

# Plain & Valley

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## Creative Vision Productions: Les Misérables coming to Moosomin

BY JULIA DIMA

On their first night rehearsing with their chorus, the musical cast of Creative Vision's *Les Misérables* filled the Bethel United Church with an array of talented voices.

*Les Misérables* is the second major production that Creative Vision Productions will be putting on.

Two years ago, in front of a full house, Creative Vision performed *Joseph and the Amazing Technicolor Dreamcoat* at the Conexus Convention Centre, and over 100 people were involved in putting together the show.

The whole organization was started by three Moosomin women who wanted to put their skills in theatre and music together to bring high quality theatre to Moosomin.

"We want people to have the opportunity to get involved, or have the experience of seeing arts and culture in Moosomin — that was one of our goals," says Raven Willoughby, who helped put together Creative Vision and produce the plays.

Willoughby and Sherrie Meredith both teach at McNaughton High School, and Sandra Poole teaches music at MacLeod Elementary School. Together, the three of them started Creative Vision Productions from scratch.

"The three of us wanted to put on a show, and I said, 'hey, do you guys want to do a musical?'" Poole said, "Raven has experience in it, and Sherrie is a drama queen, so we decided to do it."

Meredith added that with the varied skills be-



Julia Dima photo

Raven Willoughby is both performing in Creative Vision's fall production of *Les Misérables* and helping produce the show.

Behind her, Sandra Poole conducts the choir at rehearsal.

tween the three of them, they seemed like the perfect fit.

Poole says that over her years in the community, listening to people sing, she wasn't surprised that Creative Vision started with a high level of talent.

"People couldn't believe the talent in our area. We didn't have to go to Brandon and ask for a band or anything, we can find people in the community to fill all the roles."

The success of the last show has set Creative Vision on a successful track for this year. They already

have around 65 people in the cast, and with the band, crew, and other support staff, Poole says the numbers involved will be similar to last time.

The women say they chose *Les Misérables* because after years of only having access to a modified high school version of the classic musical, the original Broadway version became available for theatre companies to perform.

Poole says it was a happy coincidence that the Hollywood movie came out at that time as well. Poole said that while their

performance will not be as graphic as the movie was, the original music will be performed.

She added that this Broadway musical offered them the perfect opportunity to display the talent they have.

"Jean Valjean is the main character, and we have a Jean Valjean we need to showcase," she said.

Meredith said that the level of dedication from the cast and chorus has been incredible.

"The principals have been working with us all summer, and the chorus

meets for six hours a week," she said, "people are dedicated. It's been nice that even if we decided on *Les Misérables*, and it's not their favourite show, there is still a lot of trust and they understand the direction we'll take with it, and they're ready to come along for the ride."

All three agree that along with their dedicated cast and crew, the level of community involvement is also key in making their shows a success.

Last year, the convention centre had no lighting or sound equipment,

and with the funds raised through ticket sales, Creative Vision was able to install lighting, and will be putting in curtains for the stage this year.

"We definitely couldn't do these kinds of projects without the support from the community," Meredith said.

Not only do the women produce the performances, they also play roles within the show.

In the last production, Meredith played a major role, and this year, she's singing with the chorus in case she needs to step in to replace someone.

Willoughby is playing a minor role as well as producing the show.

"It is an intense amount of work, and we have very understanding families that allow us to do this, because for three months, you're put into a whirlwind and very concentrated on this," she said, "It is nice that this year, lots of people understand more, so there's less teaching to do, and others have stepped up to help us, so that allows me an opportunity to be both backstage and on stage."

Last year's production was sold out, and also included desserts donated by community members. This year, Creative Vision is hoping that all three nights are sold out, and will again have desserts.

Tickets for the show are \$20 each.

People can reserve tickets on Creative Vision's website.

The show will take place November 8 - 10 at the Conexus MCC Centre in Moosomin.

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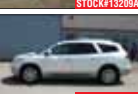
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# Kipling's Kaitlynn Cross heads to Miss Globe Pageant

BY JULIA DIMA

Kaitlynn Cross has always been an athlete. She says she always had scars and bruises from playing sports, and a consistent "baseball" tan. A small-town Saskatchewan farm girl, she never expected to compete for Miss Teen Canada Globe.

"I saw the offer to do pageants, and thought, 'sure, why not?' I'm that kind of girl that always want to keep expanding on things, and try everything."

That's what she did when she headed over to Toronto for the Miss Teen Canada 2012 pageant, and won.

"I had nothing to do with modelling or pageantry. I was very shy and quiet, so doing this was more to just go for the experience, so I had absolutely no intentions of doing this to win at all," she says, "I was kind of that girl running around backstage, helping everyone else. I was more concerned with that than with winning, so when I won, I was just sort of like 'what?!' It didn't sink in for a few days. But I'm glad I got that chance."

This year, Cross passed on her title to become Miss Globe Canada, and get the opportunity to compete in the international Miss Globe 2013 Pageant.

The pageant is the third most important behind the Miss Universe and Miss World Pageants. Cross will be spending a week in Toronto training before heading to Durres, Albania for three weeks, where the pageant will be held. There will be delegates from 70 different countries, and Cross is the Canadian representative. She hopes to bring a little taste of Saskatchewan to the high fashion pageant.

"We'll get to meet the president, and all delegates bring a gift from their country," she explains. "I'm bringing a Canadian flag, and some Saskatchewan pins, and a postcard with Mosaic Stadium on it, since I'm from Saskatchewan, that is important to me."

Cross says this pageant is going to be very different from the Miss Globe Canada pageants she's used to.

"The fashion is going to be different, it's more couture. It's more about fashion there. They don't get to know you as a person as much, it's going to be more about stage presence," she says, "there, they look for girls that are made up, always look good, so for me, who likes to put on sweats and go for a run, these other girls are going to be in dresses and heels all the time, so it's going to be tough for me to break out of my athletic shell into that high fashion world."

Cross says despite that, she doesn't mind being the underdog, because winning isn't what matters.

"I want to go for the experience. I get to travel around Europe, I get to meet girls from different countries, maybe pick up a bit of a different language. And I'll get to



Kaitlynn wearing the evening dress she will wear in Durres, Albania at the Miss Globe 2013 Pageant.

and that confidence seminar in my mind changed my entire life," she says, "just sitting there realizing I'm not the only one who goes through struggles, it can always be worse and get better. That totally changed my outlook on life. With the training in public speaking, I could speak to people, I never used to be able to do that."

Cross says experiencing the pageant world has boosted her confidence.

"In our pageant, we focus more on building self-esteem, and helping girls discover themselves and make friendships. So at the end of the day, winning is just a reward, but it doesn't mean everything," Cross says. "I was so proud of all the delegates this year, I know there was one girl who was very shy and afraid to mingle, and I watched some girls go and bring that girl into the discussions, bring her to their rooms and do their hair together, they went out of their way for this girl."

Cross says she thinks most people would be surprised about pageants, and that her experience has been nothing like the controversial pageants seen on television.

"People think pageants are horrible for girls' self esteem but it's not like Toddlers and Tiaras. Nobody gets to see the behind the scenes where all the girls are laughing together and having a blast, all they see is the stereotypical industry," she says, "I learned on my own what these pageants are about, and it's so much more than the beauty aspect, it's building the inner beauty and letting that shine."

Cross says she sees the pageant world moving away from its focus on body image, especially in the Miss Globe Canada competitions.

"We're starting to break out of the beauty mold. I know at one time there was a height requirement, now we have petite pageants. When it comes to body image and body weight, that's something I stress when I talk about it with girls, because so many girls don't like the way their body looks, and that's so wrong, because when it comes to our pageant, they are not being judged on their body, they are being judged on how confident they are, and who they are," she explains.

Cross herself had to deal with her own confidence issues when she competed last year.

"I used to hate how I looked, I have lots of scars and bruises from playing sports, and I had a baseball tan, and I could see people looking at my tan and laughing," she says, "so getting up on stage in a bikini in front of thousands of people and owning it, that was a huge step for me."

Cross also thought of the girls who she wanted to inspire.

*Continued on page 19*

meet the president of Albania," she says, "It's the experiences and life lessons that you take from there that you're going to remember, rather than where you placed in the competition."

As a previous Miss Teen Canada Globe Winner, Cross had the opportunity to head to Toronto this summer and train the new delegates from Miss Teen Canada Globe 2013 as well as pass on her crown.

"I was there for the full 12 days of competition, I was the head trainer in hair, I was also the co-trainer in platform and interview, so I helped them learn how to do a proper interview, I also helped out in Catwalk training, and I guess that's ironic considering that I had the worst walk last year. I was pigeon-toed, they told me I walked like a cowboy, it was bad," Cross laughs, "So it was rewarding to be

able to say 'hey I did this, you can do this' to the other girls."

Cross says that helping train the girls was even more work than competing last year.

"It was a lot harder on that side of the fence instead of competing. Last year, we would complain about going to bed in the morning, and on the training side, you'd go to bed at six in the morning. You still have meetings afterwards, debriefing for the next day, I know one day I only slept a half hour."

But Cross thinks helping train girls is both rewarding, and helped her when she was in the position of the new delegates last year.

"We actually have a confidence seminar and I got to speak at that this year and share my story. Everybody shares their hardships and what they went through,

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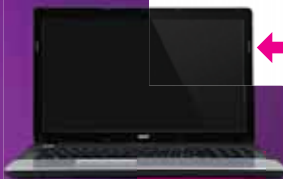
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# Lifetime Achievement Award for Guy Vanderhaeghe

BY CHRIS ISTACE

After four decades of writing, the body of work by one of Saskatchewan's most distinguished writers is vast and well decorated.

