

Plain & Valley

Covering Southeast Saskatchewan and Southwest Manitoba

March 2014 • Volume 7, Number 3

Paige and Rudi still basking in Olympic glow

BY KARA KINNA

The Olympics in Sochi, Russia are over, but pairs skaters Rudi Swiegers and Paige Lawrence are still basking in the memories they know will never leave them after their first Olympic experience.

All of Southeast Saskatchewan and Southwest Manitoba can claim the pair as their own. Paige grew up in Kennedy. Rudi is from Kipling. They are part of the Wawota figure skating club. They train in Virden. And they have performed in every small town rink in the area.

Sitting over dinner in Virden on March 5, the pair talk about the experience of simply being there, and of how awe inspiring the experience really was for a pair of skaters from small town Saskatchewan who grew up finding their legs on local rinks.

Still decked out in some of their Olympic swag, the pair talk about how they got started together, and the journey that led them to finally realizing their dreams and becoming Olympians.

"When I immigrated to Canada from South Africa I lived in Kipling and the school kept going to the rink for gym, but I always had to sit on the side because I didn't know how to skate," says Rudi. "But after a week of that, I told my mom she has to enroll me in skating. I've got to know how to skate, otherwise I won't be cool. She put me in skating and I did skating and hockey at the same time, and I kind of just enjoyed skating more. I just stuck with it.

"I was very competitive and I didn't like the team setting (of hockey), because if you pass the puck and that guy loses the puck . . . I worked better by myself. I could progress faster than working with a team."

"I went to a summer (skating) school when I was nine," says Paige, "and I just loved it, and loved working super, super hard. And I remember my mom and dad sitting me down afterward and being like 'If you really, really liked this would you like to go to a different town in the fall and skate a little bit more?' I said 'yeah sure,' and that's when I started going to Wawota and that's when it took off to the next level."

Like most skaters, Paige and Rudi started skating as singles. Both wielding a strong independent streak, neither of them considered pairs skating as an option.

"We were definitely late bloomers," says Rudi.

"Rudi was always the very talented skater but so wild and unruly and would scare every person on the ice because he didn't watch out for everyone," says Paige. "He was very, very talented

but he had no order."

"Like I said, I wasn't a team player," says Rudi. "I was more focussed on myself.

"I don't know if I was talented. I managed to stay on my feet. If I ever had a talent it was to stay standing on my feet," he says

with a laugh. "Skating did come naturally to me."

"Myself, I fell nine out of 10 times on everything, but I was just so determined on everything," says Paige.

"You were really talented at getting up," teases Rudi. "I would

lay there crying for an hour," he laughs.

"I was just really, really determined and hard working and I loved to skate. I think that's what's gotten me to where I am," says Paige.

At the time Paige and Rudi began skating in Wawota, they also began training with coach Patty Hole from Virden. Skating as singles, both skaters managed to have some successes at the Junior National level, but it was Rudi who decided that it was time to give up skating for good as his graduation year neared.

"I had a tough season and I was kind of hitting that age where high school was coming to an end," says Rudi. "I had a season where I had a few injuries and I was kind of finished with skating. I knew a lot of the guys I was skating against were doing things I couldn't do, and so I was kind of having a discussion with Patty where I was ready to be done.

"And then she said 'why don't you try pairs?'"

Rudi accepted the challenge and began skating with Moosomin skater Kristi Bonkowski.

"I only skated with Kristen for a year," he says, "but I really fell in love with the aspect of now skating with someone, being able to do that and work together. It really kind of painted a new picture in skating for me and rejuvenated a love in the sport.

"After a year, Kristie didn't want to skate anymore, so I considered myself a pairs skater without a partner and Paige came my way, and she can tell the story from here on how she got stuck with me."

"Patty came to me in the spring," says Paige, "and said 'Rudi and Kristi are done, would you like to skate with Rudi and do pairs?' And I was like 'nope, no thanks.' I could remember it clear as day, I was just flat out no.

"I'm a very independent person and I didn't want to."

"She knew me," jokes Rudi.

"That's true," says Paige in a no nonsense tone. "Rudi was very, very hyper. Remember I had been travelling with him since I was nine and I was 15 then, so six years. He was very hyper and basically I just didn't want to rely on anyone else, I had no interest in it. I like doing my own thing. And so a month later Patty asked me again, and I was still like 'no thanks, I really have no desire.'"

Continued on page 13



AP Photo/Vadim Ghirda

Olympic moment

Paige Lawrence of Kennedy and Rudi Swiegers of Kipling embrace after competing in the pairs free skate figure skating competition at the Iceberg Skating Palace during the 2014 Winter Olympics, Wednesday, Feb. 12, 2014, in Sochi, Russia.

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BY KEVIN WEEDMARK

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Hundreds of people filled the room, almost all with a beer in hand, and the chatter and laughter only added to the warmth.

As the scent of perfectly done prime rib

wafted over from the gym across the hall, Crowds lined up in front of silent auction items that ranged from Team Canada Olympic swag to a pan of homemade fudge (which went for \$275).

A three-time Olympic gold medalist and a Grey Cup Champion Saskatchewan Roughriders mingled with the crowd of farmers, businesspeople, retirees and young couples who had come together

for one reason—to make sure there was enough money in the bank to make necessary repairs to Kennedy's rink—the rink where Colleen Sostorics played hockey with the boys and probably never dreamed she would be playing for Olympic gold, the rink where a tiny Paige Law-

rence first stood upright on skates, never having heard of a place called Sochi.

