

# Plain & Valley

Covering Southeast Saskatchewan and Southwest Manitoba

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The 94-unit Caleb Village Moosomin is being proposed for a site between Henry Street and Wright Road, across from Lloyd Bradley Park. The Caleb Group was invited to the community by the Moosomin Chamber of Commerce and the town council. The company has an option to purchase the 2.5 acre site from the town of Moosomin, and has signed a five-year municipal property tax abatement agreement with the town.

## Caleb Village Moosomin:

# 94-unit seniors complex proposed

A 94-unit seniors' housing complex is being proposed for Moosomin.

Caleb Group, which has developed seniors' communities in towns and cities including Regina, Saskatoon, Winnipeg, Kindersley, Swift Current, Moose Jaw and Yorkton, was invited by the Moosomin Chamber of Commerce and the town of Moosomin to consider a development in Moosomin.

The company held two public meetings in Moosomin in December, and is now following up with people who expressed an interest in the project. Good crowds attended both meetings.

"We have recently developed a new and innovative model for smaller markets such as Moosomin," Caleb president Darrell Remail told the crowd at the meetings. "The first model of this type opened in June in Kindersley and has been an outstanding success."

Remail said Caleb is looking at Moosomin because the leadership of the community approached the company. "Your leadership has a heart for seniors, and that's why we're here," he said.

The community approached Caleb Group about locating in Moosomin last year.

Moosomin Chamber of Commerce president Kevin Weedmark was aware that Caleb was in the process of developing a seniors' complex in Kindersley, its first location outside of a city.

Weedmark says he thought a seniors development like Caleb Village would benefit the entire area.

"I thought it would solve several problems at once," he said. "First of all, it would provide a type of housing in our region that people are currently moving to the city for. Secondly, it would give more seniors the opportunity to stay in this area where they want to stay. What a tragedy it is when people

have to leave the community they've spent their life in because this type of housing isn't available here. Thirdly, as people move into Caleb Village Moosomin, it should make more reasonably priced housing available in all communities in the region for people moving into the area for work, as seniors put their homes on the market."

Weedmark, then-Mayor Larry Miskiman, and then-REDA economic development officer Jeff Cole travelled to Saskatoon in the summer of 2008 to meet with Caleb president and CEO Darrell Remail, and told Remail they thought Moosomin would be a good fit for the company because of the presence of the new Southeast Integrated Care Centre and the stable medical practice.

"The reason we pursued it is that it is exactly what communities our size need in a retirement village model," says Miskiman.

"When we talk to our doctors they say there are a lot of seniors in our area who would benefit from this type of project. What we need is a stepping stone between home ownership and the nursing home. That's why I was working very diligently to get this project under way, and I'm very pleased that they're now carrying it forward."

The former mayor said the Caleb Village model has worked well in rural Saskatchewan. "The model they have is very successful in Kindersley," he noted. "Any time you can get 94 units in a community our size, it's good for the community and it should help take care of the housing shortage. I'm optimistic that it's exactly what's needed for this area."

He noted the project will benefit not only Moosomin, but the entire region.

"It's going to take the larger area to make it happen," he said.

Remail said he was impressed with the fact that a group of community leaders from Moosomin travelled to Saskatoon to make

the case for the community. "We get inquiries almost on a weekly basis to come and build a Caleb community in smaller centres," Remail said. "In Moosomin's case, the community leaders came and talked to us, and gave us information on their community that was very instrumental. We came and looked at the community, we looked at the demographics, and thought it would just be ideal for a Caleb Village project." Caleb representatives visited Moosomin on a couple of occasions over the last year, and came to an agreement with the town on a five-year municipal property tax abatement on the development, and were given an option to purchase a 2.5 acre parcel of land between Henry Street and Wright Road, across from Lloyd Bradley Park.

Moosomin's new mayor, Don Bradley, said he is looking forward to seeing the Caleb Village project take shape.

"I'm excited about it," he said. "This is exactly the type of thing we need in Moosomin. I think this will be great for the town."

He said a lot of people have been looking over displays at the town office showing floorplans and a site plan.

Caleb Group officials hope to sell 30 condo units in the building before construction starts. They received contact information from 90 people at the meetings in December.

"If we get a commitment for 30 units, we will build," Remail said. "We can be out of the ground in 90-100 days. We have the capital in place, we have the financing in place. This project is shovel ready."

Rental units in the building, including meals, housekeeping, and linen service, will begin at \$1,450 per month. Condo units will begin at \$110,000.

The \$15 million development will include more than 30,000 square feet of common areas, including a dining room, library, exer-

cise room, multi-purpose games and activity area and coffee bistro.

Caleb Village will offer residents nutritious meals, a coffee bistro and snack bar, housekeeping, linen and towel service, a 24-hour emergency response system, transportation, and recreational activities.

Residents will have the option of purchasing or leasing a residence in Caleb Village. Renters will have all services included in their monthly rent, while purchasers will have the option of purchasing lifestyle packages including meals, housekeeping and laundry that are customized to their individual requirements. Each residence will be fully self-contained, with in-suite laundry and a full kitchen.

The four storey building will contain 95,000 square feet of space. Individual suites will range from studio units to two-bedroom suites, and will range in size from about 400 square feet to more than 1,200 square feet.

Caleb Village will create 50-75 construction jobs during the 15-month construction period, and will provide 30-40 permanent jobs when it opens.

The project is expected to create \$9 million of economic spinoff during construction and should contribute \$1 million a year to the local economy after opening.

Weedmark said he hopes to see the project fill up. "This is exactly the type of development people have been saying for years that we need in our area," he said.

"Now we have a company that is absolutely expert in this type of development willing to work with us in our community. I hope we can take this opportunity to develop our community for the future, and provide an important service for our seniors."

Information on Caleb Group and its retirement communities is available at [www.calebgroup.ca](http://www.calebgroup.ca) or by calling 1-866-352-2532.



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# A Newfoundland tradition comes to the Prairies

*"S'pose you can dance?  
Yes, they all nod their heads  
They've been tappin' their feet ever since  
they came in;  
Now that the drinks have been all passed  
around,  
The Mummies are plankin' her down...  
No need for to care how you buckles the  
floor  
'Cause Mummies have danced here be-  
fore."*

From "The Mummies Song" by Bud Davidge

BY HELEN SOLMES

There is a little-known, age-old custom dating back to the 1600s—some would argue as far back as the 500s, to pre-Christian Europe—that is flourishing in rural Saskatchewan wherever Newfoundlanders gather to celebrate the Christmas holidays.

Each year—typically on New Year's Eve—adults dressed in a variety of hats (straw hats, sou'westers, ball caps) wearing coats and cloaks on backwards, and rubber boots, their heads and faces draped with a white cloth, and carrying what look vaguely like hobby horses, storm into a gathering of revelers, calling out "Any Mummies, nice Mummies 'lowed in?"

The mummies stomp their feet and tap what they refer to as their "ugly sticks." They dance and make merry and pass incognito through the crowd.

In Newfoundland, mummies would be "'lowed in" wherever they go. The host would throw an extra log on the fire and serve drinks all around, with hopes of enticing the mummies to remove their disguise.

Mumming in Newfoundland is a throwback to Newfoundlanders' European ancestry, particularly to

England, Ireland, Germany and France where the mummer tradition continues in one form or another, either as elaborate masquerades, parades, pageants, short skits, or simply as masked individuals going door-to-door to the homes of friends during the Christmas holiday season, wherein the host provides "good cheer" and the mummies provide the entertainment.

Newfoundlanders are a growing presence in south-east Saskatchewan. In 2002, when the Hudson Mining and Smelting Company Ltd. closed the Leaf Rapids, Manitoba mine, Mosaic Potash Esterhazy actively recruited engineers, journeymen, and skilled laborers. In the past year, with the expansion of both the PotashCorp Rocanville and Mosaic Potash Esterhazy mines, there has been a new influx of contract laborers from Newfoundland.

*"There's big ones 'n' small  
ones 'n' tall ones 'n' thin,  
Boys dressed as women and  
girls dressed as men;  
Humps on their backs an'  
mitts on their feet...  
Now that one's a stranger if  
there ever was one  
With his underwear stuffed  
and his trap door undone."*



**Left and below:** Mummies entertain New Year's Eve revelers at the Royal Canadian Legion in Esterhazy, Sask. Mumming is an ancient tradition from Newfoundland and Europe that is making its way onto the Prairies as more Newfoundlanders come to work in the area.

