Plain & Valley

February 2024 • Volume 17 Number 2

Covering Southeast Saskatchewan and Southwest Manitoba

Brent Butt heading to the Middle of Nowhere

by Kevin Weedmark

Brent Butt, the best known comedian to come out of Rural Saskatchewan, is heading to the heart of rural Saskatchewan soon for the Comedy Night in the Middle of Nowhere at the Maryfield Auditorium. The show is coming up March 15, and editor Kevin Weedmark spoke with Brent Butt about the show and about his career.

You probably figured growing up that you would star in a TV show, but did you ever think you would be performing in Maryfield, Saskatchewan?

Well, that was the end target so mission accomplished—I can wrap it all up now and retire.

The way they're promoting it, they're calling it the Comedy Night in the Middle of Nowhere. How would you define the middle of nowhere and how many middle of nowheres have you performed in during your career?

It's all relative right? The middle of nowhere—it depends on how big your world is. So it's different for everybody but I'm sure for the people in Maryfield, even though they're calling it that, I'm sure Maryfield is probably the centre of everything for them.

So it's been like 20 years since Corner Gas started. Almost exactly 20 years this week. Does it seem that long to you or does it seem like just yesterday?

It's one of those things that seems like, from moment to moment, sometimes it seems like it was two years ago and sometimes it seems like it was 106 years ago. But yeah, I have some fresh relevant memories of putting that show together that it's sometimes hard to believe that it was 20 years ago.

Everybody knows you from Corner Gas. How different is Brent Leroy from Brent Butt, or was that just you being yourself?

I wasn't super confident in my acting skills so I thought, "If I make this guy a lot like me . . ." and at the end of the day it was kind of based on what my life would be like if I hadn't pursued show biz. So the idea is, he's basically me. The difference between me and him is that he wears a round watch.

So how much space does that show take up in your consciousness? Does that role partly define who you are?

Yeah, I mean certainly in the eyes of other people it does. It's sort of part of the mix for me—for me, I think at the end of the day if you boil everything away, I'm a stand up.

I'm a comedian and I got to do this amazing TV show. I love TV, I've been able to do movies and I've written a book. I've done a few things but I think if you boil it all away, I hope to continue to do everything, but I'm a greasy nightclub comic at the end of the day.

So what kind of comments do you get from fans of the show when you go to a small town and do a show? What kind of things do you hear from your fans?

Usually it's very nice and you know, very complimentary. One of the things that I like hearing is that people often think of Corner Gas as the one show that the whole family watched together—like grandpa wanted to watch it but the teenagers wanted to watch it too. I like that. I like that the show had a very broad demographic and I think that's because the show wasn't really trying to be something it wasn't. There was an authenticity to it that sort of played across all demographics that way—it wasn't middle aged people trying to be cool or hip, you know?

If you're in rural Saskatchewan how often do you hear, "Geez, Dog River is just like our town. You must have based it on our town."

Yeah, you hear that quite a bit but you know, we had a guy write in from New York City who said, "Dog River is exactly like my neighborhood. Like there's the gas station there, there's the cranky old dude who's giving everybody hell—there's a couple of dopey cops."

So there's this weird universality to it. We had a guy in Sweden say that it was exactly like the village he grew up in, in Sweden. So it's got this sort of universality to it that I didn't try to consciously try to write into it. It just sort of worked out that way because it was about these people and at the end of the day everybody knows people like that.

You've discovered that there's cranky old people everywhere then?

Yeah, who would have thought?

How much did growing up in rural Saskatchewan influence your comedy?

I don't know. I don't know to what degree rural Saskatchewan had anything to do with it because if it did then everyone from rural Saskatchewan would have the same sense of humour and that certainly isn't the case. For whatever reason, as a little kid, as much as I loved growing up in small-town Saskatchewan—I loved it and I had a great time—it still never made sense to me that we lived there.

I was like, "Why are we not in New York or Los Angeles? Do you not watch TV and films?"

Like my father ran the boiler room and I was like, "You know, there's a lot of boiler rooms in New York City. That's where Spiderman lives, let's go."

I was very drawn to show business so I didn't understand farming and I still to this day don't understand what all of the equipment does.

So it's sort of where I just happened to be and I was more shaped by the fact that I grew up in a large family full of people who all tried to make each other laugh. If we had all been in Denmark or China, if that same dynamic existed, my work would probably be very similar.

So when did you know that you would be a comedian?

Well I knew early on that I was going to try. I didn't know if I would be able to do it or not but I knew that I wanted to do it. When I was 12 years old, that's when I told my mom that that's what I wanted to do. It's when I first saw a comedian on TV and I didn't know that stand up comedy was a thing that existed and then I saw that and it's the only thing that made sense to me in the world—aside from being an NHL goalie but I was pretty sure that I didn't have the skill set for that. I tried it in high school and it went really well, like at a variety night, and it went over really well and I was encouraged to keep trying.

Continued on page 19 ☞

Brent Butt show set for Maryfield

Brent Butt is coming to Maryfield for the Comedy Night in the Middle of Nowhere on March 15. The show sold out within a day.

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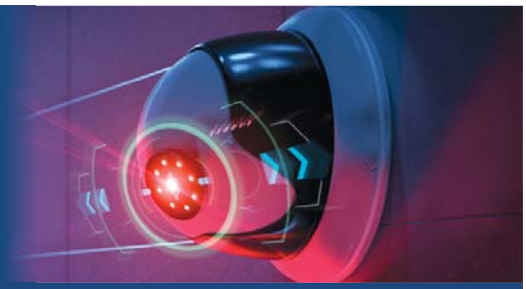

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Dairy Queen's Backyard Chicken Bacon Ranch burger has applewood smoked bacon, ranch, honey barbecue, crunch onion rings and melty cheese.

The Red Barn Triple B Burger has bacon jam, monterey jack cheese, thick cut bacon, blue cheese spread, lettuce and tomato.

The Sportsplex burger includes caramelized onions and three cheese perogies, and top-secret boom boom sauce on a toasted pretzel bun.

February 12-17:

Sharpe's Burger Blitz is back for a fourth year

by Ryan Kiedrowski
Local Journalism Initiative Reporter

It's becoming a week that many locals look forward to; mid-February when everyone's minds turn to thoughts of hamburgers. The fourth edition of Sharpe's Burger Blitz will descend upon Moosomin and area from Feb. 12 to 17, offering a great way to support local business while enjoying some of the best tasting burgers around.

Back in 2020, the team at Sharpe's Soil Services was trying to come up with a way to link the 'support local' message with the 'support agriculture' theme as well. That's when the ides of partnering with local restaurants sprang to mind.

"At first, we weren't sure if it was going to be a burger or if it was going to be some other sort of food," explained Carly Miller, Branch Manager with Sharpe's Soil Services. "We landed on the burger because it just encompasses many different aspects of agriculture. Everything from the beef to the grain to make the bun and everything in between."

As with many local initiatives, the idea was a roaring success, and involvement soon grew to 10 restaurants participating—each with a unique burger for patrons to try. But it's more than just a great-tasting meal, there's also a cash prize on the line for participants.

"You get a ballot card, and get it stamped at whichever place that you've tried burgers from. Once your ballot card is full, you will be able to submit that and then your name will go into the draw for the $500," Miller explained. "Sharpe's has and will continue to put up a $500 prize, just to encourage people to support local and try the different burgers that are created by all the different restaurants."

Restaurants in Rocanville and Fleming have also joined in on the infamous Burger Blitz, making that ballot a regional dining passport of sorts. Creativity is another huge aspect of the week of burger bliss as businesses try to outdo their previous year's tasty morsels.

"Every single year, the restaurants come up with a different kind of burger, something that features agriculture," said Miller. "We always try to run it around that same time of year, just because Canadian Agriculture Day this year falls on February 13."

The Crate House is serving a Smoked Cajun Cheeseburger on a Pretzel Bun. The burger is not spicy but full of flavour.

The Windsor's Candied Bacon cheeseburger includes two slices of candied bacon, mozzarella cheese, lettuce, onion and mayo.

Cork & Bone's Little Italy burger has a beef and Italian sausage patty, provolone cheese, capicollo ham, and tomato basil sauce on a Brioche bun.

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Young subscriber

Seven-year-old Tayen Kneesch is one of the World-Spectator's youngest subscriber. Tayen loves newspapers and got to tour the World-Spectator newspaper office in Moosomin on Jan. 17. Above are Tayen and Miya Kneesch posing with Kevin Weedmark and Kara Kinna after a tour of the newspaper office. See more photos of their visit on page 20!

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A rendering of what the completed expansion at Moosomin Airport would look like.

Total now over $3 million from municipalities—$3,087,880:

Wawota commits $189,250 to airport expansion

by Kevin Weedmark

The town of Wawota has committed an additional $189,250 to the Moosomin Airport Expansion Project. The town had earlier contributed $5,000 to the project, and after municipalities were approached in 2023 to increase their funding to help complete the project, Wawota agreed provide the additional funding.

The commitment from Wawota brings the total committed by municipal governments to the airport project to $3,087,880.

There has been a multi-year, multi-million dollar effort to expand the airport with a new 5,000-foot runway to accommodate the Saskatchewan Air Ambulance, as well as commercial interests.

The new runway will be the third longest in the province, after Saskatoon and Regina.

So far, $6,456,111.57 has been spent on the project, but the total cost including paving, lights, and navigation will be $10,589,058.64.

Nutrien and the provincial government have each contributed about 25 per cent of the total cost.

Municipalities have been asked to contribute a $350 per capita commitment.

Most municipalities have met the $350 per capita requested, and most of the municipal portion of the funding is in place, and Wawota is the latest council to come through with a commitment. The town will provide $37,850 a year for the next five years, for a total of $189,250 to meet their per-capita commitment. Mayor Kevin Kay says he believes it's important for the town to show its commitment.

"We pledged our support, and that's a huge commitment for us," he said. "We recognize the commitment we're locking the town into for quite some time, but we understand the significance of the airport expansion for health care in the region, we had Dr. Roets explain the changes in the Saskatchewan Health Authority, where they're consolidating stroke and heart attack treatment in Saskatoon, so it's critical we get to Saskatoon as quickly as possible and fixed wing aircraft is by far the quickest way to do it, so we see the need for the airport. And seeing the partners who are part of it, we're ready to jump in, because it benefits the whole area.

Continued on page 18 ☞

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$50,000 boost for project:

Thorn family donates to airport expansion

by Kevin Weedmark

The Thorn family gathered in Moosomin January 31 to make a $50,000 donation to the Moosomin Airport Expansion Project.

RM of Moosomin Reeve David Moffatt says this donation makes a huge difference. The $10.5 million airport expansion project will be funded by a combination of large corporate, provincial, municipal, and local donations.

"We're about to kick off with our campaign for private and corporate donations," he said. "We have 118 on the list that we're about to go out and set foot in the doors and talk to them.

"To have this donation to kick it off really shows something. It shows a local family is willing to put their money into it because they believe in it so much. It's a great kick-off."

Tyler Thorn said it's feels great to be able to help a community project in such a significant way.

"Dad and I talked the other day. The community's been pretty good to us for a lot of years. Not just in Celebration Ford, but we've got a few other ventures in town. You've got to give back a little bit when you can. We've been fortunate that we're able to give back."

"We thought we would donate $50,000 to get a start on the local donations. It's a good start, I think, to the rest of the campaign. Hopefully some others will follow suit."

Moffatt believes they will.

"When people come forth with something like this, that's when you start seeing stuff happen," he said. "I think people will see this and think about what they can give. We've had some municipal commitments come in, and now to have this start to the final phase of fundraising it puts us in a good position. Some of the municipalities are contributing over a five-year period, so we'll likely look into a municipal loan to cover that, but we hopefully will be able to go to tender on the pavement fairly soon."

The Thorn family donated $50,000 last week to the Moosomin Airport Expansion Project. From left are Randi Thorn, Ryan Thorn, Bill Thorn, Phyllis Thorn, RM of Moosomin Reeve David Moffatt, Tyler Thorn with children Anika and Jessa, Ava Michael, Angela Thorn, Tyler Michael, and Gloria Thorn.

Importance of airport expansion

Tyler Thorn says he has come to understand the importance of the Airport Expansion Project over the last few years.

"A few years ago I did not know much about the airport expansion and to be quite honest I thought it was mostly just a few local pilots who wanted a better runway to land their planes on," he says.

"Since then, I have spent some time educating myself on the importance of a regional airport for rural communities or regions like ours.

"There are three high level reasons why they are important. One is health care, the second is economic development and the third is regional collaboration."

Health Care

Thorn says he believes the airport expansion will make a big difference for health care.

"Number one is Air Ambulance access. A number of years ago I was talking to a friend about the airport and how much it would cost to build and he asked me a very important question. 'Tyler how much would you pay if your kid needs to get on that air ambulance plane in an emergency some day?' That was when the light really went on for me. What if one of my kids or a niece or a nephew or one of their friends, or any kid for that matter, needs that emergency air ambulance flight to Saskatoon to save their life. The answer to his question was I would pay everything I have, but first we need the airport to make that even possible.

"The second part of the health care equation, in my opinion, is that having that emergency air ambulance access makes Moosomin a more likely candidate for expanded diagnostics and health care services. So things like getting a CT machine in the hospital. I believe our chances of bringing that machine into the hospital are much greater when we have that airport.

"Thirdly, if we can get things like a CT machine, we have a much better chance of recruiting health care professionals into the hospital. They want to work in places that have the latest and greatest tools that allow them to be able to do their job to the best of their ability. So the better equipped the hospital is, the better chance we have of attracting new talent."

Economic Development

Thorn says the airport expansion will impact economic development.

"Our region has a lot to offer the world but we are not real easy to get to. This new airport really opens up our region to the world. Moosomin will no longer be a two-day trip for a half day meeting. Entrepreneurs and professionals will be able to get here, have their meeting and be home in time for supper with their family. An airplane is one way that business people and executives and professionals can buy back some of their personal time.

On February 13, 2024, Canada's Agriculture Day, take time to recognize the hardworking, dedicated individuals who contribute to our agriculture industry. Show gratitude for those who produce food for people in Saskatchewan and across the globe. ***#CdnAgDay***

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Saskatchewan

Above: Andrew Exelby, with Sask Parks and Rec, presenting the Communities in Bloom awards and certificates of recognition on Tuesday. From left are Justin Young, GM of the Rocanville Nutrien mine site who was the main sponsor for the Moosomin area's entry into the competition, Chris Davidson with the Moosomin Regional Park Board, Andrew Exelby, Moosomin Mayor Larry Tomlinson, and Jack Thompson with Pipestone Hills Golf Club.

Right: The Communities in Bloom Committee. In back from left are Andrew Exelby with Sask Parks and Rec presenting the awards and certificates of recognition, Moosomin Mayor Larry Tomlinson, Chris Davidson with the Moosomin Regional Park Board, and Pansy Taylor. In front are Moosomin Rec Director Mike Schwean, Moosomin EDO Casey McCormac, Lynn Smart, and Carol Adair.

Moosomin recognized for winning Communities in Bloom

by Ryan Kiedrowski
Local Journalism Initiative Reporter

With a blooming fine return to the Communities in Bloom program, the Town of Moosomin officially received acknowledgment for achieving Four Blooms recently.

"Moosomin was involved quite a number of years ago, and then 2023 was the first year of involvement again," said Andrew Exelby, Parks and Open Space Consultant with Saskatchewan Parks and Recreation. He made the drive to Moosomin to present the award to community members during the Jan. 23 Chamber of Commerce meeting.

"It really is impressive for a community to get involved with the program and do so well in its first year after many years being away from the program. Our judges know that there was an outstanding level of community involvement and volunteerism. They also noted the high level of corporate sponsorship. From my perspective, it's very humbling to see a business community that understands how important it is to help enhance their community."

In the community category of 2,001-3,000 people, the Town of Moosomin achieved Four Blooms, with a special mention for community and business support plus volunteerism. Special recognition awards were presented to the MacNaughton High School Environmental Science class and the Moosomin and District Regional Park.

"People always think about Communities in Bloom as just about flowers, but it's actually much more than planting flowers," Exelby explained. "It's about community development. When the program was called Communities in Bloom, the word 'bloom' was really meant as a metaphor for the overall growth, development and spirit of the community."

The roots of this program can be traced back around 60 years with the Britain in Bloom program. In 1995, the idea came to Canada, and it wasn't long before our province got on the bandwagon.

"Then we began co-ordinating a provincial program in partnership with the National Community Building foundation in 1997," Exelby said.

Through the nearly 30-year history of the national program, more than 1,000 communities have been involved, with a direct economic impact of $28 million.

"For me it was really noteworthy, having looked through evaluations for over 12 years, the amount they mentioned the business community being on board with this, too," Exelby said while presenting some of the judge's comments as they pertain to Moosomin. From the judge's visit, a 20-25 page document is created, filled with their evaluation and comments for communities to utilize during future campaigns.

Participants in the Communities in Bloom program are also promoted as summer destinations in the Saskatchewan Regional Parks Association's Summer Park guide, making for an added marketing opportunity to attract tourists.

See Plain & Valley online any time at www.plainandvalley.com

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The Town of Coronach thanks all applicants for their interest; however, only those candidates selected for an interview will be contacted. This competition will run until the vacancy is filled.

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Plain & Valley
Covering Southeast Saskatchewan and Southwest Manitoba

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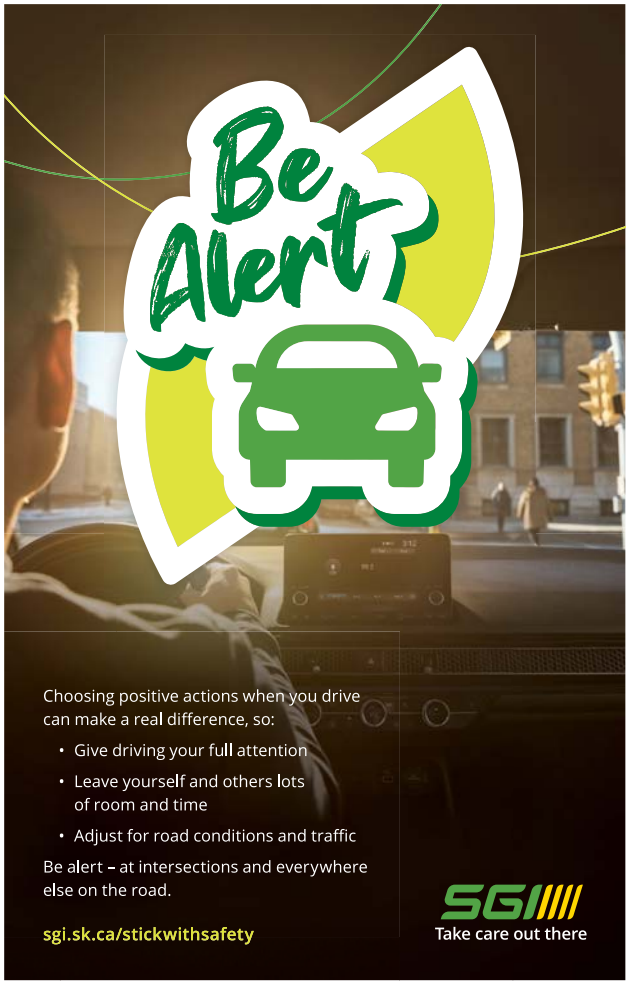

Tia Cederstrand opens Third Avenue on Main

New business takes over from Kassie's Jewelry

by Kevin Weedmark

Moosomin has a new business owner. Tia Cederstrand is the owner of Third Avenue on Main, which has taken over from Kassie's Jewelry.