The crowd there for fun too, and great prime rib, and to hear great stories from Olympian Colleen Sostorics and Rider Mike McCullough, and to enjoy the \$275 fudge.

Continued on page 25

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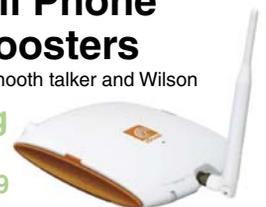
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St. Lazare celebrates Louis Riel Day

BY ED JAMES

The community of St. Lazare is located in a valley along the banks of the Assiniboine River that has a long and rich history of French and Métis culture and heritage. One of the community events that shows this is the annual Louis Riel weekend.

On Monday, February 17, the event brought lots of people to the community to take part or to watch the events, with the final evening talent contest being the highlight.

The community hall, located on a steep hill across from the French language school, filled up quickly as the house band and performers got ready on the small stage. Along the sides of the hall, tables were set up with silent auction items and the bidding was busy.

The emcee for the evening was Louis Simard. He was assisted by the young Jeremie Tremblay who told jokes between the different acts, with Simard being the straight man.

The program opened with a song about Louis Riel sung by Alfred Deschambault. The song was dedicated to all the community members who had died in the last year and have now joined Louis. There was a wide range of talent both young and old, French and English, perform-

ing traditional chanson, bluegrass, religious, country, rock and even a Doris Day tune. There were several fine young performers such as Julianna Moore, Jeffrey Haney, Shaïna Hayden and Solange Simard. Joining them were some area music veterans such as Harry Boucher, Dave Moore and Bernard Simard. All the performers gave 100 per cent and the crowd was always enthusiastic for each one. A young boy sitting across from me would yell out, "That's my mother," every time she went on stage.

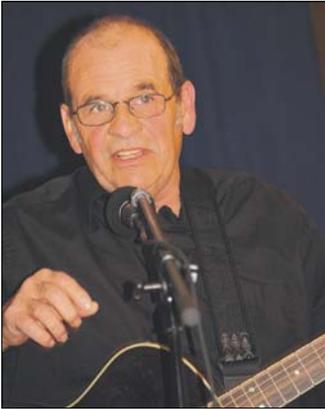
At the intermission there was free coffee and draws were made for various prizes. The village priest drew the winning name for the \$1,000 cash draw.

One of the final songs was performed by the duo of Raquel Fouillard and Lynne Tremblay who sang one of my all time favorite folk songs, "Those were the Days My Friend." It is originally a traditional Russian folk song.

After the show I spoke to Terry Haney, one of the organizers of the annual event. "The talent show presents the best talent in this part of Manitoba and it is the result of generations of home grown talent," said Haney. "This weekend is important to our community because it brings people together both Métis and non-Métis and is a chance to show our culture and our community."



Above: Emcees Louis Simard and Jeremie Tremblay



Above, left to right: Eugene Simard, Racquel Fouillard, Lynne Tremblay, and were some of the many talented people who took part in the Louis Riel weekend events in St. Lazare.

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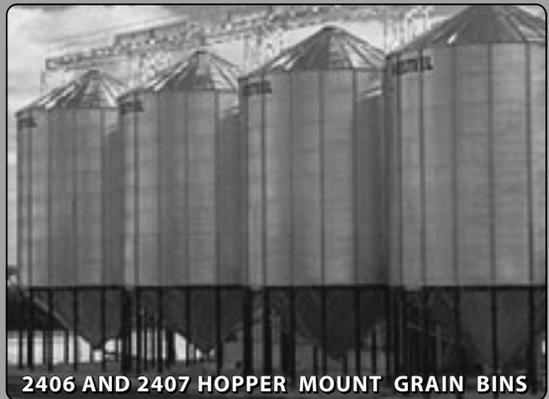
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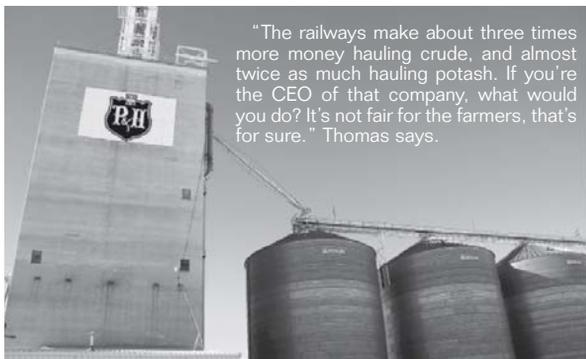
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Khang Nguyen photo

Parrish and Heimbecker in Moosomin is currently 24,000 tonnes behind schedule.

"The railways make about three times more money hauling crude, and almost twice as much hauling potash. If you're the CEO of that company, what would you do? It's not fair for the farmers, that's for sure," Thomas says.

BY KHANG NGUYEN
There is still a huge backlog of grain on the prairies.

In an interview before the federal government announced it was forcing railways to act on grain transport on Friday, March 7, Agricultural Producers Association of Saskatchewan (APAS) President Norm Hall said that there wouldn't be a resolution anytime soon.

"We have to be careful of our definition of soon as well. We will not get anything in time for this year. We're hoping for something that will help next year."

Farmers across the Prairies had a bountiful harvest season but problems with transportation have left farmers and producers with overflowing inventories.

"We're 24,000 tonnes behind in shipping wheat right now," says Manager of Moosomin Parrish and Heimbecker Chris Thomas. "That's a lot considering that there is 90 tonnes to a cart on average."

Thomas says that despite a large harvest season, there were no problems in the first quarter.

"We had good movement in those months and that is why the railways keep going back and saying that they had above normal movement. That ended straight after the first quarter. It was November before we started realizing that something was wrong here."

