

R Town News

ON-LINE

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Week of July 25, 2011
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Three sinful summer treats



Sublime happiness: these summer pleasures are lovely with family or shared with friends.

The three gustatory pleasures that go hand in hand with vacation: barbecued food, rosé wine, and ice-cream. The routine and weather of fall will be upon us soon enough, so take advantage while you can.

Put away your frying pan: whether you're a meat fan or a vegetarian, barbecues are a great way to reconcile pleasure and health. Grilled foods are generally less fatty, because we don't need to sauté them in oil. Don't be shy about asking your butcher or fish-counter attendant for some new recipe ideas.

Now, on to the next summer treat: the queen of summer beverages, rosé wine! Why is rosé so popular? Because when the mercury climbs over 20 degrees Celsius, our palates demand wines that are light and crisp. With its surprising freshness, rosé is superb as a before-dinner drink or as an accompaniment to meals and desserts.

After your barbecue and wine comes ice-

cream. It has to be said: this pleasure reaches sublime heights with an ice-cream maker, which allows you to prepare the perfect blend, flavoured exactly as you'd like. To

make your own, the base is always the same: scald four egg yolks, a cup of milk, a cup of cream, 100 grams of sugar, and a vanilla pod. Let it cool, and churn away!

SaskPower warns public of phone scam

SaskPower warns the public to be aware of a telemarketer who has been contacting customers encouraging the purchase of a product to save power.

"We have received calls and emails from customers stating they have been contacted by telephone to purchase a product to cut their power costs," said Garry Tollefson, manager of demand side management programs at SaskPower. "We want customers to be aware that this is not a SaskPower or government promotion."

The caller claims to be a SaskPower or Sask Hydro representative. There is no organization called Sask Hydro in Saskatchewan and

SaskPower does not contact residential customers by phone to promote products or services. The only exception is when SaskPower representatives call residential customers to do surveys for research purposes.

If you have received calls of this nature, please report it by calling SaskPower at 1-888-757-6937.

Other options available to customers when they receive these types of calls:

- Register with the National Do Not Call List at 1-866-580-3625
- Report the call to Phonebusters (the Canadian Anti-fraud Call Centre) at 1-888-495-8501

Crop Report

July 12 to July 18, 2011



Saskatchewan livestock producers made good haying progress over the last week and now have 59 per cent of the hay crop cut. 34 per cent of the hay crop has been baled or put into silage, according to Saskatchewan Agriculture's weekly Crop Report.

Haying progress varies across the province. 73 per cent has been cut in the northeast and east-central, 25 per cent in the northwest, 68 per cent in west-central and the southwest, and 54 per cent in the southeast.

45 per cent of the hay crop has been baled or put into silage in east-central, 7 per cent in the northwest, 37 per cent in the northeast, 41 per cent in west-central, 43 per cent in the southwest and 32 per cent in the southeast.

87 per cent of the hay crop is rated as good to excellent in quality with none reported to be in poor condition.

The average hay yields on dry land are reported as 1.8 tons per acre (alfalfa), 1.9 tons per acre (alfalfa/brome), 1.5

tons per acre (other tame), 1.2 tons per acre (wild) and 2.0 tons per acre (greenfeed). On irrigated land, the average hay yields are 2.6 tons per acre (alfalfa), 2.7 tons per acre (alfalfa/brome), 3.3 tons per acre (other tame), 1.1 tons per acre (wild) and 3.7 tons per acre (greenfeed).

85 per cent of fall cereals and 74 per cent of spring cereals are reported to be in good to excellent condition. 72 per cent of the oilseeds and 80 per cent of the pulse crops are reported to be in good to

excellent condition. The majority of crop damage is due to flooding, insects, diseases, wind and hail.

Across the province, topsoil moisture on cropland is rated as 9 per cent surplus, 84 per cent adequate and 7 per cent short. Hay land and pasture topsoil moisture is rated as 5 per cent surplus, 88 per cent adequate and 7 per cent short.

Farmers are busy haying, scouting crops and controlling diseases and insects. Warm temperatures are helping speed up crop development.

Another large drop

The number of Saskatchewan people receiving Employment Insurance took another significant drop in May, decreasing by 2,310 compared to same month last year (seasonally adjusted). This is the 14th consecutive month of year-over-year decreases.

May 2011 saw 10,520 beneficiaries receiving regular EI benefits in Saskatchewan. The

province's year-over-year decrease of 18.0 per cent was above the national average decline of 15.1 per cent.

When expressed as a percentage of the total labour force population, Saskatchewan has the second fewest number of people receiving EI benefits in Canada at 1.3 per cent. Alberta is the lowest at 1.1 per cent.

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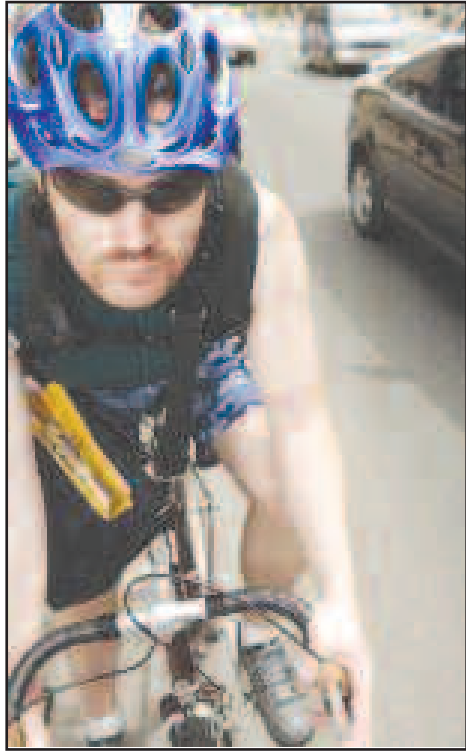
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CANADA SAFETY COUNCIL Cycle safely this summer



- Wear a helmet.
- Pay attention to your riding and avoid distractions from cell phones and music players.
- Follow the law — it's the safest way to ride. Bicyclists have the same rights and duties as other drivers and need to follow the same traffic laws.
- Be predictable — ride in a straight line, don't swerve over sewers or bumps in the road, this will increase your chances of a collision with a vehicle. Signal all turns and check behind you before turning or changing lanes.
- Come to a complete stop at every stop sign and red light.
- Ride with caution around parked cars and position yourself in the field of vision of a motorist pulling out of a parking space.
- Be conspicuous — ride where drivers can see you, use lights at night and wear bright clothing.
- Be aware — anticipate the next move of drivers, pedestrians and other cyclists. Watch for debris, potholes and grates.
- If you are a beginner or are returning to bicycling, seek out clubs or bicycling advocacy organizations in your community for tips on safe riding, instruction, and group rides to improve knowledge and confidence.
- Ride ready — tires need air, brakes must work, chains should run smoothly, and quick release wheel levers must be closed.
- Carry identification and cell phone, emergency cash, as well as repair and emergency supplies.

Bicycling is a great mode of transportation. Not only is it part of a healthy lifestyle, but cycling also contributes to a greener environment. However, as a cyclist, you are considered a vulnerable road user, and you must be aware of your surroundings at all times. It is very important to be visible and predictable to others.

Bicyclists have a greater risk of potential injury or death should they become involved in a collision. According to Transport Canada, in 2009 there were 41 bicyclist fatalities, and 435 serious injuries.

In addition to being visible and predictable, Canada Safety Council recommends for all cyclists to wear an approved helmet. Bicycle helmets can prevent up to 88 per cent of brain injuries when used properly. "You wouldn't think twice about wearing your seat-belt, so why would you think twice about wearing your helmet?" says Raynald Marchand, General Manager of Programs at Canada Safety Council. A helmet can save your life, so wear one.

Ways bicyclists can improve their safety:

- Ways motorists can improve bicycle safety:
- Respect bicyclists as legal road users with the same rights and responsibilities as motorists. Drive courteously and with tolerance.
- Obey the posted speed limit, and don't drive too fast for conditions.
- Come to a complete stop at each stop sign and red light.
- Check over your shoulder, and always check your blind spot. A bicyclist could be there.
- Maintain a safe distance between your vehicle and the bicycle in front of you.
- Use low-beam headlights when driving in low-visibility conditions.
- Yield to pedestrians and bicyclists in and entering crosswalks.
- If you plan to turn right or pull into a parking space shortly ahead of a bicycle in front of you, do not pass.
- Signal all turns and lane changes 30 metres in advance.
- Pass bicyclists only if it is safe to do so. Exercise patience.

All Folk'd Up



"The All Folk'd Up in Montmartre 2nd Annual folk festival was a resounding success" says Ingrid Tourigny, one of the festival's organizers. Nearly triple the attendance from last year's festival, it is clear the word is spreading that All Folk'd Up is a fun filled family event. With over 20 acts on two stages, the festival went without a hitch. With such performers as Juno award winner Ken Hamm, and Sask Rising Star Blake Berglund the crowd was entertained by some of the best performers in the industry. The amazing lineup at the kids stage such as storytellers Kevin Mackenzie and Carol Morin kept the kids entertained Saturday and Sunday. The weather cooperated and the campers were happy and dry. Many families used the festival as a venue to hold their family reunions because not only did they have great music, but food from vendors, the beer

tent, camping, swimming and even golf kept them entertained throughout the weekend. The 75 or so volunteers did a fantastic job from organizing, to

setting and manning booths. Festival goers came from as far away as Halifax, Winnipeg, and many parts of B.C.

Contributed

New service centre

Emma Lake Recreation Site will be receiving a new service centre.

The existing facility, initially constructed in 1968, no longer meets visitors' needs and is ready for replacement.

The new service centre is just the latest upgrade for Emma Lake Recreation Site. In 2008, Murray Point Campground received 89 newly electrified campsites, upgraded electrical service to 39 campsites, and in 2009, a new entry kiosk and campground office building.