Guy Vanderhaeghe, the Esterhazy-born and raised author and teacher, is an Officer of the Order of Canada and a member of the Saskatchewan Order of Merit who has won numerous literary awards, including a pair of Governor General's Awards for Fiction.

Vanderhaeghe says all of the honors bestowed upon him mean something different. His latest, however, touches him on a personal level that only an artist from Saskatchewan can appreciate.

The 62-year-old resident of Saskatoon was handed the 2013 Lieutenant Governor's Award for Lifetime Achievement in the Arts for his work as a novelist, short-story writer, playwright and teacher. It was presented alongside six other awards at this year's Lieutenant Governor's Arts Awards gala in Regina on Sept. 25.

"(The lifetime achievement award) is important because it's from my home province," said Vanderhaeghe, who continues to write and teaches part-time at St. Thomas More College at the University of Saskatchewan.

"It's based in Saskatchewan and the West, which has been featured in my work and it's a place where I've lived virtually all my life. I was born in the province, educated in the province, and with the exception of 18 months in Ottawa, I've lived my entire life here."

Vanderhaeghe is also moved by the honor because it's a reflection of the entire 40 years of work in the field of fiction writing.

"It obviously provides a certain amount of satisfaction and recognition for what I've devoted my life to doing," he said.

Vanderhaeghe was born in Esterhazy in 1951. After graduating from Esterhazy High School, he attended the University of Saskatoon, where he earned a Masters of Arts degree in History in 1975. Three years later, he earned a Bachelor of Education degree from the University of Regina.

Through the late 1970s, Vanderhaeghe was a freelance writer, editor and high school English and History teacher. In 1982, he published his first book, a collection of short stories called *Man Descending* (McMillan of Canada). The book won the Governor General's Award for Fiction and the Geoffrey Faber Memorial Prize in the United Kingdom.

"It was important for me to win the Governor General's Award for Fiction with my first book because it had a good deal of influence on my later career," he said. "It meant a certain amount of attention on my work right away, but that also came with a certain amount of pressure."

Vanderhaeghe's second short-story collection, *The Trouble with Heroes* (Borealis Press) was published the next year, followed by his first novel, *My Present Age* (McMillan of Canada, 1984). The novel tells the story of an unemployed, thirty-something Everyman whose wife leaves him. As he sets out to find her again, he comes to terms with his past and the false construct he has built around it.

*Homesick* (McClelland & Stewart, 1989) was released five years later, earning Vanderhaeghe the City of Toronto Book Prize. Set in the late 1950s, *Homesick* outlines the experiences of Alec Monkman when his estranged daughter, Vera, returns to him with a grandson he has never met. The family is forced to confront their past, including the silence surrounding Vera's brother, and why Vera left for such a long period.

Through the mid-1980s, Vanderhaeghe was writer-in-residence at the Saskatoon Public Library and the University of Ottawa, where he was also a Visiting Professor of Creative Writing. He was a faculty member at the Banff Centre for the Arts Writing Program in 1990-91 then became involved in the SAGE Hills Creative Writing Program the following year.

In 1992, *Things As They Are?* (McClelland & Stewart), Vanderhaeghe's third book of short-stories, was published alongside a play, *I Had a Job I Liked Once* (Fifth House). The play was awarded the Canadian Authors Association Award for Drama. The play portrays the prejudices and biases found in small-town Saskatchewan through a court case concerning the rape of the daughter of the local crown attorney.

His second play, *Dancock's Dance* (Blizzard Pub.) was published in 1996, and portrays the experience of a war veteran coming to terms with his actions in war. The play was released the same year as Vanderhaeghe's third novel, *The Englishman's Boy* (McClelland & Stewart). The novel proved to be Vanderhaeghe's breakout work into Canada's cultural mainstream.

Set in the 1920s, *The Englishman's Boy* tells the tragic story of the Cypress Hills Massacre of 1873 through the eyes of the event's last surviving witness as he explains it to a young, Hollywood screenwriter. The novel ties together the early times of Hollywood's movie industry and one of the most horrific historical events in Canada's rugged hinterland.

The book was the first of three consecutive works of historical fiction based in the Old West of North America. The novel earned Vanderhaeghe another Governor General's Award for Fiction, which proved to him that the first award was not a mistake. The book also won Saskatchewan Book of the Year and was shortlisted for the Scotiabank Giller Prize and the IMPAC Dublin Literary Award.

The story was ultimately adapted into a two-part, 31.7 million, made-for-television mini-series which aired on CBC in 2008. The movie earned a total of six Gemini Awards, including Best Dramatic Mini-Series; Best Direc-



GUY VANDERHAEGHE

tor for John N. Smith; the Leading Actor Award for Nicholas Campbell; the Supporting Actor Award for Katharine Isabelle; the Casting Award for Carmen Kotyk; and the Costumes Award for Beverley Wowchuk.

Vanderhaeghe followed the success of *The Englishman's Boy* with *The Last Crossing* (McClelland & Stewart) in 2002. That novel became a national bestseller and earned Vanderhaeghe more accolades, including three Saskatchewan Book Awards and the Canadian Booksellers Association Libris Award for Fiction Book of the Year.

*The Last Crossing* is a story that follows the journey of Charles and Addington Gaunt as they meander through the wild American and Canadian West in search of their missing brother. The pair are joined by a group of characters, including a guide, a journalist, a woman seeking revenge for her sister's murder, a Civil War veteran and a saloon keeper.

Each character must come to terms with demons from his or her past as they travel through Montana and the Northwest Territories in the late 1800s.

Vanderhaeghe's latest novel, *A Good Man* (McClelland & Stewart, 2011), is about Wesley Case, a North West Mounted Police constable commissioned to Fort Benton, Mont. to act as a liaison between the NWMP and the American town's commanding officer. While there, he falls in love with Ada Tarr, and decides to stay.

Tarr is also chased by Michael Dunne, her former husband's bodyguard with a past involving both Case and the world of espionage in Toronto.

The novel touches on a variety of historical subjects, including the North West Mounted Police, Canada's first, organized secret police and the Fenian Raids.

*A Good Man* was shortlisted for the 2012 David J. Langum Prize in American Historical Fiction and long-listed

for the 2013 IMPAC Dublin Literary Award. It was also placed among the group of books competing in the Canada Reads series on CBC.

Vanderhaeghe was made an Officer of the Order of Canada and handed the Saskatchewan Order of Merit in 2003. His other honors include fellowships with the Royal Society of Canada and the Trudeau Foundation. He has also received the Timothy Findley Prize, the Harbourfront Literary Prize and the Cheryl and Henry Kloppenburg Award for Literary Excellence.

**A CAREER ONGOING**

"I jokingly say that a lifetime achievement award might be a signal that I will be stopping," Vanderhaeghe said. "At some point, I will stop. Either death will take me away or I may feel that the work I am doing is not up to snuff, at which point I will stop doing it. I don't feel that way now, though. I still feel there are books that I can write."

Vanderhaeghe has returned to short story writing, the form of fiction that began his career. The subjects of his most recent work are more contemporary than the historical novels he has written through the past 20 years. He generally moves from project to project without a "master plan," concentrating on the work he has at present until it is completed, then beginning another project based on what intrigues him next.

"What drives me is to continually get better as a writer. For me, every book poses a new challenge. Anything I've learned in 40 years of writing I try to bring to bear on what I'm working on at the moment," he said.

"I think of myself as a craftsman. Like anyone else—a mechanic, a carpenter, a teacher—you learn things over time that accumulate and that accumulation helps you when you sit down to work. Anyone who takes an interest in the work they do hopes to make their work better over time."

And this lesson—the patience to hone one's craft—is what he passes on to the aspiring authors who ask him about how to succeed in fiction writing.

"I always tell them that the work is what counts. A lot of young people think there is a shortcut to get to where they want to go. There really are no shortcuts," he said, adding that writers should prepare for a long apprenticeship.

Doctors, lawyers and other professionals are educated over period of eight or nine years. Writers are not any different, he said.

"Even things that look like overnight successes aren't overnight successes. No one has seen the work completed going in," Vanderhaeghe said. "And a lot of young writers think it's the inspiration and ideas that count. Of course they count, but inspiration and ideas in writing can only be fashioned with words. If you don't know how to handle words and you don't know how to handle fiction, inspiration and ideas count for nothing."

Hosted by the Saskatchewan Arts Board, the Lieutenant Governor Arts Awards recognize Saskatchewan residents with seven honors, including for arts and learning; arts volunteerism; the work of emerging artists; individual and organizational leadership; a Saskatchewan artist of the year; and lifetime achievement.

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# Saskatchewan agricultural land prices rising



BY JULIA DIMA

According to RE/MAX market trends 2013 report, farmland prices across Saskatchewan are higher than in previous years.

Though North Saskatchewan has seen more substantial increases — almost doubling in the past 12 months from about \$800 an acre to \$1,500 — the east central region has seen increases as well, though not as high. The prices are now ranging from \$850 per acre to as high as \$2,500 for prime B and C grade parcels of land.

According to the report, East Central Saskatchewan's large parcel demand has been driven primarily by out-of-province investor groups, both in from Canadian groups in Toronto and Vancouver, and from overseas.

Local realtors are seeing these trends as well. "There's been increased interest from outside of Saskatchewan. Investors from different parts of the country, even outside the country have helped push land prices up," says RE/MAX's Gary Beckett from Moosomin.

"That's in step with increased commodity prices. Farmers are yielding more return per acre, and have managed to pass that on to land prices. So there's interest from buyers, increased commodity prices, and lower interest rates, and that all combines into the prices going up."

Beckett says Saskatchewan started attracting more investors for a number of reasons.

"They see a lot of good things in Saskatchewan. We have good interest rates, and large blocks of land, or parcels — and there's people in place to manage it. Quite often, they find existing owners continue to rent land back once they sell it to investors."