Thomas says that they expect to receive three spots a month but they've only received one spot in the last three months.

"The railways make

about three times more money hauling crude, and almost twice as much hauling potash. If you're the CEO of that company, what would you do? It's not fair for the farmers, that's for sure," Thomas says.

Hall says that a problem of this magnitude does not have a quick solution.

"If the railroads decide that they're going to haul a little less oil and more grain, or hire more staff. But even if they do that, there is a training period for new employees. They don't have the horsepower or the employees to run full load," Hall says.

"It doesn't do anyone any good," says Whitehead's Richardson Pioneer Grain Merchant Jason Krupski. "I don't think anybody saw this big of a crop come in and it's been a challenge."

"It's not that the sales aren't there, because they certainly are. It's that the pipeline is full and they can't get it out fast enough," Krupski says.

APAS estimates that the problems have afforded farmers approximately a billion and a half dollars.

"Their plan was to move 5,500 cars per week through the year. As of mid January, they were 40,000 cars behind. If you do the quick math, 100 tonnes per car, that's four million tonnes," Hall says.

Hall says that the shortage is making the price of grain sink. He says that canola and wheat are around two dollars below what they should be at.

"The grain companies have taken the plan the railroads have given them and ordered their ships in the time that they should have been able to be filled with the grain movement that was coming. When the grain movement slowed down, the ships started piling up."

"With that backlog of grain we also got what we call the Western Canadian Discount. Because the grain companies don't have to draw that grain in anymore, it's being pushed upon

them by the producers who need cash flow, and so they've been able to reduce the price well below the world price. And the grain keeps coming in so they keep reducing the price."

"There is no Wheat Board there anymore with the minimal price, it's just free market. Whatever the market will bare, that's what the price is. In this case, it's the minimal price and it's pushing the price down instead of getting it up."

This backlog of grain is tarnishing Canada's reputation in the trade market as well.

"There has been a story of a lost sale to Japan because of non-delivery," says Hall. "We have been unable to deliver on time. Their industry is depending on those ships coming in at a certain time and that's not happening so it's affecting our reputation."

Parrish and Heimbecker ships to Thunder Bay and Vancouver where their grain is transported overseas.

"It's affecting people in other countries because they bought grain and it's not getting there," says Thomas. "We have had boats leaving empty out here. We had the grain out here in the prairies, but we couldn't get the wheels under it to get it out there."

APAS will be holding symposiums this week in Assiniboia and Humboldt to discuss solutions.

"What we're doing is bringing in speakers to explain the issues," says Hall. "Our purpose is to give information to producers. We want to get information back from the producers on what they see as the solutions."

Next week, Hall, along with other western farm leaders, will be going to Ottawa to meet with the transport minister and agriculture minister.

"We want to take the Saskatchewan solution to Ottawa." "We're hoping to be able to meet with the ministers and MPs and make a difference," says Hall.

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Focus on Agriculture

Ottawa forcing railways to act on grain transport

BY CHINTA PUXLEY
THE CANADIAN PRESS

Ottawa is forcing Canada's two main railway companies to double the amount of grain they ship in a week to try to unclog a transport bottleneck that has left piles of grain sitting in bins across the Prairies.

Transport Minister Lisa Raitt said cabinet has passed an order-in-council that gives Canadian National and Canadian Pacific a month to start moving a minimum of one million tonnes of grain in 11,000 cars each week.

If CP and CN don't meet the requirement, Raitt said they face fines of up to \$100,000 a day. The Conservatives are also promising legislation when Parliament resumes that will help ensure agricultural products get to market.

"This is a very serious situation," Raitt said at a news conference in Winnipeg on Friday. "We have to demonstrate that Canada can maintain an efficient transportation system which is capable of moving our grain to market. This is an issue of great significance and we have to address it in a timely manner."

Farmers and provincial governments have been complaining loudly that a bumper grain crop is still sitting in bins while prices fluctuate. Last year's harvest was up by about 20 million tonnes.

Ottawa has already chipped in \$1.5 million for a five-year transportation study and ordered rail companies to report monthly on their performance.

CN and CP did not get a heads-up about Friday's announcement, Raitt said.

Agriculture Minister Gerry Ritz said farmers are increasingly frustrated by the "poor performance of the railways."

"The railways have dropped the ball," he said. "This situation is not acceptable."

Ed Greenberg, spokesman for Calgary-based CP, said the railway will comply with the order. But he called the move unfortunate and suggested it didn't take into account the "entire supply chain." The issue is complex and goes beyond the railway, he added.

The backlog has not been caused by a shortage of locomotives or crew, Greenberg said.

"It's been a combination of an extraordinary crop size combined with extreme weather that has resulted in this situation," he said. "And despite an extraordinary crop size that was not forecasted by anyone, and periods of extreme winter weather, our railway has continued to move record amounts of grain."

CN's Jim Feeny said the company can comply with the order if everyone in the supply chain works together.

The challenge in moving the biggest Prairie grain crop in history is unprecedented, he said. The company has been doing everything it can to keep grain moving but it has been hampered by extreme cold, Feeny said.

"We have hundreds of employees in those locations who have spent the last three to four months working night and day outside in temperatures that have persisted at -30, -35, -40 and even beyond at times with very little respite," he said.

"But the reality is, when you get that kind of cold, across that kind of territory, for that length of time with no breaks, it has a severe effect on the mechanical ability to operate trains."

Many farmers praised the order. "Obviously the government heard us," said Dan Mazier, vice-president of Keystone Agricultural Producers, who was part of a delegation that met with Raitt last week.

