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The Watrous Manitou

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Doing your part to help prevent the spread of COVID-19

■ Daniel Bushman

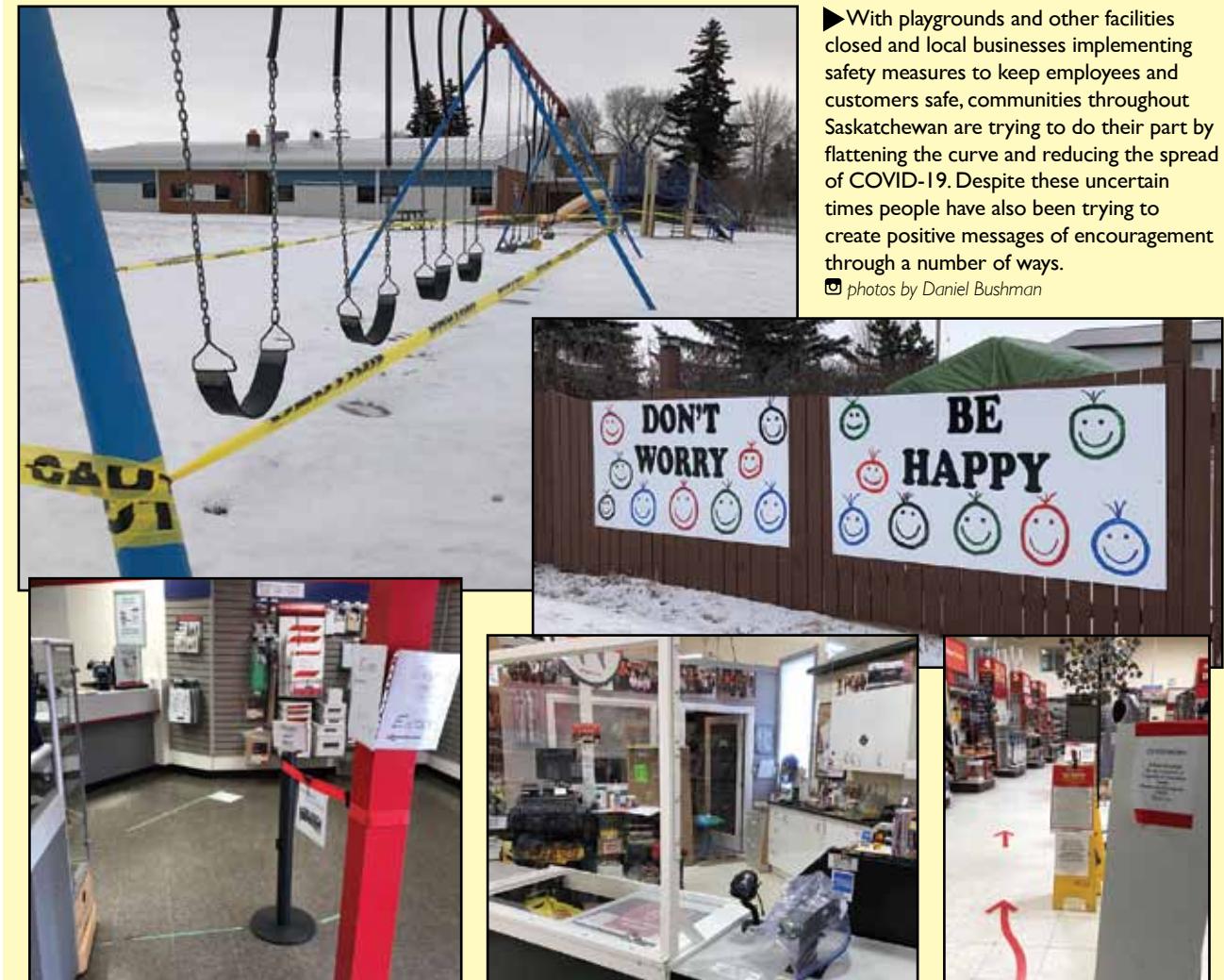
With local residents, businesses, organizations and communities as a whole trying to do their best to help flatten the curve while preventing the spread of COVID-19, it has meant numerous changes over recent weeks.

From schools shutting down, people self-isolating in their homes to businesses closing or tweaking their hours while implementing added safety measures, people have been trying to adjust in rapid fashion. Locally that has also meant numerous cancellations to events as each new week arrives.

While it has also created anxiety and a relatively unknown time line as to when things will return to a more normal, many people have continued to press ahead to the best of their ability. A big part of that new normal has been social distancing, gathering restrictions and self-isolation.

As April arrived the plea from health officials and all levels of government to remain vigilant continued. With the lowest number of new confirmed cases reported in Saskatchewan spanning over a week (eight on Mar. 31 and then nine Apr. 1), officials were quick to remind residents it is integral not to get complacent with precautions for COVID-19.

"It's as important as ever to stay home whenever possible, and to avoid close contact (a minimum of two metres) with others to prevent spreading the virus," read a statement on



the Saskatchewan government website. "People who have been diagnosed with COVID-19, travellers returning from international destinations, including the United States, and those who have been exposed to someone with COVID-19 are required to self-isolate under the current public health order."

Despite the mandated self-isolation, the provincial government noted there were still reports of

people across the province disregarding the directives, which will only increase the amount of time it takes to flatten the curve. "Do your part to help protect yourself, your neighbours and your community."

Appreciating the many who have been heeding the warnings within his community, Watrous Mayor Ed Collins said, "I would like to thank the residents who are following the social distancing and gathering restric-

tions as mandated by the Government of Saskatchewan and the Saskatchewan Health Authority and encourage those who are not to do so."

Collins continued by acknowledging the local business sector and the important role they are playing during this trying time. "To the businesses that are open, thanks for the work that you have done to minimize the risk by the reduction of store hours, em-

ployees wearing personal protective equipment, the installation of shields at checkouts, etc. I know that these are difficult times for business and I applaud your efforts. We are in this together and if we all do our part we can reduce the risk and get back to normal sooner. Stay Safe and Stay Healthy!!"

In an effort to help stay safe and healthy, the Saskatchewan Government provided the following:

- Practice proper cough and sneezing etiquette (into the bend of your elbow);
- Wash your hands often with soap and water;
- If soap and water are not available, use an alcohol-based hand sanitizer;
- Avoid touching your eyes, nose and mouth with unwashed hands;
- Maintain safe food practices;
- Avoid close contact with people who are sick;
- Avoid unnecessary travel – inside and outside your community;
- Gatherings of more than 10 people are prohibited and you must practice social distancing; and
- If you experience any symptoms of COVID-19 (fever, cough or breathing issues) use the self-assessment tool at www.saskatchewan.ca/COVID19 to determine if you should contact HealthLine 811.

As many in Saskatchewan continue to try and flatten the curve of COVID-19, the eight new confirmed cases Mar. 31 were the lowest in a week. The following day Saskatchewan added nine more and on Thursday, 13 for a total of 206 confirmed cases. As of Apr. 2, four people were in hospital with two receiving inpatient care in Saskatoon, one in intensive care and another in the intensive care unit in Regina.

On Sunday, Mar. 29, two Saskatchewan residents located in separate parts of the province passed away in hospital as a result of complications related to the

(continued on back page: COVID-19)

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A memorable visit to Danceland

■ Daniel Bushman

Built decades ago and attracting thousands of people each summer, White's Pool and Danceland became iconic structures at Manitou Beach. While White's Pool was eventually taken down, Danceland has gained notoriety across the world and this past summer the granddaughter and great-grandson of original owners' Wellington and Ollie White had the opportunity to see for themselves.

For a number of years, Alissande Satterwhite (nee White) wanted to see this

magical place called Manitou Beach. With a park named after her grandfather and the construction of Danceland and White's Pool spearheaded by him as well, she knew she had to see where it all began.

Alissande's grandfather Wellington White and grandmother Ollie White originally farmed near Pasqua and operated a brick yard in Moose Jaw. Wellington constructed many buildings in Moose Jaw and was one of the contractors who built Grant Hall Hotel. During the summer months the

Whites spent time at Manitou Beach before acquiring White's Pool and then were instrumental in the construction of Danceland. When her grandfather Wellington was killed in a car accident in 1934, her grandmother Ollie continued to manage the business until she retired in 1948.

As a child living in California, Alissande heard stories from her grandmother and father about the Canadian resort community and Moose Jaw. Fascinated by Manitou Beach and hoping to one day see where her father grew up, she began planning to come to Canada. As time went by and her children grew up, Alissande felt the time was right to make the journey north. However her husband became unable to travel due to health reasons and it appeared as though she would not get the chance to see her grandfather's Danceland and the park named after him. Then one day her phone rang. It was her youngest son Todd on the other end.

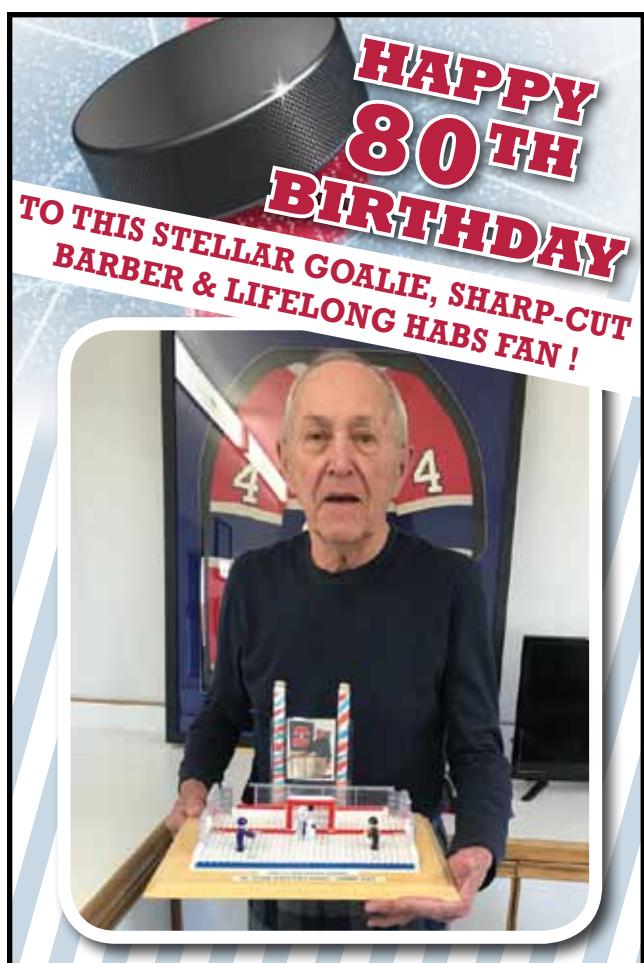
"He said, 'Mom is their

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► Hoping to one day visit Manitou Beach where her grandparents owned and operated White's Pool and Danceland, Alissande Satterwhite (nee White) along with her son Todd travelled from California to the resort community this past summer. Spending time at Danceland, the granddaughter and great-grandson of original owners' Wellington and Ollie White were not only able to see the iconic structure but danced there as well (pictured).