These improvements fit with government's goal to continue improving Saskatchewan's provincial parks. The government is on track to meet and exceed their commitment

of providing 1,000 more electrified sites in parks over four years. Along with adding and upgrading electrical service, the ministry is also replacing or upgrading some service centres, potable water systems, historic facilities and some picnic tables and barbeques.

Work on the service centre is expected to start in fall of 2011 and be available for the 2012 park season.

Consultation is also underway about a proposed new provincial park in the Lakeland area that would include the existing Emma Lake and Anglin Lake Recreation Sites and some adjacent Crown Land. Consultations are ongoing.

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Vacation Time *by Kay Parley*



In their continual search for stories, the news sleuths interviewed some people about what they plan to do for vacation now that the cost of living is making trips very expensive. Some went so far as to state they planned to stay home.

Old-timers like me can't help but get a giggle out of a lot we see and hear these days. Imagine staying home for the holidays. For those of us raised on farms, as most of us were in Saskatchewan before the fifties, there is nothing unusual at all about staying home. Vacation, if we had one at all, meant a one-day drive to Katepwa Lake. Even then, someone had to stay home to "see to the stock." Farm animals didn't fend for themselves on pasture as they do now. In the days before I was born, Moffat had a system worked out by which any interested family could manage a whole week at Katepwa Lake. They did it by taking turns. One group went to the lake, taking wagons and tents and food supplies, and the other group looked after their livestock along with their own. Then they exchanged places and, at the end of the second week, the second group brought home the supplies. It was an innovative and co-operative way of brightening the year.

In some ways, living on a farm was a vacation in itself. We had plenty of fresh air and sunshine, and we had space. We treated berry-picking as a kind of holiday. When we had time to relax, there might be some lawn or a shady spot under a tree to sit and enjoy the day. In the hottest weather, some young people would take a dip in a slough. The early settlers often had boats on the larger sloughs.

There were always sports. No one lacked space for softball or cro-

quet. Some set up tennis courts. There was horse-back riding just for the asking. For those who liked to hike, rambles through the natural environment were all ready for our enjoyment. When you stop to think of it, it isn't much wonder that, in those days, people who lived in towns or cities thought themselves lucky if they had relatives on a farm, and they used the farm as a summer resort.

I guess that's why I had to giggle when I heard those people on TV discussing how to spend vacation time on a budget. Considering the discomfort of travel, I've never been able to see why people want to do much of it, but I suppose that's just me. It must be convenient to have a motor home, and I can understand why so many are bemoaning the price of gas this year. But the old days, playing table games

in the evening in one's familiar kitchen was more pleasant, to my mind, than bedding down in some strange hotel.

But travel has always been in the blood of a lot of people. In those early days in Moffat that I mentioned, several experienced real trips, if only once in several decades. Perhaps half a dozen people took one trip home to Scotland or England during their first 20 years in Canada. A

train trip to the west coast was considered a real luxury, certainly not something to expect every year. And of course there was the honeymoon. If a newly married couple could actually go to Niagara Falls they must have been the envy of every other young couple for miles around. Most honeymoons covered much less territory.

The vacations I remember from childhood were all at Fleming or

Indian Head, a long way from Wolseley. When I was ten, we drove to Carberry to visit my aunt and saw the desert badlands there. I guess that was my first real vacation. Oh, these poor people who fear they won't have the money to go anywhere this year. Maybe they'll discover what we knew -- the real enjoyment is in people, not places. Play together. Live, laugh and love together. It doesn't cost a cent.

Sudoku

PUZZLE NO. 306

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

ANSWER TO PUZZLE NO. 306

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

HOW TO PLAY:

Fill in the grid so that every row, every column, and every 3x3 box contains the numbers 1 through 9 only once.

Each 3x3 box is outlined with a darker line. You already have a few numbers to get you started. Remember: **You must not repeat the numbers 1 through 9 in the same line, column, or 3x3 box.**

How To Look at the News

* "LiveScience reports an anthropologist in Johannesburg may be able to prove William Shakespeare wrote his plays under the influence of marijuana," noted RJ Currie. "He also claims Hamlet actually said, 'Doobie or not doobie.'"

Gene Hauta

The Terrorist Threat, Part XXVI

by Gwynne Dyer



prepared, it is always rather dramatic when something like this happens," said Prime Minister Jens Stoltenberg with admirably Norwegian restraint. But restraint is not the dominant mode in journalism, and plenty of people were willing to hypothesise on who caused the explosion and why. The leading theories were:

You could almost hear the enormous sigh of relief as journalists around the world welcomed the news that there had been a big explosion in Oslo and many shooting deaths on a nearby island. There's been practically no foreign news for them to write about – it's summer in the northern hemisphere, and all the major villains of international politics are on holiday – but this is terrorism, and terrorism always sells.

"Even if one is well

1. It was Islamist terrorists taking belated revenge for the cartoons published by Jyllands-Posten six years ago that mocked the Prophet Muhammad. They would have had to be very ignorant terrorists, since Jyllands-Posten is a Danish newspaper and Oslo is in Norway, but the distinction may not be clear if you live far away and you didn't pay attention in geography class.

2. It was Libyan dictator Muammar Gaddafi car-

rying out his threat earlier this month to attack European targets in retaliation for European help to Libyan rebels: "Hundreds of Libyans will martyr in Europe. I told you it is eye for an eye and tooth for a tooth." There are six Norwegian fighter planes operating over Libya, after all.

3. It was an extreme right-wing conspiracy with its roots in Norwegian politics, taking aim at the ruling Labour Party.

It's starting to look as if the last theory was correct, with Anders Behring Breivik, the sole suspect who has been arrested, cast as a Norwegian Timothy McVeigh. The point is that if you are not Norwegian, it doesn't matter much. Indeed, even if you are Norwegian, it shouldn't matter much. This is a big media event and a tragedy for those directly involved, but it is not actually a big event.

A hundred people killed in a train wreck or an airline disaster is a two-day story in the country where it happened, and a one-day story that does not lead the television news (unless there are particularly dramatic pictures) in the rest of the world. Whereas a hundred Norwegians killed in a bomb attack and a shooting spree once in a half-century makes headlines around the world.

This is quite understandable in some ways: we know that we all have to die eventually, but we feel entitled not to be murdered by strangers. Besides, news is really news precisely

because of its scarcity value. If there were bomb attacks and shooting incidents in Oslo every day, most foreign media would soon stop reporting it on a daily basis. There would be a piece of reportage or analysis every month or so, and that would be it.

The problem is that terrorism gets people's attention, just as it is intended. It then becomes the basis for making policy. And often that policy is very expensive, very intrusive and very foolish. There will now be thousands of new metal detectors, and thousands of new "security" personnel to run those machines and carry out body searches, at the entrances to public buildings across Europe and probably beyond.

There may even be armed guards at youth camps run by political parties. It will create some employment at a time when it is needed, but that will presumably not be the aim of the exercise. The goal, or so we will be told, is to reduce the likelihood of such a terrible event happening again. But you can't do that. All you can do is to move the terrible events around.

If you make all government buildings everywhere totally impenetrable, with overlapping layers of tight and time-consuming security, then the next bomber with a grievance will just blow himself up in a bus. Or in a supermarket, or at a major sports event, or just in a crowded city street.

Unless you are willing to legislate against more than a dozen people being together anywhere, terrorists will continue to enjoy a "target-rich environment."

Fortunately, these terrible events are very rare. They are rare partly because governments keep track of individuals and groups that show some interest in terrorism, but mainly they are rare because there really are not that many such individuals and groups.

The ordinary citizen's

safety lies in statistics, not in ever more elaborate "security" measures. You are still more likely to die from falling off a ladder or drowning in the bath than you are to die in a terrorist attack. When they tell you to re-shape your life or your foreign policy in response to the "terrorist threat," tell them to go jump in the lake.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.

Dear Ellen

Dear Ellen:

I work with a girl in my office who I think is being abused. I was wondering what are the signs of abuse?

Signed Carmen

Dear Carmen:

There are many signs of abuse that you can look for, is your co-worker reluctant to talk about why they are sad, anxious, or depressed. Is your co-worker drinking more or taking pills to calm her nerves? Have you seen any physical injuries? Does she try to avoid you when you meet outside of work hours? Does she make excuses at the last minute why she cannot visit with you? Or has she stopped seeing you completely? The only way to know for sure is to ask your co-

worker if she is being abused emotionally, verbally or physically by her partner. If she is being abused by her partner she may feel embarrassed, ashamed and all alone. By asking questions, you help break the silence. This may be the first step towards ending the abuse. In next week's column I will talk about ways to support friends or family who are in abusive relationships. For more information on abuse go to envisioncounsellingcentre.com or call Envision Counselling and Support Centre 24 Hour Abuse/Sexual Assault Support Line at 1-800-214-7083. Or write to Dear Ellen at Box 511, Estevan, SK S4A 2A5

Ellen

WEEKLY BOOK PICK



"Nothing Sacred"

by Lori Hahnel

Review by
Andréa Ledding

Lori Hahnel's collection of 21 short stories, including the title piece "Nothing Sacred", skillfully navigates through a working woman, city-gritty, dust devil tour of life rooted in the Canadian prairies and western foothills.

Hahnel populates the pages with believable and provocative characters and situations with a strong sense of place, grounded solidly in the exceptional everyday. She questions and probes societal norms, values, and conventions with perception, humour, and sensitivity. Her language is direct and simple; she is a master at the art of "showing, not telling".

Her cast of dozens, almost exclusively female leads speaking in the first person, act as both personal tour guide and societal magnifying glass: exam-

ining relationships, roles, and institutions. Each story is an encounter where connections are made, secrets are shared, and insights sparkle out in an intimate but minimalist dialogue: defining vignettes and snatches of conversation overheard in places public and private. This is eavesdropping at its finest, a keyhole into a world of witty, wise, and wistful.

At turns poignant, melancholy, wise-cracking, reflective, and urgent, carefully chosen story strands are deftly woven through narrative based in both present and past, vignettes which often include references to vintage films and Hollywood icons.