"This is great news from a farmer's perspective. The government keeps on telling us they want us to produce more so we can export more. We'd better have a transportation system that can support all that."

Greg Cherevyk, chief operating officer of Pulse Canada, said rail companies have taken grain farmers for granted because they have no other choice to get their product to market.

"We have two national carriers in this country that have focused relentlessly on trimming excess capacity," he said. "That means you can walk, but you can't run. You can never trip because you'll never catch up."

The Saskatchewan government has been calling for action on the backlog for weeks. Agriculture Minister Lyle Stewart said the railways have the ability to boost grain shipments.

"What's been lacking is the will to do it and certainly

the penalties that are put in place will be a very strong encouragement to them to improve their service."

The province will be pushing for a minimum 13,000 cars a week, Stewart added.

"We have one shot at fixing this transportation mess and we better not fall short of the mark."

Alberta's Agriculture Minister Verlyn Olson said the federal government had little choice but to wield a big stick to get grain moving.

"We were really vulnerable and starting to see signs the reputation of Canada as a supplier to a global market was really being damaged," he said.

Some, however, weren't impressed. Saskatchewan Liberal MP Ralph Goodale called the order "far too little and it's far too late."

"They're not really requiring the railways to do anything out of the ordinary," he said. "So all of this military talk, the railway bashing that's been going on, they're not prepared to back it up with any kind of specific measure that is over and above business as usual."

He suggested any penalties the government collects from railways should go back to farmers to cover their losses.

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Focus on Agriculture

Banks urged to be flexible with farmers facing cash crunch

BY JENNIFER GRAHAM
THE CANADIAN PRESS

Saskatchewan's agriculture minister wants financial institutions to cut farmers some slack because of a grain transportation backlog.

Lyle Stewart says he has written to all banks in the province urging them to be flexible with farmers facing a cash crunch because their grain isn't getting to market.

"I think the banks will recognize that there's lots of value in the grain in those producers' bins and they'll be flexible, but I felt it appropriate to suggest that to them, that producers are a pretty good risk and we'd ask for some flexibility," Stewart said Wednesday.

Saskatchewan producers harvested a record crop of 38.4 million tonnes last year, but much of the crop is sitting in bins because of railway transportation delays.

Farmer don't get paid until the grain gets to market. "I know that cash flow is very tight for some of them, that's for sure," said Stewart. "When it comes right down to it, they have a lot of money tied up in their grain inventory, hundreds of thousands, in some cases millions of dollars, and so they're a long ways from bankrupt."

"But certainly cash flow is a serious issue, particularly as we get closer to seeding and that time of the year when producers need to spend a lot of money."

The Alberta Federation of Agriculture, the British Columbia Agricultural Council, the Agricultural Producers Association of Saskatchewan and Manitoba's Keystone Agricultural Producers have warned the backlog is so bad that some farmers won't have enough cash to pay for seeding this year.

Saskatchewan Premier Brad Wall said Monday that it may be time for the federal government to mandate service agreements or mandate the number of rail cars to get grain moving.

Liberal MP Ralph Goodale said federal Transport Minister Lisa Raitt should use emergency powers under the Canada Transportation Act to get grain moving. Goodale said the law allows the minister to step in when there's "an extraordinary disruption" in the effective continued operation of the national transportation system.

"That's what we've got here. We've got major chaos in western grain handling and transportation," the Regina MP said.

Railways blame the backlog on the size of the harvest and cold weather. They say they must use shorter trains during freezing temperatures to ensure brakes can be used properly—and that means less capacity.

Goodale said part of the problem is getting the capacity in locomotive power and rolling stock, the cars used to move the grain.

"The railways have not gone out and acquired that locomotive power. Some of the railways have in the United States. The Canadian railways have not, CP, in fact, has reduced its locomotive power this winter," he said.

"So one of the orders would be, I would think, make sure you've got the capacity, both in rolling stock, but especially in locomotive power, to be able to move this crop."

comotive power. Some of the railways have in the United States. The Canadian railways have not, CP, in fact, has reduced its locomotive power this winter," he said.

"So one of the orders would be, I would think, make sure you've got the capacity, both in rolling stock, but especially in locomotive power, to be able to move this crop."

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20 THURSDAY	SHEEP SALE	12 NOON
24 MONDAY	BUTCHER SALE	9 A.M.
26 WEDNESDAY	PRESORT FEEDER SALE	10 A.M.
28 FRIDAY	BRED COW + C/C SALE	11 A.M.
31 MONDAY	BUTCHER SALE	9 A.M.
April		
2 WEDNESDAY	REGULAR FEEDER SALE	9 A.M.
6 SUNDAY	CATTLEMAN'S CLASSIC BULL SALE	
7 MONDAY	BUTCHER SALE	9 A.M.
9 WEDNESDAY	PRESORT FEEDER SALE	10 A.M.
14 MONDAY	BUTCHER SALE	9 A.M.
16 WEDNESDAY	REGULAR FEEDER SALE	9 A.M.
16 WEDNESDAY	PEN OF 5 REPLACEMENT HEIFER SALE	1 P.M.
17 THURSDAY	SHEEP SALE	12 NOON
23 WEDNESDAY	REGULAR FEEDER SALE	9 A.M.
25 FRIDAY	BRED COW + C/C SALE	11 A.M.
30 MONDAY	BUTCHER SALE	9 A.M.
30 WEDNESDAY	MONDAY BUTCHER SALES END APRIL 28 PRESORT FEEDER SALE	10 A.M.
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Focus on Agriculture

Railways say they will start moving grain

Canada's two main railways say they will obey an order-in-council that gives them a month to start moving a minimum of one million tonnes of grain in 11,000 cars each week.