© photos by Daniel Bushman



any place you want to go?" I don't think I told him much that I wanted to come and see and stay in Canada. I was only two when my grandfather died but I have a lot of pictures and I heard so much about the dance hall at Manitou Beach and the house in Moose Jaw."

So with her son on board, Alissande was able to check off an important item on her bucket list, making the trip from California to Saskatchewan. Arriving in late September the pair stayed at the house in Moose Jaw (now a bed and breakfast)

where her dad grew up and her grandparents built.

"They loved their house and we got to stay in that house. I was thrilled. Once I found out it was a bed and breakfast, I thought we can go there and stay overnight."

Having the opportunity to sleep in the same house as her grandparents and her dad, Alissande and her son used the bed and breakfast as home base and made the trek north along Hwy. 2 to Manitou Beach.

Arriving at the resort community for an afternoon Sept. 24, the duo headed for Danceland to see the majestic architectural work and the dance floor itself. Seeing it for the first time,

Alissande could visualize her grandparents dancing on the floor, especially her grandmother.

"She loved clothes, she moved well and loved music. She loved loud music and I associated loudness and orchestras with my grandma and these were happy times and being here for me . . . I had no idea it was this big. I wanted to see it. I wanted to see the house and be able to stay in the house. I had a bucket list of things to do and for me, one of the things was to come here and see the dance floor and the house. I wanted to see the house where my dad

(continued on page 10: VISIT)

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Local food bank seeks support

■ Daniel Bushman

From across the province to right here in Watrous, the need remains when it comes to supporting food banks. With COVID-19 creating job loss, economic uncertainty and anxiety, a call has been issued on a provincial and local level for those able to lend a hand.

With an increase in demand for food from families across the province, the 32 food banks across Saskatchewan are in desperate need of financial support. In an effort to help raise funds, on Apr. 2 Food Banks of Saskatchewan launched a \$6 million province-wide Crisis Response Fund campaign to ensure families are not left hungry over the coming six months.

Food Banks of Saskatchewan said in an average month the 32 food banks across the province, including the one in Watrous, support approximately 40,000 residents. Expecting that number to jump dramatically during COVID-19, people of the province are encouraged to donate to the campaign by going online to www.skfoodbanks.ca. Through the initiative, as funds are raised, they will then be distributed to the province's food banks.

In addition to the Crisis Response Fund launched in Saskatchewan, Prime Minister Justin Trudeau announced Apr. 3 an investment of \$100 million to improve access to food for Canadians facing social, economic, and health impacts of the COVID-19 pandemic. As part of that,

the Government of Canada will provide funding to national, regional, and local organizations which includes Food Banks Canada. The funding will be used to purchase food and other basic necessities.

Supporting families and individuals within Watrous and the immediate area, Chair of the Watrous and District Food Bank Darren Holland said the local food bank is in great need of donations.

"We have already been receiving calls from people asking how they can help locally. With the current situation involving COVID-19 there is certainly a need at our food bank. For those who are able to help, we are graciously accepting monetary donations. People can mail cheques or funds to Watrous and District Food Bank at Box 363, Watrous, SK. S0K 4T0."

Because of how fast COVID-19 is spreading and in an effort to reduce that risk by limiting person to person contact, Holland noted the food bank appreciates food donations but is currently not accepting them directly at the food bank's location. "We are in need of non-perishable food items but they can be donated and placed in the bin at the Saskatoon Co-op Food Store in Watrous. We will then collect them from there to limit that person to person contact."

As the COVID-19 situation continues to change on a weekly and even daily basis, as of Apr. 2, Holland said the local food bank still plans to distribute hampers during its

regular monthly dates at its current location and people can leave a message at the food bank (306-946-3785) for any inquiries.

While each week brings with it new challenges, as people adapt to COVID-19 on a number of levels Holland and the members of the local food bank committee have sincerely appreciated the support of those who have given generously over the years.

"Whenever there has been a need for funds or food items our community and the surrounding area have come together to help and it has been so appreciated! We have been blown away by the generosity and kindness shown by so many over the years and we ask if you are able to lend a hand once again, we would sincerely appreciate it."

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Group created to help local residents in need

■ Daniel Bushman

Despite uncertainty, trying times and increased anxiety during the spread of COVID-19, people all over the world have been coming together in a number of ways. That also holds true for communities like Watrous and Manitou Beach where a group has been established online to help others.

With local residents wanting to support others during this stressful time, Watrous-Manitou Cares was created on Facebook by local resident Lori Ann Frey. With over 430 members as of early last week, Frey explained the decision to start the group.

"I had seen a similar group in a neighbouring community and thought that it was such a great idea. Our community has come together numerous times to help each other out, so I thought, why not? Many people sometimes have a need, but don't necessarily have someone to ask, or even know where to ask."

The group open to the public is aimed at Watrous, Manitou Beach and surrounding area people who may need assistance during this trying time and also for people who have the ability to help. Frey said those able to help can post on the group's page offering to get groceries or other items on a specific day for someone. Those seeking help and who are in self-isolation or who may not want to leave their home can also post on the page requesting someone pick up certain items for them."

The group open to the public is aimed at Watrous, Manitou Beach and surrounding area people who may need assistance during this trying time and also for people who have the ability to help. Frey said those able to help can post on the group's page offering to get groceries or other items on a specific day for someone. Those seeking help and who are in self-isolation or who may not want to leave their home can also post on the page requesting someone pick up certain items for them.

"It has worked pretty good but we are reminding those helping out to please follow the social distancing

protocol as volunteers. When dropping off requested items please just ring doorbells/knock on the door and leave items at the door. We all want to be sure we are keeping everyone as safe as possible while still helping out, as well as limiting our contact with others outside our household. We each need to do our part to slow the spread of COVID-19."

Lori Ann also understands not everyone is on Facebook but added people can still utilize the group's services. "If they aren't on Facebook, they can have someone post to the group on their behalf, or they can contact me by texting 306-946-7836. I will then post and make arrangements to get their needs looked after."

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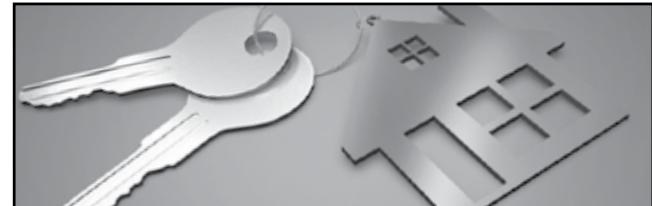
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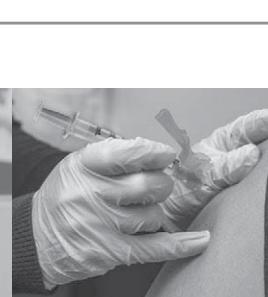
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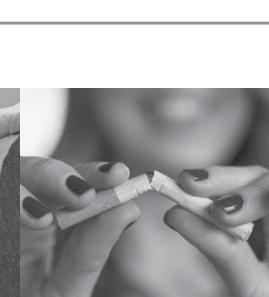
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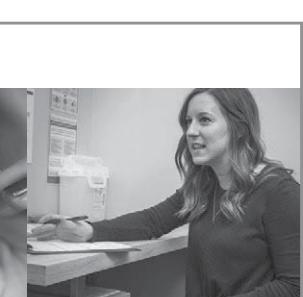
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“RCMP Report”

COVID-19 scams beginning to emerge

Watrous RCMP would like to make the public aware of Covid-19 related scams that are starting to emerge. The scams range from offering fake masks, government grants and fake Covid-19 tests. The only way a test can be ordered is via your doctor or by the advice given through the 811 Public Health number.

The scam works by a text message being sent that appears to come from a government agency stating you must take an online mandatory Covid-19 test and

has a link to a website. Others involve “links” to questionnaires related to receiving government aid. These scams are phishing scams designed to steal personal information and financial data. Attempting to decline by pressing stop or no helps confirm the scammer has an active cell phone number and opens the account holder up to other phishing scams. It is best to delete the text and report the scam and any incoming number associated to the text to the Canadian Anti-Fraud Center.

RCMP aiming to educate the public on new measures under Public Health Order

There have been new types of calls for service Saskatchewan RCMP have received and responded to since the new Saskatchewan Public Health Order was issued Mar. 26, 2020.

There have been 436 COVID-19 related calls for service between Mar. 20 and Mar. 30, 2020.

Between Mar. 26 and 31, 2020, Saskatchewan RCMP received the following COVID-19-related calls for service in Saskatchewan RCMP jurisdiction:

• 57 complaints of social gatherings of over 10 people which resulted in seven warnings issued and one charge laid;

• 110 complaints of people failing to self-isolate when allegedly required to do so which resulted in 27 warnings issued; and

• 13 complaints of businesses not complying with the Public Health Order, resulting in three warnings issued.

The vast majority of these calls for service were resolved by educating members of the public of the potential health and enforcement consequences that can result from non-compliance with the Public Health Order. Police officers are responsible for ensuring their actions do not put others at risk while doing our part to slow the spread of the virus. We need the public to do the same and that begins with the simple act of staying home and avoiding situations where there is the potential to spread the virus.