Helen Solmes photos

Mummies are said to be an offshoot of the 17th century guisers—troops of young men who performed a variety of plays in the street, in public houses and private residences, all with the one common theme of death and rebirth. The most common English mummer play involved two mummies, or guisers, portraying either St. George and St. Patrick, or St. George and a Turkish Knight, in a dual to death. The outcome of the dual depended greatly on the audience's political leaning. Essential to the play was a quack doctor who was called in to the performance to resurrect the slain character.

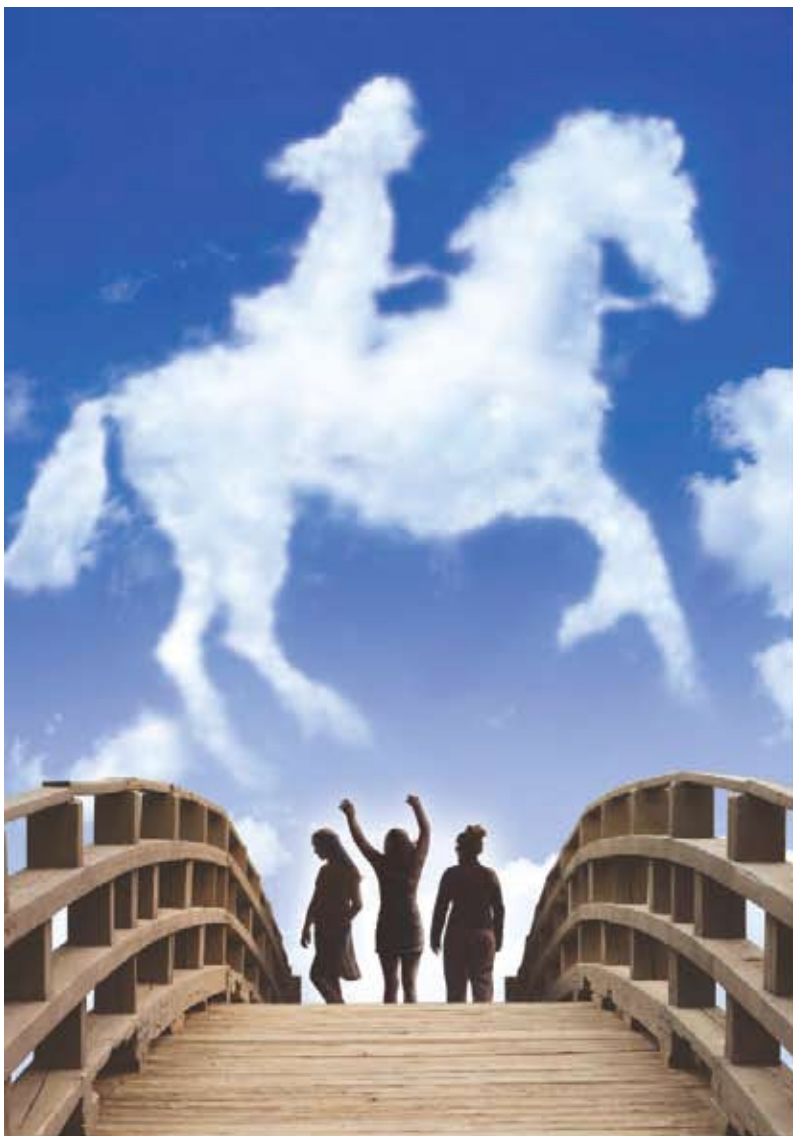
Another popular mummer play portrayed an "owd 'oss"—an old dead horse that was brought back to life, from which may stem the Newfoundlanders' horse heads on their "ugly sticks," the horse rep-

resenting, in pre-Christian folklore, fertility.

In Philadelphia, where the annual mummies' parade rivals New Orleans Mardi Gras, many mummies wear an elaborate hand-crafted, cone-shaped straw hat reminiscent of the Irish Strawboys who traditionally arrive unannounced at weddings, wearing straw headress and skirts.

It was a bitterly cold night on Dec. 31 when mummies tapped their way into the Royal Canadian Legion in Esterhazy, Sask. dressed in costumes that rang true to centuries of mumming tradition, and warmed the New Year's Eve revelers with music, merriment, and good cheer.

*"Good night and good  
Christmas, Mummies, me  
dears,  
Please God, we will see you  
next year."*



09/10 MAIN STAGE

JANUARY 20 TO FEBRUARY 6

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BY DANIEL MACIVOR | DIRECTED BY GEOFFREY WHYNOT

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# It's good to be home

As the drama of Northwest Airlines flight No. 253 on Dec. 25 was unfolding over the Atlantic, my son John Paul and I were quietly walking toward the Ossington subway stop in Toronto. It was one of those mother-son moments that are so rare now that JP is living and working in Toronto and I am planted in Saskatchewan.



**Helen Solmes**

JP was making his way to the Pearson Airport to catch a flight to Argentina. Normally, considering the air miles he has clocked over the past 12 years, I would not have thought to ask him what his plans were, but, in the few hours that we had spent together during the holidays, I had managed to glean a few details. By late afternoon on the 25th, he would land in Miami, then by evening he would be en route to Buenos Aires for two weeks of sun, warmth, and new adventures with Canadian friends living and working in various locations in South America.

Oh, a mother's heart is a funny thing. There I was walking along with my adult son, feeling the same tug of the heartstrings that I had felt 12 years earlier when he set out on his first big adventure, the same yellow backpack strapped to his back, for three months in Europe, and I heard myself quizzing him, like I had then: "Do you have your passport? Did you pack enough clean clothes? Did you remember to bring your health card . . ."

My little boy! All grown up! The man who just the week before had finalized plans for a business trip to Finland and Turkey in February and a side trip to the Netherlands to celebrate his 30th birthday with a high-school buddy.

As the news of the Northwest Airlines attempted bombing unfolded, and reports of the stepped security measures and long delays in U.S. airports flooded the media, I fretted, not knowing if JP was stranded on American soil, or if, with any luck, he was safely headed to Buenos Aires. I'll spare you the details of my long and sleepless night. Suffice it to say, he arrived in Buenos Aires on schedule on Dec. 26.

nos Aires on schedule on Dec. 26.

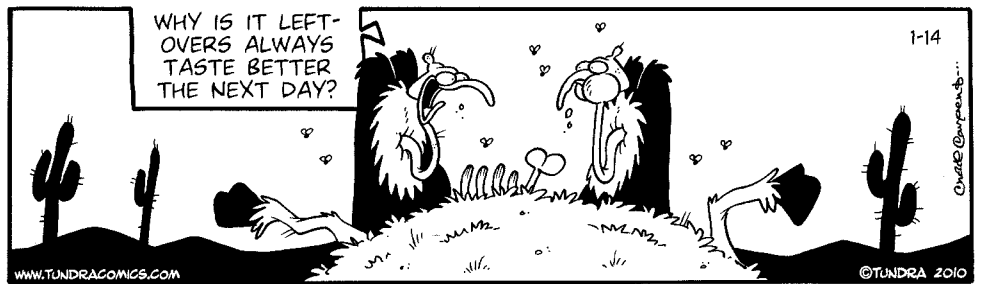
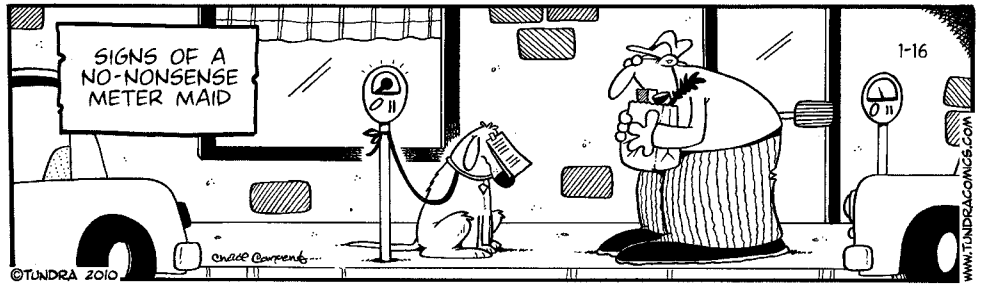
There is no need either to relive the details of my own odyssey a few days earlier, when I left Esterhazy on Dec. 22 headed to Regina to catch a flight on Dec. 23 to Toronto. Suffice it to say, from the time I left Esterhazy to the time I arrived in Toronto, I had been in transit for 36 hours. There had been the usual pre-Christmas snowstorm, the usual heavy traffic and normal holiday season delays. It was enough to ground this mother goose for a long time to come, yet it was nothing like the delays air travellers faced after the 25th when the U.S. tightened security. No doubt, you have seen the news clips showing travellers repacking their bags at the check-in counters, flights delayed for hours, and connecting passengers with not enough time to clear the beefed-up security, stranded, and waiting.