Canadian Pacific spokesman Ed Greenberg says the railway will comply with the order, but he calls the move unfortunate and suggests it didn't take into account the "entire supply chain."

CN's Jim Feeny says the company can comply with the order if everyone in the supply chain works together.

Transport Minister Lisa Raitt says if CP and CN don't meet the requirement, they'll face fines of up to \$100,000 a day.

Goodale calls order too little too late

Saskatchewan Liberal MP Ralph Goodale is calling the order for the railways to move more grain "far too little" and "far too late."

Goodale says Ottawa's demand to move one million tonnes of grain in 11,000 cars each week isn't anything out of the ordinary, and he calls it "militant talk."

He suggests any penalties the government collects from railways should go back to farmers to cover their losses.

The Saskatchewan government has been calling for action on the backlog for weeks and Agriculture Minister Lyle Stewart says it will be pushing for a minimum 13,000 cars a week.

Pigs, cows killed on farm

Mounties say someone has shot a farmer's pigs and cows at a farm in Saskatchewan.

They say it happened at a farm near Carmel, east of Saskatoon, sometime between Thursday night and Friday night.

Police say they believe the suspect ve-

hicle was a 4x4 truck.

They also think the truck had BF Goodrich all-terrain tires.

New leader for CCA

A cow-calf finish ranch operator from Camrose, Alberta, is the new president of the Canadian Cattlemen's Association.

Dave Solverson was acclaimed at the CCA's annual general meeting in Ottawa.

Solverson says the favorable resolution of country-of-origin labelling is a top priority, as well as obtaining free trade agreements with Korea and Japan.

He also wants to ensure the Comprehensive Economic and Trade Agreement is implemented in a way that producers get the benefits that were negotiated.

Dan Darling, past president of Beef Farmers of Ontario, was acclaimed as vice-president.

Study into food processing opportunities funded

A study of opportunities in Manitoba's food processing industry will be one of the recipients of \$110,000 in funding that Brandon University's Rural Development Institute is getting from the provincial government.

The money is the latest instalment in a five-year funding agreement between the institute and Manitoba Agriculture, Food and Rural Development.

It supports research and education programs that bring rural issues to audiences throughout Manitoba and the world.

Other studies that have been supported by the funding have included a survey of the military training trenches dug during the First World War in Manitoba, and water quality in Manitoba's Killarney Lake.

Fewer cows in Canada

Despite higher prices and lower feed costs, the number of cattle in Canada fell

0.7 per cent over the past year.

Statistics Canada says farmers reported 12.2 million cattle on their farms at the start of this year.

It says the year-over-year decline in cattle inventories was due to a decrease in the number of beef cows and calves.

Hog producers across the country reported 12.7 million hogs, a 1.1 per cent increase from a year earlier, although there were fewer hog farms.

Five million hogs were exported from Canada last year—down 12.4 per cent from 2012 and 50 per cent less than the peak in 2007.

The number of sheep across the country fell one per cent to 893,000 head.

Bigger stalls for pigs

The National Farm Animal Council has revised rules that aim to improve the conditions under which pigs are raised.

The revised code of practise says sows should be raised in stalls that are large enough for the animal to turn around or exercise periodically.

The Retail Council of Canada calls the new code a significant advance for the welfare of pigs.

The council says grocery stores are expected to voluntarily source fresh pork products from sows raised under these practices by the end of 2022.

Few horses rounded up

The Alberta government says only 15 wild horses were captured in the province's roundup that concluded last week.

Three permits had been issued in January to allow the capture of up to 200 feral horses in west central Alberta.

The roundup drew the ire of animal rights activists who said many of the horses were destined for slaughterhouses.

People who capture the horses don't have to say if they will be sold for meat.

The government says the capture was necessary to keep a ballooning population in check.

Some grain heading south

Grain farmers close to the U.S. border are trying to truck more grain south because of the rail bottleneck in Western Canada.

Brian Voth of Agri-Trend Marketing says most of the trucks headed south are carrying wheat, with some oats also being sold directly to U.S. buyers.

While there are some reports of U.S. elevators not accepting any Canadian grain, others elevators have started posting two sets of prices for wheat, depending on the grain's country of origin.

Farmers who have access to producer car loading sites have also been able to bypass the rail challenges in Canada to access U.S. buyers in some cases.

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The Olympics was their dream:

"That's something that I'll always keep—knowing that was where I needed to be, and what I needed to be, and who I needed to be there with."

—Rudi Swiegers

Continued from front

Despite Paige's firm conviction about not skating with Rudi, when an experienced pairs team came to the rink in the summer to help Rudi continue working on his skills, Patty asked Paige if she would simply lift in and help Rudi with a few off-ice lifts, so he could keep training. "She asked me if I would do off-ice lifts with Rudi so that he could further his education with them while he looked for a partner and I said 'well sure I could to that.' That was the plan," says Paige. "I was just going to do off-ice lifts with him."

"So after a week of that they said 'well let's go on the ice, because you can learn so much more on the ice.' So we went on the ice and we were doing lifts and started doing some throws. And probably the third week, they said 'let's just learn Rudi and Kristi's program.'"

"And I was like, 'you got me doing lifts, you got me on the ice, I have no desire to learn their program.'"

But with some convincing from the pairs team that was helping them train and from Patty, Paige finally gave in.

"Patty said 'why not just try it for a year, if you don't like it, you're still doing singles, you haven't lost anything you've just gained experiences.'"