What is not new is Saskatchewan RCMP's commitment to keeping communities safe. Detachments remain open and local police officers continue to be present to provide services and ensure community safety.

Wheat Growers frustrated by carbon tax increase

■ media release

In the midst of a global pandemic, the Western Canadian Wheat Growers were disappointed by the federal government's decision to increase the carbon tax from \$20/tonne to \$30/tonne Apr. 1.

The Western Canadian Wheat Growers Association said at a time when hundreds of thousands of people are being laid off and many businesses are at least temporarily closing, the tax on just about everything is increasing. “Many individuals and businesses are facing financial ruin

and yet everything from their groceries to a litre of gas is going to cost more.”

According to the Wheat Growers, in 2018, a family of four spent \$12,000 annually on groceries and eating out. Projections indicate that the increase in the carbon tax will result in a one percent increase in the actual cost. For groceries alone, this amounts to \$120/year. The average annual home heating cost is \$1,500, which will be increased by another \$300 in carbon tax costs. While these are not a huge amounts by themselves, they are additional costs for consumers. This is

especially alarming when one considers that “nearly half (48 percent) of Canadians are \$200 or less away from financial insolvency.”

Our food supply chain is fragile and needs to be protected. With some pork and beef slaughterhouses impacted by outbreaks of COVID-19, the last thing that consumers need is an additional price increase.

The Wheat Growers stated large portions of the agricultural piece of the carbon tax are hidden. The fertilizer manufacturer, truck delivery, service representative and parts dealer for the equipment,

on-farm costs, trucking and rail transportation of grain to port, and many other pieces in between, all have the carbon tax added to the cost. All of these costs land on the farmer and cannot be passed on to the consumer. Farmers sell their grain at world market prices and most other countries do not have a carbon tax. Like consumers, this increase will only hurt Canadian grain farmers' bottom line.

Canadian grain farmers have been early adopters of carbon reduction and modern farming techniques. GPS steering, Diesel Emission Fluid, low-till plant-

ing, improved input products have all done much to ensure that Canadian grain farmers are at the forefront of environmental care of our farmland.

Using the Government of Canada's calculations, the Western Canadian Wheat Growers noted both on the emission side (NIR) and the grain production side (StatsCan), Canadian grain growers are net-zero carbon emitters. “Within the agriculture sector we also capture more than 100 Mt CO₂e in the grain we grow, which means that in 2019 the agriculture sector stored 33 Mt CO₂e more

than we emitted. This means that when our products leave our farm gate, they are net zero. Farmers want to offset their farm emissions with the carbon they capture, the same way that other industries do.”

The Western Canadian Wheat Growers are calling upon the federal government to eliminate the carbon tax on agriculture by recognizing the carbon storage producers create annually. “It is imperative that we keep our grain farmers competitive globally, especially at a time such as this,” closed Gunter Jochum, president.

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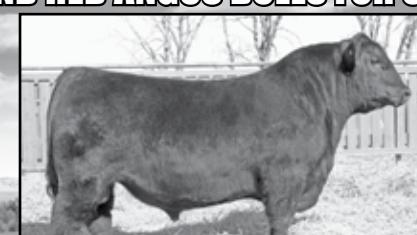
different steps the division will be taking moving forward. One of those steps was closing all school playgrounds within the division to help stop the spread of COVID-19. As tough as a decision as it was to make, Garinger said school playgrounds in all Horizon communities have been closed until further notice.

As far as supplemental learning and continuing education, Horizon School Division will be offering learning opportunities and support throughout school closures. After a pause week for Saskatchewan's school staff as ordered by the Premier and the Ministry of Education, no instructional activities took place to allow time to adjust and plan for the new reality of education during this pandemic.

Starting Mar. 30 and over the coming weeks, Horizon School Division teachers are contacting families to discuss how to move forward with support for children's learning needs, and the specific needs of families. Garinger said teachers will also be busy developing lesson plans and preparing to support families and student(s) in the days and weeks to come. “You can anticipate that we will begin teacher-directed supplemental learning on Apr. 20, 2020 – immediately following the Easter Break. In the meantime, we have also been developing a collection of online resources for students and families to access – Horizon's Learning Practice Tool – to practice learning and skills that align with our intended student outcomes. We are currently exploring options for how this sort of

(see page 11: HORIZON)

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“Sports”

Koshinsky named Canada West All-Star

■ Daniel Bushman

The following article was first published in our sister paper, the Lanigan Advisor Mar. 9.

From her serves to attacks, those who watched Emily Koshinsky play volleyball at a young age knew there was something special about the way she competed. Carrying that drive and determination with her from high school to university, the fourth-year outside hitter for the University of Saskatchewan Huskies women's volleyball team not only had one of the best seasons in program history but was in the running for all-star accolades because of it.

As the nation's top women's volleyball conference released its list of elite players, with the year she had there was a real good chance that Koshinsky would be part of it. The athlete from Jansen was not only the lone representative from her team to make the prestigious national list but she received First Team All-Star honours for her play.

"It is very exciting to be recognized as a Canada West All-Star," said a thrilled Koshinsky. "To be up there with the top volleyball players in Western Canada is an incredible feeling of fulfillment. This was one of my number one individual goals I set in my first year with the U of S."

Recognized for her hard work and dedication over the years, Koshinsky's head coach Mark Dodds said, "It is always nice to see athletes get rewarded for their efforts, and I was very pleased that the other coaches in the league recognized her great play!"

Leading the Huskies back to the Canada West playoffs for the first time since 2001-'02, the daughter of Dwayne and Val finished second in the conference with 327 kills, breaking the program's best single season mark of 316 from last season; a record that Emily also set. Accumulating 915 total attacks on the year, Koshinsky finished with 3.48 kills per set.

That dominant play also carried over into the playoffs against Alberta as Koshinsky attained 31 kills in game two, the fourth most in conference playoff history while helping her team tie the series. After getting herself into the Canada West playoff record books Feb. 20, Koshinsky then earned a team-high nine kills and an ace the following day against the Pandas. However, the Huskies were unable to keep the momentum going and Alberta advanced to the next round.

"It is quite an accomplishment to be able to set some new records this year with my team," said Emily. "Our team has not made playoffs in 18 years so accomplish-

ing that goal this year was incredible, and I guess some cool statistics for me came along with that success of our team. It's a great feeling being able to contribute that much to our team, and being able to say that I was a part of this team that made history together."

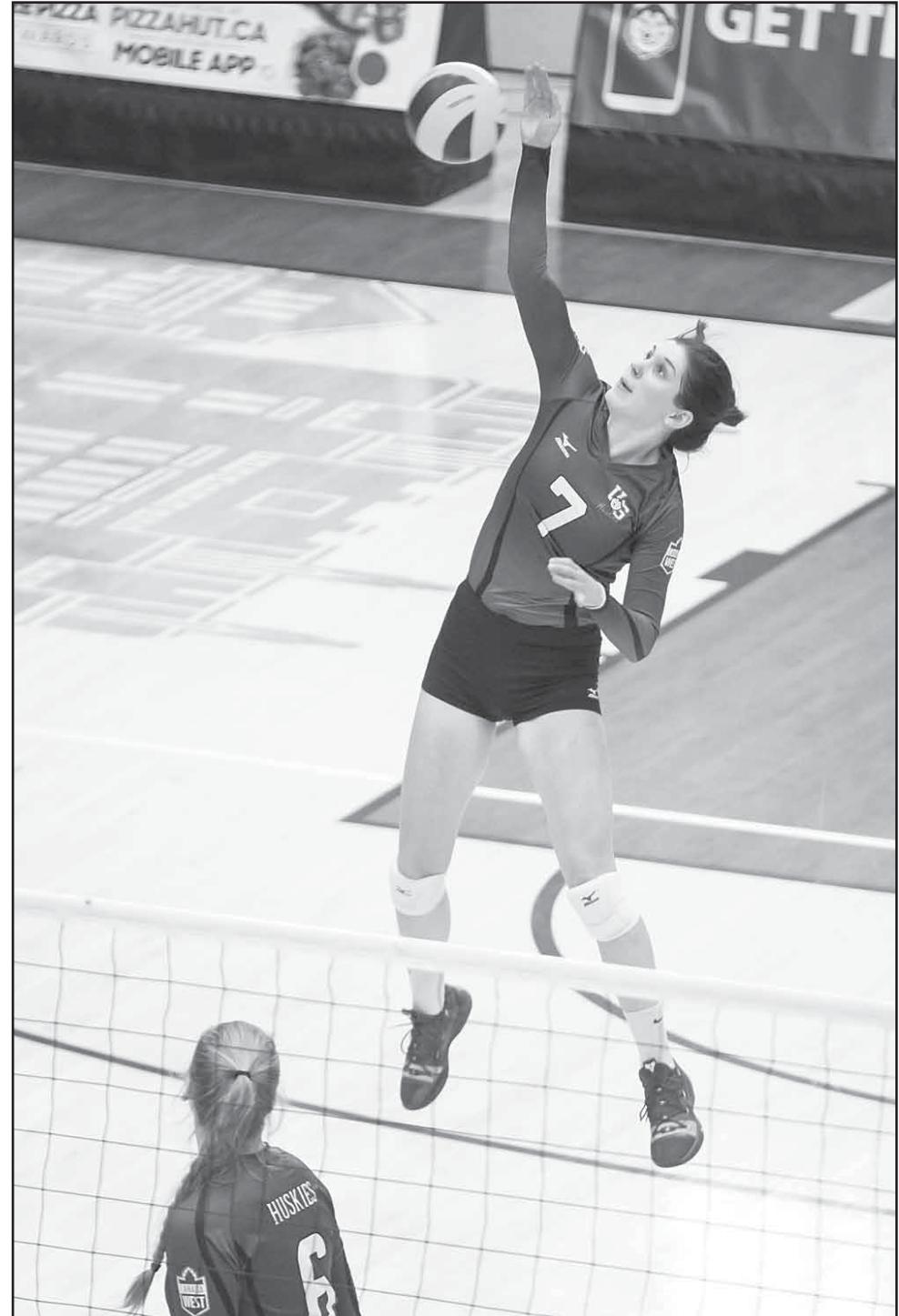
Reflecting back on the year, Dodds was also pleased with how the team and Koshinsky did. "Emily has been one of our leaders, and a very integral part of our success. Her ability to score points is something that not many players can do, and she has put together a very memorable year for herself!"