Now, the thought of passing this carcass through a full-body scanner is more of an affront than this wren needs. At the same time, I am haunted with this image that I have conjured up in my mind: I am flying and there is a matronly stewardess looking suspiciously like a private school headmistress, strutting back and forth in the aisles, peering over her glasses down into the passengers' laps, making sure no one has reached behind her back into a carry-on bag for, Lord-forbid, a laptop or anything that could pose a security threat. Everyone is sitting straight-backed, hands folded in full view, eyes forward. The attendants stopped serving refreshments hours ago . . . and good that they did, for now, in the last hour of the flight, no one is allowed to leave his or her seat to use the washroom.

Believe you me: I am happy to be home with no plans of going anywhere soon.

## Tundra

Chad Carpenter



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# Caleb Village Moosomin a golden opportunity

People in southeast Saskatchewan and southwest Manitoba have been given a golden opportunity to take a huge step forward.

Caleb Group has proposed a 94-unit community in Moosomin, Sask. that would rival the best facilities in the cities.

We already have much of what seniors need for a comfortable lifestyle in Moosomin.

We have a friendly, safe, caring community where people know their neighbors and look out for each other.

We have a great group of local doctors who have chosen to make this community their home and provide excellent care.

We have a state-of-the-art health care centre which provides every service from labor and delivery to chemotherapy to minor elective surgery.

And remember that we have that health care centre for one reason and for one reason only: Because the people of this area got behind and pushed. People from communities throughout the region organized raffles, supported fundraisers, gave until it hurt, went to yet another fundraising barbecue and supported yet another fundraising hockey game. Contractors got together and built a house as a fundraiser. Farmers got together and grew a crop for the new health centre. One Rocanville farmer hopped on his bike and rode from one end of the country to the other. The decade-long effort to raise enough money for a first-class health centre made this area better. The fact that we have a first-class health facility is one thing, but the fact



**Kevin Weedmark**

that we got together and we did it is quite another.

Now we have another opportunity to have a first-class facility in our community.

If this one is going to fly, it will not need years of lobbying the government followed by years of ceaseless fundraising. It will simply require people the project is intended to help to get on board and sign up.

Caleb Group has proposed a 94-unit seniors complex in Moosomin. It has an option to purchase a block of land between Wright Road and Cook Road, north of the Communityplex. Caleb Village Moosomin residents will have the option of purchasing or leasing a residence. Renters will have all services included in their monthly rent, while purchasers will have the option of purchasing lifestyle packages including meals, housekeeping, and laundry that are customized to their individual needs. Each residence will be fully self-contained, with an in-suite laundry and full kitchen.

Suites will range from studio units to two-bedroom suites, and will range in size from about 400 square feet to more than 1,200 square feet. The town is offering a

five-year municipal property tax abatement on the development.

The community approached Caleb Group about coming to Moosomin. The town council, chamber of commerce, and the former Gateway REDA all recognized that there is a real need for more seniors' housing in the region.

We have all seen too many people have to pick up and move to the city, far from friends and family, in order to find this kind of housing.

Obviously people recognize the need. The World-Spectator ran an online poll asking if Moosomin needs more seniors' housing. Ninety-five per cent of the 325 people who responded said yes.

This is an amazing opportunity for our community and for the entire region. We have a chance to have a retirement community in our area that will meet the needs of a large number of senior citizens.

It will mean more seniors have a chance to live out their years in their home area, close to family and friends.

But this project will come to fruition only if people come forward and take the opportunity. It will be built only if there is enough interest in the area.

If this project may be right for you or a loved one, please take the time to find out more.

Check out more information online at [www.calebgroup.ca](http://www.calebgroup.ca) or call the company at 1-866-352-2532.

This is a wonderful opportunity for our entire region. Let's not let it pass by.

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In the face of global economic upheaval, Saskatchewan saw an average of 7,800 more people working in 2009 than in 2008. The province's average employment growth rate for the year (1.5 per cent) was the highest in the country, well above the national average (-1.6 per cent).

There were 518,600 people working in Saskatchewan in December 2009—an increase of 2,600 over a year ago. Canada as a whole lost 184,000 jobs over the same period.

For the seventh consecutive month, Saskatchewan's unemployment rate (4.8 per cent) is the lowest

in Canada—well below the national average of 8.5 per cent. Saskatoon (4.6 per cent) and Regina (4.9 per cent) continue to lead all major cities, ranking first and second respectively.

"While 2009 was a challenging year for workers and employers across North America, Saskatch-

ewan is well-placed to lead Canada in the recovery," Advanced Education, Employment and Labour Minister Rob Norris said. "Our population has grown, our economy has created jobs and our workers are earning more than ever."

Norris noted the valuable

efforts of the province's Rapid Response Teams who, with federal partners, assist Saskatchewan workers and employers through difficult times.

"More than 1,900 workers are currently enrolled in the federal work-sharing program, with more than 1,200 layoffs averted,"

Norris said. "We also saw record traffic on [saskjobs.ca](http://saskjobs.ca), with more than 6.9 million visitors browsing 102,000 jobs posted over the year."

Norris also pointed to the 4,400 opportunities currently on [saskjobs.ca](http://saskjobs.ca) as a sign that opportunities are still available.

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**Electrician**—Moosomin; Oct 25/10

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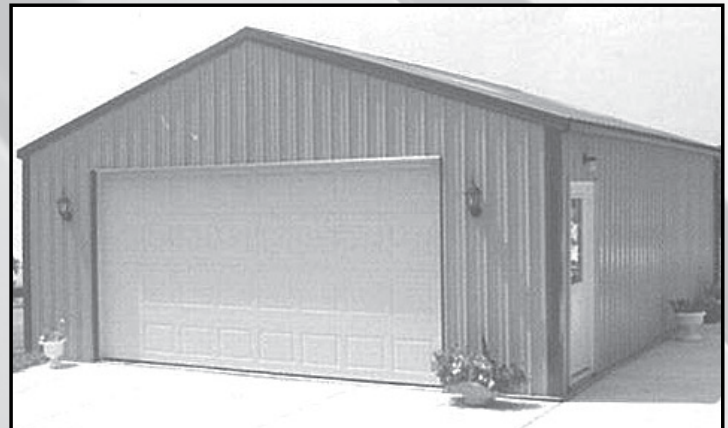
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# Motivation the HMxCB way

Do you have a New Year's resolution that involves a fitness goal? Maybe it's 107 crunches a day, or 297 push-ups a week? Maybe it's a walk to the refrigerator and back? Maybe, like me, heaving the household water jug onto its precarious pedestal once a week (and mopping up the overflow) is a fitness goal all on its own? Or, maybe the Olympic commercials have inspired you to lose your sense of sanity and voluntarily agree to run 42.192 kilometers to complete a full marathon in 2010?



**Christalee Froese**

Whatever your fitness resolution is, I have the perfect source of motivation for you. And what's more, it's proven to be 100-per-cent effective.

I have been personally involved in the clinical testing trials for a full six months now, and I can guarantee that this motivational enhancer works five times out of five. The scientific method goes by the acronym "HMxCB."

Before I share my "secret weapon" in the "get-off-the-couch" battle, let me share some of the other motivational tips I've tried over the course of my 20-year "highly intermittent" jogging career. Some of the most "interesting" tips were found inside the pages of a *Runner's World* magazine:

- Force yourself to step out the door. Once you're outside, you're golden. Tried it and found this method to be highly effective during the month of May. However, this tool is absolutely worthless from June to September when Prairie temperatures can be so hot that eggs have been known to fry on sidewalks and brains have been reported to have baked under John Deere caps. And in winter, this tip can be translated to read: "Force yourself to step out the door. Once you're outside, you're (golden?) "FROZEN."

- Brush your teeth before you run. It makes you feel fresh, energized, and ready to go. Tried it—didn't feel so fresh, so energized or so ready to go. Mostly just felt like lying back down on the couch until the minty taste in my mouth subsided enough for me to stomach my Irish Cream-laced morning coffee.

- Whenever you lack motivation, think about how great you'll feel after your runs. Tried it—couldn't remember how great I'd feel, could only think of how much my knees hurt, how sore my sides get and how many times neighbors drove by and offered me rides back to town.