"I decided to do it for a year and see how things went and after a year I liked it."

So how did it work for a pair of skaters who had originally prided themselves on their independent personalities?

"As I got older I got very mellow and I kind of found my place in society," says Rudi. "Also, I have been friends with Paige for many years and the trust was there before we started skating and I knew just how mature and how intelligent she was, so I was able to kind of sit back and let her take the reins. Nine times out of ten I didn't have to say it because I came up with the same idea. And she would say it and it was like 'sure let's do it.'"

"Within a great partnership someone has to take the reins and I was able to let her sit back and take the reins. We work very well together."

"I think Rudi was in it from the beginning, he wanted a pairs partner, I was the only one available," Paige laughs. "For myself, I just saw more opportunity with the pairs and that was appealing to me. And I really liked the thrills that came with doing pairs. I liked the lifts, I loved the throws, loved the speed."

"That's kind of why I decided to stick it out."

"Once I decided I was going to do pairs I wanted to see how far I could take this. When I was 11 I had already said in my head the goal was the Olympics, so when I decided to do pairs this was the avenue I decided to pursue it with."

The pair began skating together in earnest, but on a competitive level, things were rocky.

"Our first year we got 14th at nationals—last," says Rudi. "Our second year we got last again. And it was kind of one of those things where everyone was telling us 'you know, you guys are really good, you should stop getting last.'"

"I kind of started working harder and we went to Germany that year. We were given a junior grand prix assignment, and that was the lightbulb—we knew we could possibly be good."

"The third year we got second at nationals in junior and that was kind of like our breakthrough moment. And that's kind of when I started realizing I could do more with this and I really started applying myself and started working harder."

As the pair began to move up in the



Paige and Rudi at a celebration held for them in Virdein right before heading off to Sochi.

world of skating, they attended competitions around Canada and the world, and began to medal. Once they began to medal at the senior level, they knew the Olympics were within their reach.

Paige says there was never any doubt for her that they would work hard enough to get there.

"I love to train, I love to work hard, I love it," she says. "I love the satisfaction it gives me and I love the fact I know I'm progressing. And I was going to make the 2014 Olympics. I was going to do everything in my absolute power to make them. I was going to make it happen."

"Paige loves to train and I love to compete," says Rudi. "I strictly love to compete. I worked hard at most of my training sessions so I can get to a competition to compete at a competition because that's what I like to do, and I want to do good there."

Pushed by their coach Patty, despite an injury to Paige that was still healing, the pair made Sochi, Russia their goal in 2014.

"We wouldn't be there without Patty," says Paige. "I wouldn't still be skating with Rudi if there was no Patty."

"We're a tripod," says Rudi, "and if you cut one of those legs over, the other two are going to fall."

"She's done everything to get us here—she really has," says Paige.

The pair's dedication and their coach's faith paid off. Skating at the 2014 nationals—the qualifying event for the Canadian Olympic team—the pair managed a bronze medal. They had realized their dream of making it to the Olympics.

Looking back at their humble beginnings, the pair say young athletes with big dreams should realize those dreams really are within reach.

"It's possible, so just make a goal and believe in yourself and work hard," says Paige. "Every Olympian says that, that it's hard work to get here. But it is. It's hard work. It's so much hard work, but it's so worth it. Just believe in yourself and make it happen."

"I'm just thinking 'heck if I could do it they could do it,'" says Rudi. "There's nothing grotesquely special about me. I got my butt kicked every day by Paige and Patty, so that I could be there, and it's something I wanted and something I just went for. So if I could do it, there's no reason some other kid can't make that same decision and say 'I'm going to do it' and then go for it and get there."

In Sochi, the pair say they never forgot that they had finally realized a dream come true.

"It was like wow," says Paige. "I didn't have any other word. I could have taken a thesaurus but it was just so amazing and I

was just trying to see everything and take it all in. The feeling—there are no words for it. You could just feel the awesomeness of the situation throughout your whole body."

"It was incredibly emotional," says Rudi. "We did about four practices in the practice rink before the torch was lit. Each day you are warming up and practicing and you are getting excited. And the next day it happens and the torch is lit. That was just another one of those cool moments. We had four days of just practicing there, but now it's just kind of game on. The torch is lit and once again you get fired up."

"The whole games experience is constantly these roller coasters. You get pumped by the littlest thing. The smallest thing will make you realize you are at the Olympics."

The pair say the opening ceremonies were a moment of joy for them.

"Going into the Olympics, that was one of the things I was really keen on doing and really hoping to go to," says Rudi. "Everyone was asking me 'what do you want to do at the Olympics' and I was like 'opening ceremonies.' I've heard everything about walking out there."

"What's great about it is that we walked out in the centre of the arena. And just walking in the middle of the arena and everything was going on around you—it was just phenomenal."

"There are a lot of pictures of me with my mouth hanging open," says Paige, laughing. "And it's the funniest thing because I remember walking out, walking quite a ways and then realizing my mouth was open. Because it was literally a jaw-dropping experience. I walked out and was just in awe. I had goosebumps all over my body. I had butterflies. I was so excited, jumping up and down and trying to look at everything. The roar and the lights, everything, it stunned me, and obviously my jaw dropped. It was wow. It was the definition of wow."

Despite the pressure of performing on the world stage, both of them say skating on Olympic ice was a moment of peace for them.

"It was phenomenal," says Rudi. "I was really, really nervous for the free program. And I remember that moment. After I hopped off the warmup I had to go in the back and sit down and be nervous. And then I hopped onto the ice and I looked at Paige, and Paige looked at me, and we held hands and they announced our name. All that nervousness just melted away and all was right with the world."