We sat down with Tia to talk about her new business. Following is the full interview:

Let's start at the beginning. You grew up in Whitewood, tell us about growing up and your early life.

Yes, I grew up in Whitewood. I moved there from Alberta when I was seven. I've always had a love for business. When I was 11, I spearheaded the fundraiser to build the splash park in Whitewood now known as Richardson Pioneer Splash Park. I raised $180,000 with the help of the community. That was my first experience of being in the business world. I went on to become a young entrepreneur doing various little businesses as I got older. I would have an idea and think I may as well try it and see how it goes. It was during that time I knew nothing was going to stop me from fulfilling my dreams of owning a business.

Did you always think that you wanted to be in business for yourself?

Yes, and now it is a dream come true.

How come?

I have always had that spirit of wanting to have my own business and I'm such a creative individual that I wanted to be able to express my own creativity in a business. I came into this opportunity with many experiences of hosting events, marketing, sales, and various other important aspects of business. Most importantly, I am very community minded, which I believe is an integral part of being a small business owner.

Tell me more about your business education.

I was attending the University of Regina for business and realized that I wanted to specialize in the avenue I would pursue after I was done with my education and focused on hands-on learning in the industry. So without telling my parents I applied to John Casablancas Institute in Vancouver and they accepted my application with a scholarship. I phoned my parents and I told them that I was going to be attending this school in Vancouver in the fall of 2019 and they were a little hesitant at first but then they were like, "Yeah, follow your dreams if that's what you want to do."

What did you learn there? What was their focus?

I was studying Fashion Business and Creative Arts. I studied merchandising, fashion retailing, history of fashion and many other aspects of the fashion world. It was a lot of hands-on learning so we worked with multiple different instructors who were at all different levels of the fashion industry. The teachers that taught my classes have all had significant roles in the fashion industry such as Louis Vuitton, Fluevog Shoes, Aritzia, Lululemon and many others. We were right in the heart of Gastown learning about everything to do with the fashion industry and got to experience the business like no other.

So how did you end up in Moosomin and how did you start working for Kassie's Jewelry?

I was going to school in Vancouver during the pandemic and then ended up moving home due to the restrictions. From there, I continued with remote learning until my graduation. I had approached Kari (with Kari's Kloset) right before I was going to finish my schooling and asked her if she would be willing to help me out getting my first job. At the time, I didn't think there were a lot of options in a small community for the education that I took. Was I ever wrong! Kari was really enthusiastic and helpful. She hired me on as her social media manager. I worked for Kari for a few months before Ross and Michele Shaw had approached me. We started talking about our family. Ross mentioned "Oh maybe you'll want to buy this place one day." Then the light bulb just kind of went off. I began to learn more about how the business has been in my family for so many years. I started to think that I be able to pursue my dreams of owning my own business while also keeping a business in our family for over 40 years!

New business owner

Tia Cederstrand is the owner of Third Avenue on Main, the new business that has taken over from Kassie's Jewelry in Moosomin.

So when you started working for Ross and Michele it wasn't the plan originally that you were starting to work towards ownership?

We just started as, "We'll see how this goes. We'll see if you like it." Then from there I really began to love working in the jewelry business and Ross and Michele. They granted me lots of opportunities to take courses and learn as much as I could. They supported me while I was learning about an industry that was new to me. They were so supportive and helped me out with learning everything about the business and how they ran the business. Now, I have reached the point that they have taught me everything that they know.

You've been there four years already?

Yes, it will soon be four years.

Does it seem like that long?

No. I didn't know four years could go by so fast!

So when did you guys seriously start thinking "Okay, wait a minute, maybe we could actually make this work."

I think in 2022 is when we first started playing around with the idea of how I was going to be able to do it. Most 21-year-olds—at the time I would have been 21—don't know how to buy a business. Together, we had to get a little creative and it took some time but we were able to make it all come together.

How did it help having the Community Builders Alliance involved?

I had originally approached a couple of different business lenders, but it just didn't quite align with what I was looking for. I reached out to the CBA just with the idea. I mentioned my business plan and they got back to me right away.

They said that this was an awesome opportunity for the CBA and that they loved seeing young entrepreneurs wanting to take over small local businesses. So they took it to a meeting to see who was interested and how we could make that come together. We were able to pull it all together in about six months.

Now, you're changing the name to Third Avenue on Main—explain that name for people.

It was a hard decision to pick a name. I thought Third Avenue on Main was different and brought me back to why I wanted to be here. I grew up on Third Avenue in Whitewood, so I wanted the name to reflect part of me and who I am along with the history of the business. So it kind of tells the story of how I wanted to own a business my whole life and the street where my love for business started.

You added flowers into the business as you were in the process of taking over the business. How did that come about?

It was a really fast decision that we had to make. The opportunity came up, we sat down and talked about it for a little bit and then we jumped right into it. Jewelry and flowers go hand-in-hand with one another, so you couldn't ask for a better combination.

You'll be busy on Valentine's Day.

This will be my first Valentine's Day since our addition to the flower shop. It is so exciting to see a new avenue for the business during its busiest season. I cannot wait to see all of the beautiful arrangements and bouquets going to all of the very special people in someone's life!

What other changes are you thinking about for the store?

Right now I am ordering and researching new products and brands to bring in as we change our giftware heading into the spring season. I will be hosting a grand opening in the spring and hope to have many new items for you all to come and see! One thing we are really excited about is our collection of childrens and adult books.

Independent jewelers are like independent papers, they're covering larger areas. How big of an area do you draw customers from?

The area is continuously growing each and every year. We have customers coming to us from Manitoba and many communities in our south east corner of the province. More people are looking for independent jewelry stores because of the service and the quality of products carried.

As you were working through the process and coming up to the point of deciding if you were doing this or not, what was going through your head? What were the different things that you had to decide? Were you sure from day one that you were going to do this or did you have some moments where you were wondering if you could?

That's a tough question! I'm sure everyone who starts a business questions themselves many times during the starting process. However, I knew from a young age that this was my passion and a dream that I always wanted to be able to pursue. When I was presented with the opportunity, I knew that this was meant to be. There will always be moments were being a business owner can be challenging, but you have to get back up and learn from your experiences.

Continued on page 10 ☞

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CHEVROLET

Tia Cederstrand opens Third Avenue on Main

New business takes over from Kassie's Jewelry

☞ *Continued from page 9*

What have you learned since you took over December 1? What have been the challenges?

Shifting from being an employee to being an owner, there are lots of changes. Each day you are learning something new. In business, you have to be able to pivot and think quickly. There are times that the challenges seem too big, but then you have to be creative about how you can overcome them. Starting in the busiest month of the year in the jewelry industry allowed me to dive in and experience many things. So far it has been a great opportunity, and I cannot wait to see what this year has in store for me and the business.

What's the most important thing that Ross and Michele taught you about business?

The question is where to begin. Over the last four years, Ross and Michele has spent countless hours teaching me everything they know about business and life. I think the some of the most important lessons they taught me was to accept help when needed and it takes a lot of hard work and dedication to operate a successful business.

How do you find being in business in Moosomin so far?

Moosomin is very supportive. The community is so supportive, I couldn't ask for a better community to be in. Everybody is friendly, and it amazes me how many people love to shop locally.

Our community supports so many small businesses, and each time they are able to support us we are able to support more within our community as well. It goes in a continuous circle.

In a larger sense, what's your long term vision for the business? Where do you see it in the future? What do you want to do with it?

There's tons of opportunity in the business. Lots of independent jewelers now are at a retiring age, a dream of mine would be to open up another location! I would love to be traveling to more places, and possibly doing more pop-up shops.

By the end of this year I'll have a website so people will be able to shop online. Another dream of mine is to design my own engagement collection.

The opportunities in the industry are absolutely endless.

Is it exciting or is it scary at this point to be starting out with a new business?

I think for the first year it's always going to be scary. But it is really exciting too because it's something that I've never done before and you have a million new experiences every day.

I love working with my customers. Every person that walks into the store makes your day so much better because that's why you love being there. The people and the community are what is so important to being in business, because that's the heart and soul of why you're there. You know how they say that you do a happy dance after you make a sale—it really is true.

Daryl Harrison

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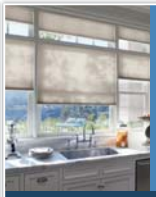

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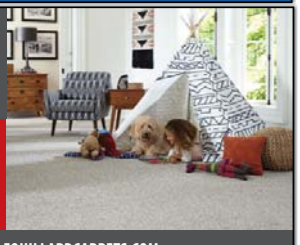

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Trendy wedding dress colours in 2024

When it comes to choosing a colour for your wedding dress, brides have myriad options. Traditional off-white, pure white and ivory remain popular choices, but modern brides are opting for statement colours. In 2024, wedding dress trends are embracing a departure from tradition with an array of captivating colours. Here are four wedding dress colours to consider.

1. Pink is a standout choice for brides who want to radiate romance. From blush and champagne to dusty rose, pink wedding dresses bring a soft, ethereal charm to the aisle.

2. Purple wedding dresses, particularly in shades like lavender and lilac, are becoming increasingly popular in bridal fashion. This colour exudes elegance and sophistication, creating a whimsical and enchanting atmosphere on the big day.

3. Blue wedding dresses are ideal for brides who want to add a touch of serenity and tranquillity to their big day. From pale aqua and steel blue to deep navy, blue wedding dresses evoke a sense of calmness and depth.

4. Black wedding dresses are making a statement in 2024. They exude an air of mystique and modernity, making them perfect for brides who dare to defy convention. A black wedding dress creates a dramatic and unforgettable bridal look.

Patterned wedding dresses are also gaining in popularity. Whether adorned with delicate floral patterns trailing down the skirt or intricate bodice overlays, these gowns infuse individuality into the bridal ensemble.

With so many options available, it can be overwhelming to choose the perfect wedding dress. However, there are plenty of local bridal stores and dress shops that can help you find the dress of your dreams. Take your time and enjoy the process of selecting the perfect wedding dress that reflects your unique personality and style.

Your wedding venue: factors to consider

When planning a wedding, selecting the perfect venue is a crucial decision that sets the tone for the special day. Here are five essential factors to consider before making your choice.

1. Location. Decide where you want your wedding to take place, considering the convenience of your guests and the backdrop for your photos. A beautiful natural vista or historical location can add a touch of magic to your big day.

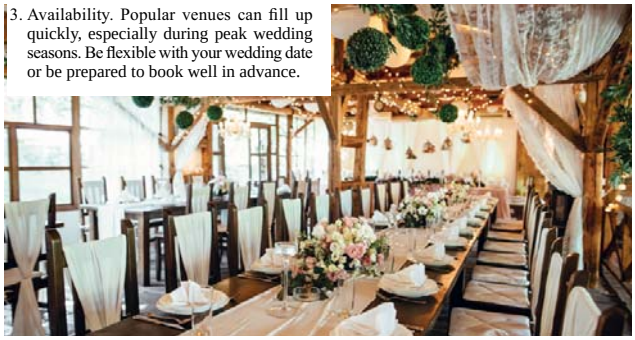
2. Budget. Establish a realistic budget and stick to it. Wedding venues come in all price ranges. With good planning, you should be able to find one that suits your needs.

3. Availability. Popular venues can fill up quickly, especially during peak wedding seasons. Be flexible with your wedding date or be prepared to book well in advance.

4. Capacity. Ensure the venue can comfortably fit all the people on your guest list. A venue that's too large for your guest count may feel empty, while a cramped space can make everyone feel uncomfortable.

5. Packages. Many venues offer wedding package deals that can simplify the planning process. These offers may include catering, decor and other essential services. Review what each package includes and consider whether it aligns with your vision for the wedding.

To make the best decision, tour various local venues to get a feel for each space before finalizing your choice.



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TFSA vs RRSP: Which is best for me?

The best investment for you is going to depend on your individual financial situation and goals. Remember: With a TFSA, you pay tax on money you've earned before you make a contribution, and with an RRSP you get a tax refund now on money you contribute, but will have to pay tax later, when you withdraw money from the plan. This difference, along with your income, your investment timeline, and other factors will all contribute to making the right decision for your investment dollars. You may find that you can use both vehicles simultaneously.

• **Income & Tax Bracket** – A general rule is that the higher your income (and higher tax bracket you are in) the more beneficial a RRSP is as you are able to deduct RRSP contributions from your taxable income. If you will be in the same or a similar tax bracket when you are retired as you are in now then a TFSA, and its lifelong tax free benefits, is probably the better choice.

• **Time Horizon** – Are you investing for the short term? Or are you investing for the long term? If you are saving for the short term than a TFSA provides you with more flexibility as you are able to withdraw funds from your TFSA tax free, where as in a RRSP any withdrawal is taxable (unless used for a first time home purchase). If you are saving for the long term then both a TFSA and RRSP have benefits and it will come down to other factors such as your income & tax bracket on which plan is most beneficial to you.

• **What are you Saving for?** – Is this money going to be used for a down payment on a home? Retirement Savings? Emergency Fund? Knowing what you are saving your money is the first step and will help determine whether a TFSA or a RRSP is the right choice for you.

Submitted by Barbara March-Burwell, CFP, Senior Investment & Wealth Advisor and Financial Planner, March-Burwell Wealth Management, and Chase Westby, CFA, CIM, Associate Wealth & Investment Advisor, RBC Dominion Securities Inc.

The benefits of financial planning

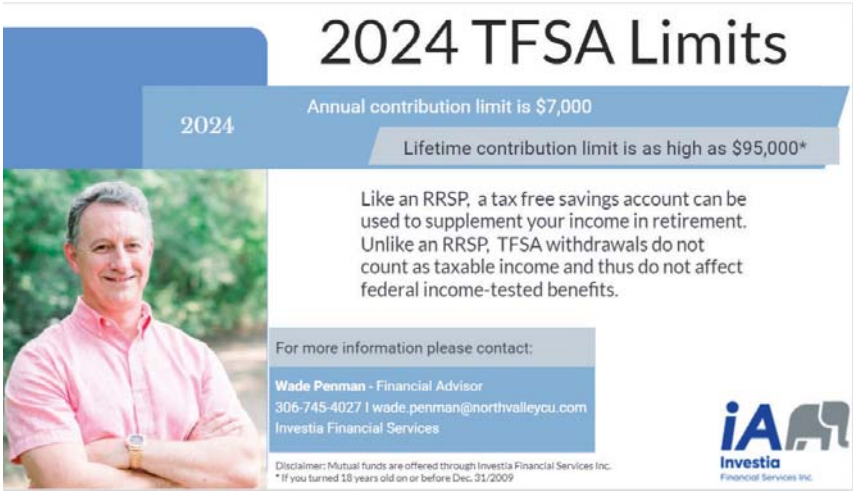
There are many advantages of financial planning that come immediately from having a financial plan done. From emotional and health associated benefits, to social and financial benefits, financial planning has a net positive impact on every aspect of your life.

While several dozen benefits exist, there are some that have more impact than others. Below are several key benefits that come as a direct result of creating a financial plan.

- The process of financial planning helps you set goals
- Financial planning is a great source of motivation and commitment
- Financial plans provide a guide for action and decision-making
- Financial plans set performance standards
- Financial planning is shown to improve financial outcome

If having a financial plan done up is something you are considering please feel free to reach out as we offer a complimentary second opinion service!

Submitted by Barbara March-Burwell, CFP, Senior Investment & Wealth Advisor and Financial Planner, March-Burwell Wealth Management, and Chase Westby, CFA, CIM, Associate Wealth & Investment Advisor, RBC Dominion Securities Inc.



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Turning your savings into retirement income

Where will your income come from when you retire?

Your income during retirement will typically come from three main sources:

- the Canada Pension Plan (CPP) or Quebec Pension Plan (QPP)
- the Old Age Security (OAS)
- employer-sponsored pension plans and personal savings and investments

Your retirement savings and investments may come from sources such as:

- Registered Retirement Savings Plans (RRSPs)
- Tax-Free Savings Accounts (TFSAs)
- real estate
- employer pension plans
- non-registered investments and savings accounts

You'll need to know how much money you may get from these sources to be able to plan for your retirement. You'll also need to consider what to do with your personal savings at certain stages in your life.

You should start thinking about all of these things before you retire. This will help you figure out when you can comfortably retire, and how much money you can expect to have when you do.

Speak with a financial or investment professional to learn more about what options are available to you and what will work best for your financial situation when you retire.

Converting your RRSP or lump-sum benefit from a pension plan

Generally, you will need to convert your RRSP into some form of income by the end of the year you turn age 71.

Your options typically include:

- buying an annuity
- converting your RRSP into a Registered Retirement Income Fund (RRIF)
- taking the money out as a lump sum

What to consider when planning your sources of income

There are a number of things you should consider when figuring out how to make the most of your savings when you retire.

When you will need retirement income and how much money you will need will depend on your lifestyle and personal circumstances.

For example, you may want more income earlier in your retirement if you want to take up new hobbies or travel. You may also want extra income if you retire before 65 and aren't yet eligible to collect your Old Age Security (OAS) pension.

You may want to give money to a friend or family member when you retire. For example, you may want to set up a Registered Education Savings Plan (RESP) for a grandchild. You may also want to leave money to a loved one or donate to charity when you die.

This choice will impact not only when you need retirement income, but also the financial products you buy when you retire. For example, some annuities will make a payment to your estate when you die while others will not.

Unexpected events can also have a big impact on your retirement income.

For example, you may have:

- major unplanned expenses such as home or car repairs
- health emergencies for you or your spouse or partner
- to move or make changes to your home because of a change in your health or the health of your spouse or partner

You should have a plan to cover these expenses, such as extended health benefits or an emergency savings fund. You may want to consider planning to have more retirement income later in life in case your benefits or emergency savings are not high enough to cover unexpected expenses.

How much risk you are willing to take with your money

Different savings and investment products come with different levels of risk. Generally, the more money you could earn from a product, the higher the risk. Ask yourself if you could afford to lose money from your investment and still be able to cover your expenses.

You may want to consider speaking with a financial or investment professional to help you figure out what products best meet your needs and risk tolerance.

The cost of investment fees

Most financial and investment professionals will charge a fee for their services. This may be a flat rate, or a percentage of the money that you invest. You may also pay different fees depending on the type of investments you have.

Some examples of investment fees include:

- costs to buy an investment
- costs to sell an investment
- investment management fees
- financial advisor fees
- administration fees for registered plans

Investment funds, including mutual funds, charge a fee for managing the fund.

The fees are called the management expense ratio (MER).

The MER:

- may include an ongoing commission paid to advisors who sell the fund (also known as a trailer fee)
- is paid regardless of whether the fund makes money
- is deducted before calculating your return
- is set at a percentage of the fund's value

Your MER is typically a percentage of the total value of your investment. The percentage varies depending on the investment product and where you buy it from. For example, it can be less than 1%, over 3% or somewhere in between.

High fees can result in a lower net return from your investments. For example, if you have a $50,000 investment with an MER of 1%, you would pay $500 a year in fees. However, if you had a $50,000 investment with an MER of 3%, you would pay $1,500 in fees. Paying more in fees will mean that you will have less money for yourself each year.

RBC Dominion Securities Inc.

A personalized roadmap to your financial success

To help stay on track with your important goals, consider the benefits of a having a customized financial plan created for you. A plan can help you address questions like:

- Can I retire when I want to and still live my ideal retirement lifestyle?
- How can I ensure that I don't outlive my money?
- How can I minimize the taxes I pay each year?
- Is my investment mix appropriate for my goals?
- If I were to die unexpectedly, would my family be taken care of?