Each piece is carefully polished, lovingly crafted, and artfully voiced. Hahnel's characters walk the tightrope between regret and hope, wisdom and wonder, and chance and choice with pizzazz and certainty. The reader leaves the book behind with regret, hoping everything has turned out well for the characters inked inside these paper walls.

A three-time Journey Prize nominee, short-listed in the Prism international Short Fiction contest, and nominated for National and Western magazine awards, Hahnel originally hails from Regina and now lives in Calgary.

A Moment Just for You

You are someone to be admired. Who me? You may be thinking. But its true caring and capable. With strength of spirit that never fails. You're the kind of person other people wish they were more like. You don't have to perfect to be looked up to you just have to be yourself. People think highly of you just the way you are. You are an individual person doing your thing. The quality of existing separate or apart from a moment of time just for you.

Submitted by Raymond Olson, Lumsden, Sask

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ComParrot Can you spot 12 differences between these pictures?
by Bonnie J. Malcolm

Solution: 1. Puddle by radio is missing. 2. Section of soccer ball is colored in. 3. Edge of diving board is colored in. 4. Bush is colored in. 5. Knob on radio is colored in. 6. Air valve on floating tube has moved. 7. Patch on tube has moved. 8. Triangle tile on pool has moved. 9. Snorkel is longer. 10. Drinking straw is facing other direction. 11. Pattern on sail is different. 12. Book is wider.

Mind You! *by Jayne Whyte*



A Long-Term Commitment

When we set out to

Order of Canada

The Order of Canada is the centerpiece of Canada's honours system and recognizes a lifetime of outstanding achievement, dedication to the community and service to the nation. The Order recognizes people in all sectors of Canadian society. Their contributions are varied, yet they have all enriched the lives of others and made a difference to this country. The Order of Canada's motto is *DESIDERANTES MELIOREM PATRIAM* (They desire a better country). United Newspapers of Saskatchewan will publish on a regular basis information on those in Saskatchewan who have received this Order of Canada. Some have passed away, but the importance of this Honour remains the same.

Thomas Lawrence, C.M., Ph.D., F.A.I.C., P.Ag., Saskatoon, Sk.

Member of the Order of Canada

Awarded:
November 1, 1991
Investiture:
April 29, 1992

This agricultural research scientist from Saskatchewan is widely recognized for his work on grass cultivars under semi-arid conditions. He has developed several new cultivars, an achievement that has improved Western Canada's perennial forage use. A distinguished agronomist, he is highly sought-after for his scientific advice on grasslands and forage management. Deceased on December 8, 1994.

How To Look at the News

* A North Carolina man admits he robbed a bank of \$1 so he could go to prison and get free health care. Jerry Perisho warned, "Hey Jethro, your cellmate is not a doctor and those things he's doing are not medical exams!"

Gene Hauta

make a difference through raising awareness of issues, building partnerships, and advocating for change, we also need to take care of ourselves. We need to find and build communities of support around us for our personal health. We need friends and sometimes professionals who help us address our own needs. We need

to pay attention to looking after our needs for healthy living including good nutrition, adequate rest, having fun, and feeding our own souls. Making changes in society (and in our own lives) is a long-term commitment.

It takes time to build awareness. It takes time and energy to share our stories. It takes a fine bal-

ance of patience and respect with determination and advocacy. We need to gather facts, encourage research, develop consensus. We need to be able to show evidence that making a change will make a difference. Those are big questions and we need the support of researchers, scholars, policy makers and funders even to gather

the evidence and influence change. But we need to start somewhere. Whether we begin by addressing mental health, social, education, behavior and legal problems, we create opportunities for other positive change in all of these and other areas.

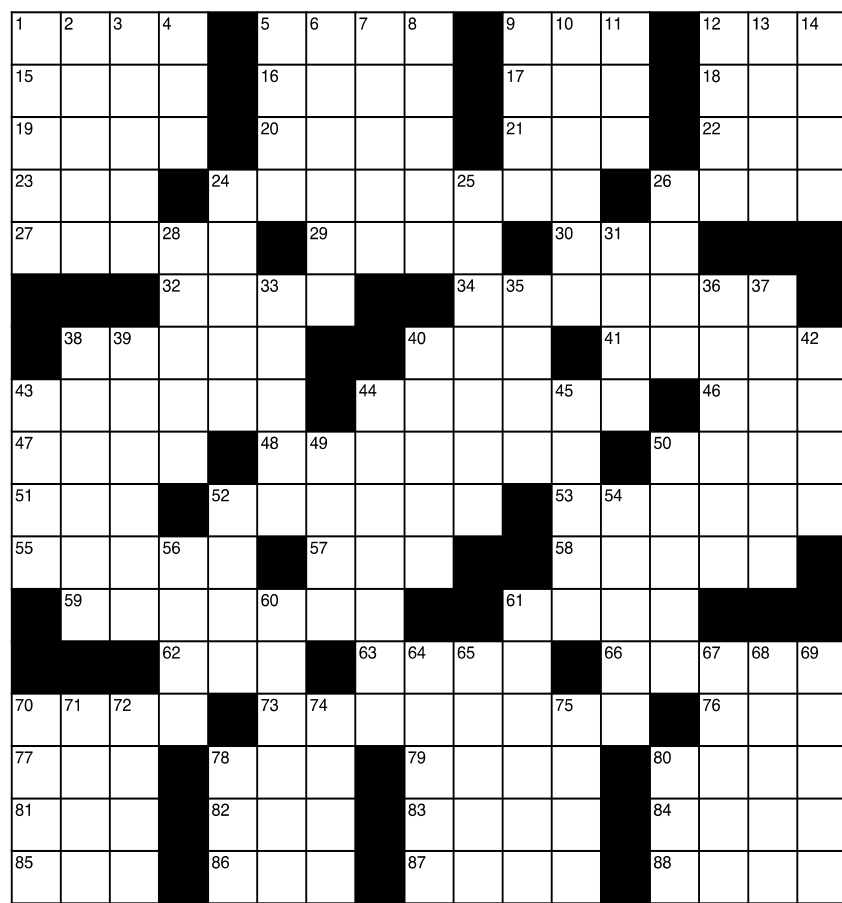
Margaret Meade's comment is appropriate here, "Why would a small

group of dedicated individuals believe that by working together they can change the world? Because throughout history, it is the only thing that ever has."

Jayne Melville Whyte has volunteered with the Canadian Mental Health Association since 1975 to improve mental health for all citizens.

CROSSWORD

PUZZLE NO. 566



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ACROSS

- 1. Climb a rope
- 5. The thing there
- 9. Queasy
- 12. Lout
- 15. "Chaplin" prop
- 16. Flow out slowly
- 17. Manta ____
- 18. African animal
- 19. Baptism, e.g.
- 20. Mythological figure
- 21. ____ and only
- 22. "____ Storm Rising"
- 23. ____ out (make do)
- 24. Encircle
- 26. Bawdy
- 27. Sausage
- 29. Propelled
- 30. Eastern ruler
- 32. Mansard feature
- 34. Recreation industry

- 38. Spokes
- 40. Cartoon frame
- 41. Bellowing
- 43. Insist
- 44. Tailor's need
- 46. Spanish article
- 47. Black, in verse
- 48. Military formation
- 50. Ringo's instrument
- 51. Mongrel dog
- 52. Set of guidelines
- 53. Arctic covering
- 55. Giraffe's kin
- 57. "____ Me No Questions"
- 58. Price tag
- 59. Ingredient
- 61. Eighteen-wheeler
- 62. Crash into
- 63. Pounce
- 66. Anesthetic of old
- 70. "____ of Ages"
- 73. Lasting two years

- 76. Before, to a poet
- 77. Nothing's alternative
- 78. Roue
- 79. Ripped
- 80. Rumble
- 81. Seasonal virus
- 82. Miner's delight
- 83. Amend text
- 84. In a different way
- 85. Bar bill
- 86. Reggae's kin
- 87. Nerve network
- 88. Holiday tune

DOWN

- 1. Loose bolt?
- 2. Japanese verse
- 3. Entomb
- 4. Bridal-page word
- 5. Bean curd
- 6. Having laryngitis, e.g.
- 7. Shade of blue
- 8. Mortise-joint part

- 9. ____ horse (locomotive)
- 10. Four-wheeled carriage
- 11. Corrosive stuff
- 12. Fairy-tale meanie
- 13. Again
- 14. Elmer ____
- 24. Dye for wood
- 25. Absolutely
- 26. Bear's home
- 28. Family auto
- 31. Alum
- 33. MTV offering
- 35. Butter alternative
- 36. Origin
- 37. Instruction book
- 38. Criticism
- 39. Unprincipled
- 40. Cash alternative
- 42. Sloping surface
- 43. Art ____
- 44. Prickly plant
- 45. Doddering
- 49. Hatfields, e.g.
- 50. Account change
- 52. Strong cotton
- 54. Animal with a hump
- 56. Benefit
- 60. Take off
- 61. Enthusiasm
- 64. "____ Laughing"
- 65. Battery terminal
- 67. Meeting greeting
- 68. Clear a cassette
- 69. Ward off
- 70. Barge
- 71. Water jug
- 72. Heavy stick
- 74. Think-tank product
- 75. "Casino" action
- 78. Lettuce type
- 80. Marsh

ANSWER TO PUZZLE NO. 566



Sports as Seen by Gene



* How about those Roughriders? It gets more embarrassing every week and they are now in the throes of their first 0-3 start since 2000. Bill Lankhof perhaps said it best, albeit with a pro-Ontario slant. "The Tiger-Cats got their first win of the season against the Roughriders. Next, they hope to beat a real CFL team. While the Tiger-Cats were full value for their 33-3 victory, flashing some nasty defence and a revitalized special teams game, they were helped along by one of the more morbid Roughrider teams ever to venture east of Dog River." Ouch, that hurts, especially since it happens to be true. The calls have started to go out for the heads of Greg Marshall, defensive coordinator Richie Hall, offensive coordinator Doug Berry, GM Brendan Taman and QB Darian Durant, not to mention the receivers who can't receive, the runners who can't run and the tacklers who don't seem to be able to tackle. When will it all end? By the time you're reading this, they will be 0-4 and can they recover from that? The only positive is that the B.C. Lions are not much better!