- Everyone talks about eating bagels or bananas before a run, but I swear by pears. Tried it, but have opted for the HMxCB method. HMxCB could stand for "Hemoglobin Metabolic Chemical Booster," or for "Hydrolyzed Mango Carbohydrate Bio-energizer." But, it's really much simpler than all of that—HMxCB stands for "Home Made Cinnamon Buns." Anyone with a discerning palette will know that given the choice between a bagel, a banana, a pear, and a warm ooey-goey cinnamon bun, the gooey bun will win out every time.

My dear friend Shauna (who at age 20-something is way too young to have mastered her grandmother's cinnamon bun recipe, but miraculously she has) is the provider of the HMxCBs. The catch here is that Shauna lives seven kilometers out of town, so if we want to tap into the HMxCB motivational energy, we must run to Shauna's to get her farm-fresh delicacies. And, we do—100 per cent of the time.

Now, that's what I call an effective form of motivation.

I should warn you that this tool really only works if the buns are homemade, are fresh out the oven, are oozing with warm cinnamon-laced, raisin-studded syrup, are eaten at Shauna's house, are served with Bailey's-fortified coffee and are followed up by a truck ride back to town.

I didn't say the HMxCB tool was easy to access. But it is effective.

So if you have a New Year's fitness resolution that will require some serious motivation, find the Shauna in your community and tap into some HMxCB therapy. It works every time.

Christalee Froese welcomes comments at [lcfroese@sasktel.net](mailto:lcfroese@sasktel.net) or visit [www.westwords.net](http://www.westwords.net).



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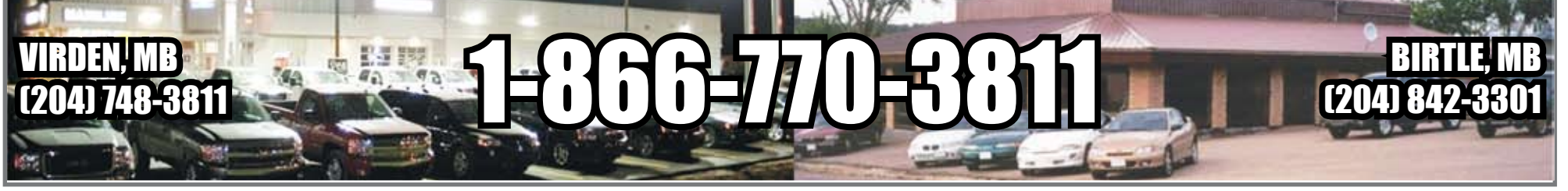
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Submitted photos

Allan and Jesse Johnston (left) took in the gold medal game of the world junior hockey championships together. Janelle and Wyatt Schenn (above) took in the same game with Harvey Wagner, Janelle's father, and Jason Schenn, Janelle's husband (not in photo).

# Hockey fans loved the juniors

BY CHRIS JASTER

The tension could be cut with a knife. Everybody who stayed for the end of the gold medal game of the world junior hockey championships were on the edge of their seats as the time kept ticking with Canada down 5-3, hoping for a miracle comeback.

Then the roof almost came off the place when Alex Pietrangelo set up Jordan Eberle for a power-play goal to get Canada within a goal with two minutes and 49 seconds left on the clock.

The place got even louder just over a minute later when Eberle tied the game with 1:35 remaining in regulation time.

"Nobody sat down for the last three minutes or until the last goal went in," said Jason Schenn, who attended the game with his wife, son and father-in-law. "Then when that one went in you could see the deflation on the American bench. The players just dropped and it went crazy in there. It was intense."

The long intermission didn't change the attitudes of the fans either. While the players were in their respective dressing rooms and the zamboni was flooding the ice, the fans kept chanting "Go Canada Go!"

"There was a constant buzz in there," said Schenn. "People were just 'Oh boy, oh boy, oh boy. Here we go, here we go, here we go.'"

"I was getting text messages from everyone at home watching the game. Everybody was getting excited then when the puck finally dropped, the four-on-four hockey was the interesting part."

Everybody was waiting for Canada to complete the comeback and win its sixth straight world junior hockey championship. But the party never came.

Actually, it died abruptly when American forward John Carlson came down the left side and snapped a wrist shot past Canadian goalie Martin Jones. Everybody in the stands went quiet as the Americans celebrated their win

on the ice.

"It was a killer," said Schenn. "Everybody was lost for a minute. They didn't know what to think or what to do. It wasn't like a mass exodus to the doors or anything else like that. Everybody just stood there looking at each other in disbelief."

"We couldn't believe it happened that we could come back so hard and then lose it like that on what was a relatively weak shot. It was tough to swallow."

The Canadian fans weren't just in the majority at that game, they were the entire stadium.

Allan Johnston almost missed the small group of American fans that were in Saskatoon for the contest.

"I only saw a half dozen at most American fans under one flag on the far end," said Johnston, who attended the championship game with his son, Jesse. "I was behind one goalie and they were 20 rows up on the other end. You could barely see them."

"I looked all over the arena and I couldn't see any other American flags. There must have been more somewhere, maybe underneath us, but there was not much of a roar they scored."

The quiet cheers pretty much described the rest of the games played in the tournament that did not feature Team Canada.

Whereas 15,000 people packed the arena for Canada's silver medal disappointment, only about 10,000 came out to watch the other international teams.

"They were pretty dull and very, very quiet. You just didn't care," said Johnston, who watched Sweden defeat Switzerland in the bronze medal game. "Nobody cared who scored. Of course I think if Switzerland had scored a little more there would have been more cheering. Everyone cheers for the underdog. But it was pretty dull."

Neil Russell didn't make it to any of Canada's games, but he did attend a game between Sweden and Finland in Regina. Russell,



Submitted photo

Brayden Schenn takes a face-off during the gold medal game at the world junior hockey championship.

who went to the game with his daughter Skylar, said the atmosphere was laid back, but people were still cheering for one team over the other.

"The fans were really supporting Sweden," said Russell, who brought his daughter because she has more of an interest in sports than Russell's wife. "I noticed when Finland scored there wasn't much enthusiasm at all. It was generally fairly quiet. It wasn't Canada or the U.S. that was playing. It was fairly quiet at times, but they supported Sweden."

Despite the atmosphere not being great, the quality of hockey was. The 10 nations brought out their best players less than 20 years old and it made for a great event.

"I could sit and watch it all day that calibre of hockey. It's real good hockey," said Russell.

"This was far more exciting (than NHL hockey) as far as I'm concerned," added Johnston. "There's no fights. It's faster. Just wicked fast. And so skillful for their age. It just blows your mind that these are just kids. Think about it. They're not grown mature men. These are just kids, but they play so professional."

Schenn, however, was mixed on the quality of

of the game from an entertainment level, you go into the gold medal game and it was intense. You had two good teams on paper and they were playing out hard."

The absolute highlight for Schenn, however, was watching his second cousin, Brayden Schenn, represent Team Canada on the ice. He finished the tournament with two goals and six assists.

"I've never seen the Schenn name in a high profile," said Jason Schenn. "It's kind of a novelty to see that and to know that's in the family. It's cool for the family and it's cool for the kids too. My son is playing minor hockey here and it jizzes him up. It gets him wound up to see it, so he was pretty excited to see it."

He was also impressed with the way the players dealt with the kids. The

players from every team were always happy to sign an autograph for any child who went to a team's bench during warmups or after a game. Some lucky fans even walked away with game-used sticks.

"For the little guys it's a nice way to keep them interested in hockey," he said. "Then down the line if they see these guys in the NHL they can say 'Hey, I saw that guy. He was here in Saskatoon or Regina.' It's good for the game all around."

Although there were some downsides to the international event, Schenn, Johnston and Russell agreed they would attend another world junior hockey championship if they were given the chance.

"I had a great time," said Schenn. "It was well worth it."

"I think I'd go again," added Johnston. "It's my favorite hockey."

## He Shoots



## He Scores

Kassie's  JEWELRY

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## Tried and True Recipes

by Sandra Johnson



### Split Pea Soup

- |                             |                         |
|-----------------------------|-------------------------|
| 2 cups dry green split peas | 1 cup celery, chopped   |
| 7 cups water                | 1 cup onions, chopped   |
| 1 tsp oil                   | 1 cup potatoes, chopped |
| 1 tsp salt, optional        | 1/2 tsp garlic powder   |
| 2 cups cooked ham, chopped  | 1/2 tsp pepper          |
| 2 cups carrots, chopped     | 2 Tbsp parsley          |

In a Dutch oven, bring peas, water, oil and salt (if desired) to a boil. Reduce heat, cover and simmer for 2 hours, stirring occasionally. (Or put peas, water, oil and salt in slow cooker for 2 to 4 hours on high.) Add next seven ingredients, cover and simmer for 30 minutes, or until vegetables are tender. Stir in parsley. (Or add next seven ingredients to slow cooker for four hours on low heat. Stir in parsley.)