Our team proudly provides personalized wealth guidance and planning for your most important questions. Contact us today to get started.

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Total now over $3 million from municipalities—$3,087,880:

Wawota commits $189,250 to airport expansion

☞ *Continued from Page 5*

"We want a seat at the table, and if we want a seat at the table, then we've got to pony up. There was very little discussion about it, our council is very much in favor of it. We had the full presentation by the committee, and our council was well represented at that meeting, so we had a lot of our questions answered.

"Seeing what the other municipalities are doing, and how they've jumped on board, we want to do our part as well.

"We've been very supportive and we are looking forward to doing what we can to make sure that project is completed on time and maintained."

"It makes a big difference," said RM of Moosomin administrator Kendra Lawrence. "It's good to see communities coming on board and paying their share.

"We have a couple of municipalities that we're waiting on, but they were going to look at it when they do their budgeting so we should know this spring.

"For the town of Wawota, this is like what the town of Moosomin did, in giving us almost $1 million. That's a lot of money for Wawota, and it's really appreciated."

The base of the runway has been completed, and Lawrence said the plan at this point is to try to get the funds in place to tender the pavement.

"The goal would be to try to tender the pavement by March. That would be our hope."

The municipal commitments add up to 25 per cent of the total cost of the expansion, the provincial government is paying 25 per cent, corporate donations cover 25 per cent and private donations, the last piece of the puzzle, will cover 25 per cent of the cost.

Next issue of Plain & Valley: **March 15**
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Responsible for the care of various outdoor parks, recreation spaces and facilities including.

DUTIES INCLUDE:

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- Landscaping duties such as cutting grass, watering lawns and flowers, weeding gardens, pruning shrubs and trees.
- Perform regular maintenance on Municipal facilities.

QUALIFICATIONS:

- Valid Class 5 driver's license.
- Minimum of one year of experience working with utility tractors.
- Must be in good physical condition with the ability to lift and transfer loads more than 20 kg. (44 lbs)
- Experience as a public works labourer, or similar experience.

SKILLS:

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- Ability to adapt to changing work situations.

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To apply, please submit your resume and indicate your available starting date:

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Emailed to: hrpipestone@rmofpipestone.com
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We thank all applicants for their interest, however, only those being considered for an interview will be contacted. Disability accommodations available upon request.

CAREER OPPORTUNITY

SEASONAL MOWER OPERATOR

DUTIES INCLUDE:

- Operation of tractor and roadside mower.
- Examine and sharpen and replace mower blades on rotary mower.
- Assist in maintenance jobs such as fencing, signage, stone picking and brush clearing.
- Assist in the Servicing and Maintenance of vehicles and equipment, shop, and yard.

QUALIFICATIONS:

- Class 5 driver's license.
- Experience operating tractors & roadside mowers.
- Must be in good physical condition with the ability to lift and transfer loads more than 20 kg (44 lbs).
- Experience as a public works labourer, or a similar experience.
- Proficient spoken and written English.

SCHEDULE:

- Monday to Friday, April to November.

Wage Range $24.36 - $28.66 per hour. Full benefit package available after eligibility.

For more information about this position or for a job description please contact Danny at 204-761-5121

Applications will be accepted until Friday, February 16th, 2024.

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Or faxed to: 204-877-3999

We thank all applicants for their interest, however, only those being considered for an interview will be contacted. Disability accommodations available upon request.

CAREER OPPORTUNITY

SEASONAL FULL-TIME GRADER OPERATOR

The Rural Municipality of Pipestone is seeking a motivated individual for the position of Seasonal Full-Time Grader Operator to assist in the maintenance of municipal roads.

DUTIES INCLUDE:

- Operate heavy equipment such as motor grader to perform the summer roadway grading maintenance.
- Perform road maintenance including pulling shoulders, crowning and cutting and recrowning of roads.
- Conduct pre-operational checks on equipment, clean, lubricate equipment safely and frequently to minimize wear, and refill equipment as necessary.
- Perform scheduled and unscheduled maintenance on equipment as directed.
- Perform daily maintenance and safety checks of equipment as well as hazard analysis.

QUALIFICATIONS:

- Valid Class 5 driver's license.
- Previous experience operating motor grader.
- Have knowledge and experience to maintain, service and perform minor repairs on equipment.
- Preference given to those that have a valid Class 3 drivers licence with air endorsement.

SCHEDULE:

- Monday to Friday, 10-hour shift, April to November

Wage Range $24.36 - $35.53 per hour. Full benefit package available after eligibility.

For more information about this position or for a job description please contact Danny at 204-761-5121

Applications will be accepted until Friday, February 16th, 2024.

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We thank all applicants for their interest, however, only those being considered for an interview will be contacted. Disability accommodations available upon request.

Brent Butt heading to the Middle of Nowhere

☞ *Continued from front*

So how did you get into your career in comedy? Did you go straight from high school and start trying gigs or how did you do it?

I did it a couple of times in high school and then it wasn't again until when I was 20 and a comedy club opened up in Saskatoon that had an amateur night and when I was 21 that's when I first went on stage.

Do you find that your comedy plays well wherever you go or are there some places where your kind of humour lands better than others?

Yeah, it's not so much geographically or from community to community, that's not the variant. The variant is just on any given night when you get a few hundred individuals into a room and it creates a brand new mix.

An early show and a late show on the same Friday night in the same city can be so vastly different. Far more different than any geographic difference could ever make up. So it has less to do with where you are and has everything to do with what mix does this group of a few hundred people make? What dynamic, what chemistry, what energy do they bring to the table?

Because at the end of the day comedy is usually referred to as a monologue but it's very much a dialogue. What you're doing—you put it out there and you elicit a response back from the crowd. It's just not usually talking, it's laughter—or blank stares, whatever the case may be.

So how quickly do you know if it's an audience that you're really going to click with? Is it the first joke? It's like, "Yes, we're all on the same page and we're connecting?" How quickly do you know?

Well I mean, you know for the last lot of years of my career, I'm the guy that goes up last. So I get to listen to whoever my opening act is or whichever comedians are on stage before me and you get a pretty good sense of it then—if the crowd is into it or if they're not laughing is it because they aren't hearing funny stuff?

So I sort of have a pretty good sense by the time I get out there what they're into because I've just heard them so far listening to other comedians. If it's just me, if I'm just walking out, I know pretty early on. Within a matter of seconds I know if this is going to be just fun or I know if it's going to be a little more work.

I've seen your stand up show and you make it look effortless. How much effort goes into making it look effortless?

Well a lot of work goes into making the material. You know, trying different phrases and different wording and trying to land on something that works—one thing is going to be funnier than another. There's a lot of trial and error and a lot of just running it and running it at multiple shows until it gets refined and honed and by the time the crowd sees it then, most of the heavy lifting has been done. Then it's just you doing what you're doing and delivering the material but yes, there is a little bit of show business involved where you're trying to make it seem effortless, right? There's a little bit of smoke and mirrors that goes into that. That's part of the thing. The more you can make it seem like you're just thinking of this as opposed to rambling something off I wrote, the more it connects and the more it seems real.

Well you do that very well, I know when we saw you, you just got up there and it sounds like you're just making this up off the top of your head or it's stuff that's happened to you in the last 24 hours.

Well thank you.

So how do you come up with your material? Is some of it out of actual life and day-to-day experiences where you think there's something there that you could turn into a bit?

Yeah, that's where the vast majority of it comes. Just from an experience or an observance and if something about it strikes you as odd or unusual or funny then you just start exploring it to yourself. That's a part of it. Like I saw a guy today eating a muffin in a way that I had never seen a person eat a muffin before. The whole drive home I was just talking to myself about that guy eating the muffin and I came up with some stuff that I think is kind of funny. So for me then I make a note of it and I'm like, "Ok I think that could be a bit."

Well now I'm curious, what's so different about how this guy was eating his muffin?

I'm not going to go into a bit here for you but it's that kind of thing. You see something that strikes you as odd or unusual or maybe humourous and you just sort of have a radar for it. People think of comedians as people who make other people laugh but I think it's more that comedians laugh at things that other people don't.

So do you adjust your show at all depending on where you're playing? Do you do the same show in Vancouver as Maryfield or do you make some changes depending on the crowd?

Yeah, pretty much. It's more just adjust it a little bit to how that particular crowd is responding to particular stuff. Like let's say that I do a joke about sports, some sports related joke and it goes over gangbusters, I might think to myself, "Oh they really liked this sports stuff, maybe I'll do a bit more of that." Or if I do a sports joke and it doesn't go over I'll think, "Oh they're not really into sports and I was going to do a couple more sports jokes but maybe I'll drop them." So it's more just situational and has less to do with Vancouver versus Maryfield. It has more to do with what is this particular group into at this particular time? One of the great things about standup is that it is immediate and it's now and it's you and me and we're here in this time and space and we'll never be here again. What is going on? What is this like? How do we make this work? As opposed to doing something for TV where you're going to record it, put it down, it goes into the world, that's how it is and you have to trust that it's funny. If it's not then there's nothing you can do about it—it's out there. Stand up comedy is so individual to this time and this group that's in this room and that's what I love about it because it's different every night.

So is it fun to do? Are you actually having fun when you're up there on stage or are you thinking like a chess game three moves ahead, "What am I going to do to keep this crowd on their toes?"

It is like that, and it's very fun. They're not mutually exclusive. It's work, it's thinking and strategizing, but that's part of the fun, and it's a good time.

So what would Brent Butt be doing today if the comedy thing never happened? Other than running a garage. What would your life be like today do you think?

I don't know. I would probably be miserable—unless, if I had tried standup and it didn't work, if I wasn't good at it and if I couldn't have made it, if I gave it a real solid run and just wasn't able to get laughs, that's one thing. Then you go, "Well at least I gave it a whirl."

But if I had just not given it a try and I was now at this age, 57, sitting here wondering what my life would have been like if I had tried standup when I was 20, I think there would be a lot of regret and a lot of misery.

But in terms of vocation, I don't know, probably something to do with drawing. Illustrating or graphic arts, something like that. It's the only remarkable talent that I have.

What does it feel like when you're up there and you've got the crowd with you? How does it feel to make all those people laugh?

Fantastic. First of all, most comedians have some psychological itch that needs scratching, right? I don't know what that is but I'm sure a psychiatrist or psychologist could delve into it more, but I think that most of us have some need that getting laughs from a crowd satisfies. So on that level we're getting the fix that we need but beyond that it's just like, I tell people, "Have you ever told a joke at a party and got a laugh from the four people that are there?" It feels good, right? So now multiply that by one or two hundred and make them all strangers you don't know—that's way better, right? So that good feeling of telling a joke and getting a laugh from four friends is exponentially better to a big room full of people. So it's just a really, really good feeling. Now when it doesn't work, it's not such a great feeling. People have a great fear of public speaking because "What if I look foolish?" Well if it's not going your way, you're up there for 45 minutes, you know that you have to do your time or you're not getting paid and nobody is liking you, that's a different feeling altogether.

I know a lot of work goes into a TV show, is the stand up more fun than that or more immediate gratification?

It's a different kind of fun. Really it's just sort of a different kind of fun because one is a solo act and one is a team sport basically. So it's like tennis and hockey, they're both fun, they're both a lot of work, they're just different.

Tell me one thing about yourself that most people would not know.

I'm the tallest man in Canada—seven foot ten. Most people would not know that about me, ha ha. That's something that I hold pretty close to my chest.

Ha ha ha! Are you looking forward to the show in Maryfield?

Yes, very much.

Excellent, we'll see you there!

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Newest subscriber

Tayen Kneesch is one of the World-Spectator's newest subscribers. He loves the paper and his grandparents brought him to Moosomin to buy him a subscription for his seventh birthday, and to tour the newspaper office with his sister Miya and meet some of the staff.

He was thrilled to get the subscription. "I get my own paper with my name on it every week?" he said. "Cool!" He noticed photos of some of his teachers on the screen for this week's newspaper, and a photo of a friend in last week's newspaper.

Clockwise from top, the kids were fascinated by Kevin's floating globe (Many visitors to the office, even the Premier of Saskatchewan, have had to stop to see that the globe is actually floating and spinning in mid-air), Kevin Weedmark explains to the kids the history of the World-Spectator and Sunnette Kamffer explains her role to Tayen.

Olha Volokh shows the kids how to draw freehand on the computer.

Jacqui Harrison shows Miya and Tayen how some of the printing equipment works.

The board of the Rocanville Thrift Store donated $10,000 to the Moosomin and District Health Care Foundation for the CT Scanner. From left are Linda Bock and Gaylene Danielson of the Thrift store, Wendy Lynd and Melissa Ruhland of the Health Care Foundation, and Vivian Sveinbjornson, Percy Callin, Jean Howie, Joyce Surridge, and Denise Callin of the Thrift Store.

Rocanville Thrift Store donates $10,000 to CT Scanner

by Joey Light

The board of Rocanville Thrift Store made a donation of $10,000 to Moosomin and District Health Care Foundation for the CT Scanner proposed for the region.

The donation brings the total raised for the CT Scanner to $135,000 before official fundraising has even begun.

The donation is the second to the CT Scanner fund from the thrift store. The group also gave $10,000 last year.

Melissa Ruhland, reeve of the RM of Rocanville and a member of the Healthcare Foundation board, accepted the $10,000 donation.

The board of the Thrift Store meets once a month to discuss where donations should go, and decided the CT Scanner is a top priority.

"There are 10 of us on the board and we have a meeting once a month and that's where we discuss it," says volunteer Linda Bock. "If there's a letter that comes to us about people in need of stuff or something like that, then we'll discuss it and help if we can, and then if we have enough money we do a bigger donation to something important for the area."

Last year the thrift store took in about $63,000, with the help of community support and a strong volunteer base.

Rocanville Thrift Store has no paid staff and over sixty volunteers that do everything to keep the thrift store running as well as it does. Along with many other donations, since 2007 they have donated $88,700 to the Health Care Foundation.

The volunteers said they enjoy helping out to make these donations possible.

"Well I think we're all such a good bunch here," says Bock. "We're just like a family and we love each other's company. Most of us are retired but not all of us. I counted up and there's over 60 of us, they're all volunteers behind the scenes. It feels good to help with these donations, it's why we do this because someone needs some help."

How much of a differnce do these donations make for the health care foundation? Melissa Ruhland says they have a big impact.

"Well actually it's a great domino effect because it brings awareness to other organizations and businesses and we get more donations from them, and personal donations. People see the donation in the paper and they donate as well," she says.

"So whenever this happens, we see a little spinoff from it and it's really nice to see that. And it's great for a community to be able to come together and say, 'This is from the whole community donating to a cause.' It comes back, hopefully, to them in their own community as far as medical care and hopefully soon. We're getting closer. This will put us at $135,000 without soliciting any kind of donations," she said. "We haven't officially started fundraising, because the government hasn't made an announcement yet, but people are so strongly behind the idea of a CT Scanner the donations are coming in anyway."

Ruhland says the CT Scanner is important for the entire area.

"It will definitely help in stroke cases like the doctors have mentioned, and in traumatic accidents. Moosomin has a very high percentage of accidents being along Highway 1 too. So it will help any of those people who are going to be in need of care and then it will go hand-in-hand with the airport because you'll be able to do that CT scan and then get that person flown to where they need to get care very quickly. It is really important for the whole area. The doctors say it will literally save lives."

While the province is expected to pay most the cost of a scanner if it is approved, the cost of renovations to the Southeast Integrated Care Centre and training for staff will be covered by the Health Care Foundation.

"We'd have to insulate three walls plus the ceiling with lead and it would be a major insulation program," Ruhland said. "That will be a big cost."

Ruhland said work is already being done on securing employees for the potential CT scanner.

"One concern is that some centres have had trouble staffing their CT Scanners, so we're already working on that. Management is starting to talk to the union now about who's out there, who's in courses right now and who would be available in two years. The timing will be the tricky part—having staff trained and ready to go but I think everybody's on board."

There has been an effort to convince the provincial government of the need for a CT Scanner in the Moosomin region and local leaders are waiting to hear back from the provincial government on the issue.

Statistics on medical imaging show the longest wait times for CT Scans are in southeast Saskatchewan, with Estevan, Yorkton, and Regina having some of the longest wait times.

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Tyler Smith has gone from tragedy to helping others

Injured in Humboldt Broncos bus crash, Tyler Smith now helps others overcome grief

BY ASHLEY BOCHEK

April 6, 2018 is the day Tyler Smith's life changed forever. That was the day of the Humboldt Broncos bus crash. Tyler went through that tragedy and the loss of many friends, and is now a public speaker sharing his story at events to advocate for mental health and help others overcome trauma.

Tyler was a key speaker at The More Joy event in Regina on January 24. The World-Spectator's Ashley Bochek spoke with him about his journey. The full interview follows:

How big of an impact did the Humboldt bus crash have on your life?

Obviously, it is a day I think about every day, and a day I will think about for the rest of my life. It has made me grow up quickly. I think any time you go through events like that, or trauma in your life, it is easy to get caught in that hole, but it is important to remember there is a lot of perspective that comes along with it.

It is the classic cliché to be kind and tell your loved ones that you love them and all those things, but it really is true. You never know what tomorrow is going to bring, so remembering to love and remembering as much as you can to hold on to the hope that there is a light at the end of the tunnel are important. I know there have been a lot of dark days for a lot of humans in this world over the past couple of years.

For me, that day, April 6, 2018, is a day that shaped me and is a day that led me to doing what I do now. It all stems back to how incredible that team was and the foundation we were able to create as a team. A big reason I am the person I am today is honestly because of that team and the values we had and the belief we had in each other.

What do you do now?

I like dipping my toes in a bunch of different waters. Public speaking has been the prominent thing in my life lately. I was in Regina, Lloydminster, Fairview, and Fox Creek last week, speaking to a variety of farming equipment suppliers, communities, and high schools. Public speaking is my main thing right now and is something that I am passionate about. The conversations that happen after always seem to draw me back to public speaking, holding onto that hope that there will be a lot of meaningful conversations facilitated by my talks. I don't have any training in public speaking, I just started in it and I've been fortunate to do over 150 speaking engagements now, so it has been incredible in a way, but you also have to make sure you are taking care of yourself. It has been important for me to find that balance.

I coach a little hockey in Calgary, I have a little clothing line, and I have been able to do a podcast with a guy who plays in the NHL. Honestly, however I can make an impact, I am happy to get on board.

How different are your priorities now than they were before April 6, 2018. How have they changed?

It has been six years and it has allowed me a lot of time to figure out what is next and figure out how I want to move forward, but I am still definitely a take it one day at a time kind of guy. I know that people long for community, and people especially long for a community in an uncomfortable space like mental health.

Mental health never used to be a priority for me but now I appreciate the balance and relationship you need to have with your mental, emotional, and physical health. I don't have all the answers, but I know that there is a lot of power in stories, and a priority of mine is sharing my story.

I also understand that everybody in this world has a story and I think being able to get to a place and shape your perspective around that story, where you remember that everybody in your life is fighting something you possibly have no idea about. So being able to find that balance of being able to take care of yourself, but also being that same supportive friend to your loved ones as well and creating that space and that atmosphere that people want to be a part of is a priority of mine lately.

How did you begin to move on from that day?

I originally thought that I was just going to move on, but now I have found a way to move forward with it. I did a speech last week in Lloydminster and Dr. Jody Carrington said, 'being able to acknowledge is something we all want to do' and I think for me acknowledging that hopefully my talk and sharing my story will help the mental and emotional side of things, but also make people never forget about that day and never forget about the people we lost that day.