"And then we skated not a perfect skate, but a really great skate, and that was my moment. That's something that I'll always

"I will always remember the feelings of skating both those programs . . . I felt like I was embracing the moment. The whole time I was skating both programs I was so aware of where I was and all the things I had done to get there."

—Paige Lawrence

keep—knowing that was where I needed to be, and what I needed to be, and who I needed to be there with."

"For me, I will always remember the feelings of skating both those programs," says Paige. "I was just enjoying them so much, and to me that's the essence of my skating career. I love to skate and that's why I've done it all this time. Every day when I go on the ice I love to skate."

"But when the pressure's there and the nerves are there, you're standing in your moment you've worked hard for your entire life, it would have been easy to pull away from it, let it break you. Instead I felt like I was embracing the moment. The whole time I was skating both programs I was so aware of where I was and all the things I had done to get there."

"For me I was at peace with it. It was an awareness of it, yet I was focussed on my skating and what I had to do, but the awareness was still there. It was just one of the best, most rewarding feelings of my life."

"I was just loving it. I wanted it to last forever."

"That program was too short," laughs Rudi. "It's been too long all year long, and then the one time we skated it at the big game it was too short."

Rudi says they knew they needed to go to the Olympics with an open mind and absorb the experience.

"We had done our research going in," he says. "We knew that to pinpoint what experience we are going to have and then try to have that would be the wrong thing to do. So we really went in there with a very open mind to just absorb as much as possible and really enjoy the moment as much as possible."

"The moment we try to have a certain experience then you'd be focussing on all the things that were different. And so when it came to the skating we were just in awe."

The pair finished 14th in the world, and were pleased with both of their skates.

"We were happy with them," says Paige. "They were probably our best skates this season I would say. The scores might not reflect that. We can't control the scores and the judging. For ourselves, they were probably our best competition this season. So we were happy with it."

"There is always room for improvement. Every time I watch the program, I think 'I could have done that better, could have done that better,' but I'm very happy with it, I'm proud of them."

During the Olympics, stories of a figure skating judging controversy in pairs skating flared up, and were circulated widely in the world media. The pair say some of the skaters were upset by the story, but they distanced themselves from it emotionally.

"We all know judging is judging and you can't control it so why get worked up over it," says Paige. "Some of them were bothered by it, but there's nothing you can do about it. My focus was myself and what I can control."

"You have to kind of put the judging aside and just go out there and do what you can do and be proud of what you can do and did," says Rudi.

"Paige and myself went out there and we laid down a really solid short program that we had a blast doing, and then we just soaked up the free program. We were just very ecstatic that we went to the Olympic games and had two skates of our lives."

Continued on Page 13

What's next for Paige and Rudi?

"I kind of use the analogy that you're driving towards a massive mountain, so you can see the top and that's it. Then when you get there it's this amazing view, it's so beautiful. And then you start going down the other side and it's this whole new uncharted territory you can't really see."

—Paige Lawrence

Continued from Page 12

The pair were finished skating on Feb. 12, but didn't fly home until Feb. 25, giving them plenty of time to simply take in the entire Olympic experience. Paige and Rudi say they made the most of it.

"We had a solid couple of weeks to really enjoy as much as possible," says Rudi. "You would have two or three nights of doing as much as you possibly could, and then you'd have to have a day of staying at the village to chill and recover. And then you'd be like 'heck it's the Olympics' and then you'd go out again the next day and just have as much fun as possible."

Paige says the athletes village had much the same feel as a small town.

"It felt almost small townish," she says. "You had your street of houses and apartments where the athletes were, and then on the other side of this park there was a cafeteria and you would go outside and walk down the street and see people you knew and wave. And you'd go to the cafeteria and see people you knew. It was very small townish."

She says she and Rudi only knew the skating team going in, so it was nice to meet other athletes.

"I made it my personal goal to meet as many as I could," she says. "So I would say that I knew the majority of the Canadian team."

Paige was a social butterfly. And through association everyone knew who it was," laugh Rudi.

"In our residence homes we had an athletes lounge," says Paige. "One of the cool things was going upstairs and, say, watching short track with other short track competitors that weren't in that exact race. Talking to people about their sports and learning it as we were watching was kind of cool."

"It was really cool hearing the commentary of people who are professionals of the sport that you were watching on television," says Rudi. "If you didn't want to go out that night to an event because it would be really late coming back, you could just stay at the housing and watch it on TV, and then some of the other athletes would be there. And so it's completely different. We would learn so much more about a sport like speed skating watching with a speed skater."

The pair attended as many events as possible, including both gold medal hockey games, the women's curling gold medal game and the men's curling semifinal among them.

Both of them say it differed vastly from other competitions they have been to because of the scope of the event, and being able to share it with so many other athletes.

"When we were at the rink it feels like we're at any other competition," says Paige. "And then you'd finish your practice, you'd walk outside the arena, and it was almost a little bit less stressful because there were all these other athletes in their different sports doing their own thing. So it wasn't just about figure skating, it was about so much more."

"You could leave it and be involved in something else. And I think there's that balance that isn't always there at figure skating competitions."

"At a figure skating competition, when you are done your practice, you go back to your hotel room," says Rudi. "Here you would go back and you'd meet other athletes and ask 'how did the practice go at the speed skating rink?' And then the girls would be coming in from the hockey game, and you'd be like 'you guys won the hockey game last night, wooohoo.'"

"There are so many different things to focus on. The moment you are in the rink you are doing your skating, the moment you



Paige and Rudi skating at the Olympics in Sochi.

are outside of the rink, you were doing the Olympics. That was the difference."