* Terry Jones has covered CFL football, and the Edmonton sports scene for many, many years. He's never seen a CFL team head indoors to avoid mosquitoes like the Eskies did recently. "I've never seen anything like it," said GM Eric Tillman. "The next thing that's going to pop up on our injury report is malaria. It's like we're practising in a jungle!"



Terry Jones

* Jones points out the Eskies didn't get their third win last year until Game 12. The team has not had such a good start since Ricky Ray's first year in 2002. "Which

leads to the No. 1 question in Edmonton today: are the Eskimos for real? Or maybe even a bigger picture question. Is the suffering finally over with the Eskimos and Oilers in last place? Are these the first three steps back toward the town's top two teams finally representing the City of Champions like they used to? With the Eskimos can this possibly be for real?"

* Steve Simmons was a little peeved at Damon Allen's lack of tact when asked about Anthony Calvillo breaking his record for TD passes. "And wasn't that nice of Damon Allen to point out he has run for 100 TDs (68 more than Calvillo) in the conference call to talk about Calvillo. Damon doesn't let go of these records easily."

* Charles Haley is the only NFL player to have five Super Bowl rings.



Charles Haley

* Tampa Bay has agreed to a five-year contract with restricted free agent Steven Stamkos. The 21-year-old will earn \$37.5 million over the course of the deal. Stamkos has played in all 164 games during the previous two seasons, leading the NHL with 96 goals. He has also recorded 186 points and 41 power play goals while averaging more than 20 minutes of ice time per game during that span.

* Steve Simmons has his own opinions after new Leaf, Tim Connolly. "After 11 troubled seasons of rarely living up to anyone's expectations, Tim Connolly enters the fishbowl that is Toronto hockey and almost certainly this will be either a grand new beginning or a painful end." There will be pressure. He has already been declared the first line centre and better have numbers to match the money. "Among the terms used to describe Connolly are: Soft. Difficult. Loner. Spoiled brat. Silver spoon kid. Entitled. Not a team player. Almost the opposite of what you expect most hockey players to be. And one more thing: Supremely skilled."

Longtime hockey participant, Sherry Bassin says the first mistake in Connolly's career was being kept by the Islanders. He wasn't ready for the NHL. He should have been sent back to junior."



Tim Connolly

* Simmons: "So, Mike Commodore has kicked around the NHL for parts of eight seasons and five different teams. How come he's just figured out now he wants to wear 64 on his back for the Detroit Red Wings? As in Commodore 64." Simmons continued, "Funny and ironic jerseys are apparently in: Seen at a recent Los Angeles game, a fan wearing a Dodgers jersey with the name Chapter on the back and No. 11."

* Simmons obviously had a good column this week. "Should Bautista hit 50 home runs in back-to-back seasons, it will rank the rarest of baseball statistics outside the steroid era of inflated numbers. If you remove the artificially enhanced home run totals of Sammy Sosa, Mark McGwire and Alex Rodriguez, only two nontainted hitters in the history of baseball, Babe Ruth and Ken Griffey Jr., have ever hit 50 in consecutive seasons. Ruth managed to do it twice, in 1920-21 and 1927-28. Griffey Jr. did it in 1997-98. And you could make an argument that McGwire's 52-58 home run seasons in 1997-98 were far more plausible than the 70-65 he hit back-to-back after that. With Bautista putting up with breathtaking numbers in a much-tested era — and should he be strong enough or healthy enough to hit 18 more home runs this season — his offensive numbers will rank with the greatest who ever played the game. Mickey Mantle never went 50-50 back-to-back. Barry Bonds never did it. Willie Mays never did it. Bautista might get there."

* Simmons also feels the free agent the Blue Jays should target, no matter the cost is Prince Fielder. "Imagine a 3-4-5 in the Jays batting order with Bautista, Fielder and Adam Lind in some kind of succession. And it would be a homecoming of sorts for Fielder, who spent time around the Jays clubhouse as a long-haired pudgy kid following around his now

estranged father, Cecil Fielder."

* Last weekend was Canada weekend in Cooperstown when the Hall of Famers and new inductees arrive. Being enshrined are Pat Gillick, former Blue Jays general manager and a Canadian citizen, and Robbie Alomar, the first to wear a Jays' cap on his plaque. Dave Van Horne, ex-voice of Canada's original team, the Montreal Expos, will be presented with the Ford C. Frick award for excellence in broadcasting.

* And here's something I didn't know. Pitcher Bert Blyleven, who was born in Holland and spent four years on the Canadian prairies, is also entering the Hall. Bob Elliott tells the story of how the Blylevens, parents Joe and Jenny, baby Bert along with older siblings, Frank and Betsy, moved to a farm owned by the Berry family in a "rural area" near Saskatoon. The Blylevens had \$74 when they landed in Montreal in 1953. Bert was two. They ultimately wanted to join the father's brother in the USA, but it was easier to get into Canada. Blyleven was on the prairies until 1957 when he was six. When the father left for a job in California, the family moved to Melville to await their U.S. visas and passports. "So, Terry Puhl, who played 15 years in the majors, mostly with the Houston Astros, is the second best player to have ever lived in Melville, falling behind the Hall of Famer." His two younger sisters — Trudy and Jenny — were born in Canada.



Bert Blyleven

* Jerry Perisho: "You know it's hot in the Midwest when even the Cubs break a sweat."

* Giants closer Brian Wilson, to ESPN, on that skintight 'tuxedo' he wore to the ESPY Awards show: "I'm an impulse guy when I wake up. Who knows where it takes me?"

* Alex Kaseberg wanted to know when did Giants pitcher, Brian Wilson, start looking like the evil spawn of Ulysses S. Grant and Adam Lambert?"

* "Thank God he didn't convince Prince Fielder or C.C. Sabathia to

come with him wearing the same outfit," shuddered Hough.

* The Champion Giants will visit President Obama at the White House. "This means" said Perisho, "Wilson will arrive a day early so the Secret Service can ransack his beard."

* Looks like nice guys can finish first. The Yankees' fan who caught Derek Jeter's 3,000th-hit ball will be rewarded, even though a lot of people thought he was crazy to give back the ball that might have been worth \$250,000. Christian Lopez has scored a \$50,000 "donation," a 2009 World Series ring, and his own Topps baseball card. Better still, if the IRS decides those goodies are not "gifts," Miller High Life has agreed to pay the taxes on them. The cash will help with Lopez's \$150,000-200,000 in student debt. He also has 4 suite tickets for the rest of the season, including the postseason, three bats and balls signed by Jeter, and two jerseys with Jeter's signature.



Christian and Derek

* The IRS is going after the 23-year-old cellphone salesman for \$15,000 based on the value of what the Yankees gave him. "Meanwhile," said Hough, "GM pays no taxes for 10 years. Is this a great country or what?"

* "The guy gave the ball — valued at \$250,000 — gave it to Jeter for nothing," quipped Kaseberg. "Or as Derek Jeter calls \$250,000, two and one third innings of work."

* At BorowitzReport.com: "Pitcher Roger Clemens celebrated his steroid case being declared a mistrial by throwing a car across the courthouse parking lot."

* U.S. District Judge Reggie B. Walton declared a mistrial in Roger Clemens' perjury case after the prosecution tried to admit evidence the judge previously had ruled inadmissible. "Due to the expected magnitude of his decision, Walton may have become the most influential bench player in the history of the game," wrote Hamilton.

* "Apparently even the judge wasn't ready to be shown pictures of Clemens' backside while getting steroid shots,"

joked Barach. "Clemens' attorney says Clemens is being treated unfairly because he is rich and famous. To which O.J. Simpson and Robert Blake are saying 'Tell us about it!'"

* Marc Ragovin: "After accusing the Blue Jays of stealing signs, the Yankees said they would respond in an appropriate manner. Yeah, by waiting til the off season and stealing their players."

* CBS's David Letterman, on a sure sign that the U.S. is serious about repaying its debt to China: "Last week, we returned Yao Ming."

* In a poll done on a Chinese social network website, 57 per cent of respondents said they'll stop watching the NBA when Houston Rockets centre Yao Ming retires. Reggie Hayes of the Fort Wayne News-Sentinel said, "In order to try to hold onto the market in China, NBA commissioner David Stern will ask LeBron James to convert to Buddhism and change his name to Yao No Ring."

* "The NBA has laid off 114 office workers in order to save \$50 million in payroll," wrote comedy writer Barach. "Or as most NBA fans call \$50 million in dead weight, 'LeBron James.'"

* A Legoland theme park near Dallas is displaying a "Lego Dirk Nowitzki" that they got from Germany. The 7-foot tall statue is made from 25,000-30,000 Lego bricks, and took 3,000 hours to build. "Apparently Miami tried to get a Lego LeBron James too," said Hough, "but builders kept stopping when they were three-quarters done."



Dirk Nowitzki Lego

* Timberwolves' forward Michael Beasley was busted for marijuana possession again. "Or as he calls it," according to Perry, "working on his pick-and-roll."

* "As much as most of the world cares about the women's World Cup, the USA team still isn't universally appreciated at home," said Hough. "In fact, when asked what they thought about Hope Solo, many Americans responded was 'Wasn't she in Star Wars?'"

* "Til next week...
Gene Haulta

Earth Talk

Credit: Roger Smith, courtesy Flickr



With the vast majority of the world's farms now relying on synthetic chemicals to grow crops and petroleum-derived fuels to drive the engines of production, modern agriculture has become overwhelmingly toxic to the atmosphere and is hastening global warming. Pictured: a crop duster in Tennessee.

Dear EarthTalk: I've been hearing more and more references to the need to clean up our agricultural practices for reasons pertaining to health, food quality, even global warming. What are the major environmental issues today associated with agriculture?