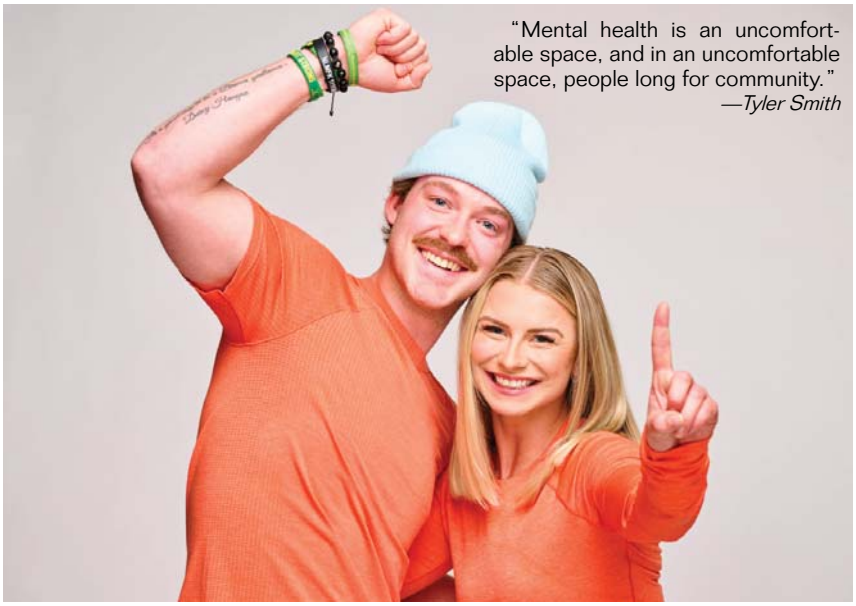
That is something that still fuels a lot of my purpose for public speaking. It is essentially keeping those legacies alive, and I think that is the best way to move forward, with myself doing what I need to do and staying connected whether it is team members from that team that are still here or whether it is family members that lost somebody that day. Having those connections have helped me a lot and is something I don't want to lose.

I had never lost anybody in my life, and I had no idea how to deal with grief. I just wanted to move on from it, but then I realized I am able every day to move forward with it. I am able to look up in the sky and say, 'hi, I miss you guys.'

When you deal with so much grief at a young age, is it something you move forward with, or just something you learn to live with?

I believe it is something you have to find a way to live with and move forward with.

Continued on page 23 ☞



"Mental health is an uncomfortable space, and in an uncomfortable space, people long for community."
—Tyler Smith

From tragedy to helping others

Tyler Smith went through the trauma of losing friends in the Humboldt Broncos bus crash, and is now dedicating his life to helping others overcome trauma. He and his fiancé Kat, seen with him here, won Season 9 of Amazing Race Canada in 2023.

Tyler Smith has gone from tragedy to helping others

☞ *Continued from page 22*

Everybody goes through grief in such different ways. Whether it is finding your grief animal or looking up into the sky and having conversations, I think there are little things you can do, and hopefully you have your people that give you the feeling that they are still watching you and they are still with you.

That is something I try to preach; your people are still here. Your loved ones that you lost are still watching and still guiding and protecting you. It is tough knowing that they are gone but you need to find your own hope.

You are allowed to do it and you are allowed to have those conversations even though you will never get a response. I think there are responses that come in different signs that you may get whether that is dimes that you find or whether it's your little grief animal showing up, it is important to latch onto those signs and remember you are allowed to do that. For me, I definitely want to move forward with my grief, and I want to move forward knowing that I've got 16 beautiful people up top watching over and I think that is something that gives me a lot of peace, and peace of mind, but it also is a constant reminder that they aren't here.

Why do you speak and share your story at events?

The conversations afterwards remind me why I do it. There are perspective altering conversations with individuals, whether it is an 85-year-old grandpa or an 18-year-old kid that is about to embark on their journey of life, it is fascinating to have those conversations knowing that I was able to create a space for people to remember they are not alone and that their story does matter. That is something that has really propelled me on this little journey, and I don't know if it is something I will do for the rest of my life or just something I will do for the next year, but I want to keep my intentions pure and I just want to be authentic about it, I just want to be raw and genuine. I want to allow people to think about things in a different way, in a different light. My thing now is I will never go out there and actively promote myself because it is kind of a case of imposter syndrome knowing I am a 25-year-old kid that is still trying to figure it out, but I do have to remember that you never know when somebody needs to hear something, and that is what I latch onto.

Is it hard to recount your story and relive those memories or is it therapeutic to share your story?

There are tougher speaking engagements when you aren't feeling it, but in the back of my mind I have to remember that there is somebody in this room who needs to hear this and needs to go through this. That is what allows me that strength to keep going, but in a lot of ways it is difficult for me. It is retelling a story that is very traumatic and the foundation of who I am now, and I want people to acknowledge that day and never forget about that day and I want those legacies to stay alive. That is what will always drive me to keep speaking, even though it is obviously bringing up past trauma.

What are some of the positive influences that brought you from tragedy to a position of helping others?

The families were one of my biggest influences. We all lost somebody that day and having their support, and staying connected with a lot of those parents, gives me a lot of hope to keep moving forward and keep doing it. As for the positive influences, I think it is people in your life. A lot of times we have this misconception that the people in our life don't want to hear and don't want to listen and don't want to go through these burdens with you and this pain, but I am a firm believer that you've got to get to a place where you can utilize your people and you can utilize your resources.

For me, one of those resources was therapy and having a solid conversation with a stranger and somebody that doesn't know me but has my best interests at heart. I have had a lot of conversations and relationships that have really deepened in my life just because I know now that I am allowed to do this. I am allowed to struggle, and I know that the people in my life will be there through those times. A lot of incredible people in my life have been a great influence.

What are your goals at this point, and what do you want to accomplish with your life?

I am going to be honest, I am not a huge goal setter. I take one day at a time and I should probably think about it more. We come into 2024 looking toward the future and setting goals, but I just want to appreciate this wave I am on and remember to stay present in this journey and remember you never really know what is going to pop up next or what that next opportunity will look like.

Myself, I just love people and I love connecting with people. I probably should think about it more but for me I just always want to stay in the game of hockey and always want to use my story to make an impact.

What is your advice for people going through a tough time?

Anybody who is going through struggles or going through pain in their life, I think you have to put yourself out of your comfort zone. Try new things and be spontaneous, and do what is best for you. I think unfortunately, failure and mistakes are hard because we want things to go right especially when it is an uncomfortable space like our mental health, our grief, or our trauma, but I want you to be kind to yourself and remember you are allowed to make mistakes and allowed to try new things and if it doesn't work that is alright.

There is no perfect magic formula to this unfortunately, so I think validating your allowed to still have good days. You are still allowed to find some joy and to put yourself out there. Another piece of advice is to just have those conversations and hold onto that empathy with your people, empathize with your people by sharing what works for you or what doesn't work for you.

I think holding yourself accountable, but also holding your people accountable in a precious and kind way is a good way of going about it. It could be as simple as going for a walk and listening to a podcast or some music. I think being able to find out what works for you on your tough days is going to lead you to more joy and more success on your good days.

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Plain & Valley
February 2024 • Page 25
Covering Southeast Saskatchewan and Southwest Manitoba

A canola field near Moosomin.

Sask. farmers produce some of the world's most sustainable crops: GIFS at USask study

BY DAN YATES

Saskatchewan farmers are producing some of the least carbon-intensive crops in Canada and the world, as highlighted in a carbon life cycle analysis commissioned by the Global Institute for Food Security (GIFS) at the University of Saskatchewan (USask).

The two-part study commissioned in 2022 examined the carbon footprint from the production of five Canadian field crops – canola, non-durum wheat, field peas, durum wheat, and lentils. It compared these footprints, including their supply chain emissions, to some globally competitive regions across the world that export the same products, including Australia, France, Germany, Italy, and the United States. The results demonstrate that Canadian producers, particularly in Saskatchewan and Western Canada, are producing crops with the least amount of greenhouse gas emissions or carbon dioxide equivalents among regions compared.

"These impressive results are driven by the widespread adoption in Saskatchewan of agricultural innovations and sustainable farming practices that have significantly reduced the amount of inputs and emissions needed to farm each acre of land," said GIFS Chief Executive Officer Dr. Steve Webb (PhD). "The sustainable practices include reduced tillage, the adoption of herbicide-tolerant canola, the variable-rate application of fertilizer, a robust crop rotation system, and the production of nitrogen-fixing pulse crops."

Continued on page 28 ☞

2023 clubroot distribution in Saskatchewan

The Government of Saskatchewan released the 2023 Saskatchewan Clubroot Distribution Map outlining the rural municipalities (RMs) where clubroot has been identified since the province started it's clubroot survey in 2018.

No new visible clubroot symptoms were recorded through the clubroot monitoring program in 2023, while the clubroot pathogen was detected in one new field through DNA-based testing. Adding these results to previous years, the total number of commercial fields with visible clubroot symptoms remains at 82. However, the number of commercial fields identified to have the clubroot pathogen through DNA testing rises from 42 to 43.

"This map is an important tool for producers and specialists alike, ensuring they have the information needed to make the best decisions for their operations," Agriculture Minister David Marit said. "While clubroot remains present in Saskatchewan, we thank producers for allowing testing and utilizing the resources available to effectively manage clubroot."

In 2023, over 500 fields were examined with producers' permission. One component of the clubroot monitoring program is the soil testing bags available free to producers and industry agronomists. SaskCanola, select RMs, and the Saskatchewan Association of Rural Municipalities (SARM) helped distribute the soil testing bags, with SaskCanola paying for the tests.

"As we navigate the evergreen landscape of biosecurity, investing in clubroot testing continues to raise awareness and support mitigation," SaskCanola Chair Keith Fournier said. "SaskCanola remains dedicated to investing levy dollars into clubroot-related research to protect canola's sustainability as a core crop into the future."

Clubroot, a soil-borne disease, prevents plants from getting the nutrients they need by attacking their roots.

Clubroot, a soil-borne disease, prevents plants from getting the nutrients they need by attacking their roots. Being soil-borne, it is imperative to know where clubroot exists to limit its spread. By proactively monitoring clubroot in Saskatchewan, the Government of Saskatchewan is working with producers and other industry partners to minimize its impact, contributing to healthy plants, high yield crops, and a prosperous Saskatchewan.

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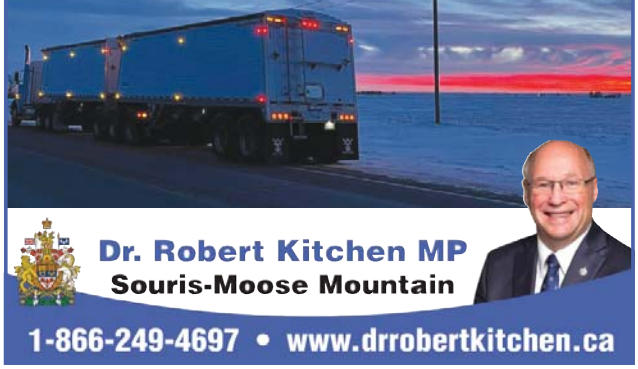

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FCC launches program to incentivize adoption of 4R Nutrient Stewardship

BY JILL MCALISTER
FCC CORPORATE COMMUNICATION

Farm Credit Canada (FCC) is excited to announce a new Sustainability Incentive Program that will support crop producers who follow Fertilizer Canada's 4R Nutrient Stewardship program using AgExpert. The program encourages producers to adopt 4R best management practices to help protect the environment without compromising their competitiveness.

The program was announced today at the Western Canadian Crop Production Show in Saskatoon, giving producers time to participate in the program as soon as the 2024 crop year.

"This program brings together the innovation, science, and expertise growers can leverage to meet the growing demand for food produced in a profitable and sustainable way," said Justine Hendricks, FCC president and CEO. "We see an opportunity to reward FCC customers who follow Fertilizer Canada's 4R Nutrient Stewardship Program. Streamlining the data management and verification process through AgExpert creates a simple way for producers to implement climate smart agricultural practices and create the best outcomes for their operations."

To be eligible for the Sustainability Incentive Program an FCC customer with active lending must:

- Have a 4R Nutrient Stewardship plan in place
- During the crop year record production activities, such as fertilizer applications in AgExpert Field
- Have 4R best management practices verified by a 4R designated agronomist within AgExpert Field by the end of the growing season

"Before planting, producers will work with their 4R designated agronomist to plan their crop year and then follow the practices outlined by Fertilizer Canada's 4R Nutrient Stewardship program throughout the crop cycle," said Curtis Grainger, FCC director of sustainability programs. "Using AgExpert, agronomists can verify producers have followed the 4R plan, then following the crop year, producers can use that verification to apply for the Sustainability Incentive Program."

FCC continues to work with different sectors to support the long-term health of the agriculture and food industry by encouraging the adoption of sustainable practices.

Fertilizer Canada's 4R Nutrient Stewardship is a framework of best management practices that follow the right source of fertilizer at the right rate, right time, and right place. Using these practices help producers increase production, farmer profitability, and enhance environmental protection.

"Fertilizer is vital to food security and is the most important input for maximizing crop yields. 4R Nutrient Stewardship gives growers the tools to reduce environmental impacts while continuing to grow healthy, nutritious crops," said Karen Proud, president and CEO, Fertilizer Canada. "We are thrilled to have worked with the FCC team to integrate the 4Rs into AgExpert. By including these practices in FCC's incentive program, producers will be further encouraged to adopt these sustainable best management practices."

Canada's strength in food production relies on its adoption of digital agriculture tools and innovative sustainable solutions. This announcement showcases the progress that can be made when different groups bring their expertise together in a shared vision.

"AgExpert connects farmers with trusted tools and solutions that allow them to centralize their information, increase efficiencies on the farm and get the most out of their data. Integrating programs such as 4R Nutrient Stewardship into AgExpert with the FCC Sustainability Incentive Program reflects our commitment to providing meaningful tools to advance the Canadian agriculture and food industry," said Hendricks.

Producers who are interested in the 4R Sustainability Incentive Program should connect with a 4R agronomist and prepare ahead of the program's official opening in May 2024.

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Sask. farmers produce some of the world's most sustainable crops

☞ *Continued from page 25*

The study, conducted in partnership with the Food Systems PRISM Lab in the University of British Columbia, followed established protocol for measuring the carbon life cycle of agricultural production. It compiled and reviewed data on the carbon dioxide equivalent emissions for the various activities that go into crop production including transportation, seed, fertilizer and manure inputs, crop inputs, field activities, energy emissions, and post-harvest work.

The carbon life cycle analysis also considered and reviewed important data about the ability of the agricultural landscape to support soil-based carbon sequestration and showed Saskatchewan has the smallest carbon footprint across all crop types and regions studied – when soil carbon sequestration is accounted for.

Some highlights of the study's results show that Saskatchewan's carbon footprint to produce one tonne of canola is 67 per cent lower than the global weighted average. As well, Canadian growers, led by Saskatchewan farmers, are shown to be the most sustainable producers of non-durum wheat. The results of the carbon life cycle analysis also show that no-till farming and reduced fertilizer applications in Saskatchewan field peas result in a carbon footprint that is more than 95 per cent lower than any other region studied. For lentils, the carbon footprint is 130 per cent lower.

"We are not surprised by the results of this study as we have always known Saskatchewan is one of the most sustainable producers of the safe and nutritious food the world needs," said Saskatchewan Minister of Agriculture David Marit. "The world-leading agronomic and sustainable farming practices being adopted by our world-class producers are the driving force behind these results."

USask, founded as an agricultural university, has long been dedicated to developing crops, processes, and education to strengthen the province's agriculture and food sectors. This study demonstrates how USask has been supporting ag producers through research and discovery for more than a century.

"USask has empowered Saskatchewan researchers and ag producers for over 100 years through new science, technology, and policies that sustainably feed the world. We are very pleased with the results of this study, and I know our faculty, students, and researchers will continue to lead and create innovative solutions for the environmental and agricultural challenges the future will bring," said Baljit Singh, vice-president, research, at USask.

The extensive carbon life cycle analysis and comparison to regions across the world provide a detailed understanding of the contributions and impacts of agronomic practices and innovation to sustainable food production. By analyzing crop production, sequestration, and emissions, it helps provide a more holistic picture of the sustainability of Canadian agriculture. The data points can be used to inform the creation of science-based regulations for the sector.

"While these results are remarkable, there is always room for growth and to scale sustainable farming practices even further. However, it's important to understand that one size does not fit all, and regenerative farming practices must always be suited to regions," said Webb. "Our regulatory landscape should also recognize differences at the regional level. We hope that the insights gleaned from this study, which are a win for Canada, will inform science-based decisions at the national and international level for Canadian agriculture and the producers involved."

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USask researcher awarded $4.2 million to battle root rot

by Daniel Hallen
USask Media Relations

Root rot in pulse crops has grown to be a devastating issue for growers across Saskatchewan and Western Canada, so a team of University of Saskatchewan (USask) researchers and colleagues at Agriculture and Agri-Food Canada (AAFC) and the National Research Council (NRC) led by Dr. Sabine Banniza (PhD) of USask's Crop Development Centre (CDC) is comprehensively searching for ways to beat it.

"We try to have a good balance with solutions that farmers can use now, but then also by generating knowledge feeding into future solutions," Banniza said.

Banniza, a professor with the College of Agriculture and Bioresources and the CDC, and the Government of Saskatchewan Ministry of Agriculture Strategic Research Program Chair in Pulse Crop Pathology, received more than $4.2 million from the Strategic Research Initiative (SRI) to uncover solutions for root rot in pea and lentil crops.

The funding from the SRI includes about $2.5 million contributed through the Sustainable Canadian Agricultural Partnership (Sustainable CAP) and around $1.7 million from industry partners. The Saskatchewan Pulse Growers, the Western Grains Research Foundation, the Alberta Pulse Growers Commission, Results Driven Agriculture Research, and the Manitoba Pulse and Soybean Growers all contributed to the project.

As Banniza puts it, root rot in pea and lentil has become so prevalent in Western Canada it has caused growers to stop planting the crops in some areas. Because of the importance of pea and lentil crops as a food source, as a nitrogen-fixing plant in crop rotations, and a cash crop for farmers, Banniza said tackling the root rot disease is of paramount importance.

"If you talk to growers and ask what is your biggest disease problem in pulse crops, they will almost all say root rot," she said. "The longer and more often you grow a crop, the more these crops then select inadvertently for pathogens, and that is what we are witnessing here with the root rots."

USask Crop Development Centre researcher Dr. Sabine Banniza crouches between her research crops.

Photo by Christina Weese

Banniza and her research team will be using the funding from the SRI to investigate solutions to root rot disease at every level – from genetics and breeding in the lab and in field nurseries, studying pathogen biology and host-pathogen interactions, to management strategies for growers in the field.

One of the cutting-edge strategies for in-field management of root rots that will be explored is called RNA interference – a method which involves directly targeting the root rot pathogens themselves at the genetic level to interfere with their ability to infect and spread in the plants.

Breeding peas and lentils for root rot resistance will be a cornerstone of this project, and use of such root rot resistant varieties will be an important and the least expensive tool for farmers. However, it takes time to develop new crop varieties with good disease resistance, so Banniza said RNA interference has the potential to be a powerful solution in the meantime.

"RNA interference is a novel approach to in-field disease management, which makes it very exciting and promising," she said. "It could be a very, very potent method, but it's very novel so we have to see how it works ... I'm quite excited about it because that is really thinking outside the box."