### Man-Style Meat and Potatoes

(Made with left over roast beef)

- |  |                                       |
|--|---------------------------------------|
| 1 1/2 cups cooked beef, cut into thin strips         | 3/4 cup beef gravy                    |
| 1/2 cup onions, thinly sliced                        | 1 cup cheddar cheese, shredded        |
| 2 tbsp Margarine                                     | Salt / pepper                         |
| 1 can cream of mushroom soup or cream of celery soup | 3 cups potatoes, parboiled and sliced |

In large fry pan, brown beef and cook onions in margarine until onions are tender. Blend in soup, gravy, 3/4 cup cheese and seasonings. In 1 1/2 quart casserole dish, arrange alternating layers of potatoes, meat and onions and sauce. Sprinkle with remaining cheese and dash of paprika. Bake at 375° for 30 minutes, uncovered.

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Wyatt McAuley is a child living with autism.

Monique McKay photo

## Providing the best of both worlds for children with special needs

BY MONIQUE MCKAY

When Corri McAuley's eldest son, Wyatt, was 18 months old, she began to suspect there was something different about her little boy. He was her first child, so she had no real frame of reference, and her friends had told her that it's normal for some boys to speak later than others. But when at a year and a half Wyatt was at a six-month level for spoken and receptive language, Corri got him on a waiting list for further examination.

She and her husband were living in northern Alberta. Wyatt underwent extensive multidisciplinary testing; he met with a dietician, a speech and language therapist, an occupational therapist, and a physical therapist, among others. It took six months for a diagnosis to come back; Wyatt must cope with autism. "The diagnosis came back so quickly because I cried," explains Corri, holding an imaginary phone to her ear, "there's a huge waiting list."

Anyone in Corri's presence learns quickly that she possesses formidable personal energy and is a powerful advocate not only for her son, but for all rural families learning to support their children with disabilities.

The McAuley family relocated to the Calgary area. There were so many services available to them in the city; professionals came to Wyatt's home, where he received speech and occupational therapy weekly and physical therapy every other week. "I was exposed to a lot of services in Alberta. We wouldn't be where we are now if I hadn't had a multidisciplinary team show me square one," says Corri, who is a trained nurse.

Corri and her husband learned they were expecting. They had no family in Calgary, and both know that as Wyatt grows older services will fall off, and by the time he's 21 there will be relatively little support outside of their circle of family and friends. "We talk about long-term goals. We plan on university for him," says Corri. With the big picture in mind, the family returned home to McAuley, Man.

The choice wasn't without cost. In Alberta, Wyatt was accessing over \$80,000 annually in programming. In rural Manitoba, he accesses

"Special needs kids are more socially accepted in the city, because they get more exposure, but the community here tries harder because they want to understand and they want to help."

—Corri McAuley

just over ten thousand dollars. Even in service rich Alberta, no one handed that funding to Wyatt on a silver platter. The McAuleys had to research their son's specific needs, inform themselves about the treatments and programming available, and petition the responsible government ministries for funding. "You have to be articulate. We looked at what we were entitled to. At first they offered us \$15,000, and I wouldn't sign." Did Corri's background in the medical field help her in her quest to advocate for her son? "Was it easier because of my background?" she asks rhetorically, "Definitely. But it's still hard."

Parenting is a daunting task. Parenting a child with special needs is even more so. "It's not like you break your leg and you do rehab, and you fix the problem. With autism it's a spectrum and it's overwhelming," Corri explains. Not all parents are as emotionally equipped as the McAuleys to tackle their children's condition with the same strong, progressive determination that Wyatt's mom and dad have brought to his situation. Their mindset is powerful and positive. Wyatt's father remembers walking through the children's cancer ward on his way to another section of a Calgary hospital with his young son. "I saw all those kids with those diseases and I looked at my son and I thought, 'He's fine. He's just fine. We're all good.'"

"It's lonely out here having special needs kids," admits Corri. When she and her husband moved back to McAuley, they made a point of reaching out to their community. "We threw a lot of parties," says her husband. "We went out of our way and really put it out there." It was a double-edged sword, one with which all parents of children with needs like Wyatt's are familiar. It's important

to integrate your child with the community, but often the social processes for that—like a party—are way too overstimulating for the child. "But the juice is worth the squeeze," says Wyatt's father philosophically. The McAuley's efforts have paid off.

"Special needs kids are more socially accepted in the city, because they get more exposure," explains Corri, "but the community here tries harder because they want to understand and they want to help." For example, it was unlikely that someone in a grocery store in Calgary would say something thoughtless that might have hurt Corri, or shown a lack of understanding for her family's situation. Even when something like that happens in a rural area, "because they don't know, they don't understand," as her husband says, the McAuleys know "there's no malice."

However, in the city, Wyatt was never invited to a birthday party. "The peer group here is fantastic," enthuses Corri. "We know all his classmates' parents; Wyatt is invited to all the birthday parties. I would pick small rural over big urban every time."

However, this doesn't change the fact that Wyatt, and children like him, have far less access to the life changing services and tools available in cities like Regina and Winnipeg.

Last year Wyatt attended school full time, and it was not to his benefit. This year he's going only part-time, and Corri is supporting his education at home. Last year, in the school, Wyatt saw a speech therapist only four times and the occupational therapist less than that. After his dad went painstakingly through over 200 pages of provincial legislation, Wyatt's parents successfully lobbied the school board for increased service, and another speech therapist and another occupa-

tional therapist were hired. Wyatt is not the only student to benefit from the McAuleys activism; in his class of twelve students, there is another boy with autism. This accurately reflects a recent national statistic which revealed that one in seven Canadian boys born are being diagnosed with a disability, and that autism has overtaken Down's Syndrome as the most common.

"Everyone with a special needs kid knows that the teacher makes or breaks your year," Corri says of having Wyatt in the school system. "His teacher this year is fantastic." However, the McAuleys don't leave everything up to the school board. "It's easier to abdicate; it's extremely stressful," Corri says of the time and energy she invests in helping Wyatt develop to his fullest potential. "If we make a positive decision now it's just going to make a huge difference for him down the road. And for us."

Corri takes an intensive home study course, called Relationship Development Intervention, which teaches her how to help Wyatt "fill in the blanks" in his developmental journey. In many autistic children it is as though certain information, that we might take for granted, has not assimilated into their accepted world view on the same time schedule as that of a normally developing child. A good example is that of texture; an autistic child might refuse to swallow food unless it has been, say, pureed. Any of us who have spoon-fed a baby their first food knows that the first twenty bites are spit right back out, until the infant learns to accept the new food. We go through the same process as we introduce different solid foods. An autistic child might be so busy processing so many other things, that they never get around to accepting something like a new texture, or even a new color of food. As a parent, the challenge is identifying exactly where the gap is, and addressing it. The McAuleys had a party the day Wyatt drank from a straw. He was four years old. "It might not seem like a big deal," says Corri, "but you have no idea how liberating it was to know we didn't have to pack sippy cups everywhere we go anymore."