Along with her Canada West all-star honours, earlier this year Koshinsky was named Huskie Athlete of the Week as she became just the fifth player in program history to break the 1,000 total points mark. Last year she received the same athlete of the week honour in addition to Canada West Third Star of the Week recognition.

"It means a lot to me," noted Koshinsky of having one of the best seasons in U of S program history. "I have been with the Huskies for four years now and it takes a lot of hard work to have success in the league we're in. To be a top player in the league is hard, and I didn't think I'd ever consider myself in that category. I have the benefit of playing a position on my team that receives a lot of credit getting kills and ending rallies which I love doing, which overall makes playing and competing a lot more fun. I also take a lot of pride in being from Saskatchewan where there is not always a lot of players that get recognized, usually it's the teams from Alberta and B.C. This fact makes it even more special that maybe younger players can see that and be motivated by it."

It has been that growth by Koshinsky over her tenure that has not gone unnoticed by Dodds and other coaches within Canada West. Speaking about Emily's play, the head coach said, "She has raised the level of training, and made everyone around her better."

Becoming a leader both on and off the court with the Huskies should come as no surprise to those who know Emily as Koshinsky has been enjoying the sport right from day one. After practicing in her backyard as a youngster with her older sisters, when Emily was able to finally compete on a school team in Lanigan, she felt ready. The athlete also got the chance to play on a team who did an exchange with another team from Shanghai, China during her Gr. 9 year. That experience along with her elite training and instruction from some of the top coaches in Saskatchewan



►After last year's terrific performance, Emily Koshinsky not only found herself breaking program records this season but was recognized for her effort. The fourth-year outside hitter for the Uni-

versity of Saskatchewan Huskies women's volleyball team pushed her club into the Canada West playoffs for the first time since 2001-'02 and was also named as a Canada West First Team All-Star.

photo credit GetMyPhoto.ca

helped her to excel. Before attending the U of S, Koshinsky was also able to compete at a very high level with a provincial team that travelled to B.C., Alta., and Man. She then played in Caronport during her Gr. 10 to 12 years and competed in club volleyball with Waldheim.

But despite travelling all over the country during her volleyball career, Koshinsky is quick to remember her roots. "The support from back home is so incredible, I can't even explain how much it means to me. When people from home come and watch a game, share a post on Facebook, message or call me, or even just talk to my parents about my season it means so much to me. Everyone from Jansen is part of my larger family, and when they tell me they are proud of me, and all rooting for me it brings me so much joy and pride to come from such a supportive and loving community. I truly can't thank everyone from home enough for all the support they give me and I wish that everyone on my team could experience the love I get from the place I get to call home."

Now that her fourth season with the Huskies is officially over, Koshinsky plans to take a couple of weeks to rest before gearing up for the next season in Septem-

ber. Along with hitting the weight room and building her strength, Emily said she will be putting a focus on flexibility as well. "We will also practice volleyball three to four times a week, and take August completely off."

Preparing for her final year with the Huskies, Koshinsky said she is hoping to reach the playoffs one more time. But when that final whistle blows and her time with the team comes to a conclusion, "I will either end my career there or maybe play overseas in Europe or something for a year or so. We'll see! I will finish my Kinesiology degree next year and then apply for nursing which is just two more years after. The experience with the Huskies overall has been very challenging with not making playoffs until this year, but so much fun in every other way. The friendships and connections you make with people makes the university experience a lot more enjoyable by instantly having people to confide in and be friends with on your team. You also get to play a sport that you love and train every day which gives you a good break from school. I have loved my experience with the Huskies so much, and it has gone by so fast. I don't want it to end next year."





Opinion

Six ways having a mental illness has (surprisingly) helped me during the COVID-19 outbreak

■ written by Heidi Fischer and reprinted with permission

Last week I wrote an article on the six ways the Coronavirus has been difficult on my mental health. I promised a follow-up article, though to be honest I expected it to emerge from my brain months from now. Surprise, I already have something I'd like to share!

It turns out . . . having a mental illness is helping me stay well during the Coronavirus outbreak.

How is this possible?

Allow me to explain.

For close to 15 years, I've had a diagnosed mental illness of major depressive disorder, as well as some tag-on symptoms related to anxiety and post-traumatic stress disorder (PTSD). Prior to being diagnosed I was experiencing symptoms for close to 10 additional years. Therefore I have a collective experience of over 25 years, during which time I've been very active in my treatment.

Years of therapy, self-help, medications, advocacy, volunteering and so much more has given me strengths for this time, and I'd like to share them with you in hopes they can boost your resiliency as well.

Here are the six ways having a mental illness has helped me to stay well during this outbreak. The first one is a bit long, but it is super important so please stick with me!

1. Basic needs must be met

You may be familiar with something called "Maslow's Hierarchy of Needs." In a nutshell, it's the concept that we all have particular needs, and that base needs must be met in order to progress to "higher" needs. Over time there has been some debate about what belongs where on this structure, but the base stays generally the same. On the base are what are called our physiological and safety needs; things like food, water, shelter, sleep and protection sit at this base. Everyone needs these things, and if you have a mental illness a lot of these base issues can come quickly into focus.

When things are stressful we can mistakenly push some of these base items to the side. We've all skipped a meal or forgotten to go to bed during a difficult time, and if it's a one off this is likely not a big deal. As a person who struggles with depression though, I've learned that by doing these fundamental tasks I give myself a fighting chance against my disorder. When days are particularly bad I know to not stress about "larger picture" things. Instead I choose to spend what little energy I may have on things like eating something, getting some rest, staying hydrated and so on. This gives both my body and mind a fighting chance while I simultaneously do not become my own source of hindrance.

As we make our way through this difficult time of the Coronavirus, learn to focus on your base needs so you can stay well to do more.

2. Ride the wave

Learning to "ride the wave" is a huge part of dealing with mental illness as well as chronic pain. What it supposes is that much like the sea, "waves" are always going to come. And that instead of fighting them, we can learn to "ride them." Anxiety will come, what will you do with it? Bad pain days will emerge, how will you respond?

What this means in relation to this pandemic is

(continued on page 15: MENTAL HEALTH)



Tips from
Reena Nerbas

tering, look near (or in) floor drains or nearby damp wood such as panelling or baseboards. Also, check underneath that cardboard box in the basement you have not moved in quite some time. Are you able to caulk openings and put in weather stripping wherever needed? A perimeter pesticide spray may help break the cycle for a short time but will not eliminate the problem permanently. Remember, if you do not solve the moisture problem, the bugs will return no matter which chemicals you use. You may reduce the population by sprinkling a small amount of diatomaceous earth, boric acid or Borax and icing sugar around the house and in cracks (toxic for pets and small children). Also, note that damp or wet mulch will encourage insects especially if it is not kept below the level of the building siding or stucco. Often pest control professionals suggest keeping mulch levels low around foundations. Glue boards work quite well at catching sow bugs but will also trap other bugs. A dehumidifier and lots of proper ventilation helps.

Dear Reena,

Squirrels have already started digging in my outdoor pots. How can I get rid of them? Kaitlyn

Dear Kaitlyn,

What works for one squirrel will not necessarily work for them all. Here are some effective solutions to try. Begin by distracting your furry friends with a bowl of store-bought food made specifically for them. Place the bowl far enough away from the pots but close

Solutions and Substitutions

Dear Reena,

I have a problem with sow bugs in my basement and garage. Help! Tony

Dear Tony,

Sow bugs are a real problem in places where moisture and humidity are high. To find out where sow bugs are en-

ough that they will see their food. Wrap chicken wire over plant pots and make holes for the plants; they are unable to chew through wire or secure large rocks over the soil making sure that they cannot lift the rocks. Human hair, blood meal, dog fur and fox urine are options, but seem to lose their effectiveness after a few weeks. Here is one of my all-time favourite solutions for squirrels who like to dig; push the handle of several plastic forks straight down into the soil, squirrels do not like the feeling of plastic fork tines on their cute little feet.

Dear Reena,

My children hate eating breakfast. It is a fight every morning to get them to put something in their mouth. Any suggestions for something quick that they can shove in their mouth before they head out the door? Matt

Dear Matt,

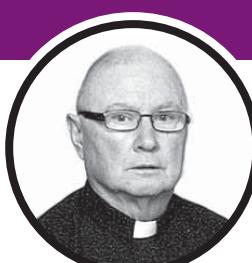
Yes, absolutely. Sounds like you are living my life! None of my kids like breakfast and yet it is my favourite meal of the day. The following recipe is easy, healthy, cheap and best of all you can store it in your fridge or freezer and the kids can grab it before they leave. Into a food processor mix together: one cup Quick Minute Oats, two tablespoons peanut butter, one cup assorted nuts, two tablespoons coconut oil and half a teaspoon vanilla. Form into balls and freeze. The nuts can be toasted before processing, if desired. You can add half a cup dark chocolate chips if that helps entice them.

Best tip of the week

• "Stressed backwards spells desserts, so eat chocolate instead of worrying." A quote by Reena Nerbas

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

Even the powerful-like governors know the taste of fear. If Pilate did not allow Jesus to be crucified, there could be a riot. "Wanting to satisfy the crowd, Pilate released Barabbas to them. He had Jesus flogged and handed him over to be crucified . . . They brought Jesus to the place called Golgotha (which means The Place of the Skull). Then they offered him wine mixed with myrrh, but he did not take it. And they crucified him." (Mark 15)

The crowd had the attention of Pilate

World leaders and their governmental assistants are paying close attention to the spread of COVID-19 and its power to cause large scale death to vulnerable segments of their nations. Some leaders are most fearful of the overwhelming of their health care systems. Others are anxious about the power of the virus to strangle their country's economy.