Banniza and her team are highly appreciative of the funding provided by the Saskatchewan Ministry of Agriculture and the industry groups for such a large, focused and critical venture, and of the confidence they have put into the team and their home institutions with the CDC, USask, AAFC, and NRC to bring this collaborative project to fruition.

She said the strength of the SRI was how it encouraged and supported a multidisciplinary approach to the problem of root rot, allowing researchers to tackle this pervasive issue on so many fronts.

"Output from one sub-project feeds into another. There is certainly much, much more communication," she said. "As you develop the proposal, sometimes lightbulbs go on and people say, 'I hadn't thought about it that way,' and so I think that makes a project like this SRI much more productive and creative."

The SRI and the Agriculture Development Fund (ADF) are supported through the Sustainable CAP, an investment of $3.5 billion over five years from federal, provincial and territorial governments, with the goal of supporting the agri-food and agri-product sectors across Canada. The Sustainable CAP includes $1 billion in federal programs and activities and a $2.5 billion commitment for programs designed by provinces and territories that is cost-shared 60 per cent by the federal government and 40 per cent by provincial/territorial governments.

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Infrastructure investment boosts Yorkton agricultural research capacity

New equipment is expanding the scope of crop research in Yorkton, Saskatchewan, where Suncrest College operates a research farm in partnership with the East Central Research Foundation (ECRF).

The college received $60,400 from the Western Grains Research Foundation (WGRF) Accelerating Capacity Initiative and used the funds to construct a sample dryer and purchase a truck and weigh wagon.

"The equipment has actually expanded the type and number of trials we can do," says Blair Cherneski, ECRF chairperson and Goodeve area farmer. "The funding is a major plus for the research farm and since it benefits research, it benefits local producers."

Mike Hall, ECRF research coordinator, explains that a shipping container was purchased to build the sample dryer. It was filled with perforated shelves and attached to a garden shed that houses an electric furnace. The dryer works when the furnace blows air through tubing that is installed under the shelves.

"It's been a great addition because we now have the capacity to dry a lot of plant material," he says. "The dryer allows us to participate in a wider array of projects, including forage projects, and this year we have been using it to dry down tissue samples from grain crop projects as well."

Recent equipment funding has improved efficiency at Suncrest College and the ECRF. "We're a smaller research farm so any time we can get assistance, it's important to the area," says Blair Chernesk.

Hall's team previously relied on dryers at other Agriculture Applied Research Management (AgriARM) sites in Saskatchewan. Now, they can now dry samples in a timelier manner which has eliminated the risk of plant material starting to rot in transit.

The new truck is being used for hauling equipment and completing field work. The weigh wagon is making field-scale plot work more efficient.

In addition to the WGRF-funded equipment, the ECRF has obtained a new seed cleaning clipper and screens, dump trailer, custom-made bleachers for plot tours and video equipment.

The research team now produces videos to share findings and posts them on YouTube (@eastcentralresearchfoundat1520). The channel, which has attracted over 27,000 views so far, has increased speaking engagement requests and media coverage of research trials.

"We're a smaller research farm so any time we can get assistance, it's important to the area," says Cherneski. "Better infrastructure gives us an opportunity to provide better information to local producers and attract quality people."

The ECRF is a non-profit organization mandated to conduct crop production research and extension activities in east central Saskatchewan. In 2013, the organization formed a partnership with Parkland College to share resources. Parkland College merged with Cumberland College to become Suncrest College in 2023.

The WGRF is a farmer-funded and farmer-directed non-profit organization investing in agricultural research that benefits western Canadian producers. To date, more than $240 million has been invested to support diverse crop research projects.

The WGRF has committed $32 million to the Accelerating Capacity Initiative to expand crop research capacity.

A new weigh wagon, truck and sample dryer have been purchased by Suncrest College and the ECRF thanks to WGRF Accelerating Capacity Initiative funding.

A shipping container converted to a sample dryer has increased the ECRF's capacity to complete more trials and dry grains and forages in a timely manner.

FOR SALE BY TENDER

Sealed, written tenders to purchase the pasture land in the Municipality of Grassland and described below will be received by:

MEIGHEN HADDAD LLP
P.O. Box 485
Deloraine, MB R0M 0M0
Attention: Warren G. Barber, Q.C.

LAND DESCRIPTION:

PARCEL ONE:	**SW ¼ 20-5-25 WPM**	*** 154.25 acres**
PARCEL TWO:	**NW ¼ 20-5-25 WPM**	*** 160.00 acres**
PARCEL THREE:	**SE ¼ 20-5-25 WPM**	*** 79.09 acres**

*all acreages taken from the most recent Manitoba Property Assessment Reports

CONDITIONS OF TENDER:

1. Interested parties must rely on their own inspection and knowledge of the property and not on the above or any other particulars or representations made by or on behalf of the Seller.
2. Tenders must be received at or before noon on February 21, 2024.
3. Each tender must be accompanied by a $5,000.00 deposit cheque payable to Meighen Haddad LLP. Deposits accompanying unacceptable bids will be refunded.
4. Tenders may be submitted for one or more parcels.
5. Highest or any tender not necessarily accepted.
6. Any gravel stockpiled on Parcel Three is excluded from the sale and will be removed by the vendor not later than June 30, 2024.

TERMS AND CONDITIONS OF SALE:

1. The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
2. In addition to the deposit, the balance of the accepted tender must be paid within thirty (30) days from the date of notification of tender acceptance, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit paid may be forfeited as liquidated damages and not as a penalty.
3. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
4. All mines and minerals will be reserved from any transfer.
5. Land is in the Torren's Title system.
6. Successful bidders will be responsible for real property taxes commencing January 1, 2024.

For further information or an appointment to view, contact Municipality of Grassland, Hartney, MB. Telephone No. (204) 858-2590
Attention: Kristy Wells.

Meighen Haddad LAW FIRM

FOR SALE BY TENDER

Sealed, written tenders for the property described below will be received by:

MEIGHEN HADDAD LLP
129 Souris Street
P.O. Box 397
Melita Manitoba
R0M 1L0
Attention: Karen Beauchamp

LAND DESCRIPTION:

NE¼ 8-4-28 WPM EXCLUDING ALL MINES AND MINERALS
60 Cultivated and 100 Pasture with fence around perimeter and cross fenced (water available in pasture area)

CONDITIONS OF TENDER:

1. Interested parties must rely on their own inspection and knowledge of the property and not on the above or any other particulars or representations made by or on behalf of the Seller.
2. Tenders must be received on or before 5:00 p.m. on March 1, 2024 in an envelope marked "TENDER".
3. Each tender must be accompanied by a $2,500.00 deposit cheque payable to Meighen Haddad LLP. Deposits accompanying unaccepted bids will be refunded.
4. Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE:

1. The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
2. The closing date of the sale shall be April 15, 2024 on which date the Vendors shall provide a registerable Transfer of title to the Purchaser and the Purchaser shall pay the balance of the accepted tender. If the balance of the accepted tender is not paid within the set time limit or acceptable arrangements for payment have not been made, the deposit paid may be forfeited as liquidated damages and not as a penalty.
3. All mines and minerals will be reserved from any Transfer.
4. Land is in the Torren's Title system.
5. Successful bidders will be responsible for real property taxes commencing January 1, 2024.

For further information contact Gary Middleton at (204) 634-2354

Meighen Haddad LLP LAW FIRM

Down-time during the post Christmas season

Well now that we have all made it through the season of too many chocolates, too many butter tarts and any number of other 'too many's,' we can work at lessening the calories in anticipation of the next season of indulgence! What a wonderful season it was to 1) look back over the past year's highlights; 2) our oh so many blessings; and 3) to spend time together with family and friends.

We survived calving season last winter (well, I always survive calving season without any problem so little do I have to do with that) without a hitch. We survived driving in Pheonix last February without incident and enjoyed some sights we had never seen before.

In June we returned to my childhood home in beautiful NW Ontario, something I just 'needed' (can't really explain) to do. We safely got through seeding and harvesting and took it all in stride (that's what grain farming for 46 consecutive years does to a person—we mellow; don't sweat even the 'big' things so much). And we oh so enjoyed the Christmas season as we celebrated His birth! The food, the friends, the family, the games, the gatherings.

At Christmas this year, our seven and nine-year-old grands each had eight themed gifts to open in consecutively numbered packages. Swim suit, sunscreen, flip flops, blow-up palm tree, Disney key chains and necklaces (catching the theme?) and a plane ticket to California. Woo-hoo! What excitement. So, along with a 'countdown the days' calendar to departure date, the littles are anticipating not only their first ever flight, but their first trip to that magical place!

Later that day, our grandson (9) asked what his Grandpa and I had bought for each other. I told him that we had gotten each other a trip to California (at the same time he was going). "You bought each other the same thing?" he said rather incredulously. "Yup, exactly the same thing. Same place, same time, same everything." He never said another thing, but his face kind of told it all: 'that's just weird that Grandpa would buy you a trip to California and you would buy him a trip to California.' What he won't likely understand is that the highlight for us will be seeing his and his sister's excitement when they see Disneyland for the first time.

During our family get-together at Christmas we enjoyed some Dice Poker and Mexican Train games as well as some time roasting weiners over the fire at the creek during the 'warm' spell before the 'cold' spell. We will fondly remember some of the 'odd' gifts for our 'gag' gift exchange with little gifts purchased by none other than moi, mostly all of which were nabbed during the post-camping-season sales. From beach cups to campfire pokers and bear bells, it was fun to see which were the most popular items from the varied age groups. One of the twins seemed to lose his gift every time which meant he had to keep opening a new one, none of which particularly interested him, if the look on his face meant anything. He was definitely more excited when someone actually took what he had! As for the team games complete with trivia, marshmallow games, and name-that-song, I think we can say we enjoyed it all. Some of us perhaps need to learn to draw a bit better for next year's team events!

As for the post-Christmas season, there's some work ahead for our cattle farmers who are or will soon be in the middle of calving time. I was just barely 12 when my family left NW Ontario to start farming in Saskatchewan, both cattle and grain.

Our first calf was born prematurely on a very cold night and I was heartbroken to think that the poor little thing wouldn't have a chance. That was probably my first introduction in seeing what farmers will and can do for their livestock. I was brand new to all things 'farm' but my parents had been down the 'livestock road' before their move to Ontario. When I saw that poor little calf on death's door I never imagined the efforts that would go into warming her up in the old, unlivable farmhouse with the wood stove and how some bottle and tube feeding would bring her around. Eventually she was carried outside on occasion so she could bond with her mama. It was the first time in seeing our brand-new-to-the-farm family so dedicated to saving a calf but it wasn't the last time!

Over the years we made every effort to save any animal in distress, though not always with the success of that very first one who became the favorite barnyard animal of all time.

In today's world, calving barns and cattle set-ups are much more sophisticated than our late '60s set-up when my family first started in the cattle business. I remember the days when it was my turn to check cows in calving season: heavy socks on? Yes. Ski pants on? Yes. Scarf wrapped three times around neck? Yes. Toque? Yes. Old heavy, seen-better-days coat? Yes. Heavy, warm, manure-ridden barn boots? Yes. And then out into the bitter cold you went, flashlight in hand if it was a night. Three times a night, more times during the day. If there were problems you raced from the corrals to the house to round up the rest of the family and together you got that cow into the barn and I'm sure disrupted or at least extended the poor cow's labour time.

Today my grand-twins (12) check cows from the comfort of the farm kitchen via a camera and tv screen. And disruptions for momma cow are nil unless she ends up in trouble. And while technology makes for a more sophisticated ag industry whether in the field or in the corrals, so far sorting cattle and caring for a cow who is calving or newborn calf in distress, along with a myriad of other things, remains a very hands-on process.

In this particular season for those of us in the grain growing business, we have a bit of time on our hands. For me that means…projects! I never get tired of planning and executing a project even though I am often reminded (by I won't say who) that our home is new and there is no renovating required. Oh what the heck, I can still find a project to do. Actually, I have come to believe it's really more about procrastination than anything but I will say this—those year-end farm books are nearly done, so maybe I am doing better on the procrastination problem! Hubby on the other hand has been moving some grain and watching those grain prices fluctuate. That word may give the impression that the prices are going up and down but methinks that would give the wrong impression because down seems to more accurately describe the present trend. He watches markets, I watch HGTV and try to spend the money he isn't making.

The best part of our 'downtime' right now though is to be able to watch some figure skating, curling, ringette and hockey courtesy of the grands who love their winter sports. And in their down time, they are just enjoying life, time with friends and time in the great outdoors.

We got a text one day from the twins asking if we wanted to meet up at the creek for hotdogs. We arrived to the sight of a snowmobile sitting at the edge of the creek, cushions set out on the old patio furniture pieces, fire roaring and two boys sitting there, ready for supper. It was a reminder that they are growing up and becoming very capable and very independent young fellows. And then they asked, "You bring any food?" Yup, that's my boys! And yup, we brought food.

And now as I close off, here's hoping you are enjoying life 'down on the farm'—or wherever you are. I know you have things to do and places to go but I sure appreciate you spending a few moments with me today. Until next month…

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FARMLAND IN RM OF TWO BORDERS FOR SALE BY TENDER

Darcy Paton is tendering two quarters of farmland in the Rural Municipality of Two Borders, in the Province of Manitoba. There are oilfield facilities on the NE quarter generating annual surface rights compensation. No mineral rights are included in the sale.

LAND DESCRIPTION:

N ½ 6-6-28 WPM

Manitoba Habitat Heritage Corporation conservation agreement registered on title. A package of information is available from the law office by email request to ***anique@mhmlaw.ca.*** Persons tendering are advised to conduct their own due diligence and verify all information and title status.

Tenders are to be submitted in a sealed envelope to the law office of McNeill Harasymchuk McConnell, Box 520, 243 Raglan Street W., Virden, Manitoba, R0M 2C0, Attn: Anique Badiou; accompanied by a cheque for 5% of tender payable in trust to the law firm to form the deposit on any successful tenders. Highest or any tender not necessarily accepted. Cheques for unsuccessful tenders will be returned. Please include name, mailing address and phone number.

The successful bidder(s) will be required to complete an agreement covering terms and conditions of sale. Please note *"Paton Tender"* on envelope.

Tenders close Friday, March 1, 2024 at 12:00 noon.

TERMS AND CONDITIONS OF SALE:

1. Closing to be on or before April 1, 2024.
2. In addition to the deposit, the balance of the accepted tender must be paid on or before closing. If the balance is not paid by closing or on terms acceptable to the Vendor, the deposit may be forfeited as liquidated damages and not as a penalty.
3. Purchaser will be responsible for municipal taxes after January 1, 2024.
4. Vendor shall retain all oilfield surface lease payments received prior to closing and there shall be no adjustments for those payments. Purchaser shall receive all oilfield surface lease payments paid after closing.
5. Purchaser shall be responsible for payment of GST or shall self-assess for GST.

Canada leads the G7 for the most educated workforce

A highly educated workforce is essential to maintaining our standard of living as a country, as well as meeting current and future labour market needs. Canada has a larger share of the population with a college or university credential than any other country in the G7. The share with a bachelor's degree or higher continues to rise with an influx of highly educated immigrants and a growing number of young adults completing degrees. However, we may be leaving talent on the table with the educational qualifications of some foreign-educated workers being underused.

Leveraging these credentials is important as more of the population nears retirement age. Moreover, Canada faces a labour crunch, with high employment, record-low unemployment and record-high job vacancies. Capitalizing on our highly educated population is key to ensuring that Canada has enough trained workers to fill the spaces left by retirements.

Educational attainment is also tied to job security, and the Covid-19 pandemic cast a renewed light on this. Those with higher levels of education were better positioned to withstand the economic disruptions caused by the pandemic, due in part to being more likely to work in industries that were suited to remote work. According to the Labour Force Survey, those with a bachelor's degree or higher were less likely to feel the initial unemployment shocks in April 2020, and their employment rate recovered faster, regaining pre-pandemic levels by November 2020. The employment rates of those with lower levels of education largely did not return to pre-pandemic levels until autumn 2021. Nonetheless, many frontline workers with lower levels of education were crucial to keeping Canada running during the shutdowns in the first waves of the pandemic, as they worked in areas such as grocery stores and gas stations, as cleaners, and in health care support.

Using data from the 2021 Census, today's release examines the changing face of education in Canada and the role that education and training have played in the evolution of the Canadian workforce.

Canada has the largest share of college and university graduates in the G7

An educated population is crucial to maintaining Canada's standard of living and pace of economic growth in the coming years. Canada continues to perform strongly in terms of education on the world stage, benefitting from highly educated immigrants and a growing share of young adults graduating from a college or university.

In fact, Canada has led the G7 in terms of post-secondary graduates since 2006, with 57.5% of the working-age population (that is, those aged 25 to 64) having a college or university credential, according to new results from the 2021 Census.

Canada's strong college system is key to its high international standing. For example, nearly one in four Canadians (24.6%) had a college certificate or diploma or similar credential as their highest level of education in 2021, above all other G7 countries and more than double the share in the United States (10.8%).

Canada was in the middle of the pack in terms of the share of the population with a bachelor's degree or higher (32.9%), placing fourth in the G7 after the United Kingdom (41.3%), the United States (39.5%) and Japan (34.2%). Canada lagged other countries in the share with graduate degrees, at 9.3% (8.2% with a master's degree or equivalent and 1.1% with an earned doctorate), whereas in the other G7 countries, this share ranged from 13% to 15%.

One in three Canadians now holds a bachelor's degree or higher

A rising share of working-age Canadians has completed a bachelor's degree or higher, an increase driven both by highly educated recent immigrants and by rising educational attainment among young adults. Over 6.4 million people, or approximately one-third of the working-age population, reported having a bachelor's degree or higher in 2021, up 4.3 percentage points from 2016, a faster pace of increase than reported in the two previous censuses.

British Columbia (+5.1 percentage points) and Ontario (+4.9 percentage points) saw the largest increases in degree holders from 2016 to 2021. This was driven by two factors. First, Ontario and Western Canada welcomed more of the highly educated recent immigrants than Quebec and Atlantic Canada. Second, British Columbia (+3.3 percentage points) and Ontario (+3.1 percentage points) led the provinces in the rising share of Canadian-born young adults (aged 25 to 34), with a bachelor's degree or higher, compared with the rest of Canada (+2.7 percentage points).

Women remained more likely than men to have a bachelor's degree or higher: for example, 39.7% of Canadian-born young women (aged 25 to 34) had a degree in 2021, compared with 25.7% of Canadian-born young men. However, the share of Canadian-born young men with a degree rose more quickly than in the past. The 5-year increase from 2016 to 2021 in the share of these men with a degree (+2.2 percentage points) was almost as large as the 10-year increase (+2.3 percentage points) from 2006 to 2016. While the increase among Canadian-born young women from 2016 to 2021 (+3.3 percentage points) was larger than that of young men, it was similar to previous years.

In Quebec, the acceleration in young men's completion of a bachelor's degree or higher was particularly pronounced. In 2021, 23.4% of young men in Quebec had a bachelor's degree or higher, up 2.2 percentage points from 2016. This 5-year increase was larger than the 10-year increase (+1.5 percentage points) from 2006 to 2016.