Continued on page 16



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2006	MF	9790	chopper, cs, swathmaster, 382 hrs, warranty	\$239,000
1999	CasellH	2388	Axceller, specialty rotor, chopper, spreaders, rock trap, pu hdr w/ swathmaster pu	\$109,500
1997	NH	TX66	Chopper, pu	\$64,500
1986	Gleaner	R50	PU, chopper, spreaders	\$22,500
1994	MF	8570	Chopper, cs, swathmaster pu	\$48,000
1983	MF	852	Chopper, pu	\$2,500

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2008	MF	1756	5x6, auto tie, demo	BLOWOUT
2008	MF	3743	manure spreader, 430 bu., loaded	MUST GO
2008	MF	9125	18' hay hdr, loaded	DEMO
2002	Hesston	856A	5x6, full auto Mesh wrap	\$22,900
2001	Hesston	856A	5x6, Full Auto	\$19,900
1999	Hesston	565A	5x6	\$13,900
1999	Hesston	565A	5x6, auto tie	\$14,900
2000	NH	688	5x6 baler	\$15,500
2002	Hesston	1275	16' s/s, reverser	\$20,900
1999	MacDon	5000	16', s/s rollers	\$12,500
2005	Highline	7000	lh discharge	\$8,500
	Bale King	3100	rh discharge	\$7,700
2005	Bale King	3100	rh discharge, fine cut	\$10,900
2005	Bale King	3110	rh discharge, fine cut, grain tank	SOLD
2004	Morris	1400	Hay Hiker	\$21,000

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2008	MF	RT470	3pt, 48" rototiller	\$1,900

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1986	JD	4450	140hp, 18.4x34, powershift	\$31,900
1983	MF	4880	300hp, duals, pto	\$23,900
1989	Deutz Allis	9130	135hp, fwa, 18 sp ps	\$15,000
1996	NH	8240	96hp, fwa, loader/grapple	COMING
2009	VERS	435	800 duals, loaded, 46 hrs	SOLD
2008	MF	6480	145hp, loaded	RENTAL RETURN
2008	MF	5475	135hp, loaded	SOLD
1981	JD	4840	180hp, duals, 5350 hrs	SOLD

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1995	Flexi Coil	5000	34', 550 trip, 3 1/2" packers, double shoot, 2320 TBH cart, 3rd tank, loading auger, exc.	\$\$\$OLD
1996	Flexi Coil	5000	Air Drill, 39"w/9" spacing, 2320 cart, loading auger	\$41,500

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# Group hopes to expand special needs services at home

Continued from page 13

RDI suggests that all infants are born with a strong desire to learn from the more expert members of their culture, like their parents, siblings, and teachers. When their capacity has been overwhelmed at some point in early development, RDI techniques carefully build a path for them, helping most children rediscover what they were unable to assimilate at an earlier stage.

Corri participates in the Family Guided Participation Program which allows her, with the help of a consultant, to evaluate where her son stopped developing as a cognitive apprentice. She and her family then re-think their daily lifestyle, and structure their life in a way that allows Wyatt to be safely challenged. They try to ensure his discoveries are not buried in the flow of daily activity, and help him build a 'bank account' of relevant experience to reference for future success.

I have met many children with autism. In my personal experience, children with proactive, self-educating parents who place no limits on their child's capabilities, thrive. Wyatt struck me as being a strong, secure, happy-go-lucky kid. Looking into the open, determined faces of his parents, at the piles of books and research on the kitchen table, at the neat home and lovingly framed photographs of their family that adorn the walls, I can't help but reflect on how this friendly little boy is very fortunate. "It's a marathon, not a sprint," says Corri of her family's journey, "It's the balance of having a life."

"We started to get friends who have kids with special needs," continues Corri. "Last year Wyatt wanted to go to camp," she said, "but everything is in Winnipeg or Regina." On May 10 of last year, Corri asked some people to get together. Candace Scott of Moosomin, and Lana McCormick and Tammy Cole of MacLeod Elementary were among those who worked to help bring a music camp for children with special needs to Moosomin.

Jacklyn Volk, a neurologic music therapist with a private practice in Winnipeg, had worked with Wyatt in Calgary before moving to Manitoba. She and Corri had remained in contact over the years, and last spring she was eager to get on board with the rural music camp.

The young professional describes the camp she facilitated as an express creative arts therapy camp, with a movement component, a music component, and an art component. "Children learn through play," she explains. "They can connect with that right away regardless of their ability and communication skills."

Volk, who received her degree at the University of North Dakota and underwent a six-month internship in Los Angeles, explained why music is such

an effective medium.

"The great thing about music is that it's a universal language for all of us, and it's based on rhythm, which is the first thing we're exposed to, even in utero. From that, neurological music therapy focuses on how music is processed in both hemispheres of the brain. If there's an area of the brain that doesn't function properly, for example speech and language is processed in the left side of the brain, with music therapy you're creating new synapses and strengthening that side of the brain."

Volk works with children from two years of age up to seniors. Her clients face a variety of challenges, be they neurological, psychological, or even physical, like children who have lost their limbs due to an illness and need to learn to walk without legs. Her education and expertise has allowed her to witness what some might categorize as miracles; children whom have never uttered an intelligible word learning to speak, or adults finally coming to terms with the roots of chronic depression.

The week-long day camp in Moosomin was broken up into a morning class for children from ages three to age seven, and an afternoon class for children aged eight to 18.

"It doesn't matter where you are. It takes special people to work with special kids."

—Corri McAuley

There was a wide variety of special needs in the group, and Volk designed the program accordingly.

"All the little ones with special needs that need services out there—it's so tricky," she says of the kids in our area. Could she see if our children could benefit from more regular and more diverse therapies? "For some, yes, and it's sad. You see how much further along they could be. There's not enough education and information available to parents. In my opinion all parents of children with special needs are giving it all they've got, but you see more improvements quicker the more hands-on parents are. The more treatment available, in a greater variety of areas, the better it is for the little ones. You want to throw out as many ways for them to process as possible. We all have the same goals; we all want to com-

municate. Occupational Therapy, Physical Therapy, Speech Therapy, we all have the same goals.

"I had a wonderful time. All the families are so, so nice and the kids were excellent. We're looking at incorporating adults. Maybe expanding into a two week program. I'm creating another new program, and hope to help parents with more follow-up, get them some more feedback."

"Parents need to fight for the rights of their children and for the right to services. It's crucially important. If your child is recommended only a certain amount of therapy and you're not seeing enough improvement, speak up."

"It doesn't matter where you are," says Corri of Jacklyn and the other people who helped make Wyatt's dream come true, "It takes special people to work with special kids."

The music camp was an

unmitigated success, and Rural Support for Families with Special Needs was born. "It was such a success," says Lana McCormick, the pre-k and resource teacher at Moosomin's elementary school. "The kids just had a fabulous time. We want to expand this and just keep the ball rolling." Members of the group, spearheaded by Corri McAuley, have another music camp in the works and hope to do even more for rural families. There are plans to bring in speakers, develop a lending library, and simply help families coping with special needs, be they children or adults, connect with each other and help each other. "There are people who are 'woe is me' and people who fight the fight," says Corri, "We don't feel sorry for ourselves, and we don't feel sorry for our son. We just want to do everything we can for him, the same as any other parent. You have to set up your kids for success."

"It seems to me," I say to her, drinking her strong coffee and enjoying the

sun streaming in the big picture window that looks out on the open prairie, "that you want the community of the country and the same services you got in the city. Looks like you want the best of both worlds." Corri smiles, "Do I?" Her face and voice soften, and she looks down at her hands. "I would. Who wouldn't?" Her sons bound up the stairs together, gamboling like a couple of young puppies, and when she raises her eyes the steel is back. She looks at the boys. "Who wouldn't?" she asks again.

If you would like to join or volunteer with Rural Support for Families with Special Needs, call Corri McAuley at (204) 434-7559, or contact MacLeod Elementary at (306) 435-3878 and ask for Tammy or Lana. Tara Harper at Moosomin's Borderland Co-op is co-ordinating a Teddy Bears' Picnic in April to help raise money for this summer's music camp, and the Kinsmen Club and Scotia Bank are among area businesses and organizations also assisting with fundraising.

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Dan Lorán photo

View of the Bell Barn and adjacent washroom building from Highway #56.

# Bell Barn construction on schedule through winter

Construction activity at the Bell Barn site north of Indian Head is continuing on schedule through the winter months. Except for a Christmas break, work crews from Hahn Construction of Fort Qu'Appelle have been working there despite December's cold temperatures and blizzards.

After the pouring of the barn's concrete floor in early November, the special unplanned lumber for construction of the loft and roof was received on site, and the barn is being made ready for the wood construction phase.

If you have driven by the site on Highway #56 recently, you probably have noticed that another smaller building is being constructed to the north of the barn. This small building will be a replica of one of the many cottages built on the Bell Farm back in 1882 to house the corporate farm workers and their families. Although modern building materials and methods are being used to build the cottage replica, it will have the same size, shape, and style as the original cottages. When completed, it will contain public washroom

facilities and a secured storage area.

Jerry Willerth, a member of the Bell Barn Society's construction committee, explained that the National Building Code requirements for adequate public washroom facilities at a site the size of the Bell Barn necessitated that these facilities be placed outside the barn structure. "The washrooms would have taken up too much of the space inside the barn that we want to utilize for various other activities, including the interpretation of the Bell Farm," he stated.