National leaders recognize the need to face the pandemic with actions. Recognizing a virus that can kill those who contract it is a definite fear. Isolating people can help prevent the overwhelming of hospitals. Jesus had the attention of his enemies for they feared the people were turning to him. Jesus' enemies were afraid of losing the attention and control of the people.

Will we use our attention on COVID-19 as an opportunity to consider our own death in the reality of

Good Friday? We know of the brutal flogging Jesus endured, we know of his nailed wrists and feet holding him to his cross and his thorn encircled brow. We accept that death happened to Jesus, but do we accept the death of ourselves?

Our own death is a topic that we may ignore or refuse to think about or discuss.

Jesus knew that his death by crucifixion would be

one of forsakenness. Death is the last great enemy we face. I honestly do not want to suffer and be caught by disease or sickness where I cannot escape. A fight with COVID-19 may well mean I cannot win. We cannot always ignore, hide from, or avoid death. Death is always stalking us, but mostly we do not want to consider it could grab us and not let go of us.

Death deals all complete isolation. No one can die for us. Two other men were crucified at the same time as Jesus. There were three

men, but they were each dying alone on their own cross. Jesus cried out in his forsakenness before dying. Jesus had promised one of the men being crucified with him, "I tell you the truth, today you will be with me in paradise." Jesus and one other faced death knowing paradise or heaven would follow their deaths.

Heaven here on earth is beginning to look like being able to interact with others without social distancing and isolation. How heavenly when we can work, worship, shop, see and do endless activities together. Jesus went ahead of us in his death on the cross that he could overcome death for us. Trust in Jesus helps us defeat death and ushers us into paradise with him. He says to you, "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die." John 11:25

TWM

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Make then Donate project

■ submitted

The Gallery on 3rd in Watrous recently promoted a "Make then Donate" class in which participants received basic instruction in the art of mosaics. The initial project of each student resulted in an 8" x 10" mosaic which was then donated back to the Gallery.

The finished projects will be attached to the raised exterior flower bed which had been built earlier in the front yard. The projects will be on permanent display and form an artistic highlight for the flower bed.

We greatly appreciate Watrous Home Hardware for its donation to the flower bed and to Jim Coulter who built the flower bed and taught the class of mosaic fundamentals.



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“Look What's Cooking by Laura Novecosky”

BBQ Italian Chicken

Ingredients:

1 bottle Italian dressing
3 tbsp. teriyaki sauce
8 boneless, skinless chicken breasts

Directions:

Combine Italian dressing and teriyaki sauce in a bowl, remove 1/4 cup for basting. Place chicken in large zip lock bag and add the marinade. Seal bag and marinade in fridge for about eight hours or overnight. Drain and discard marinade, grill over medium heat on barbecue for about three minutes per side. Baste with reserved marinade, grilling another four minutes longer on each side or until juices run clear.



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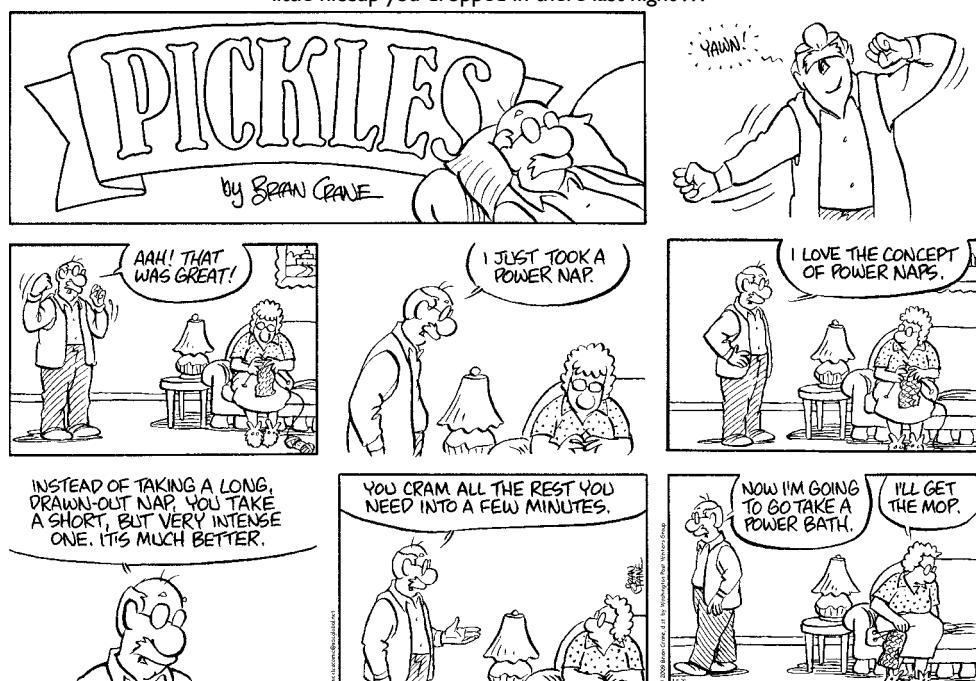


66 Comics AND Puzzles 99

Cartoon by Frank Wilson

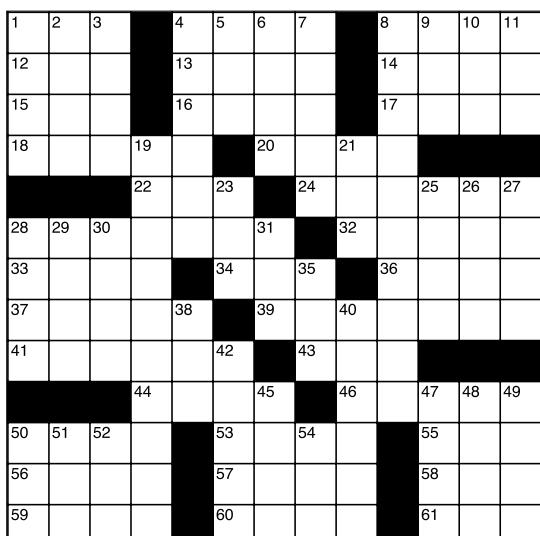


"I think we can forget about using that cave again next winter after that little hiccup you dropped in there last night ..."



CROSSWORD

PUZZLE NO. 23



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ACROSS

- Current craze
- Scale
- Sailor's word
- Tiny Tim's instrument, for short
- Checkup
- Zilch
- Basketball hoop part
- Rosemary, e.g.
- Golfers' pegs
- Insulting
- Large truck
- Manta
- School break
- Millionaires' properties
- Kind of wave
- Soft light
- Brief doze
- Carpet's surface
- Getups
- Discussed formally
- Music lover's equipment
- Mouse's cousin
- Unit of length
- Gives the impression
- During
- Side of Manhattan
- Sever
- Extended
- Away from the weather
- Deface
- Yarn
- Gains
- Home for swine
- Discuss
- Mink and sable
- Like
- Moore of "Ghost"
- Warm again
- Have an ____ to grind
- Paves
- Fire remnant
- Expect

FOR ANSWERS
TO SUDOKU AND
CROSSWORD,
SEE PAGE 15

CROSSWORD PUZZLE ANSWERS
USE AMERICAN SPELLING

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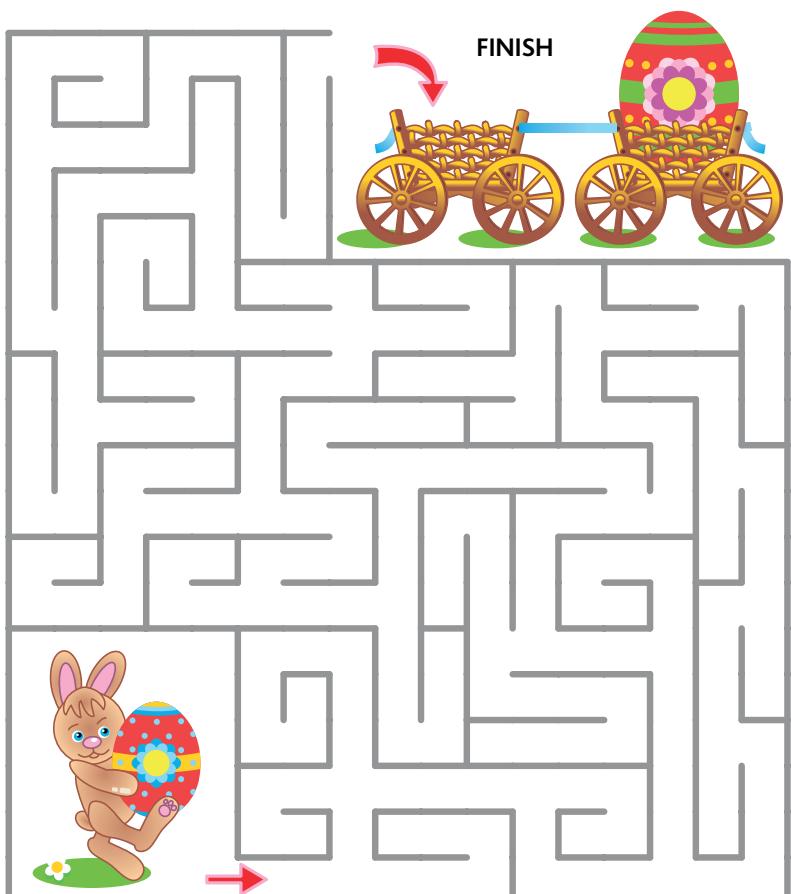
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Help the bunny to deliver his beautiful egg to the empty basket.



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



“YourCommunity”



TWM's Faces in the Community

Stesha Beischer

Stesha was born in Portland, Oregon and grew up in Moose Jaw. Meeting her husband Sean at the airport in Saskatoon where they both worked, the couple moved to Lanigan in 2004 when Sean started at Nutrien Lanigan.

Stesha's husband is originally from Victoria, B.C. and moved with his family to Saskatchewan when he was about 14 years old.