Statistics Canada

A Guide to POST-SECONDARY EDUCATION 2024

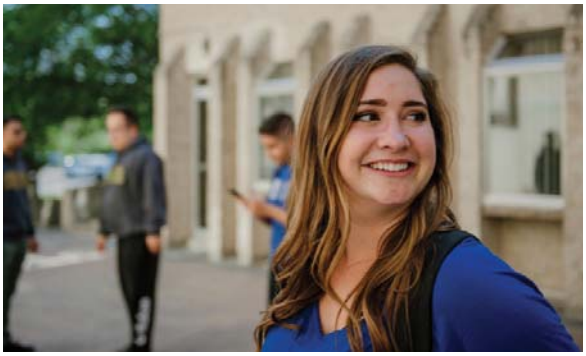
Luther College

Growing your future: A one of a kind Canadian college

Living in The Student Village at Luther College is a convenient and affordable housing option on the University of Regina campus. And, you don't have to be a Luther student to live here! We are open to students attending any postsecondary institution, including University of Regina, Saskatchewan Polytechnic, and University of Saskatchewan students.

If you're considering moving to Regina as part of your post-secondary plans, we're a great choice for students who want to make friends easily in a friendly, supportive and caring place! The Luther community can't be beat!

"Attending university can be a stressful experience. For me, it was my first time away from home and I couldn't help but feel a tad overwhelmed," says resident and U of R student, Thayne Wilder. "When I arrived on move-in day, Luther's staff was very welcoming and friendly. They reassured me that they were here to support me during my transition to on-campus life. The Student Village's smaller size compared to other dorms on campus fosters a great sense of community. Here I have had the opportunity to make many friends, and the staff care about me as an individual. The Student Village has been a fantastic place to live. I'd recommend it to anyone looking for a supportive community and an easy transition into life on-campus."



Living on-campus and experiencing these benefits doesn't have to come with extra costs. We have fully furnished private rooms, free laundry, plus all the utilities and food in the cafeteria are included; there are no hidden costs! Our focus is on creating an affordable, supportive, and safe convenient environment where you can study AND have fun.

Do you want to save $1000 off your housing costs? You can Stay and Save $1000 off your 2024 - 2025 residence fees! New residents* who apply and pay a deposit by June 28, 2024 save $1000!

Located on the beautiful University of Regina campus, Luther College offers University of Regina degrees in the Arts; Sciences; Media, Art and Performance; as well as pre-professional studies. As a Luther student, you'll take classes all across campus, and access all U of R services while also getting the extra services reserved just for our students!

Whether pursuing pre-professional studies, a certificate, diploma, or degree program, students receive one-one-one academic advising throughout their time at Luther. The College is known for making the transition from high school to university easy. Designed to give students a successful start to university, optional groups of courses, called Bundles, can be chosen when registering for first semester. Luther students are U of R students, pay the same tuition and fees, and receive a U of R credential. It's the best of both worlds!

Luther College is rooted in the Lutheran intellectual tradition and open to insights from other religious, spiritual, and secular traditions. A Chaplain is available to all students for connection and conversation. An Elder-in-Residence shares knowledge and traditions with all students. Luther College is a member of the Positive Space Network. Students from all faiths and no faith are welcome!

Luther College is committed to retaining a personal atmosphere, individual attention, and sense of community. Luther College is a place for those who share our vision of making transformative change for a more grace-filled, just, and joyful world.

For more information about becoming a Luther student or living in our residence, contact: luther.recruitment@uregina.ca, 1-800-LUTHERU, or our website: www.luthercollege.edu/university.

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ALL POST-SECONDARY STUDENTS WELCOME!

- University of Regina
- Campion College
- First Nations University
- Saskatchewan Polytechnic
- University of Saskatchewan
- The Style Academy
- SIIT
- Regina Skills & Trades Centre

APPLY & SAVE $1000 ON RESIDENCE FEES:

THE STUDENT VILLAGE AT LUTHER COLLEGE

luthercollege.edu/residence

Dumont Technical Institute

DTI provides quality education, training opportunities, and services to Saskatchewan's Métis

Dumont Technical Institute (DTI) is the adult education and skills training entity of Gabriel Dumont Institute. Established in 1992, DTI provides quality education, training opportunities, and services to Saskatchewan's Métis. With the philosophy "Learners Come First," DTI has been instrumental in helping reshape the lives of Métis individuals and communities. DTI continues to prioritize Adult Basic Education, Health, Industry/Trades, and Business training.

DTI is proud of its partnerships and direct links to employers that help Métis learners obtain solid employment. DTI has made giant strides over the years to help meet the needs of Métis learners through curriculum enhancement and Métis-specific programming; working cooperatively with other institutions and agencies to improve Métis participation and success in the education system; and ultimately developing a skilled Métis workforce that will meet local, regional, and national labour market needs.

Student Services include:

- Culturally re-affirming environment
- Academic support
- Tutoring and guidance
- Links to employment
- Liaison with sponsoring agencies such as GDI Training & Employment, Education and Training Incentive, and Student Financial Assistance
- Referrals for student assistance
- Career counselling

2024-2025 Course Offerings:

Île-À-La-Crosse
- Adult Basic Education

La Loche
- Adult Basic Education
- Educational Assistant

Meadow Lake
- Mental Health & Wellness

Online
- Adult Basic Education (Level 4)

Prince Albert
- Adult Basic Education
- Practical Nursing
- Heavy Equipment Truck & Transport Technician
- Continuing Care Assistant

Regina
- Adult Basic Education
- Practical Nursing
- Office Administration
- Continuing Care Assistant

Saskatoon
- Adult Basic Education
- Practical Nursing Year
- Continuing Care Assistant

Coming Soon!

Adult Basic Education Workplace 101
Early Childhood Education
Mental Health & Wellness
Multi-Sector Safety Tickets
Health Entry Training
Class V Driver Training

All DTI programs are nationally and provincially certified.

All program delivery is based on adequate client numbers and funding.

For start dates and other information, please call: 1-877-488-6888 or visit our website: www.gdins.org

Assiniboine Community College

Growing your future at Assiniboine Community College

With the naming of the Russ Edwards School of Agriculture and Environment, Assiniboine showcases a pioneering vision for the future of agriculture education in Manitoba that has long been building at the college.

For years, Assiniboine Community College has maintained a sharp focus on providing agriculture-related programming that is linked to in-demand careers alongside applied research offerings that create opportunities for students and solutions for industry. This focus has brought traditional agriculture programs like Agribusiness under the same School umbrella as programs that deal with the environment, like Land and Water Management, or those with a focus on different parts of the food production value chain, like Sustainable Food Systems and Culinary Arts.

"Having a School that provides a cohesive and holistic approach to agriculture is important, because the agriculture industry has evolved to a place where technology, the environment, food innovations and manufacturing are fundamental to things like agronomy, farming or land management," said Tim Hore, Dean of the Edwards School at Assiniboine. "You can't do one without having knowledge of the other parts."

Now, the Edwards School continues to evolve and adapt to serve the emerging needs of this important sector in Manitoba. Opportunities in STEM (science, technology, engineering, and mathematics) are an important piece of the school, with programs like Mechatronics Engineering Technology, Food Science Technology and Chemical Engineering Technology on the horizon. These in addition to existing ag-adjacent STEM offerings like Communications Engineering Technology and Civil Technology.

Another important part of the college's ag focus, and ability to serve both students and the industry, is the Prairie Innovation Centre for Sustainable Agriculture. To be located at the college's historic North Hill campus, the Centre will combine indoor and outdoor learning spaces for seamless, hands-on training experiences—and along with it, a further expansion of programs, allowing the college to grow to more than 800 students in agriculture, environment and related technology programs. It is anticipated that 1 in 3 ag jobs will go unfilled by 2029, so not only is the Centre important to the ag sector in Manitoba, it will provide valuable, career-relevant training to students.

The named Edwards School has represented another step in the college's ag leadership journey. With an entrepreneurial spirit and commitment to a strong Manitoba, the Edwards School is home to Manitoba's leading programs in agriculture and environment, encompassing a field to fork philosophy and integrating the technology to keep up with the evolving industry.

"Russ Edwards is an icon when it comes to ag-related industries in Manitoba and Canada," said Hore. "The college is very similar in the values that we share with Russ. Having his name connected to the school is an honour and will have a long-lasting impact as our college continues to advance its vision for leadership in agricultural education."

Russ Edwards has been a leader in the business community for nearly 50 years, and a champion at the forefront of the agricultural sector across the Prairies. His business roots stem back to his first business in Winnipeg in 1976, constructing culverts, steel roofing, and siding. In the 45 years following, WGI has carved out a remarkable and uncharted path under Edwards' leadership. It has grown into one of Canada's largest manufacturers of steel products. The college is immensely honoured he has offered his name to our school—a school that derives its values from that same sense of entrepreneurial spirit.

The Edwards School is proud to partner with growers, processors, and industry stakeholders to build on the college's successful history of responsive agricultural programming, continuing to lead the way as innovators and change makers in the ag sector.

Have questions or want to find out which program in Assiniboine's Edwards School might be a fit for you? Visit assiniboine.net/edwardsschool.

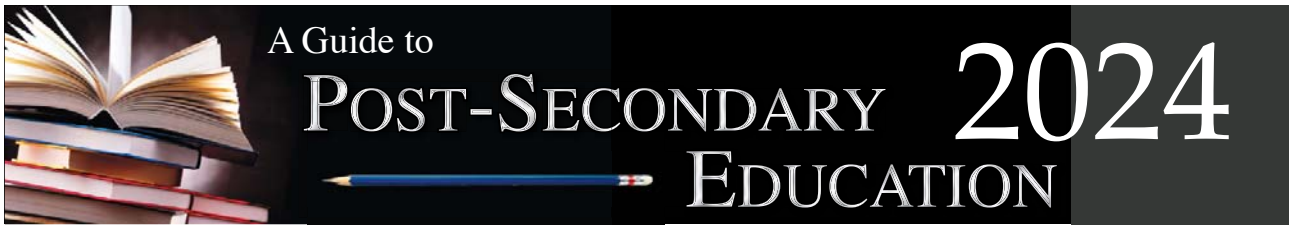
RUSS EDWARDS SCHOOL
Agriculture & Environment

YOUR EDUCATION FROM THE GROUND UP

Grow your future with the Edwards School

assiniboine.net/edwards

ASSINIBOINE COMMUNITY COLLEGE



Sask Polytech

Sask Polytech welding apprentice crowned first Miss Rodeo Agribition

"As long as dedication is there, it can take you anywhere. I have so much passion and dedication for welding and rodeo," says Arianna Dyck, who was crowned the first Miss Rodeo Agribition in November.

Currently studying welding at Saskatchewan Polytechnic Moose Jaw campus for her level one technical training, Dyck is taking apprenticeship training through an agreement with her employer and the Saskatchewan Apprenticeship and Trade Certification Commission.

"When I'm not training at Sask Polytech, I'm out in the field working and getting experience," Dyck explains.

Ready to add Miss Rodeo Agribition duties to her schedule, the new official brand ambassador of the Canadian Western Agribition (CWA) says she's received great support from her peers and instructors at Sask Polytech.

"With the title I currently have of Miss Rodeo Agribition, I want to show people to follow their heart and do what they want to do because in the end, they will live a more fulfilling life," she notes.

As part of the competition, Dyck had to do rodeo challenges, present a speech and complete an interview. Highlighting life in a skilled trade where women are underrepresented was a key element in her platform.

"I talked about women in the trades because it's a topic that's important to me. For me, it means a lot being a minority in such a male dominated industry. With my journey in welding, I want to show women that we can do it just the same as anybody else. No matter who you are, you can do anything," she says.

Her interview also stood out to the panel of judges, recalls Shaun Kindopp, CWA CEO.

"Arianna's interview was fantastic. By the end of it, people wanted to jump up on the table. She's a great speaker and a wonderful first Miss Rodeo Agribition," he explains, noting she was among three finalists vying for the crown.

Dyck's passion for rodeo and barrel racing flourished in high school, which is also when she discovered welding. As she explored her post-secondary options, she knew Sask Polytech was the right fit to achieve her career goals.

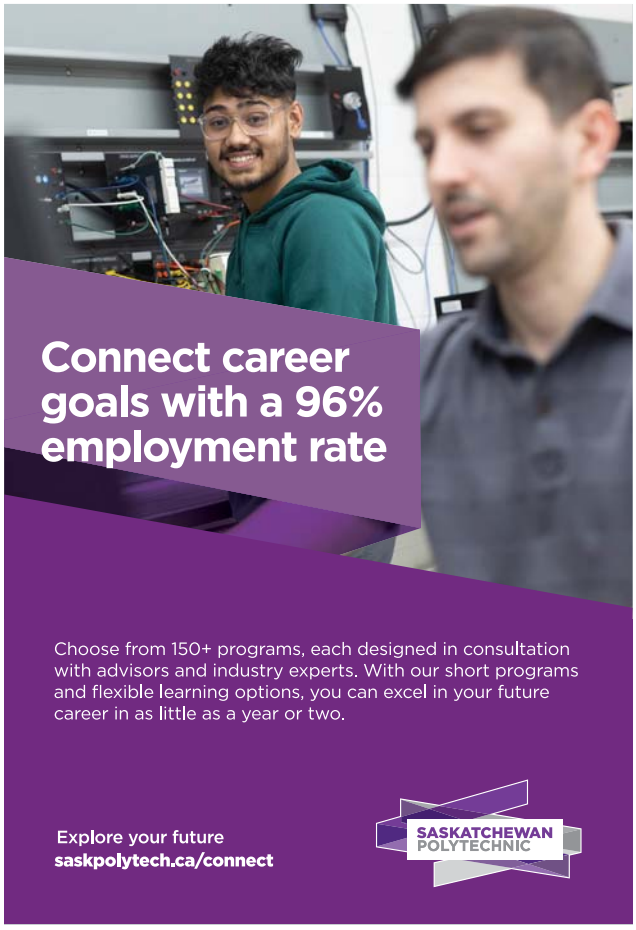
"Sask Polytech has resources like short course options. I had the opportunity to try Metalworking Madness," she says. The Continuing Education course geared to underrepresented groups including females, Indigenous people, newcomers, people with disabilities and youth enabled Dyck to further solidify her career choice. "It was very insightful and helped guide me towards being a welder."

For the next year, Dyck will travel to various communities and schools to represent the CWA as Miss Rodeo Agribition.

With her future as bright as welding sparks, Dyck plans on advancing her career and continuing to be a competitor in rodeos. In three years, she sees herself as having completed the welder journeyperson certification and continuing to be a voice for women in the field.

"Trades are an awesome place to work. I want to be an advocate for women in trades, and I want to keep pursuing my love of barrel racing and improve my horsemanship."

Learn more at saskpolytech.ca



A Guide to POST-SECONDARY EDUCATION 2024

Canadian Mennonite University

CMU graduates chosen for prestigious Manitoba Legislature internships

by Myles Tiessen

Two Canadian Mennonite University (CMU) graduates from the class of 2023 were recently accepted into the highly competitive Manitoba Legislature Internship Program. Willms and, both graduates of 2023, will be a part of the prestigious 10-month internship from September to June.

Open only to six Manitoban students each year, the program provides opportunities for recent university graduates to experience firsthand the legislative process within the Manitoba legislature.

Interns are assigned to work with the incumbent or opposition caucuses, where they participate in various government operations, seminars, and many other legislative processes.

"I'm excited to get wrapped up in the whole energy of the place," says Nicholas Harder. "I'm excited to do this because interns do a lot of different things in a day, and it's very important to me that I have a job that has a variety of tasks."

Kyla Willms is also excited to embrace the consistency of a high-paced full-time position. "I've heard that sometimes the interns will get to the legislature and have a half-hour to write something for the MLAs to say [during legislative assembly]," she says. "I think it'll be a challenge, but also a good challenge."

Regardless of the swirling nerves, Harder and Willms say they feel prepared for the role.

Harder spent his CMU practicum placement with the Canadian Centre for Policy Alternatives-Manitoba Office, which he says helped him develop skills that will transfer to the internship program. "During [my practicum], I started picking up what other community activists and community researchers are doing and what the socio-political ecosystem is like in Manitoba."

In conversation, Harder and Willms were vocal about their initial skepticism about the political process. As political studies majors, they spent years analyzing, evaluating, and often judging the form and function of government. However, as they thought more about their desire to make a difference in their community, they became increasingly drawn to the internship program.

Nicholas Harder

Kyla Willms

In Willm's instance, an independent study at CMU led her to conceptualize and draw political cartoons satirizing government officials. "In a way, I was doing critique from the public's view, so it'll be interesting to see the process from the inside," says Willms. "It'll be nice to feel like I'm a part of this large process. And thankfully, I wasn't drawing any MLAs," jokes Willms.

Harder and Willms aren't the first CMU graduates to participate in the program. Hannah Drudge (CMU '22) was among the select few chosen this past year. "Getting to be a part of the important work done in the Legislature was amazing," says Drudge. "I really felt like I was contributing—in a very small way, of course—to the democratic process."

She says that between the policy, research, communications, outreach, and legislative business, she was able to try on different vocational hats and fully explore, in-depth, what she learned through her time at CMU.

Nathan Dueck (CMU '21)—currently in law school and went through the internship just a few short years ago—says, "CMU prepared me by setting consistently high expectations for my writing throughout my degree. As a result, I went into the internship with a much more refined ability to write well and quickly than I would have had, I suspect, had I undertaken my undergraduate studies at any other school in the province."

"I really enjoyed the stress of [the program] and am now better equipped to work in high-pressure environments going forward. It was also really fun to hear MLAs deliver speeches that you played a role in drafting," says Dueck.

Harder says he's excited to see the tangible evidence of his hard work. He says, "It's cool to think that all these skills you build up can actually be used for something, to propel movements forward, create certain policies, and make a difference in people's lives. I'm excited to see the impact."

Jonathan Daman (CMU '17), a graduate of CMU's Redekop School of Business, was also selected to participate in the Manitoba Legislature Internship Program in 2018/19.

A Guide to POST-SECONDARY EDUCATION 2024

Mount Royal University

New Data Science degree helps meet growing industry demand

Today, information is being shared everywhere, all the time. The result is a growing demand for trained professionals who can extract valuable insights from large datasets. To help meet industry needs, Mount Royal University (MRU) has launched a new, future-focused Bachelor of Science degree in Data Science.

Data science is the art and science of collecting, analyzing and interpreting data to extract meaningful information, elevate decision making and support innovation. With new tools, algorithms and techniques emerging all the time, it is an exciting and rapidly evolving field with lots of potential. According to the Government of Canada's Job Bank, it's predicted there will be 29,300 new job openings for database analysts and data administrators between now and 2031.

Dr. Jonathan Withey, DPhil, dean of the Faculty of Science and Technology at MRU, emphasizes the relevance of the program in today's data-rich environment. "Governments, organizations and businesses have access to larger quantities and more kinds of data than ever before. Employers have told us that graduates who can extract valuable insights from datasets are increasingly sought after," he says. "We are meeting the needs of Alberta learners seeking to embrace a wide variety of opportunities in the field of data science."

With a focus on specialized courses and work-integrated learning, MRU's Data Science program explores mathematics, statistics, computer science and domain knowledge through subjects including statistical analysis and machine learning. There are also four concentrations to choose from, allowing students to narrow in on a specific area of interest: mathematics and statistics, computing and big data, finance, or logistics and supply chain management.

Through building an excellent foundation in quantitative analysis, including the ethical considerations of how data are collected and interpreted, students will graduate well-equipped to solve problems through data, putting them at the forefront of a burgeoning field with career opportunities across industries, from oil and gas to transportation, tech and the public sector.