Saskatchewan's land prices, though they've risen significantly, remain much lower than the national average.

"Our prices are still considered a bargain in Canada compared to B.C. and Ontario. There's such demand for land there from investors, and there's so little land available," Beckett explains. "Ontario is finding they can't buy any more land, so they're looking to come to Saskatchewan and start afresh at lower land prices."

Guy Shepherd of Tim Hammond Real Estate is seeing

the same trends of out-of-province investors and farmers entering the Saskatchewan market.

"You have people buying from all over the country, and that's putting upward pressure on the land, and then you get the increase in land prices. But for someone on Ontario, that sees land is \$20,000 per acre there, and they see it here for \$1,000 an acre, they're willing to come."

But he's also expecting to see local farmers expanding because of this year's good harvest.

"With the farmers having a good crop, they're going to drive the price, rather than last year when investors were driving the price more," Shepherd says. "This year, farmers are likely going to expand, and buy land rather than letting an investor buy it and having to rent it back."

Jason Beutler of Lane Realty is expecting the same. "Out-of-province and out-of-country is a big part of business, but there's a bit more selling locally than there used to be, because operations are growing. The people that are in it are still growing their farms."

Beckett says many of the established Saskatchewan farmers are buying privately.

"Here, more or less the land sells over the fence — privately, rather through a realtor."

But as out-of-province interest increases, the supply has

tightened. "We've noticed there's been a fairly tight market for grain land, and that's probably going to continue. There won't be an over abundance for sale out there," says Beutler.

The high prices mean there are very few new farmers starting up in Saskatchewan, and the majority of sales go to investors, expanding farms, and out-of-province farmers.

So what does the industry predict for the future of farmland prices in this region?

"I can foresee more interest from foreign investors and foreign farmers," says Beckett.

Shepherd is seeing that high foreign interest as well. He's also expecting in the high prices will begin to level out.

"I really think in the next two to three years, the land price will level out or drop a bit, but in the next 10 years, the land price will be drastically higher than it is today. So short term, I can see it leveling, but longer term, I can see these prices going up."





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## A look at Canada's Temporary Foreign Worker Program

# 'Moosomin opened the doors for me'

BY JULIA DIMA

When Herman Navarro first came to Moosomin in 2010, he was one of three Filipino people in the community. He remembers not knowing very much about living in Saskatchewan, not knowing any of the people, and missing his wife, who joined him six months later.

Today, there are nearly 100 Filipino people living in Moosomin, having come through the Temporary Foreign Workers Program. Navarro says that helped him feel at home in Moosomin, despite being far away from his family in the Philippines.

"I miss my kids and I miss my family back home. But I've found a community here, even though we all have different

schedules because we're all working, there are some special gatherings."

In Moosomin, Navarro manages the KFC, which he began managing at the start of this year. Before he came to Canada, Navarro spent 10 years living in Saudi Arabia where his wife worked as a nurse, and before that, he was a manager at a fast food restaurant in the Philippines.

He says because there are so many temporary foreign workers working at KFC, sometimes it feels just like working in the Philippines. The difference is, Navarro strives to make sure communication works for everyone.

"Most of the time, I tell the guys if there is a Canadian in the kitchen, to speak English, because I don't want miscommuni-

cation to happen. If it's all Filipino guys, we're comfortable to talk our own language, but if there's anyone who doesn't speak Filipino, we speak English."

When Navarro received the offer to come work in Canada as a temporary foreign worker, he went back to the Philippines for just 15 days for his paperwork to be processed by the federal government, and made his way to Canada. He says the opportunities in Canada were better.

"Honestly, opportunity wise and salary wise, Canada is better than Philippines. Saskatchewan is an open province for me, there's lots of privileges here, it's still growing."

Six months later, his wife was able to join him under the Live-In Caregiver program.

"She works as a continuing care assistant in the Moosomin hospital, but before,

she worked as a live-in caregiver for a doctor here. It was an adjustment for her as well, because she was formerly a nurse in Saudi Arabia and the Philippines, but the doctor needed a caregiver, so she arrived here with a work permit under the live-in caregiver program. Now she's very happy because she was done with this contract, and had the opportunity to work in the hospital, and she loves it."

Navarro's wife has become a permanent resident, and he is waiting for his papers to come back from the federal government to become a permanent resident, and hopes that will happen before the end of the year. Once that happens, Navarro can bring his 12-year-old son and six-year-old daughter to Canada. Currently, they live with their mother-in-law. Navarro says they talk via Skype but he misses them.

*Continued on page 10*

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From left: Brady Metz, Arnold Sia, Herman Navarro, and Erwin Garcia. Arnold, Herman, and Erwin came to Moosomin as temporary foreign workers at KFC. Herman became the manager of the restaurant in January, 2013.

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In Regina:

# Electrophysiology lab a benefit to South Sask patients

BY JULIA DIMA

Ethel Rambold has lived with auricular fibrillation for 48 years. As a young mother of two, Ethel found herself feeling exhausted and short of breath on one weekend trip.

After many doctors, the heart problem that affects an estimated 350,000 Canadians, was diagnosed in Ethel, the result of a viral infection causing myocarditis.

Auricular or atrial fibrillation is a type of cardiac arrhythmia in which the heart is beating abnormally. While some people living with atrial fibrillation don't experience symptoms, others can experience a quickened heart beat, palpitations, shortness of breath, and exhaustion.

Ethel was one of those patients.

"Even with a little exertion, my heart would take off, and I'd have to go sit down," she recalls, "one visit to the hospital, just walking from the parking lot, I had to stop and lean against the wall. My pulse jumped from 85 to 185."

Her husband Larry remembers his wife cooking dinner, and needing to take breaks to sit down throughout.

Ethel was on medication to control the problem, but eventually the medication was not doing its job, and her cardiologist, Dr. Hassan Mohamed, told her he couldn't keep increasing her prescription.

Then he suggested a new procedure that gave Ethel hope.

Last year, Regina's first Electrophysiology Lab opened at the Mosaic Heart centre at the General Hospital. The lab was designed to treat arrhythmias like Ethel's. The treatment offered at the lab is called atrial fibrillation ablation, a procedure that is less invasive than traditional surgery.

With ablation, a catheter is inserted into the leg vein, and travels to the heart, where intense heat or cold is applied to the heart cells that are causing the irregular rhythm, returning the heart to a regular rhythm.

The Saskatoon Health Region also opened an Electrophysiology Lab at Roy-



Julia Dima photo

Ethel Rambold at home four weeks after her ablation procedure. She says she felt more energetic immediately after the procedure.

al University Hospital in 2012, but before that, anyone in Saskatchewan seeking the treatment would have to travel out of the province. With 700 patients being admitted to hospital with atrial fibrillation in the Regina Qu'Appelle Health Region annually, the need was there.

The lab was able to open thanks to a \$1.25 million donation from the Kinsmen Telemiracle Foundation. The provincial government provides \$900,000 annually to the lab as well.

The opening of the lab allowed the health region to hire a permanent electrophysiologist, Dr. Omar Sultan.

For Ethel, Dr. Mohamed suggesting she go ahead with the procedure was welcome advice.

"All the doctors said go for it, because my heart was getting weaker, and I had

nothing to lose," she says, "So I went for it. I'd recommend it to anyone with atrial fibrillation."

Ethel was on a waiting list for over a year, but on August 22 she went to the EP lab for the ablation procedure.

Under a sedative, Ethel recalls feeling differently immediately after the 20 minute procedure.

"The doctor said they were all done, and I never thought much about it, but my chest felt different right away," she says, "I always had an unsettled feeling in my chest, and it's been gone ever since. It was like a miracle how it happened, when I realized that feeling was gone."

It's been just over four weeks since Ethel had the ablation done, and she says she's in a different frame of mind. She says she felt more energetic the first day

after the procedure, and has spent her first few weeks at home canning, baking, and cooking.

"I'm not tired. Everything I did before was a struggle, and I had to force myself to do these things."

Regina Qu'Appelle Health Region says the EP lab is well funded through Saskatchewan Health and it remains busy with 216 procedures budgeted for next year.

But when it opened, there were some growing pains.

"One of the things from a budget perspective, is generally there is a year to annualize and look at how much things will cost," says Lori Garchinski, director of the region's cardioscience program, "As we did our predictions, we did have some initial budget overruns."

Garchinski says this is typical of the first year of a program's operation.

"Our volumes exceed what we predicted, but we had to start somewhere," she says.

In the new budget year, the Ministry of Health provided funding to keep the lab operating. The annual budget is over \$7 million.

Garchinski says the lab is now expecting to grow. They are hoping to hire a second electrophysiologist to help address the year long waiting list for patients.

With the high demand for ablation therapy in Canada, Ethel and Larry were surprised that after many cardiologists and hospital visits, they only heard about ablation therapy when Ethel had no other options.

Ethel says the procedure has changed how she lives her life, and she wants others living with atrial fibrillation in South Saskatchewan to know about this option, and to utilize it.

"I've had my treatment. I know I've been helped by it. But there are so many people who live with this condition, and there's nothing else to fix them."

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Part three of a three part series  
on the Temporary Foreign Worker Program

## 'Moosomin opened the doors for me'

☞ *Continued from page 8*

"Hopefully they can come before the year ends, or the start of 2014, when I get my permanent residency papers. They are very excited, I spoke to them two days ago, and said that maybe my papers will come through before the year ends, and they keep asking 'When, when? What's it looking like? What will we do there, what will we bring, do we need to bring our toys,'" he laughs. "I haven't told my kids about the winters here, yet — that's going to be a surprise."

When Navarro first came, he knew there would be cold weather, but says nothing could prepare him for seeing snow for the first time in his life.