Stesha and Sean's daughter Jade is 20 years old and in her third year of university at the University of Saskatchewan taking agriculture. Loving dance, Jade also teaches in Watrous at the dance studio.

Stesha and Sean's son Tai is 14, soon to be 15 years old with his learner's licence! Tai loves sports, especially hockey, baseball, football, basketball and badminton. Stesha said when Tai is not playing sports you can find him on the farm in Moose Jaw helping on the combine with his most favourite uncle Jeff.

Aside from following her kids around to their sports, earlier this year Stesha and her family went on a trip to Phoenix to watch MLB spring training, and NHL and NBA games. "I love spending time with my family and my fur baby Benny. I enjoy yoga, boating, gardening and volunteering my time in the community."

Living and working in Watrous, Stesha is the community's new recreation director, starting her new role February 2020. "Things have been great. I have been meeting lots of new people around Watrous and wow, I am so impressed with the facilities and groups that volunteer their time."

Stesha said, "I love the people in Watrous and surrounding area. We moved here during the summer of 2017 and I can honestly say from the day we moved in we have felt so welcomed in this community. What I am most impressed with is the community involvement and how many volunteers spend so much time helping with projects and organizing. I am so proud to call Watrous home."



“Photo of the Week”



One of the many European Starlings in Wayne Busch's backyard Apr. 1.
- photo by Wayne Busch

Have a picture you would like to share? Email it to dan.twm@sasktel.net and it could appear in a future edition of TWM

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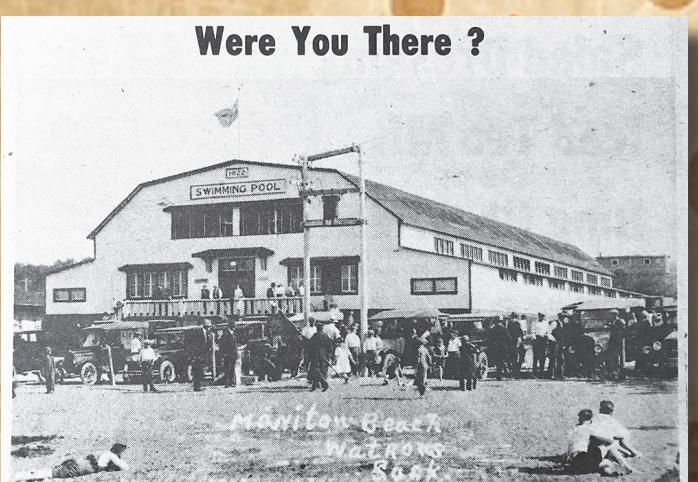
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“A Moment in Time”

AN UNDATED PHOTO FROM TWM'S JULY 5, 1979 EDITION

Were You There?



(from page two: VISIT)

lived because I think he missed Canada. There was no doubt he loved California and he loved the weather there but he also enjoyed being here."

As her eyes lit up while she checked out the interior of Danceland, the historical photos on the walls and the architectural work, stories of when she was younger began flooding back. "This was a place my father talked about. He said you can't drown in the salt water. When you come here there is a sense of rejuvenation and he talked about the dance floor. This is where he had fun so he talked about it. This was really a neat place to go. If you like to dance, this is what you do."

Turning back the clock to the late 1900s, it was then when the White family and Manitou Beach became synonymous with each other. White's Pool was built on the east beach in 1918 and according to the local history book, Prairie Reflections, and information from the Watrous-Manitou Beach Heritage Centre's website, Wellington White's construction company was originally hired to install a water supply system for the Town of Watrous. However Watrous ran out of money because of taxes in arrears due to the tough times for farmers so White was stuck with a heap of pipes and other materials. This is when he decided to build the pool.

Opening a few years later in June 1922, White's swimming pool contained 98 individual cubicles, each with their own little door where patrons could change. The pool was 25' x 60' and held 253,000 gallons (or just over 957,700 litres) of salty lake water. The temperature of the pool was 80 degrees Fahrenheit (or 26°C), heated by a H.P. steam boiler and admission was 25 cents a swim or 35 cents with a towel.

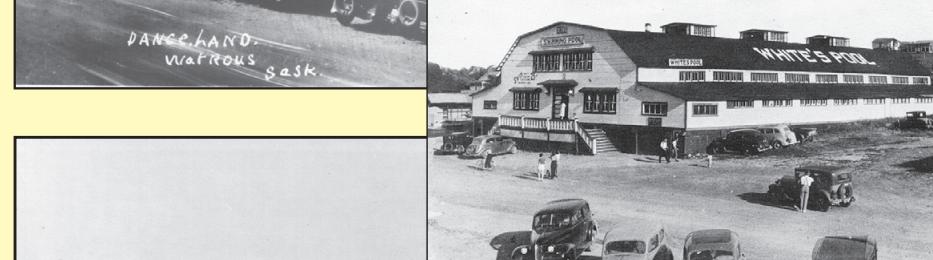
A sunlit fountain was built in the shallow end and there were diving boards, barrels, logs, and other platforms on which to play in the pool. The most spectacular thing at the pool was the trapezes. They were rings hanging on chains, five on one side and seven on the other for people to grab and swing on.

Later demolished in 1953, when in operation, White's Pool was packed with swimmers and located just a short walk across the street from Danceland. As the pool drew attention over the years, the world famous dance hall was later built in 1928 by Wellington and Ollie White and in conjunction with Guy Watkins. Replacing an earlier Danceland, the new and unique facility included two floors, a sub floor and a hardwood floor. Between the two floors which span 5,000 square feet is a layer of horsehair (bought from local farmers and imported from Quebec) six to 10 inches thick. With no nails used to construct the floor, it provides flexibility which makes it easy to dance on.

Finished and officially opened, as Danceland began to attract more and more dancers, Jitney dances became popular in the 1920s. Danceland would swell with 500 people in attendance and the hall was open every night, including a 'midnight frolic' on Sundays. Admission was 10 cents a dance or three for a quarter. A number of bands played at Danceland over the years while the White family owned and operated the facility and between Danceland and White's Pool, the east side of Manitou Beach was hopping.

After running both businesses, following her husband's tragic death in 1934, Ollie continued to manage the swimming pool until 1948 but seven years prior, Ken Peaker who had his Bessborough Orchestra purchased Danceland from the White estate.

Then in 1971, Ollie, who was known by



►A pair of famous places at Manitou Beach not only attracted numerous visitors over the years but also provided jobs for some in the resort community as well. While White's Pool is no longer, Danceland remains and this past summer the granddaughter and great-grandson of original owners' Wellington and Ollie White were able to visit a place they had heard so much about from their family.

above photo by Daniel Bushman/remaining courtesy Watrous Manitou Beach Heritage Centre

many as 'Ma White' passed away at the age of 91. With two sons, Ross and Franklin and two daughters, Isabelle and Kathleen, the White family left a legacy at Manitou Beach; so much so that Wellington Park was constructed in the 1930s and named after Wellington White.

Now decades later and with music playing in the background at Danceland, Alissande flashes a smile as she shares about her grandmother.

"My grandmother was a peach. She was an unreal woman. When she walked into our house, she took over. She literally took over. She just was a go-getter and had a really booming personality. When she would come into our house she would sit in the living room but wouldn't sit very long. The piano was close by so she would go there and put down the loudest pedal and play away. The whole place was rocking."

Falling in love with California, after her husband passed away Ollie eventually moved south of the border to an apartment in Pasadena. Residing a short drive away from family, Ollie would often visit with Alissande, her brother and their parents. It was during those moments where Alissande became more and more familiar with Manitou Beach.

"As a kid, my brother and myself would hear stories and bits and pieces but I remember grandma telling me about this particular place because she loved to dance. I guess my grandfather was a good dancer because of the things I have read. From everything I understood, when I would ask my dad, people came to Danceland to dance in the summer time."

With Alissande's mother a concert pianist and father a doctor, teaching himself to play the ukulele, music always remained a part of the family. "My mother was a fabulous pianist and along with Carol Black did radio shows and worked in restaurants as entertainers. She also did a lot of arranging with Warner Brothers. My dad Ross would dance with me when I was quite young. He was a good dancer and taught me all of these dances."

Seeing Wellington and Ollie's family members come through the doors of Danceland during a September afternoon in 2019, current owner Millie Strueby said

it was neat to see them stop in.

Several years before the September visit, Strueby noted two other members of the White family had stopped by Danceland. "They were also blown away by the fact that Wellington had that vision in the 1920s to build such a place. The University of Saskatchewan has called this place one of the seven man-made wonders of Saskatchewan and people who walk in for the first time are blown away by how beautiful this place is."

With a capacity for over 500 people when Millie and her husband Arnie Strueby first took over Danceland, Millie has since arranged the facility to comfortably cater to 250. "When we first took over 500 people could cram in here. I remember our first Polka Fest we had people behind the stage, sitting on the carpet, just everywhere. I have since arranged it to be more comfy so about 250 people can come inside and there is lots of room."

While there is now insulation in the building making it a place that can be used throughout the entire year, Strueby indicated a lot of the interior is similar to when it was first built.

"Everybody came here to have a good time. They had a good time while they were here and left dancing out the door. They still do as it was proven again at the New Year's Eve event. I have people who come from all over because of the dance floor. This was sort of the mecca of dance halls."

Planning to check out the park named after her grandfather before heading back to Moose Jaw, Alissande was encouraged by her son to step on the floor and dance herself. Pushing play and with the music rolling, Alissande and Todd occupied the floor, reminiscing of the days when their family once floated on the same floor decades ago.

"When I look back on the things I thought about my grandparents, they were competitive. They wanted the good life and liked seeing people have fun. If grandma walked in there and the place was full, people would turn around and look at her. People would go up and talk to her, that was the way she was. She loved this place. If she saw it now I think she would say it looks beautiful."

April is Safe Digging Month.

APR

FEB



MAR



MAY



JUN



Remember to practice safe digging all year.