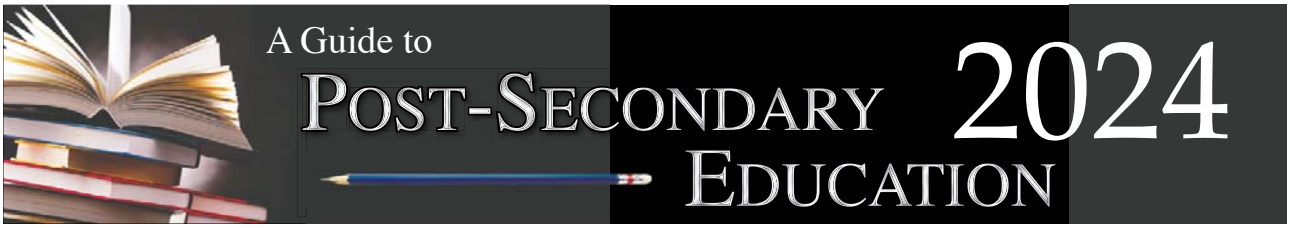
"With the explosion of data that is generated in part through our everyday online interactions, organizations have mountains of data and now they're trying to figure out what they can do with it, how can they extract some meaningful information," said Dr. Brady Killough, PhD, associate professor and chair of the Department of Mathematics & Computing at MRU. "That's where you get into these large-scale applications of either traditional statistical methods or some of the machine learning algorithms that are also in the news a lot these days."

An important part of the MRU program is a mandatory work term that allows students to gain valuable real-world experience. This opportunity isn't just about opening doors to job prospects – it's also a chance to apply knowledge in a professional setting and further enhance skills.

"Students will learn enough in those first three years to be able to contribute in the workplace and also be at a good place where they still have a lot of room to grow. It will help get their foot in the door and will also be an incredible learning experience," Killough says.

The first cohort of Data Science students at MRU started this winter, and applications are open now for a Fall 2024 start.

Learn more about data science at Mount Royal University at mru.ca/DataScience



Suncrest College

Looking local for your next career move? Look no further than Suncrest College!

From the trades to University education, the daunting task of post-secondary education becomes a lot less nerve-wracking when you can do it in your own backyard. That's something Suncrest College is able to offer, with the largest region of Saskatchewan's regional college network, Saskatchewan's southeast and south-central areas benefit from the work done at the College.

One of the biggest worries for students post-graduation is finding employment. What if your educational institution did that work for you? That's just another one of the benefits of Suncrest.

The College meets regularly with industry experts to identify any and all needs and then implements programming in a strategic way to ensure that post-grad, there's employment ready for you. That's just one less stress you'll need to worry about at Suncrest College.

Another stress for those in post-secondary? Finances. Well, instead of having to move to "the big city," or relocate outside of Saskatchewan, why not stay where you've familiarized yourself? Why not stay where you are, and keep that job you've had for years? Why pay more to live when there's an option at home? Just a few more advantages of enrolling at the College!

And don't even get us started on the small class sizes, the additional resources, and the talented staff that keeps the College recognized—not just regionally, but across Western Canada and beyond. We are here to not just suit your needs, but to give you every tool imaginable to find your success—and ultimately, your desired career, too!

When it comes to the programming Suncrest is able to offer across the 11 campuses within the region, the delivery is vast and will allow you to choose your path.

Want to be a firefighter? Look no further than Saskatchewan's only professional firefighting training program.

Want to get into the health field? Take your Nursing degree here at home, or become a Continuing Care Assistant, there's even Practical Nursing to fit your needs and your goals.

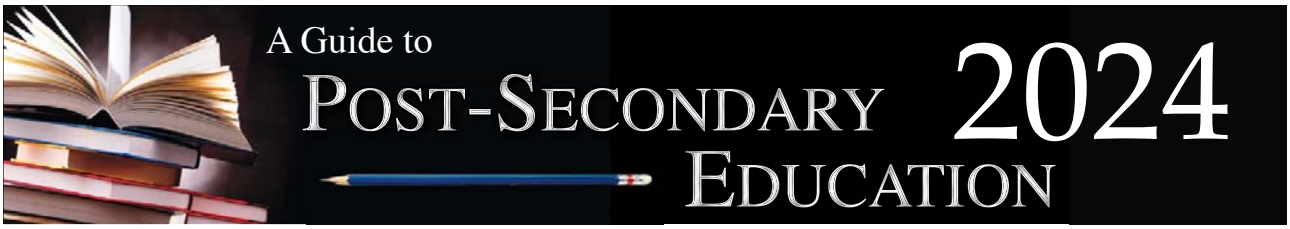
Want to get into the trades? Well, we have multiple state-of-the-art shops all across the region, and we can pave that next path for you. From welding to power engineering, to industrial mechanics and electrical, we can find a way to fit your needs.

Want a degree from Saskatchewan's universities? You can do that too, right at Suncrest College. If you're just looking to fill one year of your university schooling too, you can do that at Suncrest as well. Even one year spent at Suncrest could benefit you immensely, with the ability to save and shave your overall debt upon graduation.

There's also corporate training, if you're looking for something to help develop your skills, increase your certificate training, or want to try something new—the possibilities are endless at Suncrest College.

Visit our website today, and learn more about what your future has in store at Suncrest College.

Suncrest College — Bright Minds. Bright Futures.



Brandon University

Brandon University helps you get a great start

BRANDON, Man. – Brandon University is proving that starting small can lead to big things.

Centrally located in Manitoba's second-largest city, BU has about 3,500 students in the Faculties of Arts, Education, Health Studies, Science and the School of Music. Specializing in personalized education, the university offers 19 undergraduate degree programs, six graduate programs and four certificate programs.

"Brandon University is a great place to start your post-secondary educational journey," said Leanne Barcellona, BU's Director of Recruitment and Retention. "We're a smaller school, where students get to know each other and their professors in a friendly, welcoming environment. At the same time, we're able to appeal to a wide variety of people. Some students come here because they want to immediately begin their career following graduation, while others are looking for a strong foundation for further studies. They may be preparing for graduate programs or beginning their undergraduate degree here as a first step before continuing in a specialized program at a larger university."

Education and Health Studies, which has recently expanded to make more spots available in Nursing and Psychiatric Nursing, are two faculties that offer professional programs allowing many BU graduates each year to step into rewarding careers. Manitoba's most comprehensive Co-operative Education program, which was successful in helping every participant in 2023 find employment related to their education, gives Arts and Science students a leg up as they earn while they learn, gaining valuable real-world experience. Brandon University also offers 20 pre-professional programs, allowing students to complete one to three years at BU before seamlessly moving into professional programs at other universities.

"Students face so many choices, that sometimes it's hard for them to know where to start," Barcellona said. "At BU we really make that easier by supporting them every step of the way and letting them know we are here to help. All it takes is a chat with our academic advisors, who can discuss your interests with you and help you plan out a program to get where you want to go."

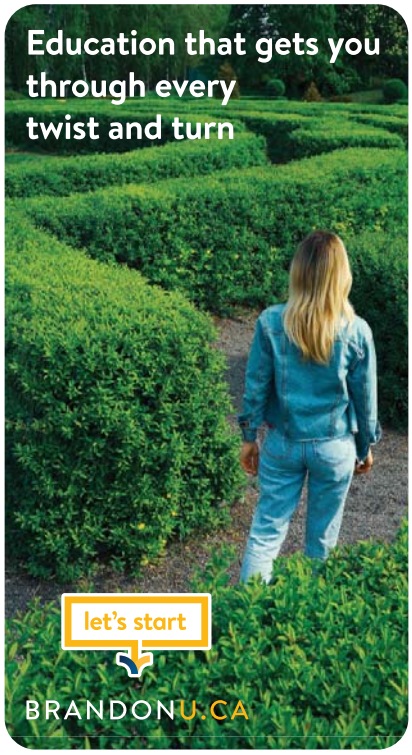
Other assistance available to students includes career planning, personal counselling and accessibility services. The Indigenous Peoples' Centre provides a welcoming home-away-from home for many students and the support of Knowledge Keepers, while the Healthy Living Centre is a gateway for wellness and recreation on campus. Extra-curricular activities like the Student Leader program and 50 clubs are another way for students to meet new friends and develop new skills and interests.

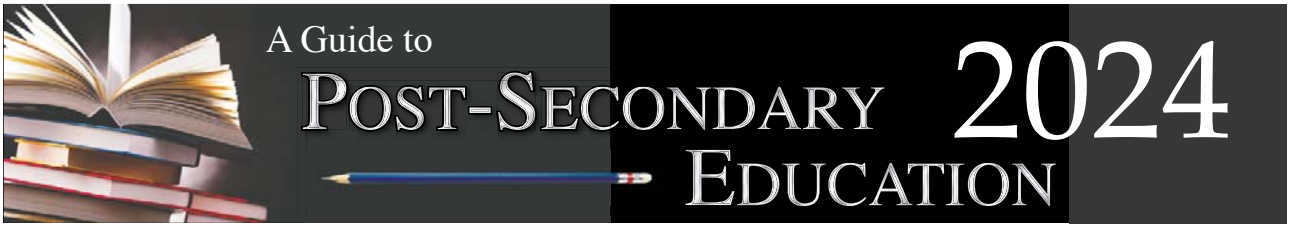
"I met like-minded individuals from differing programs, connecting with students who are now friends, being able to study through the most difficult courses together, and finding out I was not alone in my journey," said Kim Dunthorne, whose student research was recently featured in BU's Research Connection publication. "It really made a difference, and, more often than not, it was fun."

The opportunity for student research is another one of Brandon University's strengths. Because of its small size, many undergraduate students get the chance to work on projects with world-class researchers, an opportunity that might be limited to only graduate students at larger universities. Recent student research at BU has included projects focusing on cancer detection, environmental protection, mental health, and astronomy.

Brandon University's success is evident in its alumni, who play important leadership roles in their communities, both locally and internationally. The pride is shared by BU alumni, with 93 per cent saying their education prepared them to excel in the workforce, while 98 per cent recommend Brandon University.

Learn more about Brandon University, take a virtual tour, or set up an in-person visit at BrandonU.ca/Future-Students.





What I have learned in my first semester

University holds many learning opportunities

Ashley Bochek

I have completed my first semester at the University of Regina studying Education. I have enjoyed my first semester making new friends, living in the city, and having Fridays off. I've also really enjoyed the university classes toward my degree.

My first semester held many obstacles with new ways of learning. When people say university is unlike high school they are right, but not in a scary way. I have learned to adapt to different class schedules and homework that includes many essays it seems. I have also learned how to take notes in a lecture hall of 370 students that entails multiple slides of information rolling constantly. I have adapted to take night classes and long three-hour English lectures that in my defence is just way too long to sit through.

Each class this semester created different tasks of learning to establish in order to strive. I found out I learned best by physically writing my notes. I printed off slide shows to add notes onto rather than my peers on iPads and laptops.

I learned that I don't mind midterms because after there is less material to study for finals. I learned what it was like to write exams as compared to my very few throughout my high school years. The first semester was a learning curve with a sense of the unknown, but as the months went on it flew by and now I am done the first semester and starting fresh in January for the second semester.

I live on the east end of Regina and commute to the university. However, I also learned the change of lifestyle and living away from home-cooked meals and the easy 5-minute drive to get groceries. There were so many times I drove home after school because I forgot my grocery list and had to turn around and drive back 10-20 minutes, depending on traffic, to pick up groceries. I have learned to make lists on my phone and if I am unsure if I need something just buy it anyway because more times than not I realized I did need it once I got home.

I have also learned to drive even slower in the city when roads are icy because little fender-benders are more likely to happen when there is always a vehicle ahead of you at a red light and you can't stop, as compared to little traffic at stop signs in Moosomin that you can usually get away with sliding through if need be.

First year students at the University of Regina begin their pre-intern weeks in elementary schools all over the city. I was placed in a southern elementary school for four half days and learned different school environments.

I was placed in grade 2, 3, 4/5 and 7/8 split classes throughout the four mornings. I have learned and now seen the effects of covid on young students who are unsure how to spell certain letters and when to capitalize proper nouns throughout sentences.

Personally, when covid happened I was finishing grade 9 and beginning grade 10. I believe it didn't drastically affect my academic skills, but I never thought of the detriments it would have on young students learning basic academic and life skills of reading and writing. It was eye-opening helping the students from an educating standpoint.

Since attending university I have been opened to many more opportunities of learning. In my English 100 class we had a guest speaker, Sadiqa de Meijer, author of memoir, *Alphabet/Alphabet*. It was an amazing experience listening to her perspective on the English language as a newcomer and the untranslatability between many languages in our world.

In another class, guest speakers from KidSport and Volleyball Canada as well as a Saskatchewan Teachers Federation representative all gave presentations. Listening to many speakers was captivating and interesting to learn from rather than writing notes on slides every class.

By attending university I have listened to many representatives of multiple Saskatchewan associations that I wouldn't have experienced elsewhere.

Lastly, I have learned about myself. At the beginning of university I was nervous and worried that I would struggle. I had doubts about my own academic skills.

After completing my first semester I have grown as a student and a young adult. I have realized that I am very independent and enjoy structure in my life and my daily schedule.

I have learned that university is a step closer toward my future and that is what makes me most excited. I am confident and curious of my future as I have been learning about personal interests and strengths as a student these past four months.

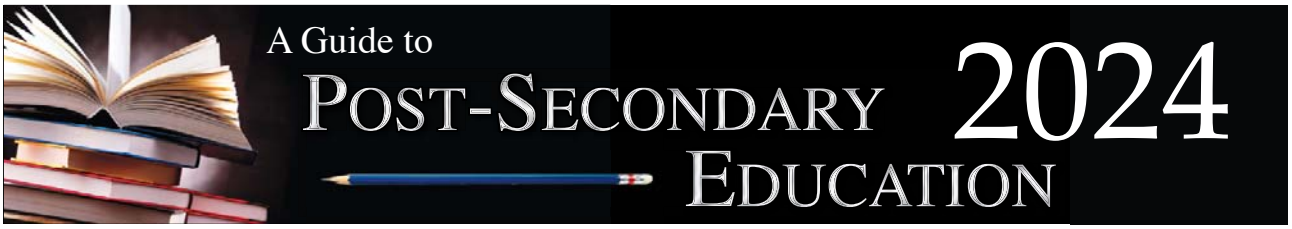
I have enjoyed my first semester at the U of R and intend to enjoy the next. It is an experience that offers many opportunities with meeting new people and learning new perspectives and I wish everyone to experience the same.

It is exciting and self-empowering living on your own and committing to a new phase of growing up.

I would wish for everyone to attend university or at least try it. If you don't like it or you don't see a four-year or more degree in your future then at least just see what it is about because it might just be a thrilling experience.

You will grow as a person and learn more about your personal views, interests, and values as a young adult. You may just begin to enjoy the new adventure!

Ashley Bochek is a first-year University of Regina student who does some writing for the World-Spectator.



USask Nursing

USask College of Nursing expands nursing education in Saskatchewan

BY KYLIE KELSO, SENIOR MARKETING AND COMMUNICATIONS SPECIALIST, UNIVERSITY OF SASKATCHEWAN COLLEGE OF NURSING

Since 2012, the University of Saskatchewan (USask) College of Nursing has been offering the Bachelor of Science in Nursing (BSN) program at various locations throughout Saskatchewan. At the end of 2023, USask Nursing announced the addition of two distributed nursing sites – Lloydminster and North Battleford.

Beginning September 2024, students interested in taking the BSN program will be able to complete their entire degree at USask campuses in Saskatoon and Prince Albert or at nursing sites in La Ronge, Île-à-la-Crosse, Yorkton, Lloydminster, and North Battleford.

"We have listened to the residents of Saskatchewan and expanded to locations in the province where students previously could not access our BSN program," said USask College of Nursing dean Dr. Solina Richter (DCur). "It is important our program offering is inclusive of rural areas of the province that have been previously underserved."

The College of Nursing Learn Where You Live model has proven to be successful at distributed sites in La Ronge, Île-à-la-Crosse, and Yorkton. Since the first students entered the BSN program in La Ronge and Île-à-la-Crosse in September 2012, 66 nursing students have completed their degree in northern Saskatchewan. Since starting the program in Yorkton in 2014, 81 students have graduated.

When nursing students complete their degree in their community, the majority of graduates stay and practice there. Our northern communities need northern nurses, who are familiar with the culture and people. Saskatchewan has a large Indigenous population, particularly in northern Saskatchewan.

"In order to provide quality nursing care, we must actively contribute to a representative nursing workforce that is responsive to the needs of the province," said Dr. Richter.

"We have a long history of Indigenous student success and are recognized as having the highest number of self-declared Indigenous nursing students in the country. 16.6% of seats in the BSN program are reserved for Indigenous applicants."

By expanding to Lloydminster and North Battleford, the College of Nursing aims to ensure all students in Saskatchewan have access to registered nursing education. When these students complete their nursing degree, they will help to fill unmet registered nursing workforce needs in northwest Saskatchewan.

"By offering the BSN program at our distributed nursing sites, we are giving students the opportunity to learn where they live in La Ronge, Île-à-la-Crosse, Yorkton, Lloydminster, and North Battleford," adds Dr. Richter.

"We are decreasing the likelihood of these rural and remote communities experiencing a registered nursing shortage, as the students who complete their nursing education in these communities, will likely practice in the community once licensed."

The USask BSN is a 1+3 program. Students take their pre-professional year at USask campuses in Saskatoon and Prince Albert, at the University of Regina, or at a number of regional colleges throughout the province. The remaining three years are completed through the College of Nursing in Saskatoon (USask Campus), Prince Albert (USask Prince Albert Campus), La Ronge or Île-à-la-Crosse (Northlands College), Yorkton (Suncrest College), Lloydminster (Lakeland College), and North Battleford (North West College).

***For more information on the University of Saskatchewan College of Nursing, please visit* nursing.usask.ca**

The University of Saskatchewan College of Nursing offers the Bachelor of Science in Nursing program at seven locations throughout Saskatchewan.

ABOUT US

ELITE HAIRSTYLING & ESTHETICS TRAINING CENTER IS A MODERN TRAINING FACILITY LOCATED IN DOWNTOWN MOOSE JAW, SK. WE OFFER FULL TIME PROGRAMS IN HAIRSTYLING, ESTHETICS, NAIL TECHNICIAN, OR SKIN CARE TECHNICIAN.

WE PRIDE OURSELVES ON OFFERING VERY SMALL CLASS SIZES FOR THE MOST ONE-ON-ONE TRAINING EXPERIENCE WITH OUR JOURNEYPERSON INSTRUCTORS.

We believe that each student learns differently so with small class sizes we can focus on each student's individual needs and help them in a way that makes them successful in our industry.

With this opportunity you are able to have a lot of hands-on experience which helps you transition into the working world more successfully and starts to build your clientele even before you graduate.

At Elite we have the highest standard of health and safety in our learning space for our clients and students.

Hands-on learning is the best way to learn in our industry, which is why we offer real clients for you to practice and build your portfolio with.

We go above and beyond to create the most professional, knowledgeable graduates leaving our training center.

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SKIN CARE TECHNICIAN — 1050 Hours

Love all things skin?

This is the perfect program for you! Learn everything from facials, waxing, body treatments, lashes, tinting, skin care and so much more. This small class size program will teach you everything you need to work in a spa environment or move into the medical esthetics industry.

NAIL TECHNICIAN — 400 Hours

Interested in all things nails? In our 14 week program (4 days a week) you will learn every aspect of the Nail Technician trade including manicures, pedicures, gel nails, acrylic nails, nail art and so much more. Learn from our Journeyperson instructors in all areas of theory, portfolio building, social media and hands-on training. This 7 month program is the perfect course for our skin lovers and anyone wanting to persure medical esthetics training after.

