaurants and licensed establishments must close for in-person dining. Take-out and delivery is permitted. Event venues including banquet and community halls, conference facilities, arts venues, museums, libraries, live theatre, cinemas, arcades, bowling and science centres, or any non-essential indoor locations that had limits of 30 individuals are not permitted to operate at this time.

Places of worship in the Regina may continue at the current capacity level, which is a maximum of 30 individuals. Current public health measures can be found at www.saskatchewan.ca/covid19-measures.

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Box 580 308 Main St.
Watrous SK S0K 4T0

PHONE: 306-946-3512

FAX: 306-946-2277

benmah@sasktel.net

TUES: 10 - 1

FRI: 10 - 3

13-24p

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306-946-3785
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Our Redeemer’s Lutheran Church
No worship services until further notice

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Pastor Gary Smith
587-577-7869
Worship Service 10:30 a.m.

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502 Main St. Ph. 306-946-3592
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9:30 a.m.....Young
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THE WATROUS MANITOU CAN help you with your personal and commercial print work needs: business cards, invoices, envelopes, tickets, posters, brochures and menus. Ph. 306-946-3343, email watrous.manitou@sasktel.net

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COMMUNITY MEETINGS

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

COMMUNITY MEETINGS

- ALCOHOLICS ANONYMOUS meetings: Watrous, Thurs., 8 p.m. Anglican Church Hall on Main Street in Watrous. (306-946-2466)/7tfc

COMMUNITY MEETINGS

- WATROUS ROTARY CLUB meets alternating Tuesdays at 7 p.m. at various locations. Call 306-946-2689 for more information./7tfc

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TWM IMPORTANT DATES

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

TWM will be closed Friday, Apr. 2
Phone 306-946-3343
email twmadvisorsales@gmail.com

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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 be a substitute for professional medical



► Lesley and her husband Matt Kelly (above).
photo courtesy Lesley Kelly

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 MIIYOOMAASHCHIHOWIN DAAN NUTR NAASYOON

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(from page 11: CANOLA)

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 Maritz 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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