Submit a locate request at sask1stcall.com

For more information on safe digging best practices go to scga.ca



SCGA
Saskatchewan Common Ground Alliance



Community Connection

(from page four:
HORIZON)

tool can be made available for our students who do not have regular access to the Internet. The Horizon Learning Practice Tool will be easily accessible on horizonsd.ca, beginning Monday, Mar. 30. We hope this will allow for independent practice for students, and take some pressure off families trying to support your child's learning needs while teachers are preparing for supplemental learning."

Other individual student supports, such as speech and language pathologists, counsellors, occupational therapists, and educational psychologists, will be working to determine methods to meet the needs of individual children across Horizon.

Regarding student marks, supplemental learning, and distance educa-

tion, Garinger said the information below is from the Ministry of Education and the sector's Response Planning Team:

- A minimum final mark record of 50 percent or greater is to be applied to the outcomes evaluated to date in the subject areas as of Mar. 13, 2020. Students will be afforded the opportunity to improve the mark record through options provided within the capacity of the school division and local school if students choose;

- Students will be invited to continue learning; however, if they and their families choose not to, they will be assigned their grade as of Mar. 13, 2020, as per the statement above;

- A mark of 50 percent will not be applied where a student has not completed any outcomes or where the teacher has not evaluated any outcomes as of Mar. 13, 2020. Students will have

the opportunity to engage in supplementary learning opportunities to obtain a mark record;

- Marks will be submitted to the Ministry of Education as per the usual process by July 2, 2020, as per the Registrar's Handbook;

- For students who choose to engage in supplemental learning opportunities, teachers will provide formative assessment and other feedback;

- The processes for evaluation, in order for students to increase their marks from Mar. 13, 2020, will continue to be determined by the teacher;

- Provincial examinations within the K-12 system are waived for non-accredited teachers from Mar. 13, 2020 through to the end of June 2020. All course challenge requests would occur with local teachers/schools;

- Home-based students and adult learners access

to provincial examinations will be made available through the Ministry of Education;

- Schools and teachers will develop communication plans for students and families to inform them about learning opportunities; and

- In instances where students are enrolled in distance learning, their classes will carry on, should the

student choose to continue. If currently enrolled students choose not to continue, they will be granted a minimum final mark record of 50 percent or greater, based on the outcomes evaluated to date in the subject area, as of Mar. 13, 2020.

Garinger encouraged families to continue to use Horizon School Division's Communications Centre Hotline for any questions

or concerns at 1-306-682-2558 (please ask for the Communications Centre).

"Please know, we care very deeply about your children, our students; and I can say that with confidence on behalf of everyone in Horizon School Division. We are here for you. We will remain here for you...Creating a Better World, One Student at a Time."

PLUNKETT

Deloris Wilson (Sutherland) • 306-944-4852

Welcome to spring!

Visiting us Mar. 15 was my granddaughter Reagan Turnbull Ong of Regina. It was nice seeing her. She also visited with family in Saskatoon.

An Irish stew supper was held in March. Fifty-fifty tickets were sold and several other prizes were given out. Music was played. Marge Haynes of Lanigan came with us. It was a nice evening out.

The Plunkett ladies

birthday group met at the Plunkett hall and held a birthday party for your correspondent. A game was played and enjoyed. A bag of household gifts was opened and passed around. Birthday cake, ice cream, tea and coffee followed. It was very nice.

Marge Haynes of Lanigan, formerly of Plunkett, had her sister and her husband Shirley and Ford Davies of Saskatoon visit.

The World Women's Curling which was to be held in Prince George,

B.C. was cancelled due to the COVID-19 pandemic that is all over the world. What a terrible disaster.

The weatherman is bringing us some nice days but the wind is cool.

My daughter Linda and her husband Trevor arrived back from New Zealand where they were visiting family. They said they had a real good holiday and it was nice and warm there.

Anyone having any news please phone me at 306-944-4852.

Camp Easter Seal on pause for summer 2020

■ media release

At Camp Easter Seal, the health and safety of our campers and staff has always been our priority. Due to the far-reaching nature of the COVID-19 pandemic, the Board of Directors of SaskAbilities has reached the important decision to put Camp Easter Seal on pause for the 2020 summer season to ensure the wellness of our community.

We acknowledge that Camp Easter Seal is a highlight for our campers each summer. What really makes Camp Easter Seal special is the people - the campers, the staff,

the supporters, partners, and the community of acceptance and belonging we have together. This still exists "whether in fair or dark stormy weather, Camp Easter Seal will keep us together."

There are many options we are exploring to allow us to be connected and continue to experience together as a Camp Easter Seal family. There will be opportunities to share your ideas, and we will be camp, together or apart.

We are hopeful and invite you to see this pause in this extraordinary time as a challenge, we will come through stronger and better.

MANITOU BEACH

Sue Alcock

So much has closed here due to COVID-19 and added to the list of closures is Camp Easter Seal, the camps having been suspended this summer. Fingers crossed that the camps and other regular events (e.g. flea market, hall rentals, regional park, etc.) can resume later in the season. I have no idea what Communities in Bloom will do. Certainly the bingos will be postponed and the planting of planters will maybe get done by volunteers working six feet or hockey stick or llama apart. Time will tell. As the snow has returned after a beautiful weekend, planting seems a long way off.

For anyone keen to know about what is happening at council meetings, and fascinated by transparency, there is one bonus to the events nowadays as the meeting Mar. 30 was live-streamed so everyone could listen in and be safe at home. I heard the first half hour. Topics discussed included the need for criminal checks for council candidates and maybe employees, Nu Inn, Manitou Springs, the hiring of a new economic officer and our foreman aiming to keep equipment

well maintained so replacements can be postponed for as long as possible. You can still hear it all if you hit the right link.

I am sad to share that we have lost a valuable member of our community as Robert "Bob" Thibault passed away Mar. 28. Our condolences go to his wife Sharon and their family; I understand that a memorial will be held later for him. Bob will be remembered by many for his work on the Manitou Reflections sculpture project that will be placed in Uhmann Memorial Park.

Publicity still goes on for our community as I have heard that the Great Canadian Railway program featuring Manitou Beach and hosted by Michael Portillo has been re-run in Britain. The BBC2 audience size is around two million viewers and there have been stories that our episode of Still Standing has also been recently rerun here.

Canada and snow geese are out and about and a few other migratory birds are popping up at the feeder or underneath for the dropped seeds. Juncos do a wonderful job of cleanup after the snow melts away.

OUR DOORS MAY BE CLOSED, BUT WE'RE STILL HERE FOR YOU.

SGI branch issuing and claims offices are closed to the public due to the Coronavirus pandemic, but assistance is still available. Here's how:

- Phone or email us, or visit MySGI.ca. Many transactions can be done online, like renewing your plates, filing an auto claim, making a driver's licence payment and more.
- You can also contact your licence issuer or SGI CANADA broker, or call SGI's Customer Service Centre at 1-844-855-2744.
- Appointments are available for transactions that must be done in person.

Other service impacts:

- Road test appointments have been temporarily suspended, but written tests are still available by appointment.
- SGI will continue to provide appraisal services for vehicles that are non-driveable. All other auto claims will be dispatched to a collision repair partner for appraisal.

Visit sgi.sk.ca/covid-19 for full details.

Thank you for your patience and understanding as we work to serve you as best as possible during these difficult circumstances.

SGI
Take care out there.



“Notices AND Classifieds”

Obituary

DAHMS,
Laurie Elizabeth
1953 - 2020

Laurie Elizabeth Dahms (nee Lane), late of Terrace B.C., was born in Watrous, Sask. in 1953. She passed away in Alberta on March 27, 2020 in a motor vehicle accident.

Laurie is survived by her husband Ken Dahms, sons Michael (Lori); Andrew (Tera); grandchildren Kella Douglas, Taylor, Harrison and Liam Dahms; mother-in-law Doris Dahms; sister-in-law Debra (Mo Naquib); sister Marilyn (Ed) Mol; brother Eric Lane Jr.; brother-in-law Milton Prokopetz as well as numerous nieces, nephews, and cousins.

Laurie was predeceased by her parents, Eric and Dorothy Lane; her sister Patricia Prokopetz, and her father-in-law Chester Dahms.

She was a loving wife, mother and nana to her grandchildren. Laurie was a nurse from 1975 until retirement. She was also a Scout leader, skeet shooter, crafter extraordinaire who quilted, knit and crocheted. She and Ken loved their vintage cars, attending car shows, and travelling together in their motorhome all over North America.

A Celebration of Life will be held at a future date.



THIBAULT,
Robert Raymond (Bob)
June 23, 1956 -
Mar. 28, 2020

Robert Raymond (Bob) Thibault, aged 63 years, of Manitou Beach, Sask. and formerly Cabri, Sask. passed away at Watrous District Health Complex on Saturday, March 28, 2020.

Robert is survived by his wife Sharon and her children Jason Swan, Christopher Swan and Judith Pockett, Gailyn Swan and Sean Soutar, Micah and Joyce Swan and children Amaranth Swan and Seth Swan. He also leaves behind his siblings René and Joanne Thibault, Joyceline and Robert McDonald, Mariette Jackson, Pauline Graumann, Raymonde and Eddy McAdam, Eveline Thibault, Yvette and Paul Charest, Leo Thibault, Lise and Randy Thacker, Louis and Manon Thibault and Michel Thibault. Also left to mourn him are 16 nephews and nieces and 21 grand-nephews and nieces.

Robert was predeceased by his parents Raymond and Armande Thibault; his brothers Gerard and Jacques; as well as an infant sister Francoise. He was also predeceased by his nephew Luc Forget. Bob was formerly active as a member of the Lions Club in Cabri and Rotary in Watrous.

A gathering in his memory will be held at Manitou Beach at a later date.