**Tony Grayson,
Newark, NJ**

What amazes many environmental advocates to this day is how the widespread adoption of synthetic chemical pesticides, herbicides and fertilizers for use in agriculture was dubbed the "Green Revolution," when in fact this post-World War II paradigm shift in the way we produce food has wreaked untold havoc on the environment, food quality and human health.

Agricultural output has certainly increased as a result of these changes, but with the vast majority of the world's farms now relying on petroleum-derived synthetic chemicals to grow crops and petroleum-derived fuels to drive the engines of production—modern agriculture has become overwhelmingly toxic to the atmosphere and is hastening global warming. The Intergovernmental Panel on Climate Change (IPCC) reports that agricultural

land use contributes 12 percent of global greenhouse gas emissions; here in the U.S. almost 20 percent of our carbon dioxide emissions come from agricultural sources.

Intensive use of chemicals isn't good for our nutrition intake, either. Overworked, depleted agricultural soils generate fruits and vegetables with fewer nutrients and minerals than those produced by farmers decades ago. And much of the food we eat is laced with chemicals that end up in our bloodstreams.

Beyond its effect on the food we put in our bodies, modern agriculture generates large amounts of nitrogen, phosphorous and other fertilizers running off into our streams, rivers and oceans, compromising not only the quality of our drinking water and the health of riparian ecosystems, but also causing those huge oxygen-depleted ocean dead zones we hear about in coastal areas such as the Gulf of Mexico.

Yet another issue with modern farming is the amount of animal waste generated and concentrated in small areas, which creates unsanitary and potentially dangerous conditions for the animals and humans alike. And the

widespread use of antibiotics on farm animals to keep disease in check results in the development of stronger strains of bacteria that resist the antibiotics used by humans to ward off infection and sickness.

Also, many worry about the potential impacts of the widespread use of genetic engineering, whereby genes in plants, animals and microorganisms are manipulated to select for specific traits. These genetically modified organisms, reports Greenpeace, "can spread through nature and interbreed with natural organisms," thus contaminating the natural environment in unforeseeable and uncontrollable ways.

The good news is that rapidly increasing consumer demand for healthier food is forcing agribusiness to see the wisdom of moving away from business-as-usual. Organic farming, which eschews chemical fertilizers and pesticides in favor of more natural choices, holds considerable promise for greening up our agricultural systems. According to the U.S. Department of Agriculture, organic cropland acreage averaged 15 percent increases between 2002 and 2008, although certified organic cropland and pasture accounted for only about 0.6 percent of U.S. total farmland in 2008. So we still have along way to go.

CONTACTS: IPCC, www.ipcc.ch; USDA, www.ers.usda.gov/Data/Organic.

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"The Forgotten War": Canadians in Korea, 1950-53

On July 27, 1953, the guns fell silent. With the signing of the armistice, a war that had raged for three years and cost hundreds of Canadian soldiers' lives was over.

That was how it ended. But how did it begin? It was five years earlier, at the end of yet another conflict—the Second World War—that the seeds of the Korean War were sown. Occupied by Japan from 1910 until the Japanese surrender in August 1945, the Korean peninsula was split along the 38th parallel into two occupation zones, the South in the United States' sphere of influence, and the North in the Soviet Union's. Each superpower a government adhering to its parent superpower's political views in the Cold War.



Gunners of the 2nd Battalion of the Royal Canadian Regiment fire a Vickers machine gun

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On June 25 1950, North Korean soldiers poured into the South, aiming to reunify Korea

under communist rule. Fearful that its defeat would cause a wave of communist takeovers in other countries, a "domino effect," the United States vowed to protect South Korea. When sanctioned by a Security Council resolution, 16 members of the United Nations committed forces to the war, Canada among them.

Over 26,000 Canadians served in the war, and eight Royal Canadian Navy destroyers were sent to the theatre to operate under UN command. Despite the challenges of inadequate training and obsolete equipment, they distinguished themselves in combat. Prior to the arrival of Canadian troops, the UN forces were able to drive the North Koreans out of the South but, when they advanced past the 38th parallel into communist territory in October 1950, China intervened. After six tense months of offensive and counter-offensive, by July 1951 the war had stalemated near the original 38th parallel border.



The HMCS Haida on patrol in Korean waters

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While both sides continued to engage in smaller combat operations until the war's end, Canada's foreign minister worked to moderate American policy, hoping to prevent the escalation of the war to a global scale and achieve peace through negotiation in what became known as "quiet diplomacy." That man, Lester B. Pearson, was elected prime minister in 1963, and was designated a national historic person in 1974. The participation of Canadians in the Korean War was, in 2000, designated an event of national historic significance.



Parcs Canada Parks Canada

How To Look at the News

* The theft of a \$100,000 Bentley by a man who said he wanted to take it for test drive from a Naples, Florida dealership, and never returned, may be the way this car thief gets around. Justin William Durbin met with sales consultant Garrett Rick, and sped off with the luxury car. The red 2011 Mercedes-Benz GLK 350 sport-utility vehicle Durbin drove to the meeting was found to have been stolen from a dealership in Missouri.

Gene Hauta

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Psychology for Living

by Gwen Randall-Young



Holding On - Helping or Hindering?

Sometimes it is important to take a stand on something we truly believe in, and even to refuse to back down. This is particularly important when it comes to moral or ethical issues, or questions of safety. There are times, however, when we need to assess whether holding tightly to our position is in the best interests of anyone.

If we find ourselves with ongoing tension or conflict around an issue, and it interferes with balanced functioning in life, we may need to take a second look. If we are stuck, and have been in the same stuck place for a while, we need to first re-assess our

own position. Is holding on helping me or hindering me? If it is not helping, how can I move on?

Perhaps talking openly with our partner in "stuckness" will bring a break to the stalemate. Simply stating that life is too short for remaining in negativity, along with a statement of your positive intent may be all that is required to release the block. If it is impossible or unwise to address the issue directly with the other, your best strategy may be to simply let it go. Sometimes clients tell me this feels like "giving in" and letting the other person "win". In truth, the situation is already a lose/lose proposition, so getting free of it is in fact a "win".

A good "reality check" question to ask yourself is, "How important would this issue be to me if the other person suddenly passed away, or if I was diagnosed with a terminal illness?" If it would no longer matter then, it is likely not worth holding on to now. This might be a good time to run just such a reality check.

Despite the technological sophistication of our world, and our growing spiritual awareness, there's still nothing that does more to make it a better place than having good old fashioned mending fences and building bridges.

Gwen Randall-Young is an author and award-winning Psychotherapist.

How To Look at the News

* In Bartow, Fla., Sheriff Grady Judd has given Polk County residents one more reason to relish life outside jail: underwear. Judd figures he can save \$45,000 from his annual jail costs by not giving underwear to male inmates when they're booked. If they want a pair, they will have to buy them from the jail commissary. I like his attitude. "This is the county jail, not a welfare program." My source asked, and if an inmate can't afford underwear? "We'll let the breeze go up one leg and down the other." The Sheriff's Office has seen a \$3.8 million drop in the 2011-2012 budget. Each prisoner will still receive a jail-issued orange top and pants, and female inmates will still receive underwear.

* Doctors at The Alfred hospital in Melbourne, Australia, were treating a patient for alcoholism. After three days, they were flabbergasted to measure his BAC at 0.271. The patient had pulled six 375ml bottles of hand sanitizer out of wall-mounted dispensers and drank them. The sanitizer gel is about 66 percent ethanol, or 132 proof in liquor terms. Changes have been made to the dispensers to allow them to be refilled but not opened. *Gene Hauta*



Retro Rodeo

Summer time is filled with a multitude of entertainment opportunities, one of which is the rodeo. Watching Will and Kate don white cowboy hats, belted jeans and button-up shirts at the Calgary Stampede proved to be entertaining for many people, proving that even royalty can be successfully disguised as cowgirls and cowboys.

Other smaller-scale rodeos are hosted throughout the prairies, most of which are held indoors to ensure the rodeo will ride on ahead, no matter what the unpredictable weather holds in store. The clowns, trick riders, rodeo events, entertainment and food are all as good as ever, but it just doesn't hold the same appeal as a good, old-fashioned outdoor rodeo.

Back in the day, every small town and village hosted their very own rodeo in the great outdoors. Amazingly enough, I can't recall attending a rodeo that got rained out or had inclement weather.

The sun always seemed to shine on rodeo day.

There was nothing quite like sitting in the stands, soaking in the warm sunshine and smelling the not-so-clean cow-scented air. If you sat at the top of the stands, you had an overview of the entire rodeo grounds, and if you were high enough you might even be able to catch a whiff of burgers cooking.

Of course, when you're a kid, the food at a rodeo is the main attraction. There's nothing like cotton candy, ice cream, hot dogs, pop and burgers to alleviate boredom.

As I got older, the food became the secondary attraction and the cowboys moved up to first place. However, it was their bull riding, bronc busting, roping or racing that was the primary focus. It was simply the cowboys themselves, who captivated every young girl's attention.

And every community endeavored to hold other entertainment events in conjunction with the rodeo. Depending on the community, there was everything from gopher derbies, softball tournaments, go cart races or an air show.

Those were the days of retro rodeo. In a way, it's too bad those events no longer are available, because it was an activity that seemed to bring peo-

ple together. Those outdoor rodeos encouraged community spirit and volunteerism, two attributes

that are desperately needed here on the prairies.

Joan Janzen

Check It Out

Only One Girl

When I was entering my high school years, there was only one Jewish girl in the village school. She was a classmate. She died last week. I had no contact with her as an adult. I hold in memory the face of a girl who was always trying to be like all the other girls. She was a product of her time, daughter of an arch-typical Jewish merchant, whose facility with languages attracted first-generation European immigrants to his store. The first immigrants are gone from rural Saskatchewan. So are the multilingual Jewish merchants who were in almost every prairie village. So are most of the villages. So is the girl.