"It was weird to have a winter, because I've never experienced it," he says. "It was something like a dream come true, because we have only ever seen snow in calendars and postcards. When I first experienced what snow is, I thought, 'I like this place.'"

Navarro says he wants to stay in Saskatchewan, because the province offers better opportunities to become a citizen.

"Saskatchewan has a better program for foreign workers, because after six months here, you can apply for the Saskatchewan Immigrant Nominee Program (SINP) and have a chance to become a permanent resident here, not the same way as Toronto and Vancouver, it's hard to get an SINP there," he explains. "In Toronto, it could take 10 to 12 years to become a citizen, here it's about five years."

Navarro says when he first came, there were some challenges in adjusting. He had no car, and the only stores that sell Filipino groceries are in Brandon and Regina, and there were few Filipino people to spend time with. But he had help. Both his managers at KFC helped him get everything he needed, and the small Filipino community at the time was a friendly one.

"Father Dennis Remot was very helpful. He was the first person who helped me find everything, he drove me to Brandon to get my groceries at first too before I had a car."

As Navarro spent more time in Moosomin, the community began to feel like home.

"It's a different environment here in Moosomin. When I was in Saudi Arabia, it was big malls, everybody was busy, the streets were busy, so it's different here with a small population," he says, "and the people here are friendly and very supportive, they helped me out, even

though I didn't know them."

Navarro says the only missing thing in his life is to have his kids with him. Once that happens, Moosomin will be home for him.

"Moosomin opened the doors for me and my family. I don't know if I'll be here forever, but for now, we're staying. It feels like home now. I've been here for three years, I've met lots of people, and I know people around town."

At KFC, Navarro manages seven temporary foreign workers, and like him, many of them are calling Moosomin home.

Ervin Garcia is one of those workers. Before coming to Moosomin, Garcia worked on a farm in British Columbia. Like many temporary foreign workers, Garcia saw better opportunities in Saskatchewan.

"It's hard to apply for permanent residency in Vancouver, so I came here," he says. "Now, hopefully this month or next month, I'll get my papers and can apply for permanent residency."

Like Navarro, Garcia feels like Moosomin is home.

"I like Moosomin because it's a quiet place with friendly people. I want to stay here."

Welmer Tabiano also used to work on a B.C. farm, and he has been working at The Red Barn since February, 2010.

He works as a line cook, a very different career change for him. Before he worked on the farm, he worked in the Mayor's office in Sibalom, Philippines.

"When I came here, working in the kitchen was a bit of a challenge, because I didn't know too much about that, but I learned, and I discovered new things, so I feel great because I learned new things, and improved my life in that way."

Tabiano said when he came to Moosomin, he was the 18th Filipino temporary foreign worker in town. He worked with two other Filipino workers in the kitchen at the Red Barn.

In June of this year, Tabiano became a permanent resident, and he hopes to keep working at the Red Barn.

"It's nice to be here, Moosomin is quiet, and the workplace is so good. When I came, Dan Davidson had a place for me to live, it wasn't included in the contract, but he found a place for me anyway."

Tabiano says the biggest adjustment for him was the Saskatchewan weather.

"I moved here in December, so when I left Vancouver it was plus 13 degrees, and when I came here, it was minus 13 degrees," he laughs.

He says the change in the food he eats is something else he is still adjusting to.

"I'm startling eating Canadian food. Before, I wouldn't eat the salad or anything, because my stomach is new to it, but now I've learned how to eat potatoes and salad and everything."

Tabiano says he sometimes gets homesick for the Philippines as well, but having a lot of Filipino people in the community now helps.

"I miss hanging out with friends. Here, you can hang out with friends, but you have to set a schedule because everyone is busy working, while in the Philippines you can hang out every day. I miss my family too, of course. The good thing is there is internet, so we talk on Skype, and can watch the Philippines TV shows on the internet," he says. "But there's more Filipinos here, so I feel at home too. The people are so warm, so it feels like home."

Tabiano, like Navarro, feels like Moosomin opened the doors for him to work, become a resident, and help his family back home.

"I'm here because I want to stay here. Our families back home need our help. Although we were working there, our jobs didn't pay enough to support our families. It's far better here compared to the Philippines. Here you can save money and send it back to the Philippines. There, the cost of living is high with respect to your salary, so that's why I decided to go to Canada. You have to support your family back there," he says. "My mom is there, and some aunts and uncles too."

Tabiano now lives in a house with four other Filipino temporary foreign workers, and says the small town life is the life for him.

"I like Moosomin, it's quiet. Work is good, and the people here are so kind, respectful, and courteous," he says.

In just three years, the population of Filipino workers has ballooned, and for those who are staying and calling Moosomin home, it's beginning to feel like home.

Every year, the Filipino group holds a basketball tournament, a sport many of them played back home, and a local business owner plans to open a small Filipino grocery store in the near future as well.

Tabiano says these little things are a way for the community to unite, and make Saskatchewan home.

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9:2c

# Marie Everett resigns Opening on regional health authority board

BY KEVIN WEEDMARK

There is an opening on the Regina Qu'Appelle Regional Health Authority with the resignation of Marie Everett of Moosomin. Everett has moved to British Columbia.

The process for appointing a replacement involves the health region and the ministry of health.

A spokesperson for the Regina Qu'Appelle Health Region referred questions on the appointment process to the Ministry of Health, as the minister makes the appointment, but an official with the ministry of health said the ministry will take suggestions on a replacement from the regional health authority.

Perry Martin, senior advisor to the deputy minister of health, said there will be a replacement named.

"They will definitely want to replace that member," he said. "I expect they will be doing a call for interest."

On the question of whether a new board member will be sought from the eastern end of the region, Martin said health board members do not represent specific geographical areas, but that geography would be taken into account.

"Geography is a factor, but it's not the only factor," he said. "Skill set is another component."

Martin said it's up to the health region if the vacancy is communicated to the public. "They advertise at their discretion," he said.

"When board terms come due, there's a more formal call for names. In this situation we will be looking to them.

"Candidly it's up to them. We don't prescribe a process."

Martin said people interested in serving on the board could contact the health ministry, but they would be wise to contact the health region.

"They could do either—they're certainly free to contact us—but the best route is to go through the board, the board chair specifically.

"We will be looking to the board to give us advice."

There is no set deadline for filling the vacancy on the Regina Qu'Appelle board, but Martin said it would make sense to fill the position quickly.

"We keep them busy, we expect a lot from them, and the more you can spread the work between a few people, the better. It's in everyone's interests to move as quickly as possible."

Martin said the health ministry has some names in its database from the last time there was a call for nominations.

"We would keep a lot of names in our database, there had been appointments made a year ago, and we will still have some names from that, but ideally, we kind of like the board to make their suggestions for the best fit."

Health board members were elected in Saskatchewan until 2002, when the Regional Health Services Act came into effect and the system moved from elected to appointed boards.

Declaration of interest forms are available from [www.health.gov.sk.ca/board-member](http://www.health.gov.sk.ca/board-member)

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# Natural Saskatchewan



BY JULIA DIMA

For many Saskatchewan farmers, fertilizers, herbicides, pesticides, and fungicides are part of the business. They offer protection in uncertain growing conditions.

But for farmers like Marion McBride in the Moosomin area, that's not the case.

Marion and her husband Ray have been certified organic with the Organic Crop Improvement Association. McBride says it's always been organic, and that isn't going to change anytime soon.

"We have a personal belief system to be part of the solution. We see lots of health and environment issues around, and I don't want to be putting chemical on someone else's food."

She says that the organic market is more challenging than the conventional grain market in Saskatchewan, and while things are better today, there's been struggles.

"Five years ago, when the economy went nuts, there were people who decided to sit on their money and keep their phones and TVs, but started to eat poorly. At that time, this mentality caused prices for organic food to go down," she says, "and when the price dipped, a lot of the people who got in for economic reasons left the organic industry, and we lost about 25 to 30 per cent of our producers. For us, that meant we had a lot of grain, and not a big market."

But that's changed now.

"Right now, there's increased interest from the public and the consumer for having options to eat organic food. So, that has pushed the price up for the producers at this time — so it's a really good time to be an organic producer."

However, most of Saskatchewan's organic grain is not staying in Saskatchewan.

"A lot more supermarkets are carrying organic now, but because of our storage and distribution issues, we actually import 96 per cent of our food, and export 96 per cent of our product. So not a lot of local Saskatchewan organic produce is making its way into our supermarkets," she says. She says other organic products are more in demand in Saskatchewan, like dairy and vegetables. While Saskatchewan boasts the highest number of organic grain farmers, there are very low numbers of organic vegetable and dairy farmers, and not a lot of infrastructure for processing.

"Organics are still a small part of the market, only about two per cent of the market and certain commodities are much more in demand than others locally," says McBride. "It's not been easy for Saskatchewan producers to get into the organic products that are more in demand than grain — dairy, meat, fruits and vegetables."

While organic agriculture faces the same challenges of conventional agri-

culture of drought, flood, and market fluctuation, McBride says there are special challenges with growing organic.

"The changing weather and understanding the need to adjust our agronomic practices accordingly to deal with weeds is a concern, because we don't have the options that conventional farmers do for chemical inputs, so you have to find cultural methods of dealing with fertility and weed issues," she explains, "We don't grow the same crops back to back. If you do that, you run the risk of disease, so we avoid monoculture. With weeds, in the Moosomin area because of moisture, we have found that we pretty much need to take every second year to grow a legume crop. So you can't continuous crop, but you end up with less weed pressure."

While the industry is profitable, to be a certified organic farmer, McBride says you have to be committed.

"It's a three-year transition to become an organic farmer, before you have certified crop, so it's not something you can jump in and out of. You go to take a crop in to grain millers, and they test every load, and they can tell if there's chemical residue. It's not without its efforts, but it's very rewarding both emotionally, and because you work in a great community of people."