In late November and early December, Certified Plumbing of Indian Head laid the sewer and water lines for the washroom building. As well, an underground septic tank was installed on the north side by Tulik Construction of Fort Qu'Appelle. Once the walls and roof were framed, the building was wrapped in orange plastic and heated, enabling the crew to continue their interior work in comfortable conditions.

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<p><b>Wednesday, Jan. 13</b> Feeder Sale 9:00 a.m.</p> <p><b>Monday, Jan. 18</b> Butcher Cattle Sale 9:00 a.m.</p> <p><b>Wednesday, Jan. 20</b> Presort Feeder Cattle Sale 10:00 a.m.</p> <p><b>Monday, Jan. 25</b> Butcher Cattle Sale 9:00 a.m.</p> <p><b>Tuesday, Jan. 26</b> Horse &amp; Sheep Sale 12:00 p.m.</p> <p><b>Monday, Jan. 27</b> Feeder Sale 9:00 a.m.</p> <p><b>Friday, Jan. 29</b> Bred Cow Sale 11:00 a.m.</p> <p><b>Monday, Feb. 1</b> Butcher Cattle Sale 9:00 a.m.</p> <p><b>Wednesday, Feb. 3</b> Internet Presort Feeder Cattle Sale 10:00 a.m.</p> <p><b>Monday, Feb. 8</b> Butcher Cattle Sale 9:00 a.m.</p> <p><b>Wednesday, Feb. 10</b> Feeder Sale 9:00 a.m.</p>	<p><b>Wednesday, Feb. 17</b> Presort Feeder Cattle Sale 10:00 a.m.</p> <p><b>Friday, Feb. 19</b> Bred Cow Sale 11:00 a.m.</p> <p><b>Monday, Feb. 22</b> Butcher Cattle Sale 9:00 a.m.</p> <p><b>Wednesday, Feb. 24</b> Presort Feeder Cattle Sale 10:00 a.m.</p> <p><b>Monday, Mar. 1</b> Butcher Cattle Sale 9:00 a.m.</p> <p><b>Wednesday, Mar. 3</b> Internet Presort Feeder Cattle Sale 10:00 a.m.</p> <p><b>Monday, Mar. 8</b> Butcher Cattle Sale 9:00 a.m.</p> <p><b>Wednesday, Mar. 10</b> Presort Feeder Cattle Sale 10:00 a.m.</p> <p><b>Friday, Mar. 12</b> Bred Cow Sale 11:00 a.m.</p> <p><b>Monday, Mar. 15</b> Butcher Cattle Sale 9:00 a.m.</p>	<p><b>Wednesday, Mar. 17</b> Feeder Sale 9:00 a.m.</p> <p><b>Saturday, Mar. 20</b> Pleasant Dawn Charolais Bull Sale 1:00 p.m.</p> <p><b>Monday, Mar. 22</b> Butcher Cattle Sale 9:00 a.m.</p> <p><b>Wednesday, Mar. 24</b> Presort Feeder Cattle Sale 10:00 a.m.</p> <p><b>Thursday, Mar. 25</b> Sheep Sale 12:00 p.m.</p> <p><b>Sunday, Mar. 28</b> Classic All Breed Bull Sale 1:00 p.m.</p> <p><b>Monday, Mar. 29</b> Butcher Cattle Sale 9:00 a.m.</p> <p><b>Tuesday, Mar. 30</b> Horse Sale 1:00 p.m.</p> <p><b>Wednesday, Mar. 31</b> Feeder Sale 9:00 a.m.</p> <p><b>Wednesday, Apr. 7</b> Feeder Sale 9:00 a.m.</p> <p>Pen of 5 Replacement Heifer Sale 1:00 p.m.</p>	<p><b>Friday, Apr. 9</b> Bred Cow Sale 11:00 a.m.</p> <p><b>Monday, Apr. 12</b> Butcher Cattle Sale 9:00 a.m.</p> <p><b>Wednesday, Apr. 14</b> Internet Presort Feeder Cattle Sale 10:00 a.m.</p> <p><b>Friday, Apr. 16</b> Mountain View Farms Bull Sale 1:00 p.m.</p> <p><b>Monday, Apr. 19</b> Butcher Cattle Sale 9:00 a.m.</p> <p><b>Wednesday, Apr. 21</b> Feeder Sale 9:00 a.m.</p> <p><b>Monday, Apr. 26</b> Butcher Cattle Sale 9:00 a.m.</p> <p><b>Wednesday, Apr. 28</b> Presort Feeder Cattle Sale 10:00 a.m.</p> <p><b>Friday, Apr. 30</b> Bred Cow Sale 11:00 a.m.</p>
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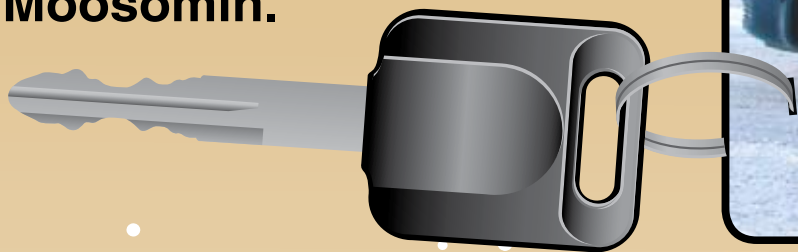
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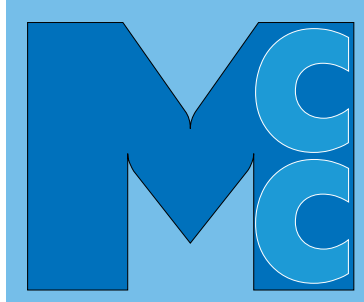


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# The biochemistry of gluttony

Put on a few extra pounds over Christmas? Wonder why you feel compelled to eat half a box of chocolates half an hour after finishing your second plate of turkey, dressing, mashed potatoes and gravy? Feel a little guilty?

Well, new research offers clues to one of the most baffling aspects of the eternal battle of the bulge: why we keep eating even when we're full.

Short version: blame your brain.

When you're hungry, food looks more appealing than when you're not: hence the old adage about never shopping on an empty stomach.

Previous research has suggested that ghrelin, a hormone the body produces when it's short of calories, may act on the brain to trigger this behavior.

Now new research suggests that this same hormone—increased levels of which have also been linked to the pleasurable feelings people get from alcohol or cocaine—may also come into play to trigger overeating.

Or, as Dr. Jeffrey Zigman, assistant professor of internal medicine and psychiatry at the University of Texas Southwestern, puts it, "There may be situations where we are driven to seek out and eat very rewarding foods, even if we're full, for no other reason than our brain tells us to."

Rewards, in psychiatric terms, are things which make us feel better: they're pleasurable, they motivate us to work to obtain them, and they even help reorganize our memory so we remember how to get them.

To discover why people who are already stuffed with food nevertheless go ahead and order a massive dessert, Dr. Zigman and colleagues conducted two tests.

First, they evaluated whether fully sated mice preferred a room where they had previously found high-fat food



**Edward Willett**

over one that had only offered ordinary bland mouse-chow. They found that when they gave the mice ghrelin, they strongly preferred the high-fat room. Those that were not given ghrelin showed no preference.

That appears to indicate that, thanks to ghrelin, the mice remembered how much they had enjoyed the high-fat food and where to get it. Even though the room was now empty, they still associated it with something rewarding.

Blocking the action of ghrelin reduced the amount of time the mice spent in the high-fat room.

In the second test, the researchers watched to see how long mice would continue to stick their noses into a hole to receive a pellet of high-fat food. The animals that received ghrelin did so far longer than their non-ghrelinated cousins.

"But wait!" I hear you cry. "I am not a mouse. I am a human being!"

Well, sure, but there's a reason mice are always being used as medical stand-ins for humans in laboratory tests: we have the same type of brain-cell connections, the same type of hormones, and the pleasure centers of our brains are similarly structured.

Does this let you completely off the overeating hook?

No, because we are capable of resisting these kinds of urges: we do it all the time, or else we'd never get anything else accomplished. So even though the dessert looks tempting, you don't have to eat it . . . but it does take a conscious effort, and sometimes that's in short supply.

Brian Wansink, a behavioral scientist at the Cornell Food and Brand Lab, has listed a few strategies to avoid giving in to ghrelin's urges and eating unconsciously.

For one, use smaller plates and serving bowls. The bigger the plate is, the larger the servings tend to be, 25 to 28 per cent larger on average.

Also, don't watch TV while you eat. When your conscious mind is distracted, your unconscious mind takes over. People watching TV typically eat 40 per cent more food.