The picture I hold in memory is of a girl standing with all the other students on an outdoor basketball court, saluting the flag and pretending to join in a Christian hymn and a Christian prayer. We were praying to the Christian God to smite our country's enemies and to protect the young men of our village who had marched away to war. Then, it seemed the proper thing to do. It doesn't seem so now. Seventy years later, I think it would have been more merciful to forego the patriotic rites which reminded the girl every morning that she was the only one.

No doubt she knew something about the beginnings of the evil which we now call the Holocaust. No doubt she knew about Ottawa's rejection of fear-stricken Jews attempting to flee from Europe. The other pupils didn't and she never tried to tell us.

In 2011, I have no apology to make for my ignorance. I was a boy then. Boys don't decide to make war. Boys have neither the inclination nor power to initiate programs of mass extermination. I have no place in the group which feels guilt for the Holocaust. I didn't do it.

There is still a feeling in lands identified as Christian that full atonement for the horror which befell European Jews has not been made-- nor for the centuries of persecution which preceded it.

Atonement began in 1947 with the creation of the State of Israel. The United Nations, which includes Canada, made a new country out of land which had been occupied by Palestinians for almost 13 centuries.. (The Biblical Promised Land endured for 700 years.) Were it not for the Biblical story of the conquest of Canaan, this would seem like an atonement made by giving away property belonging to somebody else.

What was done can't be undone. The international community needs the wisdom to find a way to bring peace in the conflict between Arab and Jew. As for the rest of us -- the powerless -- we should understand that the conflict has nothing to do with morals.

It's about power. Israel is an ally of the West. It has a powerful military with nuclear weapons and a skilful espionage apparatus. A powerful ally must never be offended.

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Humour

On an airplane, I overheard a stewardess talking to an elderly couple in front of me.

Learning that it was the couple's 50th wedding anniversary, the flight attendant congratulated them and asked how they had done it.

"It all felt like five minutes" the gentleman said slowly.

The stewardess had just begun to remark on what a sweet statement that was when he finished his sentence with a word that earned him a sharp smack on the head:

"..underwater."

While riding the bus, my mother noticed a young man, who was holding onto the same pole, staring at her. Eventually, he said, "Excuse me. This is my stop."

Since she wasn't blocking his way, she was confused. "Well," she said, "go ahead."

"And this is my pole," he said.

My mother was completely perplexed until the young man added, "I just bought it at the hardware store to hold up my shower curtain."

And with that, he picked up his pole and carried it off the bus.

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"Don't Mind the Mess" by Lori Penner



Basking and baking in paradise

I'm lying in the sun, pretending I'm on a white sand beach on a tropical island somewhere, without a single care in the world.

I hear the soft roar of the ocean and the gentle breeze brings with it the rich, sweet scent of coconut.

In the distance, a boat engine rumbles into action, and sea gulls seem to call out my name.

For a fleeting moment, I worry that I haven't applied any sunscreen, but then I sigh sleepily, asking myself how anyone could possibly burn in paradise.

Reality comes in the form of a dark shadow across my face.

Blinking through my smudged sunglasses, I see a dark figure glaring down at me, blocking that incredible sunlight.

"Mom, I'm bored. Can I buy something at the canteen?"

Suddenly my tropical paradise is transformed into a ratty old blanket at the side of the local swim-

ming pool.

The roar of the ocean is actually the water running down the kiddie slide.

I squint and look around, realizing that I'm surrounded by a sea of people in deck chairs.

I'm downwind from about a dozen different strengths of Coppertone, which explains the coconut.

What I imagined to be a boat engine is really the park lawn mower, cleaning up the nearby baseball diamonds, and the sea gulls are the shrill cries of hundreds of kids, squealing out to their buddies as they noisily splash in the chlorinated chill.

"Can I at least have a slushie? My friends all have one."

I pull off my sunglasses and instantly burn out my retinas.

Struggling to sit up after an hour of basking on the hot concrete, I wonder why it hurts so much to bend my legs. And then I realize, while you may not need sunscreen in paradise, down at the local pool, the same old laws of nature apply. The shade of my skin reminds me of the cherry slushie my son is begging for.

The heat coming off of it could peel paint.

"Are you okay, mom? You look really red."

I stand up and hear a collective gasp from my sons, and notice a few of

the other pool side moms wincing. "Is it really that bad?" I ask.

"It probably won't peel," one mom sympathetically calls out. "It looks superficial. Just use aloe and you'll be fine." While her words sound convincing, the pity in her eyes tells me she's lying.

We drive home and I want to take my son's slushie and just dump it all over me. The ice would likely sizzle as it hit my skin. The mess would be worth it.

"I feel really bad for you, mom," my son says. "But I think it's kind of interesting that you're always the one bathing us in sunscreen, and now you're the lobster."

I glare at him, my eyes no doubt supernaturally white in contrast to my tomato face. "I'm allowed to forget once in a while. I am human, you know," I tell him.

"Besides, I was in paradise. I wasn't supposed to burn."

He gives me a confused look and then we have a ridiculous conversation about how great it would be to be a dog or cat and not have to worry about our skin frying in the sun.

Sigh. It's gonna be a long night. This much I know. The next time I visit paradise, I'm packing sunscreen.

Lobbyists have shifted to the right by Murray Mandryk



A friend of mine got me thinking about how dramatically lobbying has shifted in Saskatchewan.

At issue was an inquiry he had received from the Canadian Taxpayers' Federation about becoming a CTF member for its annual fee of \$150. As a small businessman, he had been a member of the Canadian Federation of Independent Business (CFIB) and supported his local Chamber of Commerce. Essentially, he was asking if there was any reason to join another lobbying group that seemed to share a similar right-of-centre perspective.

Admittedly, the CTF would take umbrage at any accusation that it is partisans in its work. Of the three, it certainly seems less directly connected to the Saskatchewan Party government. That said, it also seems that the CTF has been less critical of the Sask. Party administration (even when its been raising debt, spending big and handing out hefty wage settlements to unions like the Saskatchewan Union of Nurses) than it was of the former NDP administration.

Of course, both the CFIB and Saskatchewan Chamber of Commerce

also insist they, too, are removed from the partisan fray. However, if you look at the principal messages from the CFIB - and even the close connection between the organizations past and present principals- it would lead one to conclude it's been significantly more supportive of the Sask. Party than critical. The same can be said at the chamber, whose recent "On Track" advertising campaign that nicely buttresses the Sask. Party's own messaging in the run up to the Nov. 7 vote.

But the point here isn't that lobbying organizations aren't quite as critical of governments they generally support (hardly news) or that they're already right-of-centre viewpoint may have shifted even further right. (Again, this is something less than shocking.)

My conversation with my business friend that had been solicited by the CTF morphed into a discussion about the roll of such lobby groups when he asked an intriguing question: "What's happen to government lobbyists on the left?"

It's an intriguing question and one that actually pre-dates current political situation so favourable to Premier Brad Wall's administration. Long before the arrival of the Sask. Party in 2007, the strongest voices of the left had fallen silent or morphed into something else.

Consider the changes. Where the Saskatchewan Wheat Pool was less than two decades ago the strongest voice in Saskatchewan advocating

a co-operative view and even using its publication the Western Producer to occasional do so, we now see Viterra that hardly shares the agenda. That leaves the highly marginalized National Farmers' Union as the left voice of agriculture - a group that has never been especially influential here.

It wasn't so long that the Wheat Pool view was buttressed by that of the Federated Co-ops, the co-operative movement and - to a lesser extend - the Credit Unions. But these days the Co-ops that are busy selling their Darian Durant Darios and Weston Dressler All-Dressler chips are too busy quietly making money these days to be politically active.

Gone is that co-operative view - or it's at least you're less likely to hear it. Adding to the voice of the right-wing lobbyist is the rise in private talk radio in the last decade or so. While its news remains relatively unbiased, the same can't be said for its personalities who rail against the left and promote the government even more aggressively than the government does.

Of course, Saskatchewan labour remains loudly and aggressively opposed to this government. But because labour has taken on the role of the Sask. Party's political adversary, it's hardly even attempting to influence public opinion these days.

Any balance between right and left lobbyists has clearly shifted to the right.

Saskatchewan Skies by James Edgar

2011 August Skies

The Moon is full on August 13, but before that, watch for Mercury close by on the 1st; Saturn on the 4th; then, later on, Jupiter is 5 degrees south on the 20th; the cluster M35 is very close on the 24th; Mars on the 25th; Mercury and Saturn are close on the 28th and 31st, respectively.

Mercury and the Moon will be a challenge, as they are both hugging the western horizon at sunset, with the Moon just a sliver - only two days old. After ten days, Mercury will be lost in the Sun's glare, becoming visible again in the eastern early morning sky near month-end. Watch for a close encounter with the thin Moon on the 28th.

Venus is not visible in August.

Mars rises in the northeast shortly after 2 a.m., gliding eastward through Taurus, Orion, and Gemini during the month. Pay no attention to the everlasting Internet spoof about the Moon and Mars being the same size in the sky - it's a hoax!

Jupiter rises in the northeast just after midnight, remaining in the constellation Aries all month. The Moon brushes by Jupiter on the 20th, and the giant planet begins retrograde motion (appearing to move westward) on August 30.

Saturn, the only planet visible in the evening sky, except for the brief visit by Mercury, is low in the western sky at sunset. Watch for the crescent Moon nearby on the 3rd.

Uranus rises about 11 p.m. in the east in the constellation Pisces, and

crosses the sky all night.

Neptune appears in the east about 9:30 p.m., crossing the sky ahead of Uranus and Jupiter, and setting in the west just after sunrise.