*Continued on page 20*



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Julia Dima photo

The harvest isn't over, but farmers are calling this year's harvest a bumper crop. Some report this is the best harvest of their careers.

**Harvest Roundup**

**East Central Sask farmers seeing record harvests**

BY JULIA DIMA

"It's a bumper crop, but it's the bumper crop of bumper crops."

Kevin Woods of Westwood Land and Cattle has the same consensus as many farmers in Southeast Saskatchewan this fall. The harvest so far has been the best it's been in years. For Woods, it's a definite improvement from last year.

"We went from having the worst crop we've ever grown last year to the best crop we've ever grown this year," he says, "I could conservatively say that on our farm, we're going to at least double the bushels. Last year, we had spring wheat that was in the 35 to 40 bushels per acre range, and this year our spring wheat is in the 70 to 80 bushels range."

He says he's seen the most improvement in his canola, which suffered flooding followed by drought last year.

"Lots of canola was going at 15 to 20 bushels last year, and this year, it's anywhere from 45 to 65 bushels"

Woods says there hasn't been a harvest this good as long as he remembers, and he hasn't seen a very good harvest since 2009. So while it's a bumper crop, it is just helping farmers get back on their feet after the past few harvest years that Woods calls disastrous.

"2011 was a disaster on our farm. We managed to weather the storm of the poor years, and this helps us get back in the game. It is a big year though."

It hasn't just been a big year for Woods. Louis Hebert at Hebert Land and Cattle says he's two thirds finished the season's harvest, and things are looking good.

"It could be the best ever. Barley is between 90 to 100 bushels, wheat is 60 to 70 bushels, the canola is about 45 bushels," he says. "That's probably the biggest barley crop we've taken off maybe in my whole career."

Ron Dietrich produces cattle near Moosomin, and grows oats and corn. He's also seeing career firsts in his yield.

"The average yield for oats is about 70 bushels but this year it's about 90 to 100 bu," Dietrich says. "This is the best I've

seen in my 30-plus years of farming. Everything just came together. We had a bit of a late start, but we had lots of moisture, and everything turned warm when we needed it."

Talk at the elevators has been good as well.

Chris Thomas at the Parrish and Heimbecker terminal believes so far, the harvest is a record breaker.

"The yields are incredible, it's a once-in-a-lifetime crop that we're looking at and up until now, all the grain has been a number one grade," says Thomas.

"Normally, you'd get 40 to 45 bushels for wheat, 35 for canola, 60 to 70 for barley, and probably 70 to 80 for oats. This year, it's safe to say it's 65 to 70 for wheat, 45 to 50 for canola, 100 for barley and 120 for oats."

The high yields mean farmers are going to have a long winter of grain hauling, but it also means lower market value, which Thomas says is typical of a large crop.

"Right now, wheat is around six dollars a bushel, and off the combine last year, they could have gotten nine dollars. Prices were high because of supply and demand, and now they are low because of supply and demand."

Kevin Woods says the price is higher, but the high yield evens out the price disparity.

"The prices are down about 25 to 30 per cent over a year ago's levels, but we have bushels, right? We grew double or more than we grew last year, so even if you take 25 to 30 per cent less for it, you're still better than you were last year."

In this region, Chris Thomas says about two-thirds of the crop is harvested. Almost all of that has been number one grade grain, but that's likely to change for the last third. Last week's rainy days set the harvest back, and for those with cereal grains still in the ground could face concerns of bleaching and sprouting, which will reduce the grade of the grain.

Kevin Woods says he was fortunate to get his cereal grains all harvested, because the rain is going to decrease the value of

the crops.

"After this rain, there will be no number one wheat," he says, "I talked to a grain buyer, and they're hoping they'll still get some that will grade as number two."

Nonetheless, Woods says this year has been one of the best for grains across the entire Prairies.

As for cattle production, prices are looking better this year than they have in previous years.

"Calf prices are really strong because feed grain prices are dropping," says Louis Hebert, "in the past two or three years, feed prices were high."

Ron Dietrich says it's an improvement in profitability, but there are still some concerns moving forward.

"The price of feed has been high in the last couple years, so there was no profit in fattening up cattle."

*Continued on page 21*

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Julia Dima photos

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Photos taken in the Qu'Appelle River Valley.

More photos page 17 16-10

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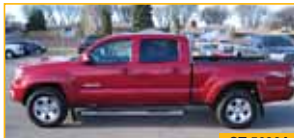
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Photos taken in the Qu'Appelle River Valley show the splendor of fall.

Julia Dima photos



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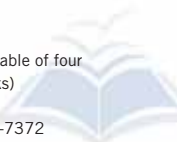
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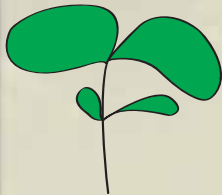
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# Kaitlyn Cross heads to Miss Globe Pageant

Continued from page 3

"When I did bikini, I psyched myself out and thought I couldn't do it. But in the back of my head, I thought, 'who would I be, if I told everyone to be confident with who they are, but I didn't go on stage?' So I went out there with confidence, with my tan lines and bruises, and I owned it," she says.

Cross says that while she's made her best friends in the pageant, the journey hasn't been with struggles.

"When I first won my title, I had a lot of negative opinions from people, from classmates, from my age group, and it was depressing. Lots of things like 'you think you're better than everyone else' or 'you're fake', and people treated the title like it changes you and makes you someone else, but it doesn't, it didn't change me at all, I'm the same person I was before, except confident," she says, "So you have to learn to take the negative comments and let them go. You can't focus on it, because I did for a few months, and it was miserable. Focusing on the negative takes away your power with that sash and crown, which is to promote confidence. How can you promote being confident to others if you're not confident in yourself anymore because you're listening to negativity. You definitely have to learn to let go of the negative criticism. In the long run, being able to brush off these negatives is a good quality."

Cross says that having her support system helped her through this, and continues to help her.

"My family has been my support group

since day one, and the friends I've made in the pageant have been huge. My director, my coaches, my boyfriend, my parents, my grandparents, and my cousins have been my support system all along."

Cross says coming from small-town Saskatchewan has given her a different perspective. She says when she competed for Miss Teen Canada Globe, very few people knew anything about Saskatchewan.

"When I told girls I came from a community of 1,000 people, it opened up their eyes to realize there are smaller communities like that. My director has lived in Toronto her whole life, and she couldn't believe I drove two hours to go shopping, and that Regina didn't have all these high brand stores Toronto does. But when you don't come out here, you don't get used to it. When you travel and get to experience different things and different lives, that's when you become more open to things."

Cross says growing up in small-town Saskatchewan has also taught her to be humble.

"I definitely think being humble is overlooked. We lose the idea of working at what we love, now it's all about money for some people, and I want to bring the humble small town aspect to Europe and to those girls in that competition, as a small way of spreading some Canadian beliefs."

Cross says she's looking forward to meeting the delegates from the other countries when she goes to Albania, to get a sense of how other young women in the world live.

"I'm looking forward to meeting all the different girls from different countries. There is

going to be language barriers, and I'll have roommates so it'll be really interesting to learn to deal with that and learn how these girls from different countries get ready and everything."

Cross worked in a daycare in Kipling for three years, and now, though she's taking a year off, she's been accepted into the Faculty of Social Work at the University of Regina.

"Being that I would be gone for so long in Albania, I am taking a full year off to work, and that will help me with the cost of university," she says, "I want to be able to say, hey I did this myself, I can be self-sufficient, and independent, that's important to me as a young woman, to be seen as independent."

Cross says that while she likes to keep her future plans and options open, she wants to stay involved in the Miss Globe Canada Pageants. She wants to see pageants be inclusive and she wants to change people's perceptions about beauty pageants.

"I want to see more pageants look like Miss Canada Globe productions. I want to see them inspiring girls to take what they have and embrace it instead of changing themselves. I want to see pageants boost girls' confidence, and keep opening up doors for all girls to compete. What's the harm of letting every girl compete? Why should you have a height restriction? Let every girl compete, and let the world see they are a lot different than what everyone perceives them to be," she says.

The Miss Globe 2013 Pageant Cross will compete in will be taking place from October 20 to November 2.

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# First Victoria's Quilts fundraiser a success

A room of 186 people watched as eight-time cancer survivor Dionne Warner threw off a curly-haired wig, and announced "This is who I am. I am not ashamed, and I'm alive."

Warner came to speak for the first annual fundraiser for the Moosomin

branch of Victoria's Quilts Canada. Currently undergoing treatment for her fourth liver cancer, Warner shared a story of hope with those who came to the fundraiser at the Moosomin Armoury Hall on September 27. Afterwards, she and her husband Graham War-

ner were signing Deana Driver's book *Never Leave Your Wingman*, which was written about Dionne and Graham. Following her talk, a line of people stretched the length of the hall to buy the book.

The fundraiser, along with Warner's speech, included a silent auction,

live auction, and desserts and coffee.

While the fundraiser was the first for Victoria's Quilts, it was more successful than the group could have imagined.

\$7,600 was raised at the fundraiser.

Sharon Baker, the group's secretary, says she didn't expect they would raise so much.

"We had a really good turnout, we were only hoping for 100 when we first started, so it all far exceeded our expectations,"

she says.

The funds raised will go to help the group pay for the materials and the shipping costs to send quilts to cancer patients across Southern Saskatchewan, some of whom came to the fundraiser.

"Some of the people there, we have actually given quilts to, so it was nice to see them there," Baker says. Baker says the high amount of funds raised will be helping Victoria's Quilts for quite some time.



Julia Dima photo

Dionne Warner signs the book written about her and her husband at the Victoria's Quilts Fundraiser in Moosomin

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# Natural Saskatchewan continued

Continued from page 13

McBride says there is also a challenge on the administrative side of the business.