ESTHETICS — 1450 Hours

Our 10 month Esthetics program is designed to teach you all aspects of the Esthetics industry in small class setting including business building, client retention and building a portfolio.

Throughout our programs you will have strong theory components and hands-on practice in a spa-like atmosphere.

Learn all things skin and nails!

HAIRSTYLING — 1500 Hours

Our 10 month Hairstyling program offers a strong theory and practical component in cutting, styling, permanent waving, coloring, business building, client retention and so much more to get you started in your career. Our classes include lots of hands-on training and one-on-one instruction with our Journeyperson instructors.

In addition, you also receive a certificate in basic manicures, pedicures, and facial waxing. We offer small class sizes in a modern training center.

All of our programs are registered with the Ministry of Advanced Education.
All program training hours are counted towards your Journeyperson status in your relevant field.

CONTACT US

ELITE HAIRSTYLING & ESTHETICS TRAINING CENTER
Providing high quality education in small class sizes!

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228 2nd Ave NW Moose Jaw, SK, S6H 7R2
www.elitetrainingcenter.ca director@elitecenter.ca

A Guide to Post-Secondary Education 2024

St. Thomas More College

Offering students the best of both worlds

St. Thomas More College (STM) provides students with an intimate scholarly setting situated within the larger University of Saskatchewan(USask) campus. Offering a combination of smaller class sizes, award-winning faculty, social activities, additional scholarship and bursary opportunities, and a cafeteria – students enjoy an environment that is the best of both worlds.

STM, in partnership with USask's College of Arts and Science, provides students with over 220 additional credit classes in the humanities and social sciences that they can select from – many unique to the campus. Any USask student may take STM courses, with credit counting toward their USask degrees. STM offers courses in the following 19 subject areas: Anthropology, Archaeology, Classical, Medieval and Renaissance Studies, Catholic Studies, Economics, English, French, Hebrew, History, Interdisciplinary Studies, Latin, Literature, Philosophy, Political Studies, Psychology, Religious Studies, Sociology, Spanish and Ukrainian. STM also now offers five certificate programs distinct to campus. To see a full listing of classes taught and programs coordinated by STM, please visit stmcollege.ca

Two extensive additions and renewal to the College include additional classroom space incorporating the latest technology; dedicated student study and lounge space; faculty research space; newly renovated library, and a large natural light Atrium for studying and gathering with friends. STM is also recognized for its Community Service-learning opportunities, successful drama and glee club; youth groups, a student governing body within the College, and access to student advising and College ministry support.

Register through PAWS. For more information contact STM Academic Advisors at 306-966-8900.

Apex Academy

Unleash your passion at Apex Academy of Professional Grooming & Animal Arts in Regina

Are you ready to turn your love for animals into a rewarding and fulfilling career? Look no further than Apex Academy of Professional Grooming & Animal Arts, conveniently located in Regina, Saskatchewan. Our dedicated team of instructors is not just here to teach—they live and breathe pet grooming. With a wealth of experience and knowledge, they are committed to guiding you on the path to success.

Passionate industry-leading instructors

At Apex Academy, teaching pet grooming is more than just a job—it's a way of life. Our instructors are not only passionate about animals, but they also bring a wealth of industry expertise to the classroom. Their commitment to your success is evident in their teaching strategies and mentorship, ensuring you receive the best education possible. Join us and learn from the best in the business.

Curriculum reflecting industry trends

The pet grooming industry is booming, and we understand the importance of staying ahead of the curve. Our curriculum is designed to reflect the latest industry trends, providing you with the knowledge and skills needed to succeed in the ever-evolving world of pet grooming. With a shortage of groomers, now is the perfect time to embark on this exciting career path, and Apex Academy is here to guide you every step of the way.

Step-by-step with rewarding results

Embark on a journey of success with our carefully curated programs. Since 2011, Apex Academy has been shaping the future of grooming education, constantly refining our programs to ensure optimal results for our students. Our step-by-step approach guarantees rewarding outcomes, allowing you to grow your professional skills and become a sought-after groomer in the industry.

Life-changing opportunities await

Becoming a groomer can be truly life-changing. The demand for skilled professionals is higher than ever, and Apex Academy is here to help you reach your dreams. Beyond the surface of grooming, our programs delve into essential business strategies, equipping you with the tools for both efficiency and success. Apex Academy is proud to be the only Professional Grooming School in Saskatchewan registered with the Ministry of Advanced Education, ensuring a recognized and respected qualification upon completion.

Join the Apex Academy community

The pet grooming industry is thriving, and there's a shortage of professional groomers for both cats and dogs. Seize this opportunity to make a difference in the lives of pets and their owners. Apex Academy of Professional Grooming & Animal Arts is not just a school – it's a community of passionate individuals dedicated to making a positive impact in the world of pet care.

Enroll today and embark on a journey of passion, learning, and success at Apex Academy in Regina, Saskatchewan! To learn more and access the Student Handbook, visit www.apexacademy.ca

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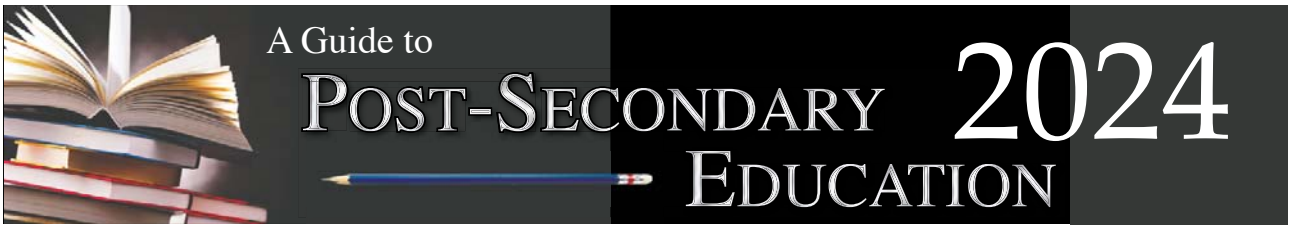


Eternal Beauty Institute

With a complete range of educational beauty programs, we have something for everyone

Eternal Beauty Institute YQR is a dynamic Esthetics Training Facility that provides an elite esthetics education in the province of Saskatchewan. At Eternal Beauty YQR, we pride ourselves on offering hands-on training in a clean, friendly, comprehensive, and relaxing environment to ensure the success of all who attend. We strive to provide our training in the most inclusive and welcoming environment possible.

It is not only our mission to provide students with the best education possible in the industry but also to provide them with the knowledge and the tools required to create a successful business and grow a thriving reputation in the esthetics community. Our instructors are experts in their fields and are here to help our students succeed.

We offer a variety of esthetics courses (over sixty to select from) to ensure that you can be an expert of your own trade. Some of our most popular Skin Care Training Programs include Spa Safety/Skin Anatomy, Facials 101, Chemical Peels 101, Dermaplaning, Microneedling, Microdermabrasion and many more advanced skin therapies to assist with improving a diverse range of skin concerns. Our programs include a rigorous blend of in-class and practical clinical instruction.

We also offer more comprehensive programs in Clinical Esthetics, Laser Programs and Skin Care. These programs educate students on the subjects of Laser Skin Rejuvenation, Pigmentation Correction, Laser Hair Removal, Laser Vein Removal, Laser Tattoo Removal and Laser Teeth Whitening.

We also offer a variety of other courses in:

- Lash Extensions
- Piercings
- Tattooing
- Permanent Makeup
- Makeup Artistry
- Gel/Acrylic Nails and many more!

Eternal Beauty Institute YQR has a proven success rate in producing graduates who are able to find meaningful employment, advance existing skills and/or start-up a new business with the education that they have received through our comprehensive training programs. Every course with Eternal Beauty YQR also includes modules educating students on job seeking, provincial health regulations, licensing, insurance, marketing, and business building. These modules assist us in ensuring the success of our students' post-graduation.

Another major benefit offered at Eternal Beauty YQR, is that all graduates have the opportunity to join our Earn While You Learn program. Our Earn While You Learn program is a great way for students to gain hands-on experience while earning extra income as they build-up their own clients with no start-up cost to the graduate/student!

A few of the career options post-graduation from Eternal Beauty Institute YQR would include spa employee, medical spa employee, opening your own commercial or home-based business, spa reception, tattoo artistry, esthetics educator, lash technician, nail technician, permanent makeup artist and many more!

Eternal Beauty Institute YQR thrives on the success of the students and believes that education means creating a brighter tomorrow and we want to achieve that with you.

Eternal Beauty
yqr

Are you ready to make the jump into a rapidly expanding industry with endless opportunities? There is no better time than now to register at Eternal Beauty Institute.

Become certified in Esthetics, Laser Programs, Lash Programs or get certified in any of our other 60+ course offerings. Our goal is for you to be as successful as possible in your new career.

Contact us to learn more about our popular course selection, including:

- Microneedling
- Chemical Peels
- Permanent Makeup
- Tiny Tattoos
- Esthetics Programs
- Laser Hair Removal
- Eyelash Extensions
- Gel/Acrylic Nails
- Teeth Whitening
- Laser Programs

306-757-8239 (Eternal Beauty YQR Office)
306-501-6605 (Director of Admissions)
yqr@eternalbeautyinstitute.com

Southeast College

From health care to trades, let Southeast College be your next step in education!

There are plenty of benefits to taking courses through Southeast College, which offers students a wide range of learning opportunities and the chance to take classes right in their own communities. Southeast College operates campuses in six communities throughout southeast Saskatchewan. Students receive valuable hands-on post-secondary education and are expertly trained for careers in a wide variety of fields, with an emphasis on trades and technology. Southeast College also offers adult basic education options, and an inclusive list of continuing education courses as well as essential industry and safety training options to get you ready for your career.

Enhanced student supports, combined with small class sizes and personalized instruction makes Southeast College an ideal choice for your education in Saskatchewan.

Continuing Care Assistant Certificate

Whitewood, Estevan, Weyburn, Assiniboia

Demand for heath care workers continues to be high, and that includes demand for Continuing Care Assistants. This 32-week program will prepare you for a career as a CCA where you'll work directly with clients in long term care, home care, assisted living, some areas in acute care and even special needs classrooms. You'll help them with mobility, personal care, assisting them to eat their meals and medication monitoring.

Our health-care programs across the college have been well attended for the last few years. This really highlights the need for health care positions and health care education in southeast Saskatchewan. In the past we've had students from Whitewood, Moosomin, Wolseley, and from some of the First Nations communities that are in that Whitewood area.

In 2024, the estimated wage for a Continuing Care Assistant, ranges from $35,360 to $51,580 annually. (Relevance Magazine, 2024 Job-Chart-2024.pdf (contact360.ca))

Heavy Equipment Operator

Estevan

Centrally located in southeast Saskatchewan, the Heavy Equipment Operator course is a combination of in class and in field theory. Students have access to state-of-the-art simulation equipment in addition to in seat training.

Students should have demonstrated course suitability including but not limited to mathematical ability, excellent vision and a high degree of hand eye coordination. Students should also be in good physical condition as lifting and moderate physical labour are required to work in this sector.

State-of-the-art simulation technology combined with current and relevant curriculum are two significant advantages to the program. The Southeast College Heavy Equipment Operator program is 12 weeks in duration. The twelve weeks of training includes classroom instruction, simulator training, work/job readiness, and, most importantly, seat time that was developed with the student's safety and muscle memory skills in mind. Students spend the first 6 weeks of training in classroom and on simulator. Students spend the second half of their training in a practical training setting that mimics the simulation training and equipment. Students complete several competencies on various pieces of equipment.

In 2024, the estimated wage for a Heavy Equipment Operator, ranges from $46,920 to $89,230 annually. (Relevance Magazine, 2024 Job-Chart-2024.pdf (contact360.ca))

Early Childhood Education

Early Childhood Education is a two-year diploma program. As an early childhood educator, you will support children as they learn through play. Your role will be to create developmentally appropriate curriculum and design inviting and effective quality learning environments. You will learn how to develop holistic programs that include early literacy and language, creative arts, numeracy, and open-ended play experiences both indoors and outdoors. Your responsibilities will include working alongside your colleagues to build relationships with children and families, community partners and other professionals.

In 2024, the estimated wage for an Early Childhood Educator, ranges from $27,040 to $50,170 annually. (Relevance Magazine, 2024 Job-Chart-2024.pdf (contact360.ca))

Agribusiness Diploma – NEW Program!

Weyburn

Agribusiness isn't just a career path for someone with a rural background. In this program, students will expand their view of agricultural business with a focus on agricultural production.

The Agribusiness Diploma is a two-year program. The first semester will focus general Agribusiness principles. The following 3 semesters will dive deeper into the production stream of Agribusiness.

Agribusiness extends beyond farming and into a wide range of careers across the agricultural sector. Potential career paths could include: Primary Producer, Agricultural Advocacy, Tourism, Marketing, Government Services, and Entrepreneurships.

Business Management Diploma – NEW Program!

Weyburn

Business encompasses many disciplines. The Business Diploma program prepares you for a wide variety of entry-level positions. The program provides a solid foundation of the major business concepts and principles for careers in accounting, marketing, management, human resources, insurance, finance and entrepreneurship.

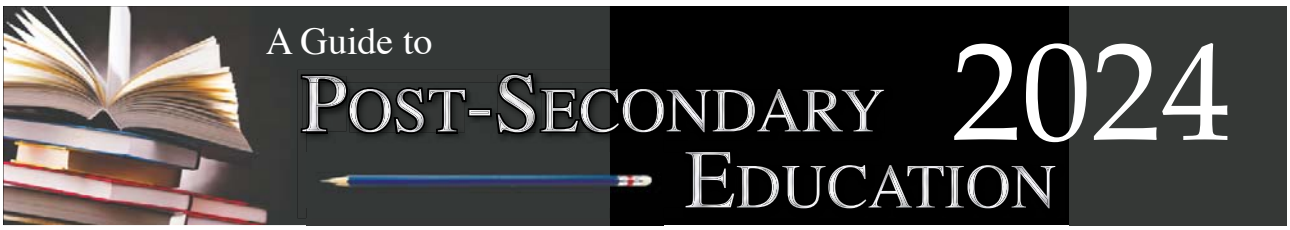
Graduates from the Business Diploma program may find employment in entry-level positions in banking, retail, human resources, insurance, marketing and more. Entry-level positions include management trainees, administrative assistants, financial officers, and sales representatives.

Mental Health and Addictions Counselling Diploma – NEW Program!

Estevan

Mental Heath and Addictions workers are a vital part of the health care team. Graduates from the Mental Health and Addictions Counselling Diploma program will bring their new knowledge in the specialty to communities across the province and be able to confidently assist with the growing addictions crisis.

The Mental Health and Addictions Counselling Diploma prepares students to make a difference for clients in a variety of settings including: treatment centres, community mental health and addictions services, mental health crisis teams, and employee family assistance programs.



Medicine Hat College

Your path starts here

Finding purpose in supporting others

Ernest Torniado always knew he wanted to help others.

Trained as a massage therapist, Ernest enjoyed the ability to work closely with his patients to discover suitable treatment plans but due to the repetitive nature of the work, he found himself in a state of burnout, considering other opportunities. When the COVID-19 pandemic forced him out of work forthree months, he was ready to find a new career in the healthcare industry.

A path to physiotherapy

With an interest in physiotherapy, Ernest moved from Saskatchewan to enroll in the Occupational Therapist Assistant/Physical Therapist Assistant (OTA/PTA) diploma at Medicine Hat College (MHC). This two-year program trains students to work under the direction of occupational therapists and physiotherapists, helping clients to successfully perform daily activities and mobilize after illness or injury.

"Becoming a therapy assistant allowed me to continue working within the healthcare scope, but more so on the rehab side," explains Ernest, who began the OTA/PTA program in Fall 2020 with an initial plan to pursue physiotherapy. He chose MHC for its ability to transfer the diploma to institutions like Athabasca University, Thompson Rivers University and University of Calgary for degree completion.

Upon finishing the program in 2022, he returned to Saskatchewan and took a role as an OTA at St. Paul's Hospital in Saskatoon. His role focuses on helping patients perform daily activities independently, such as getting dressed, feeding, and cleaning themselves.

"Working in a hospital, I'm able to see patients under different types of conditions and levels of abilities and I'm able to create a relationship with them. I like seeing their progress to recovery and getting them out of the hospital."

As the main point-of-contact throughout their treatment, Ernest enjoys being an advocate for his patients and working closely with occupational therapists to find and adjust recovery plans, based on patient needs.

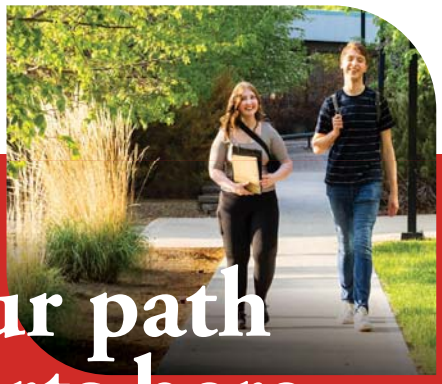
Supporting student success

Now, still closely linked to his educational roots, Ernest supports current MHC students during their practicum placements. Seeing an ongoing demand for OTA/PTAs in Saskatchewan, he hopes graduates will return to support hospitals and rehabilitation centers in need of staff.

"When I started my job at St. Paul's, one of four hospitals here in Saskatoon, I was only the second or third therapy assistant ever to be hired. Currently, I am the only therapy assistant working in the whole hospital, covering eight wards, so there is definitely a need for therapy assistants."

Ernest believes empathetic individuals with a passion for helping others and making a difference in their patients' recovery journeys would be most successful in an occupational therapy assistant role.

To learn more about becoming an OTA/PTA, or other rewarding careers, visit www.mhc.ab.ca/SKStudents and find your path with us.



Your path starts here.

Located in a warm and welcoming community, Medicine Hat College offers great programs, small class sizes, affordable tuition, and lots of support to help you through your college experience.

Apply now for a certificate, diploma, degree, university transfer, or trades program at Medicine Hat College.

WWW.MHC.AB.CA/SKSTUDENTS

MEDICINE HAT COLLEGE

February FRENZY

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ST# 4P033
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ST# 4P032
- Commercial Cube Van
- 64,000 KMS

$62,900 $245 PER WEEK

2017 Ford Edge
ST# 4S022A
- AWD, Heated Seats
- 159,000 KMS

$25,900 $148 PER WEEK

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ST# 3T242A
- 3.5L V6 Ecoboost, XLT, 4x4
- 90,800 KMS

$41,900 $179 PER WEEK

2013 GMC Sierra
ST# 3T186A
- 1500 WT, 4x4
- 109,500 KMS

$19,900 $173 PER WEEK

2022 Ford F350
ST# 3T237A
- Diesel, Lariat, 4x4
- 68,700 KMS

$91,900 $355 PER WEEK

2020 Expedition Ltd
ST# 4S023A
- Heavy Duty Tow Pkg AWD
- 98,800 KMS

$62,900 $269 PER WEEK

2017 F150 Lariat
ST# 3T166A
- 4x4, Leather Seats
- 150,200 KMS

$41,900 $231 PER WEEK

2021 Ford F250 XL
ST# 3P250
- Crew Cab, 4x4
- 45,000 KMS

$62,900 $269 PER WEEK

2023 Ford F250
ST# 3T209
- 7.3 V8, Lariat
- 2,151 KMS

$103,900 $399 PER WEEK

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ST# 3T239A
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- 11,500 KMS

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