The Perseid meteor shower peak occurs annually in mid-August, as Earth passes through the remnant dust left from the several passages of comet Swift-Tuttle. The Perseids, so named because they appear to radiate from the constellation Perseus, are the most well-known and most prolific of meteor showers. From a dark location, viewers should be able to see 90 meteors per hour at the peak. Complicating this year's show is the nearly full Moon, whose light can overpower the lesser meteor strikes. Have a look in the evenings before or after the predicted peak to avoid the Moon's interference. The best viewing time is in the early morning before sunrise, as the side of the Earth nearest the Sun sweeps more meteors into its gravity well. Most of the objects we see as bright streaks across the sky are only about the size of the ball of a ballpoint pen - truly dust! The brighter ones may be about the same diameter as the pen.

James Edgar has had an interest in the night sky all his life. He joined The Royal Astronomical Society of Canada in 2000 and quickly became involved in the Society. He is Editor's Assistant and a contributor to the renowned Observer's Handbook, Production Manager of the bi-monthly RASC Journal, and is the Society's National Secretary.

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MOVING SASKATCHEWAN FORWARD

SCIENCE MATTERS

by David Suzuki



David Suzuki

Natural gas is not a solution for climate change

Can a fossil fuel help us avoid the harmful effects of other fossil fuels? It's a question that's come up lately as natural gas is eyed as a cleaner alternative to oil and coal.

Burning coal and oil causes pollution and emits greenhouse gases that drive climate change. Exploring and drilling for oil and mining coal also come with numerous environmental impacts – especially as easily accessible oil runs out and we have to rely on deep-water drilling and oil sands. Natural gas burns cleaner than oil and coal, and it emits less carbon dioxide for the amount of energy it produces. This has led industry and governments to argue for an increase in natural gas production.

Canada is the world's third largest producer of natural gas, behind Russia and the United States. Although overall production has been declining here, new sources and methods for exploiting "unconventional" natural gas reserves, such as shale gas, have led industry and government officials to argue that gas could play a role as a "bridging" fuel to kick-start near-term reductions in the greenhouse gas emissions responsible for climate change.

It's not that simple, though, especially when we consider the impacts of unconventional natural gas, along with extraction methods such as hydraulic fracturing, or "fracking". A report by the David Suzuki Foundation and Pembina Institute, "Is natural gas a climate change solution for Canada?" examines the key issues around natural gas and reaches surprising conclusions.

Extracting gas from shale deposits, for example, requires up to 100 times the number of well

pads to get the same amount of gas as conventional sources. Imagine the disruption in farm or cottage country of one well pad (comprising multiple wells) roughly every 2.5 square kilometres. Each well pad occupies an area of about one hectare, and also requires access roads and pipeline infrastructure.

The method known as fracking has also been in the news a lot. Fracking has been used to extract gas since the late 1940s, although producers only began combining it with horizontal drilling to exploit unconventional gas resources in the past decade. With this process, water, sand, and chemicals are pumped at high pressure into rock formations deep in the Earth to fracture the rock, allowing the gas to escape and flow into the wells.

Fracking requires enormous amounts of water and uses chemicals that can be toxic. Companies are not required to disclose the chemicals they use for fracking in Canada and some parts of the U.S. The process can also release methane, a greenhouse gas more powerful than carbon dioxide, into the air.

The non-climate environmental impacts of gas extraction alone are enough to give us pause. But the natural gas study also concludes that it is not a good way to fight climate change.

To begin, although it is cleaner than oil and coal, burning natural gas still produces greenhouse gas emissions, as does the industrial activity required to get it out of the ground. Greater investments in natural gas development may also slow investment in renewable energy. Would owners of gas-fired power plants built in the next few years willingly cease to operate them — or accept the costs of capturing and storing carbon emissions — as the push for deeper greenhouse gas reductions increases?

The real solutions to climate change lie with conservation and renewable energy, such as solar, wind, tidal, and geothermal power.

But because natural gas will be with us for the foreseeable future, we must do all we can to clean up practices associated with it as well. The report recommends requiring industry to dis-

close the chemicals used in fracking and calls for better regulation and monitoring. Right now, natural gas is exempt from normal provincial environmental assessment processes. Clearly, that must change.

It's also time for our federal government to take climate change seriously and to develop realistic plans to reduce emissions. That includes implementing an economy-wide price on greenhouse gas emissions, either through cap-and-trade, carbon taxes, or both, covering as many sources as possible. Although pricing emissions might initially prompt extra gas use in some parts of the economy, models show that will be outweighed by other changes like energy efficiency.

Climate change is a serious problem. Getting off fossil fuels is the best solution.

Written with contributions from David Suzuki Foundation editorial and communications specialist Ian Hanington.



Ralph Goodale's Report

A weekly commentary by the Member of Parliament for Wascana (goodale@sasktel.net)

THE PRETENSE OF "ACTION" ON PENSIONS

The Harper government's ideological straight-jacket prevents it from doing anything meaningful to enhance Canada's public pension system.

In June, the Conservatives arbitrarily cancelled a federal-provincial meeting to examine ways of bolstering the Canada Pension Plan. Then in July, they announced a travelling road-show to promote their idea of privately-run "pooled registered pension plans" instead of the CPP.

This public relations campaign is a clear admission that Harper & Co. fully understand the political potency of the worries most Canadians have about income insecurity in their retirement. But this government just can't bring itself to begin fixing the core problem – i.e., the insufficiency of the CPP.

The private plans being peddled by the Conservatives will be big profit-makers for the banks and insurance companies that run them. They could also be useful add-ons to a properly expanded public pension system.

All by themselves, however, Mr. Harper's pri-

Pause for Reflection

by Ken Rolheiser



Our daily bread and inviting people to supper

It isn't often that I see the Lord's hand at work so clearly through what I try to do in this weekly column. Sometimes it feels like a weakly column. Today I was searching and pondering how to make the connections in this next article when I received feedback on last week's reflection:

"This column was truly one of your best... I've been trying to help young people, in my role as chaplain, to come to understand that seeing isn't always believing. You have given voice to this frustration and as you so nicely express: 'Our children and our youth, in particular, look to us for signs of faith; that we really believe! They need to see

us still looking, gazing through our darkness.'

Fantastic column, Ken. I hope you don't mind if I use it extensively in my work this school year. It is, indeed, bread that will help me on my journey." Tom Saretsky (Columnist).

And like Tom, we need to share that bread of life which the Lord gives us. We need to help our fellow travellers on the journey of life.



In his homily "Open mind, open heart" Fr. Brendan McGuire gives us a startling statistic: 13% of the people in the world (and 25% in his county) do not know where their next meal will come from.

From this reflection he directs us to spiritual nourishment where the statistics are much worse. Many are starving and malnourished spiritually. For example, during the summer holidays, he points out, many people and their children "stop coming to

the table".

"I don't understand it. I really don't," McGuire says. They say, "I'm not going to eat tonight; I ate last week!" This is the table we need to invite people to. We need spiritual nourishment every day, and this is the prayer we say: 'Give us this day our daily bread', our daily nourishment."

You and I need to invite others to the Lord's Table. It matters not that we have shortcomings, that we are sinners. It is important that we witness and follow the promptings of the Spirit.

"God so loved the world that he gave..." (John 3:16). We are a part of that love going out into the world. We are baptised into the family of God, and as sons and heirs we should know something about it!

"Go, therefore, make disciples of all nations... I am with you always; yes, to the end of time" (Matthew 28:19-20). Let us go to those who are spiritually hungry and let us be inviting hosts.

We have the power to change the spiritual imbalance in our world by our actions, McGuire says. By our charity, by our invitations and by our actions we can be the living Body of Christ in this world.

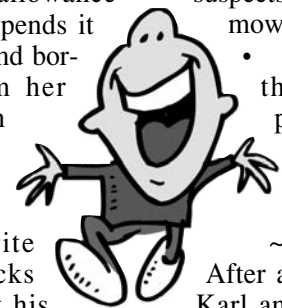
Humour

A Teenager Is...

- A person who can't remember to walk the dog but never forgets a phone number.
- A weight watcher who goes on a diet by giving up candy bars before breakfast.
- A youngster who receives her allowance on Monday, spends it on Tuesday, and borrows it from her best friend on Wednesday.
- Someone who can hear his favorite singer 3 blocks away but not his mother calling from the next room.
- A whiz who can operate the latest computer without a lesson but can't make a bed.
- A student who spends 12 minutes studying history and 12 hours studying for her driver's license.
- A connoisseur of 2 kinds of fine music--loud and very loud.
- An enthusiast who has the energy to bike for miles but is usually too tired to dry the dishes.
- A young woman who

loves the cat and tolerates the brother.

- A romantic who never falls in love more than once a week.
- A budding beauty who never smiles until her braces come off.
- A boy who can sleep till noon on any Saturday he suspects the lawn needs mowing.
- An original thinker who is positive that her mother was never a teenager.



After a young couple, Karl and Sue, brought their new baby home, the Sue suggested that her husband should try his hand at changing diapers.

"I'm busy," Karl said, "I'll do the next one."

The next time came around and Sue asked again.

The husband looked puzzled, "Oh! I didn't mean the next diaper. I meant the next baby!"

Q. Which game did the cat want to play with the mouse?

A. Catch.

Another large drop

The number of Saskatchewan people receiving Employment Insurance took another significant drop in May, decreasing by 2,310 compared to same month last year (seasonally adjusted). This is the 14th consecutive month of year-over-year decreases.

When expressed as a percentage of the total labour force population, Saskatchewan has the second fewest number of people receiving EI benefits in Canada at 1.3 per cent. Alberta is the lowest at 1.1 per cent.

Planned health facility

Federal, provincial and local dignitaries marked a milestone in health care during the town of Kerrobert's 100th anniversary celebrations this weekend.

A ground-breaking ceremony was held for the Heartland Health Region's new Kerrobert and District Integrated Health Centre, to be located at the junction of Highway 21 and Manitoba Avenue on the south side of Kerrobert.

Septic waste

As cottage season is well underway, septic waste hauling operators are in full demand to service properties and dispose of liquid domestic (septic) waste. To discourage shortcuts being taken in disposal methods, the Ministry of Environment is calling upon cottage dwellers and permanent residents to help.