And finally, don't go back for seconds. People at a buffet who put everything they're going to eat on their first plate, dessert included, eat 14 per cent less than those who put smaller portions on their plate, then go back for more.

I know, I know. For this Christmas, all this information is too little, too late.

But it's almost New Year's, a time for regret and resolution.

And if you fall off of the eating-less wagon in a few weeks . . . well, tell everyone you can't help it, you have a hormonal condition.

The fault lies in our ghrelin, not ourselves, that we are gluttons.

*Edward Willett is a freelance writer in Regina, Saskatchewan.*



## December land sale brings in \$34.9 million

Revenue from the sale of Crown petroleum and natural gas rights in Saskatchewan continued its steady climb from earlier in 2009 with the largest land sale of the year.

December's sale brought in \$34.9 million in revenue for the province, bringing the 2009 calendar year revenues to \$118.2 million. Total revenues from land sales for the 2009-10 fiscal year now stand at \$111.9 million.

"The industry continues to build momentum in this sale and the one that preceded it in October," Energy and Resources Minister Bill Boyd said. "We're seeing increased industry activity over the last half

of 2009 as a result of the strengthening in oil prices. Some companies have announced ambitious drilling programs for 2010 and this sale would indicate that others may be drilling more aggressively next year."

December's sale included 14 petroleum and natural gas exploration licences that sold for \$14.7 million and 257 lease parcels that attracted \$20.2 million in bonus bids.

The Lloydminster area received the most bids with sales of \$22.5 million. The Weyburn-Estevan area was next at \$6.9 million, followed by the Kindersley-Kerobert area

at \$4.4 million and the Swift Current area at \$1.1 million.

The highest price paid for a single parcel was \$3.5 million. Canadian Coastal Resources Ltd. Acquired this 2,290-hectare exploration licence near Unity.

The highest price on a per-hectare basis was \$3,983. Scott Land and Lease Ltd. Bid \$515,754 for a 129.5-hectare lease parcel near Maidstone.

At \$34.9 million, the December land sale was the fourth largest year-end sale.

The next sale of Crown petroleum and natural gas dispositions will be held on February 8, 2010.

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# Man accidentally tries to sell drugs to police officer

- The Lamborghini Gallardo coupe is a \$332,000 supercar that does 202 m.p.h. and is beautiful to behold. Therefore, Italian police were delighted when Lamborghini gave them two Gallardos to help with high-speed pursuits. One can only imagine how embarrassed and chagrined the police were when they wrecked one of the Lamborghini Gallardos shortly after getting them. They smashed it into a row of parked cars. Embarrassed cops actually tried to confiscate phone cameras from witnesses but abandoned the plan when hundreds turned up to gawk at the smash.

- An Amsterdam man, 46, who spent 20 years collecting ecstasy pills of all shapes and colors as a hobby, went to the police after they were stolen. He explained that 40 of the 2,400 tablets were poisonous. He has not been charged, but police said he did not expect to have his collection returned.

- A man in England got three years for accidentally killing his wife with the TV remote. While I would never justify murder, Alex Kaseberg wrote, "Personally I thought it should have been justifiable homicide. She asked to switch to The View."

- In Britain, October 31, 2018 has been officially set as the last day for people to use cheques to do their banking. Banks are encouraging more modern, and efficient payment methods.

- An American vicar's romantic marriage proposal in a hot-air balloon fell flat when he dropped a case containing a \$4,000 engagement ring into a forest below. His girlfriend agreed to marry him despite his faux pas. He then spent seven days hacking through woods with a machete, before finding the case and the ring.

- A Louisiana woman was arrested for pouring hot grits on her boyfriend while he was asleep. "On the bright side, she committed the most red neck crime of all time," quipped Kaseberg, "surpassing former skater Tonya Harding hitting her boyfriend in the head in their trailer home with a hubcap ash tray."

- Detroit police are looking for a bank robber dubbed "the Bad Breath Bandit" after his victims reported that one of his distinguishing characteristics was his foul-smelling breath and crooked yellow teeth. The bandit twice robbed the same bank in rapid order.

- An envelope that was delivered with the first Pony Express in 1860 sold for \$500,000. "Sadly," noted Kaseberg, "it was then promptly lost by the US Postal Service."

- Using nothing but a hammer and chisel, Ramchandra



**Gene Hauta**

Das took 14 years to make a 4.2-metre hole through rock because he wanted to park his truck outside his home and a mountain was in the way. "I had to leave my truck miles away, so I decided to do something about it," said the 53-year-old from Bihar, India.

- Although she couldn't see any proof of a burglary, the 73-year-old woman in Panama City was convinced that somebody had broken into her home and racked up \$150 in adult entertainment calls. Deputies determined the last time the calls were placed when her husband "was at the residence by himself." When asked if it was possible that her husband had made the calls, she responded that "he was too old" to make such calls.

- In Steamboat Springs, Colo., police were called to a report of a suspicious incident at a home. A woman reported that she found feces in her toilet that she did not think she put there.

- Dariel Firpo, 23, had graduated from NYPD Academy just minutes before he made his first arrest. Firpo was leaving the ceremony when he saw a 79-year-old man being robbed of his wallet and thrown to the ground by a mugger. While the mugger tried to flee, Firpo was able to nab him without incident. Jeffrey Grant, who had 48 previous arrests, was charged with robbery. He had been out of Sing Sing Correctional Facility in Ossining, N.Y., less than a week after finishing a sentence for a robbery conviction.

- Police have determined that the actions of a cabbie in Orlando were probably not very nice, but that he was well within his rights when his 81-year-old passenger became abusive and vulgar. Charles Brucks was put out of the cab on the side of the road. However, Brucks says he stepped from the cab, stumbled and fell, and the cabbie pulled his walker from the trunk and tossed it on the ground several yards away. The cabbie countered by saying that Brucks was standing with the walker when he drove away. There were several calls to the supervisor, who said, "Clearly, what got lost in all the calls is that the gentleman was 81

and had a walker. It's unfortunate. But at what age or state of mind is it okay to be verbally abusive to a cab driver?"

- In suburban Chicago, a place called Elgin, another taxi driver didn't have Mace handy when he was attacked by a knife-wielding passenger, so he disarmed the man with a can of aerosol deodorant. The driver was suspicious of the man's behavior and picked up the deodorant, and promptly sprayed the attacker's eyes when he felt the knife at his throat. The assailant dropped the knife and fled, but at least no one was hurt. "People were shocked," noted Jim Barach. "Since when do taxi drivers know about deodorant?"

- A 22-year-old Club Med employee in Port St. Lucie is accused of raping a 41-year-old vacationer, leaving her bleeding and bruised, but he argues that the sex was consensual and he was "doing her a favor." Brandon Charles Wester, a golf maintenance worker at the resort, explained that the victim was bruised after falling three times, but also said the sex "might have been a little rough for her." The victim suspects that her drinks were spiked.

- Anthony Carrasco, 19, went door to door in Brownsville, Texas, early in the morning, trying to sell something. "He went to an apartment building in the downtown area," said police spokesman Jimmy Manrique, until he finally knocked on the door of a local police officer. Carrasco was openly selling marijuana. The officer said he would be right back and went to go get his badge and handcuffs. Carrasco's drugs, the pistol he was carrying and his proximity to a school made his actions a felony.

- During the summer, Kenny Jackson, 30, was arrested in St. Paul, Minn., after rampaging through his house, destroying furniture and threatening his four-year-old son. The boy's mistake was wearing a blue shirt, the color favored by a rival gang to Jackson's Bloods.

- Vincent Salters, 46, was arrested in East Knoxville, Tenn., when he returned a second time to the Shoe Show store. The day earlier he had shoplifted several display shoes, but an employee said they were all for the left foot. Salters was arrested the next day, as he loitered outside the store. It is believed he came back for the right-foot shoes.

- The British Government says taxpayers may have to bail out the Queen financially this year. "Apparently," said Jim Barach, "the cost of doing nothing has gone up again."

- Until next time . . . keep reading between the lines . . .

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Kara Kinna photos



**Left:** Olympic torch runners pass on the flame under the Olympic rings on Moosomin, Sask's Main Street. **Above:** Crowds on Main Street Moosomin wait eagerly for the torch to arrive.

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**Left:** Jessie Doan from Estevan is the first runner to carry the torch into town.

**Right:** The flame is put back into its lantern for transport out of town and on to Yorkton.

Chris Jaster photos



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