For updated information please check www.fotheringham-mcdougall.com

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INTERLAKE HUMAN RESOURCES GROUP HOME OPERATORS. Interlake invites applications for a temporary full-time position and a permanent casual position at Cathy's Place, Nokomis. Cathy's Place is a group living facility for individuals with intellectual disabilities. The temporary full-time position is an 11 or 12 hour shift model, averaging 79 hours in a two week period. This temporary position would be for four months, starting in the middle of April. The casual position is based on an 11 or 12 hour shift model and is in a call in basis. Qualifications: experience providing support to adults with disabilities would be an asset. Training available to the right applicant. First aid and CPR would be an asset. Valid driver's licence. Must provide a criminal record check. Submit resumes by Apr. 10, 2020 to: Kara Gelinas, Cathy's Place, PO Box 509, Nokomis, Sask. S0G 3R0. Any questions please call 306-528-2003./13-3c

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RM 280, 1 QUARTER FOR SALE BY TENDER: SW 14-28-23 W2. Highest or any tender not necessarily accepted. Tenders close Apr. 6, 2020. For more information call 306-807-7472 or submit tender to: farmlands.sask@gmail.com/13-3p

RM 250, 1 QUARTER OF PASTURE FOR SALE BY TENDER: PT SE 34-25-22 W2, approx. 140 acres. Located 0.5 mile north of Duval along Hwy. 20. Highest or any tender not necessarily accepted. Tenders close Apr. 6, 2020. For more information call 306-807-7472 or submit tender to: farmlands.sask@gmail.com/13-3p

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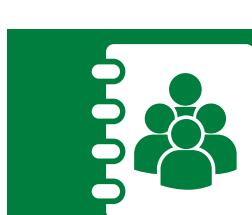
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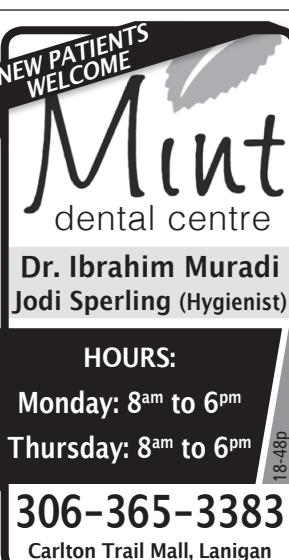
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- AL-ANON MEETING THURSDAYS 8 p.m., Wat. Ele. School, staff room (east door). Ph. 306-946-2466, 306-946-7802/22-48p

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- WATROUS ROTARY CLUB meets alternating Tuesdays at 6:30 p.m. at the Watrous United Church. 306-946-2572/19tfc

APRIL

- PHILADELPHIA CHURCH invites you to watch a message about Jesus on Easter Sunday. Find the link Apr. 12 on the church's website: pmbchurch.wordpress.com

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discuss and try to understand. Therefore I am no expert, but as I mentioned in the beginning, I do have around 25 years of personal experience with mental illness. And what I've learned during this time correlates with the concept that "best laid plans often go awry."

What does this mean? Well, I could plan to have coffee with a friend, and I've done so successfully 100 times prior. But that day could come and I might be absolutely unable to get out of bed. I might plan to go see a movie, again something I've done a 1,000 times. Then as I'm watching the previews I could have a panic attack and have to go home. Other folks with chronic illnesses

(continued on back page:
MENTAL HEALTH)

(from page six: MENTAL HEALTH)

accepting that we are going to be faced with a lot of emotions. Accept that as a fact. Then instead of denying or avoiding those emotions, take control by recognizing the power you have is what you do with those feelings. Name it, and do something with it. I'm anxious about the world, so I'm going to do a meditation. I'm depressed about isolation, I'm going to make three phone calls today. That's how you ride the wave.

3. Fully embrace your quirky passions

I am a 38-year-old woman with a LEGO collection that takes up around three book shelves. Think that's weird? Too bad for you. I love it and it brings me joy and contentment. Whatever your passion is, embrace it! Don't let anyone take that from you (you know, so long as it's legal and safe). Are you a "Brony"? Watch those ponies all day long! Big into needlepoint? Great, stitch reminders to wash your hands!

Author John Green has a great quote about how calling someone a nerd is a bad insult, as all that means is that a person unironically and enthusiastically enjoys something. Sorting LEGO bricks helps me to calm my anxiety. Watching "Les Misérable" helps me embrace my dark feelings. Nerding out on anything Star Wars related brings me enthusiasm and hope. During any time it's a great idea to enjoy your passions, especially so during difficult times. If what brings you joy happens to be somewhat unusual don't let anyone rob you of that.

4. Small attainable goals

During two separate times in my life I've needed to go on disability

leave because depression made it difficult to function, let alone work. Much like folks are experiencing now, I quickly realized how hard it could be to fill my days in ways that helped me feel productive. One way I worked on this was developing small lists of daily goals I was really gentle with myself about. If it doesn't end up happening, tomorrow is another day.

What is on that list really doesn't matter, just so long as things that need doing. Some ideas might include quick, focused cleaning, organizing projects, paying bills, going for a walk (if safe to do so), starting a donate box, laundry and so on. In different times I would also highly recommend getting into volunteering, which for now is likely not possible or safe. If though you can find a way to do some volunteering right now, either virtually or otherwise safely within regulations this could be an awesome outlet!

5. Appreciate the power of TV and movies

This one is pretty specific to me I am a huge TV and movie lover, but they've really helped me get through periods of depression. Now is your time to watch those movies and shows you've always wanted to but haven't. Now is your time to look at a list of: "Top 100 movies of all time," and pick out the ones you've never seen. Now is your time to watch your favourite childhood series to see if it stands up to the test of time. Be imaginative with this. One thing I've done is create lists of movies that fall within a small but established genre, and then slowly watch my way through the list. Examples could be: "dystopian mov-

ies made between 1950-2000," or "highest rated trilogies of all time."

As a bonus we live in a world where doing viewing projects like this has become much more possible and accessible. If money is tight as it will be for many folks currently, be sure to research your options. Some subscription services give you a free trial period, see if your local library has a virtual movie catalogue and look on networks' websites to see if they have free live-streaming or particular shows provided at no cost.

TV and movies not your thing? No problem. You can also dive into books, music, museums, zoo tours and science experiments and so much more! All available free online via libraries, institutions, streaming services and wherever Google takes you.

6. Embrace uncertainty

This last one is without a doubt the most difficult point on my list to do. This idea of embracing uncertainty is high on the list of things both theologians and philosophers

4	5	7	9	3	8	1	6	2
3	8	1	4	2	6	5	7	9
2	6	9	5	1	7	4	8	3
8	7	2	3	4	5	9	1	6
6	1	3	2	7	9	8	5	4
5	9	4	8	6	1	2	3	7
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(from front page: COVID-19)

COVID-19 virus. The two deaths were the first in Saskatchewan tied to the COVID-19 pandemic. One of those one was related to travel while both people were in their 70s. On Apr. 1, the provincial government announced a third Saskatchewan resident in the 80 to 89 age range died from complications related to COVID-19.

Overall in the province as of Apr. 2, 96 cases are travellers, 44 are community contacts (mass gatherings included), 10 have no known exposures and 56 are under investigation by local public health. As of Apr. 1, 24 cases could be traced back to a Christopher Lake snowmobile rally dinner Mar. 14.

Of the overall cases in Saskatchewan, 103 are from the Saskatoon area, 44 from the Regina area, 38 from the north, nine from the central region, nine from the

south and three from the far north.

Six cases involve people 19 years of age and under, while the remainder are adults. Ninety-three cases are in the 20-44 age range; 74 are in the 45-64 age range; and 33 are in the 65-plus range. Fifty-five percent of the cases are males and 45 percent are females.

As of Apr. 2, six more people had recovered from COVID-19 in Saskatchewan, bringing the provincial total to 36.

To date (as of Apr. 2), 11,395 COVID-19 tests have been performed in the province. Saskatchewan continues to have the second highest rate of testing per capita among the provinces.

Meanwhile on a national level, as of Apr. 2 there were 10,132 confirmed cases in Canada which included just over 4,600 in Quebec, a total of 2,793 in Ontario, 1,066 in B.C. and 871 in Alberta.

Globally, according to the World Health Organiza-

tion, there were more than 900,000 confirmed cases around the world as of Apr. 2 with nearly 46,000 deaths in 205 countries, areas or territories. The United States made up more than 187,000 of those confirmed cases followed by Italy with more than 110,000, Spain with more than 102,000 and China with over 82,000. The Republic of Korea which had been near the top had dropped to 14th overall after taking substantial social distancing measures and sat at 9,976 confirmed cases.

(from page 15: MENTAL HEALTH)

will tell you the same thing; whatever they plan can be derailed by a flair, migraine or any other issue. What becomes certain is that nothing is certain, and you somehow learn to live with that.

This doesn't mean you don't feel disappointment or sadness over changes or missed opportunities, it just means you recognize things might not go as you hope, but you can still make plans regardless. Right now the world is upended, and a common question on everyone's mind is, "How long will this last?" The answer is, we just don't know. You can become stuck by this uncertainty or learn to roll with it to the best of your ability. By no means is it an easy thing to do, and if you focus on some other areas mentioned on my list it may become easier for you.

Thank you for taking the time to read over my thoughts, I truly hope that what I've shared will be helpful. Please know that yes, even though I do have all this experience, I am not always able to follow my own advice, or claim that doing so is easy. But I do think some of us have a certain type of resiliency that is especially useful in regards to this crisis. Do you have a skill in relation to mental illness that is helping you during this time?

If you enjoyed this article, please take a moment to check out some of my other articles on The Mighty. If you'd like to follow along with my journey, you can find me on Instagram as @mental-healthyxe.

This piece originally appeared on The Mighty (www.themighty.com)

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The Watrous Manitou LANIGAN ADVISOR

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Placing health and safety as a top priority, while we continue to work at our office at 309 Main Street in Watrous, it remains closed to the public until further notice. We remain committed to publishing a newspaper and will do our best to continue to do that.

If we are unable to publish a physical copy of the newspaper because of the COVID-19 pandemic and the circumstances surrounding it, if we are able we will offer the paper FREE online, allowing our advertisers to get their message out and our readers to stay informed. Should that occur you can find The Watrous Manitou at www.twmnews.com and the Lanigan Advisor at www.laniganadvisor.com

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