"In Saskatchewan, one of our issues is that we haven't adopted the national standard for organic certification so anyone can say they're organic without going through the process of certification at this time if they are only selling in Saskatchewan. It's a bit of an inequity for those who do paid to be certified," she explains. "to sell out of the province, you do need certification, but right now, if you're in Saskatchewan, until this system changes, you can say you're organic. For buyers they have to take the initiative to ask for certification papers and do a third-party inspection. For consumers, it's buyer beware."

There are also pressures from the non-organic sector that can impact certified organic farmers.

"Alfalfa has been approved for GMO this summer. They cross pollinate, so that disallows the use of alfalfa in our crop rotation, because they can test for GMO and they will," she explains. "The whole organic industry is not in a position to be able to grow some things like alfalfa and canola because there's too much chance of contamination through wind, seeding equipment, cleaning equipment, and so on, and it's not worth the risk, because if you take the risk of the extra expense of growing those crops, and they're found with GMO, it's not organically certified anymore."

McBride says at the end of the day, she wants to feel good about what she grows.

But going organic is not the only way to feel good about what you grow.

Ken Wilson raises cattle near Wawota, and in the last thirty years, his cattle have been growth hormone-free.

"I think it's like giving someone medicine when they don't need it," he says. "My theory is you get better tasting beef with no chemicals."

He says he doesn't advertise his beef as natural, but his customers know there's no growth hormones in his beef.

Wilson says that giving the injections causes stress for the animals and keeping his cattle happy is a priority.

"I raise my animals like babies, like my own kids. They become a part of the family, and maybe I'm a little silly, but when I feed my animals, I like to talk to them, too," he laughs.

Wilson also says that stressed animals are more prone to sickness.

"The animals don't get sick because they are not under stress. In a feedlot, they animals are bought from an auction mart, they've been weaned, they're missing their mothers, and then they're trans-

ported. So, they are stressed, and then their immunity goes down, and they can catch viral or bacterial colds and get sick. The less stress you have for an animal, the healthier than animal is."

Wilson says he hasn't become involved in the organic market because of the paperwork and cost of certification, and the loopholes in Saskatchewan's certification process. He says what matters is that the animals are healthy and his customers know the beef is hormone free.

"I'm a natural grower. The animal will get treated if it needs to be treated, and it will eat fertilized grain, but it never will get a growth injection."

Wilson says organic cattle growing has its benefits but for his local niche market, it's more about the happiness of his animal and the taste of the beef.

"The least amount of stress you put on the animal, the happier it is," he says.

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## Saskatchewan passes 1.1 million for the first time



According to Statistics Canada, the number of people living in Saskatchewan has passed the 1.1 million mark for the first time.

That's an increase of 20,757 people in the past year and more than 106,000 people since 2007.

Premier Brad Wall says the government's new goal is to have 1.2 million people by 2020.

He says the economy is drawing people to Saskatchewan for jobs and helping to keep new graduates in the province.

The premier also says better immigration policies helped.

"We've got to keep our eyes focused on that because we need newcomers as well, not just for the

economy and the labour shortage, but because it makes us better," Wall said Thursday. "I love all the accents."

Amol Cheema is one of those newcomers who has settled in Saskatchewan.

Cheema, who is originally from India, was in university in Toronto when a couple of his friends moved to Saskatchewan. He followed in 2011.

"They said it was a good province, lots of opportunities, so I came here," Cheema said at a gathering for newcomers Thursday at the legislature.

He said it's been great, except for the "really harsh" winter, which Cheema jokes that he's getting used to.

Cheema, 27, is working as a civilian with the Regina police. He hopes to become an officer when his permanent residency paperwork is complete.

Cheema said he "absolutely" sees himself staying in Saskatchewan for the long-term.

"I love it here," he said.

"It's the same like my province where I came from (in India), it's an agriculture province as well. It's like life is kind of relaxed, you're not rushing to your job. It takes five minutes to go to work. And then I got this opportunity, and I think as an immigrant it's my responsibility to serve the people of Saskatchewan and the people of Canada."

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# East Central Sask farmers seeing record harvests

Continued from page 14

Currently, the price of grain has come down substantially, so as a result, there is some profitability now," he says, "but if we look at the industry, because there was no profit for some time, the number of cattle in North America has diminished. Now we're going into a period in the cycle where breeding stock will become a premium.

"As for the feed lot industry, because they've had substantial losses the last couple years, the equity in that industry is very low right now, so they're going to be very cautious, but in the last week or so, they were able to see some profit in the next feeding period, so there is some optimism there."

Kevin Woods runs a large cattle operation, and agrees that while it's an improvement, the cattle industry is still far away from previous levels of profitability.

"It's a firm improvement, but a long way

from becoming profitable again."

Cattle farmers say along with the previously very high feed prices, the cattle industry is still recovering from the BSE outbreak in 2003, and more recently, complications with Country of Origin Labeling (COOL) regulations.

"Four to five years ago, Americans imposed a rule where meat packers had to say where cattle were raised, so consumers could see that in the grocery store," Dietrich says, "but under the World Trade Organization, Canada and Mexico launched a protest to say it gave an unfair advantage to the United States, because the packing industry would have to segregate all the cattle in the plants to accurately label the meat, and that added quite a bit of cost. After a year or two, the WTO ruled in Canada and Mexico's favour, and said the United States had to change the restrictions. The Americans actually put more onerous restrictions into the new

regulation. So this summer, Canada and Mexico asked the supreme court to have an injunction that would limit the ability to go ahead with these new regulations, and lost that court decision, and it's currently being appealed."

What exactly does this mean for Canadian beef?

"They want to keep Canadian and Mexican cattle segregated, so you can imagine the added cost of that," says Woods, "When our Canadian cattle go down there, they can't be processed alongside the American cattle, so they have to have days where they have to process only Canadian meat. It's a regulatory process that is going to cost millions of dollars, and that just comes back to us — they just take it off the value of the animal."

Woods says it's also completely freezing the flow of Canadian beef into the United States.

"There are certain plants that have

normally processed Canadian cattle that won't anymore, because they don't want to be bothered with the extra processing and requirements to slaughter Canadian cattle that all has to be packaged and labelled separately."

Woods says the COOL regulations are going to end up having a negative impact on the American cattle market as much as the Canadian market.

"In the United States, a lot of processors, feed lots and even consumers are dead set against COOL because they know it's going to increase the cost of doing business, and quite frankly, they need our supply of cattle to keep the plants and feed lots open."

Both Dietrich and Woods are not sure how much of an impact COOL is going to have yet, but believe Canada has a strong case against the regulation, and that gives the cattle industry some hope in its long recovery.



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| <b>October</b>   |           |  |         |
| 14   | MONDAY    | NO BUTCHER SALE                            |         |
| OPEN 10 A.M. FOR FEEDER DELIVERIES                           |           |  |         |
| 16   | WEDNESDAY | PRESORT FEEDER CATTLE SALE ANGUS INFLUENCE | 10 A.M. |
| 21   | MONDAY    | BUTCHER CATTLE                             | 9 A.M.  |
| 23   | WEDNESDAY | PRESORT FEEDER CATTLE                      | 10 A.M. |
| 28   | MONDAY    | BUTCHER CATTLE                             | 9 A.M.  |
| 30   | WEDNESDAY | PRESORT FEEDER CATTLE CHAROLAIS INFLUENCE  | 10 A.M. |
| <b>November</b>  |           |  |         |
| BUTCHER CATTLE SALE EVERY MONDAY AT 9 A.M.                   |           |  |         |
| 6  | WEDNESDAY | PRESORT FEEDER CATTLE ANGUS INFLUENCE      | 10 A.M. |
| 8  | FRIDAY    | BRED COW SALE                              | 11 A.M. |
| 13   | WEDNESDAY | PRESORT FEEDER SALE                        | 10 A.M. |
| 20   | WEDNESDAY | PRESORT FEEDER CATTLE ANGUS INFLUENCE      | 10 A.M. |
| 22   | FRIDAY    | BRED COW SALE                              | 11 A.M. |
| 23   | SATURDAY  | SPRING CREEK SIMMENTALS FEMALE SALE        |         |
| 27   | WEDNESDAY | FEEDER CATTLE                              | 9 A.M.  |
| 29   | FRIDAY    | BRED COW SALE                              | 11 A.M. |
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# Crossborders Community Growing Project The First Fruits

by JULIA DIMA

"In the scripture, it always talks about the first fruits. The first ten per cent of the harvest was supposed to be given back to the Lord to be given to the poor, and then the rest was for yourself. I think it's people reflecting on that, and saying, this comes first."

Jim Cornelius of Canadian Foodgrains Bank is talking about the harvest for hunger that happens every year when farmers across Canada harvest a crop they've planted and grown for the Foodgrains Bank.

The bank was established in 1983 to respond to global food crises overseas. Today, it's a partnership of 15 church agencies across Canada, and the goal of fighting global hunger hasn't changed.

Last year, the Foodgrains Bank raised over \$12 million for projects overseas. The Foodgrains Bank has hundreds of growing projects across the country. Farmers plant a crop, and send the profits of the crop to the Foodgrains Bank. From here, the Foodgrains Bank has member agencies across the world who receive the money to fund food programs in over 80 countries.

The Foodgrains Bank funds three kinds of programs overseas. The first is a feeding program that brings food to people who are facing a humanitarian crisis, like a drought, flood, or displacement. The second kind are nutrition programs that focus on ensuring children have access to adequate food in their early years. The last are agricultural livelihood programs that help communities successfully grow food and earn income.