When hiring a septic waste hauling operator, residents are encouraged to ask to see their Ministry of Environment permit and inquire where the waste is being disposed. If residents are aware that septic waste is not be disposed of properly, or if they observe improper dumping, the offense can be reported by calling the ministry's toll-free TIP line at 1-800-667-7561 or #5555 on your SaskTel cell phone.

Budget remains on track

The First Quarter financial report released shows the province remains on track for a balanced budget in spite of significant flood relief costs.

Overall expenses are expected to be up \$107 million from budget, mainly because of flooding costs and an anticipated wage settlement with teachers, while revenues are expected to be up \$64 million, mainly on the strength of higher federal transfers earmarked for flood relief and own-source revenue.

Overall, costs associated with flooding and extreme weather are expected to be about \$60 million. A wage settlement

along the lines of a recent mediator's report should result in increased costs to Education of approximately \$51 million.

Both tax revenue and non-renewable resource revenue remain stable and the Growth and Financial Security Fund (GFSF) is expected to finish the year with a balance of \$717 million, up slightly from budget.

The GFSF balance includes a debt reduction payment of \$325 million, which reduces General Revenue Fund debt to \$3.8 billion, down from \$6.8 billion three years ago and the lowest debt level in Saskatchewan since 1987/1988.

Fillmore News Sheaunid Wiggins

On Saturday, July 23, 2011 family and friends gathered at the farm of Ole & Shirley Carlberg at Fillmore to celebrate their "Century Farm."

Ole shared the history of his farm which was established by his grandfather, Otto Carlberg in 1911. Family photos told the story of progress, from Albin Carlberg's (Ole's father) steam engine with the 12 bottom plough and photos of the threshing crew to the present day, "Celebrating 100 Years!"

The afternoon was filled with great memories, stories and laughter with family and friends. Cake and ice cream was served to 65 people that

included many who took part in various lawn games throughout the afternoon.

A barbeque was held for everyone and a campfire completed the day as many family campers called it a night. The smell of breakfast got everyone up on Sunday morning, only to find themselves reminiscing once gain about the history of the farm.



Vibank News Diana Lorenz Olsen - 762-4610

Good Morning Everyone out there in Readerland, gorgeous weather so far this summer without the storms I mean.

Hope you are all able to enjoy it.

Congratulations to Odessa on the success of their Centennial celebrations! All the hard work paid off.

There will be a 90th Birthday Celebration for Ann Mastel at the Senior's on Aug. 6th. A come and go tea. Hope to see you there as she is our 2nd oldest Sr. I believe. Elsie Gerein is our oldest.

Vibank Senior's Crib Tournament July 29th at 7 PM sharp, hope to see you there!

So glad to hear Jack Grad is home from the hospital, wishing you a speedy recovery!

I see our wood ticks are still around, Don had 2 on him yesterday, gone are the days when they used to disappear when the weather was hot. They should be disappearing soon.

I get such a kick out of all the dragonflies around, by the thousands, sure keeps the mosquito population down. They are just everywhere. If you

sit outside they come and sit on you anywhere, no fear. They are amazing little creatures and so interesting to look at. We call them our little miniature helicopters. Don was checking the rain gauges and found 2 in one, they were so happy to get out of there.

Here's a chuckle for the week, thanks Lill

Young Jock McTavish from Glasgow went to study at a university in England and was living in the hall of residence. After a week his mother rang him. "How do you get along with the other students, Jock?" she asked. "Well," he replied, "they are terribly noisy people. The one on one side keeps banging his head on the wall. The one on the other side screams all night."

"Oh Jock!" said his mother. "How do you manage to put up with such noisy neighbors?"

"I don't do anything, I just sit here quietly, playing my bagpipes!"

Well it's that time again, please keep all the above in mind as you say your prayers for you and yours and take care out there everyone cuz we luv ya!

Glenavon News Shirley Schmidt

We-AI-Go Club Bingo winners for July: 1. Bernice Johnston; 2. Mary Sluser; 3. Bernice Johnston; 4. Allan Muchowski; 5. Mary Sluser; 6. Anne Wozniak; 7. Mary Sluser; 8. Shirley Schmidt; 9. Nettie Borowski; 10. Shirley Schmidt; 11. Bernice Johnston; 12. Shirley Schmidt, Veronica Evans and Allan Muchowski.

* SASKATCHEWAN LAKES * PRE-FAB COTTAGE PACKAGES BY

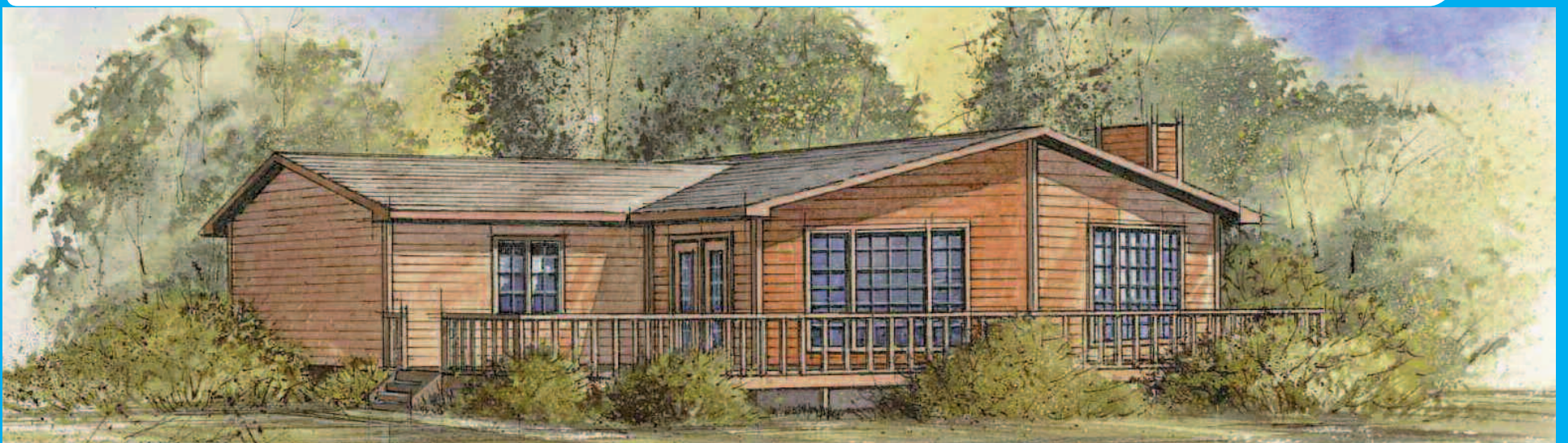
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Camouflaged on the shore, what young Piping Plover could want more?

The months of July and August are a great time to catch a fleeting glimpse of young animals, and the endangered Piping Plover is no exception. "Young Piping Plovers hatch in June after up to four weeks of incubation, and can walk and feed within a few hours of hatching," says Rebecca Magnus, Habitat Stewardship Coordinator with Nature Saskatchewan. The young chicks blend in exceptionally well on the rocky and sandy shores where they are found. In order to evade predators the young crouch motionlessly and the adults pretend to have a broken wing to lure nearby predators away.

Each spring, Piping Plovers migrate north to Saskatchewan in order to breed on the sparsely vegetated shores of Lake Diefenbaker, Quill Lakes, Chaplin Lake, Old Wives Lake, and other small basins. "This summer was a particularly challenging summer for the plovers because of the high water levels resulting in less shoreline available for breeding," says Magnus. In past years, up to 22% of the world population of Piping Plovers (~7600 adults in 2006) were breeding on south Saskatchewan shores. In August,

the plovers return to their wintering grounds on the Atlantic coast of the Gulf of Mexico, including Texas, Mississippi, Florida, Louisiana, and Alabama.

Piping Plovers are small endangered shorebirds with white underparts and sandy-coloured upperparts. Adult Piping Plovers have orange legs, an orange bill with a black tip, and a black band across the forehead. Killdeer are sometimes mistaken for Piping Plovers but are easily distinguished upon closer inspection because Killdeer have two black neckbands instead of the one black neckband that the Piping Plover possesses. Killdeer are also larger and have darker colored backs compared to Piping Plovers.

Plovers on Shore is one of the Stewards of Saskatchewan programs at Nature Saskatchewan. The program, which was initiated in 2008, involves a voluntary "handshake" agreement between Nature Saskatchewan and landowners to conserve wetlands and shoreline for plovers. Having a species at risk on your land is rare and rewarding because it means that you, as a steward of the land, are doing something (likely lots of things) right!

Nature Saskatchewan

Treated wood is not firewood

Health Canada is reminding Canadians not to burn pressure- or surface-treated wood

Both types of treated wood are considered safe when used as intended, but should never be burned. Whether on a bonfire or in your fireplace, burning treated lumber products can release highly toxic chemicals that may make you sick. Wood preservatives such as creosote, pentachlorophenol or chromated copper arsenate (CCA) are pesticide products that help protect wood from insects and other pests but can be hazardous to your health if not handled properly.

Burning treated lumber can release the preservative chemicals into the air, where they can be breathed in. The ash can also contain dangerous

concentrations of the same chemicals. If you suspect that you have burned treated wood, dispose of the ashes according to your local waste regulations.

Treated wood is primarily for outdoor use, such as construction lumber, utility poles, marine timbers and pilings, as well as outdoor playgrounds. Pressure-treated wood has had a penetrating chemical preservative applied to it prior to sale, while surface-treated wood has been brushed, sprayed or dipped with a preservative agent. If you have leftover treated wood from a recent outdoor construction project, dispose of it according to your local waste regulations.

Keep the following tips in mind before building a fire:

- Know your wood. Use only dry, clean, natural wood. Wood should be cut, split and stacked in a covered area for about six months before burning.
- Never burn wood you suspect may be treated. Treated wood cannot always be readily identified. If you are unsure if wood has been treated, do not dispose of it by burning.
- If you accidentally inhale smoke or ash from wood you suspect has been treated, you should contact your local poison control centre or your doctor.



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