Along with the funds Foodgrains Bank gets from farmers, the federal government matches donation 4:1. This year, the Foodgrains Bank is in dire need of funds to

deal with the humanitarian crisis in Syria that has displaced five million Syrians.

Cornelius says that Foodgrains Bank has been providing food to over 50,000 people a month in Syria, Lebanon, and Jordan. He says that growing projects have an enormous impact in fighting hunger in these situations.

"I was just in Lebanon a few weeks ago, and this is a sign that someone cares," Cornelius says, "when they find out that the food that's coming is from farmers like themselves, that it's not just government, that has an enormous impact."

*Continued on page 23*



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"This is a way of making sure everyone gets to sit around the family table and eat."

— Jim Cornelius, Foodgrains Bank

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# Crossborders Community Growing Project

Continued from page 22

Cornelius says that the growing project is important in making a global issue like famine something Canadians can understand.

"The nature of society now is it's very difficult for connections to be made. If you were in rural Manitoba, how do you connect with someone facing hunger in Africa? This is a tangible way of making a real connection."

One of these farmers making that connection is Don Neufeld from Kola, Manitoba. He and his wife Jan co-ordinate the Kola Crossborders Community Growing Project.

On Friday, September 13, nine combines met on a 270-acre pasture of land two miles south of Kola. The land was donated by Helen Koop, who's been part of Foodgrains Bank for many years, herself. She used to only have 80 acres to donate. Now, farmers from the whole area come together to harvest her land for the bank.

"It's amazing seeing all these people here."

Aside from the farmers with their combines, grain carts, and trucks, the community and school children came out for a barbecue picnic. The food was provided and cooked by Virden Sunrise Credit Union and BDO.

Harold Penner, the Foodgrains Bank representative for Manitoba was also at the Harvest. He shared with those gathered that the funds raised through the Foodgrains Bank will help alleviate the humanitarian crisis in Syria.

"It's a very difficult time for people there, so the more we can support them, the better," he said.

At the harvest, Neufeld shared the importance that



Julia Dima photos

The combines lined up to start harvest at the Kola Crossborders Growing Project

the harvest day has for him.

"Today is emotional for me, because ten years ago on this day, my father died," he said, "dad was a big part of the Canadians Foodgrains Bank, so I'd like to give him honour, and just say that, Dad, I appreciate you for all the years that you tried to teach me the right thing."

Neufeld's family has been involved in the Growing Project for thirty years. Neufeld's uncle was involved in the organization, and after he passed away, Neufeld's father took over the project. He wasn't a farmer, but got involved. Neufeld chose to farm, so he naturally became involved in helping his dad with the seeding and harvest that the community of Kola did every year for the Foodgrains Bank.

Neufeld remembers his dad telling him it was imperative that he did this

harvest. Neufeld replied by saying he would get it done, but he had to get his own harvest done first. After his dad passed away, that changed.

"Ten years ago, my father passed away. He was the co-ordinator of the project, so when he passed away, I said, I guess that's it, someone else will take over," Neufeld remembers. "So we did the harvest that year, and we thought, someone will pick up the ball. Then one night in January, I was fast asleep, and I had this dream that there was thousands of people standing out in front of me with their hands out, and they were pleading with me, 'feed us'. I woke up, and woke up Jan, and said, 'I don't know exactly what just happened, but if you believe in destiny, then I have just figured out my calling in life.' And that is to make sure that these people get a chance to eat.

And I made a commitment that if we were seeding, that would be the first crop I plant."

And that's what Neufeld has done for the past ten years. Each fall, the community and surrounding agriculture retailers get together and harvest the 270 acres of land for the Foodgrains. Since the growing project started, Kola has raised over \$3 million, and in some years, they've raised as much as \$680,000.

"When you get a few people together committed to doing something, it's amazing what can occur," Neufeld says.

He says he supports Foodgrains Bank so strong because of their commitment to providing those first fruits to the hungry in the world.

"I'm so passionate about Foodgrains because only five per cent of funds raised actually go to administra-

tive costs. With some organizations, only 40 cents of every dollar actually go to the people who need it. With this, 95 cents of every dollar goes to food, and that's why we're so passionate to help feed the world."

Cornelius says that passion is what keeps Foodgrains going.

"When I go out and meet with people, the level of commitment of Canadians, especially in rural Canada is just astounding, and people have been dedicated to doing this work for year after year. It's an act of faith, generosity, and commitment."

Neufeld says he and his wife have felt privileged to be involved with the project.

"As long as we're able to do it, we will. We feel very fortunate that we can be involved."

He said that the support from the Agricultural com-

munity in and around Kola has always been strong. But that doesn't surprise him.

"I think the reason people in agriculture are so passionate about it is that we realize that food is the most important thing on the planet. We would hope that if the shoe were on the other foot, and we were a nation starving to death, that there would be compassion somewhere on the planet, that we would get to eat, because life is precious," he says, "and to just turn a blind eye and say 'well that's too bad for you, your stars didn't line up, you didn't get the right weather, so now you're going to die', to me, that's unacceptable."

The nine combines set out to harvesting the crop on Friday at about 1:30 and worked throughout the afternoon. Neufeld estimated that the crop harvested would raise about \$100,000, a profit that the federal government will match 4:1. Before any individual donations made, the Kola Growing Project raised half a million dollars for the Foodgrains Bank.

Neufeld says it's all about using what he's been blessed with to make sure people who don't have that can still eat every night.

"This day is about feeding hungry people, and it's about community, and it's about all you people getting together with us to give to others," Neufeld told the group who came out to the harvest.

Cornelius says that's what Foodgrains Bank is fundamentally about.

"This is a way of making sure everyone gets to sit around the family table and eat. That's how we see it, it's about extending the table, and making sure everyone gets around it. Tables of food are really at the heart of a community."

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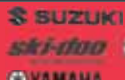
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| 1996 Beachcomber 27' - A/C, New Tires in Exc. Cond                  | \$8,900                  |

### 2013 Alsport 8.5X26 Snow Trailer

This Snow trailer is actually multi-purpose, it has the front and rear ramp ends for snowmachines, quads, you name it! Another option is a car hauler which most this size will accommodate, but this one has the escape door and the lower stance for easy entry and exit whatever it might be. It comes with a stainless steel helmet/gear rack, 2 fuel doors, 9-1200 lb. d-rings, loads of interior light, LED light package, white ceiling and walls for a clean and brighter interior look. Outside it is two-tone white with the screwless exterior, aluminum wheels on 5200 lb. axles. Just a great looking trailer for whatever purpose you have in mind.

### 2013 Combo Snow Trailer

The perfect trailer for all occasions!!! This 28' Snow Trailer can be used of course for sleds, ATVs, and also has an escape door if you wish to haul a vehicle. Great for storage too. It comes with the two-tone black, screwless exterior, front and rear ramp door, aluminum, wheels, 2 fuel doors, helmet/gear rack, 9 d-rings, 2 large 19" dome lights, and 5200 lb. torsion axles. Available in many color combinations or w/ or w/o some of the above options.

## SKI-DOO OPEN HOUSE NOVEMBER 2ND 9 A.M. - 4 P.M.

### 2014 Renegade Backcountry 600-800 ETECs

Our best selling models, the Renegade 6 or 800 ETECs because of it's versatile uses. Whether your on the trail or carving in the deep snow, this one does it all. The Backcountry comes standard with the 16"X13"X1.75" Powdermax track, Pilot Deep Snow (DS) 2 skis, adjustable ski stance and lower gearing for the deep stuff. The R-motion suspension with HPS shocks from top to back will reduce those bumps, big or small. Your choice the engine, the fuel saving 400 ETEC or the powerful 163 HP 800 ETEC. Both start easy, (usually 1" pull on the 600), use very little oil during a normal season of riding and no smoke, no smell. Call now limited numbers available.

### 2014 Summit 800

Starting with the lightweight XM chassis (459 lbs) and the incredible 1.7-million rear suspension that gives you instant response with effortless handling. Combined this with the FlexEdge track that bends with the 2" on the edge of each side for greater side hilling. Other features you'll love are the flat-mounted speeds for standup riding, wider turning boards with large openings, heated glove box, lightweight seat, the LINO mounting system that you can easily attach and remove gas caddys and bags. All of these great features plus the 800 ETEC (163HP) with easy start, less oil used and better fuel economy. Orange/Black or just Black.

### 2014 MXZ TNT 600 or 800 ETEC

The MXZ TNT is the short track in the line-up with a 15X120X1.25" rip-saw track. Now with R-motion suspension for control and amazing comfort, along with the XS platform, for better wind protection, excellent fit and finish and better serviceability. Either 600 or 800 you can't go wrong for better fuel economy, initial startup and very, very little oil during the season.

### 2014 MXZ Sport 600

A great engine that is still available, the 600 carb, which has always been a great engine over the years. In the sport version of the TNT, you get an entry level sled at an incredible price and still have loads of features like, motion control shocks, 1.25" rip-saw track, electronic reverse, analog gauge display with speedo, tach and fuel, and this one even has electric start. Best bang for your buck in the lineup!!!

### 2014 Grand Touring LE 900 ACE

Ski-Doo's endless technology never seems to rest!! The new ACE 900 4-stroke delivers 50% more power and 77% more torque than the 600 ACE. Even better yet, the ITC system which stands for intelligent throttle control. With this feature you have a driving mode, "Standard" with 1600 RPM, "Sport" with 1800 RPM, no performance limitations, and ECO limits torque, top speeds and acceleration rates to deliver a more relaxed fuel-conserving ride (Up to 23mpg). It doesn't stop there, a Learning Key safety tether for the novice rider that limits speeds. All this in the beautiful Grand Touring LE 2-up (option of a 3-up), with R-motion suspension, passenger heated hand grips, heated boot and visor outlet, silent driver system and a lot more.

### 2014 Grand Touring Sport 550 Fan

This model is ideal for the family or couple that just want to get out and enjoy the winter without blowing the budget. It has standard electric start, reverse, heated hand grips, fuel gauge instrumentation, 16X13"X1.25" rip-saw track, high windshield, cargo rack and mirrors. All of this and it looks incredible too!!!

### 2014 Tundra Sport 600 ACE or 550 Fan

Work or play this is the way to go. The Tundra can be used as a work sled with it's 16x13"X1.25" Cobra track, 1900 DS 2 skis (used on our mountain sleds), go almost anywhere. Standard features include electric start, RER on 550 fan and mechanical reverse on the 600 ACE 4-stroke, heated hand grips, analog display gauge, j-hooks with a grab handle and most of all, very lightweight (463 lb-550 and 482 lbs-600 ACE). The ACE engine is rated up to 23mpg. Fun, economical and affordable.

### USED SLEDS/BIKES/QUADS

|   |          |
|---|----------|
| 2012 MXZ Renegade X600 - lady driven, 875 miles             | \$9,650  |
| 2009 Renegade 800 - 5600mi, only 400 miles, new motor       | \$5,995  |
| 2008 Renegade X800 - 1.75 track, skid, 4100m new motor      | \$6,995  |
| 2008 MXZ X550 Fan - Electric Start, Rev, H/W/DS, 1700mi.    | \$4,995  |
| 2007 Summit 151 - 800cc, Can, H/DS, 1650mi.                 | \$5,500  |
| 2011 Suzuki M60 - 900cc - Washed Like new, 800k             | \$9,995  |
| 2009 Suzuki C109R1 - 1000cc - Loaded Bagger Like new 22000k | \$10,495 |
| 2007 ESX 1000 - 14.75hp, Pipes, New Tires                   | \$6,495  |
| 2006 KTM SX - 65 Dirt Bike                                  | \$2,200  |
| 2002 Yamaha Road Warrior - 1700cc, pipes, 24,000k           | \$6,800  |
| 2002 Suzuki Marauder 800 - 16,000k                          | \$3,295  |
| 2004 Suzuki LT-A400 - Auto, SS Wheels + Tires, Winch        | \$3,995  |

# Rocanville Museum Day

Rocanville and District Museum held its Museum Day Saturday, September 14.

The day included a variety of old tyme activities, including demonstrations of the many antique tractors at the museum, and blacksmith demonstrations.

The highlight of the day was a demonstration of Threshing with Steam. A steam powered tractor propelled the antique threshing machine, the predecessor to the combine. Three or four individuals hopped up onto the cart of wheat sheaves and pitched them into the threshing machine.

One of the people pitching sheaves was 91-year-old Peter Hirney (in photo) who worked until the cart was empty.

After the threshing demonstration, there was live music in the old legion hall, and a barbecue supper in the evening.



Julia Dima photos  
Peter Hirney (right) pitched sheaves of wheat into an antique threshing machine at Rocanville Museum's Museum Day.



Threshing with an antique steam powered machine was the highlight of Museum Day



Above: Children enjoy a ride on a hay rack.

Below: Running the antique steam engine.



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 EVERY TUESDAY OF THE MONTH!

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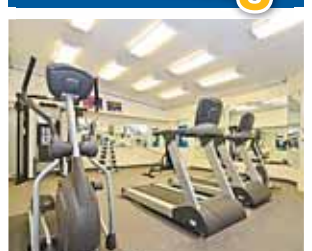


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- 0% Financing
- Auto
- Roomy

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BI-WEEKLY  
**\$21,199**

# monster DEALS



STOCK# 30087

**2013 Ford Fusion**

- Low Rates
- Auto
- Amazing Color
- Stylish

**\$189**  
BI-WEEKLY  
**\$26,669**



STOCK# 31247

**2012 Ford Fusion SEL**

- Leather
- V6
- Great Car!
- Low kms

**\$193**  
BI-WEEKLY  
**\$21,900**



STOCK# 41038

**2009 Chev Impala**

- Local Trade
- No Charge Winter Tires
- 88,000 kms

**\$133**  
BI-WEEKLY  
**\$12,900**



STOCK# 32254

**2007 Ford Focus SE**

- Sport
- Auto
- Only 18,000 kms

**\$113**  
BI-WEEKLY  
**\$10,900**



STOCK# 31246

**2012 Ford Fusion**

- Moonroof
- 20,000 kms
- Sweet Colour

**\$193**  
BI-WEEKLY  
**\$21,900**



STOCK# 31083A

**2007 Ford Ranger**

- Sport
- Auto
- Local Truck
- 22,000 kms

**\$115**  
BI-WEEKLY  
**\$13,900**



STOCK# 01188

**2007 Ford F-150 XL**

- 8' Box
- 2 WD
- 6 Cyl
- Auto

**\$105**  
BI-WEEKLY  
**\$10,900**



STOCK# 21243

**2012 Ford Fusion SE**

- Auto
- 4 Cyl
- Great on Gas

**\$136**  
BI-WEEKLY  
**\$15,900**



STOCK# 31184C

**2009 Ford Escape XLT**

- V6
- 4WD

**\$11,900**  
AS TRADED



STOCK# 31016A

**2011 Ford F-150**

- 5.0L
- 6.5' Box
- Spray-in Liner

**\$210**  
BI-WEEKLY  
**\$25,900**



STOCK# 31204

**2012 Ford Expedition**

- Hi, Im Max Limited
- 22,000 kms
- 4WD
- 8-Passenger

**\$375**  
BI-WEEKLY  
**\$42,900**



STOCK# 31223

**2012 Ford Explorer**

- Fully Loaded
- 4WD
- Room for 7

**\$365**  
BI-WEEKLY  
**\$41,900**



STOCK# 31210A

**2011 Ford F-150**

- 5.0L
- 4x4
- PST Paid
- Local Trade

**\$208**  
BI-WEEKLY  
**\$24,900**



STOCK# 31219A

**2010 Ford Escape XLT**

- 4WD
- V6
- Local Trade

**\$155**  
BI-WEEKLY  
**\$18,900**



STOCK# 31214A

**2008 Ford Escape**

- One Owner
- SK Tax Paid
- 4WD
- V6

**\$126**  
BI-WEEKLY  
**\$14,900**



STOCK# 31215A

**2011 Ford F-150 XTR**

- Moonroof
- 4x4
- Spray-in Liner

**\$227**  
BI-WEEKLY  
**\$27,900**



STOCK# 31209

**2012 Ford F-150**

- Local Truck
- 19,000 kms
- 4x4
- 5.0 L

**\$229**  
BI-WEEKLY  
**\$26,900**



STOCK# 31230B

**2005 Ford F-150 FX4**

- 5.4 L
- Only 115,000 kms

**\$145**  
BI-WEEKLY  
**\$14,900**



STOCK# 31229A

**2011 Ford F-150**

- Local Lariat
- EcoBoost
- Max Trailer Tow
- 48,000 kms

**\$288**  
BI-WEEKLY  
**\$33,900**



STOCK# 31237A

**2012 Ford F-150 XLT**

- 4x4
- Super Cab
- 39,000 kms
- PST Paid

**\$210**  
BI-WEEKLY  
**\$25,900**



STOCK# 31218A

**2010 Ford F-150 XTR**

- Super Crew
- 4x4
- Spray-in Liner

**\$17,900**  
AS TRADED



STOCK# 31216A

**2013 Ford Explorer**

- Navigation
- 4WD
- 7-Passenger
- No Charge Warranty

**\$315**  
BI-WEEKLY  
**\$38,900**



STOCK# 31210B

**2008 Ford F-350**

- King Ranch Diesel
- 4x4
- YES I CAN!

**\$218**  
BI-WEEKLY  
**\$26,900**



STOCK# 31219A

**2011 Ford F-150 Limited**

- 6.2L Boss
- No Charge Warranty

**\$325**  
BI-WEEKLY  
**\$39,900**



STOCK# 31222A

**2010 Chev Equinox**

- 2LT
- AWD
- Leather
- PST Paid

**\$180**  
BI-WEEKLY  
**\$21,900**



STOCK# 31180A

**2010 Ford F-150 XLT**

- V8
- 4x4
- 22,000 kms

**\$188**  
BI-WEEKLY  
**\$22,900**



STOCK# 31219A

**2012 Ford F-150 XTR**

- EcoBoost
- MTT
- 6.5' Box

**\$259**  
BI-WEEKLY  
**\$31,900**



STOCK# 31252A

**2006 Ford F-150 FX4**

- Leather
- 5.4 L
- 147,000 kms

**\$152**  
BI-WEEKLY  
**\$15,900**



STOCK# 31188B

**2008 Ford F-150 FX4**

- Moonroof
- 5.4L
- 111,000 kms

**\$180**  
BI-WEEKLY  
**\$18,900**



STOCK# 31251A

**2013 Chev Silverado LT**

- Local Truck
- EcoBoost
- Sweet Colour
- 23,000 kms

**\$339**  
BI-WEEKLY  
**\$39,900**



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2002 FORD TAURUS ..... \$1,899

2002 BUICK CENTURY ..... \$5,900



STOCK# 31214B

**2012 Ford F-150 FX4**

- APP 4x4
- Moonroof

**\$288**  
BI-WEEKLY  
**\$33,900**



STOCK# 41023A

**2009 Ford F-350 FX4**

- Luxury Diesel
- Local Truck

**\$315**  
BI-WEEKLY  
**\$38,900**



STOCK# 31109

**2009 Ford Sport Trac XLT**

- 4.6L
- V8
- 108,000 kms

**\$163**  
BI-WEEKLY  
**\$19,900**



STOCK# 4007A

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- Auto
- Local Car

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BI-WEEKLY  
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