Riding out the Olympic experience to its fullest, the pair finally arrived back home to Virden in the last week of February where they immediately jumped into training for Worlds in Japan March 22 to 31.

The pair say they don't know yet how their Olympic experience has affected them personally, but they do understand that the local communities have drawn inspiration from them.

"I think whether we wanted to or not it's turned us into role models for more people," says Paige. "Right now at this very moment, we are inspiration to a few more people. That's pretty cool for me."

Do they see that as a responsibility?
"It's not a responsibility," says Paige.
"It's more of a privilege," says Rudi.
"Exactly," adds Paige.

"We had a chance to go to the school for pancake breakfast this morning," says Rudi. "It was just fantastic to sit with the kids and see how much they appreciated us and know that they followed us and watched us in their classroom. That was kind of cool."

Paige says she remembers what it was like being a young skater and watching three-time gold medalist Colleen Sostorics from Kennedy as she played hockey at the Olympics.

"I really like hearing people's stories about watching us," she says. "I can remember being really young. We had Coleen Sostorics, our three-time Olympic gold medalist. I went over to our neighbors' farm, my parents and I. We had a watching party, and watched Colleen."

"I remember being so into it and being so excited and happy and just thinking it was the coolest thing ever to watch her because I felt like I knew her even though I didn't. That's such a strong memory for me."

"To hear other people's stories about them having watching parties, that just means a lot to me. They took the time to do that for me. It's cool. Because that was such a memorable thing for me. To have given someone else that, that's cool. So I really, really appreciate when someone stops me and tells me their story—their Olympic story."

"Several people have told me stories of driving to work and pulling over to watch on their phone, or pulling over to a restaurant in a different town and making them change the channel, or things like that—just the little efforts they have gone to to watch. That was cool. A few people I know had a party. Our trainer in Virden had a brunch with people we knew, and the schools here, they watched us. In Regina they rented the Imax and my grandma was there."

"It's just something I'm really grateful for and just trying to make the most of and just being thankful for, because it's not everyone who gets that opportunity. Hopefully it can result in good things for other people because that would be just the coolest thing."

So what's next for Paige and Rudi? Jumping straight into training for their first appearance at Worlds, the pair say they have not discussed their future.

"There's so much that you gain from it. It's not so much that we ever give anything up, it's that we got the opportunity to do something different and to do what we wanted to do."

—Rudi Swiegers

moment and enjoying it to the max."

"I was at the grocery store and bought two chocolate bars because I haven't had chocolate in forever," says Rudi. "The grocer recognized me and asked me about the Olympics, and this guy behind me said 'so you've been to the Olympics. Are you going to go to the next one?'"

"And my response was, 'let me finish this junk food first and I'll get back to you on that,'" says Rudi, laughing. "And that's what my feeling is on that. We're going to do Worlds and take a couple of weeks off and then we'll think about it."

"We're trying to really enjoy it as much as possible right now."

"It's just such a large commitment," says Paige. "There is more to life than just that, and it's just whether we are wanting to look into that or whether we are still wanting to skate."

How big of a commitment has it been for the pair?

"It's been my life," says Paige. "I have a great family, I have great friends, I have other interests, but this has been my purpose. So the rest is there as balance, but this has been my purpose."

"Paige said that well," adds Rudi. When asked if they have given anything up for their dream, the pair say it's not about what you miss out on, but what you get to experience.

"There's lots that you give up or choose not to pursue," says Paige.

"But there's so much that you gain from it," continues Rudi. "It's not so much that we ever give anything up, it's that we got the opportunity to do something different and to do what we wanted to do."



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Oversize load

This massive component was delivered to PotashCorp Rocanville Friday. Here SaskPower employees raise a power line to allow the component to pass south of Welwyn.

Massive component delivered to PotashCorp Rocanville

BY KEVIN WEEDMARK

A delivery of a massive component to PotashCorp Rocanville from manufacturer SaskArc in Oxbow was a complicated logistical process that took two days, and required 31 power lifts and 10 line cuts, a squadron of pilot vehicles, and around 20 SaskPower employees

The massive component was transported east from Oxbow, up Highway 8 almost as far as Fairlight, and then over back roads to the current PotashCorp Rocanville minesite, where they will be used in the mill.

The largest component moved last week is 257" tall, 38' long, and 36' wide and 122,000 lbs.

Saskarc is an Oxbow company which has been around for three decades and has about 65 employees.

The massive components moved last

Thursday and Friday is part of an electrostatic precipitator (ESP) for PotashCorp Rocanville, which is in the final year of a \$2.8 billion expansion.

Saskarc assembled, insulated and cladded the components. The ESP is used in the drying circuit of the potash mill to reduce the release of particulates to the environment.

The planning and manufacturing of the components took a couple of years, and the logistics of the delivery took a few months to nail down.

The 122,000 pound component is one of the largest pieces Saskarc has fabricated—although it was the largest piece when it was built, it has since been surpassed.

When the Rocanville component was built, the shop door had to be expanded from 30 feet wide to 40 feet wide to get it out of the building.

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Stars resumes service in Manitoba

The Manitoba government gave the green light for STARS air ambulance service to resume as of Friday, March 7.

The service was grounded in December after three critical cases, including one in which a

woman died.

Health Minister Erin Selby said STARS has agreed to new measures to enhance patient safety.

The non-profit agency, which has operated for years in Alberta and Saskatchewan without being grounded, has agreed to upgrade its equipment, increase training and work with a new oversight panel that includes the dean of medicine at the University of Manitoba.

"STARS and Manitoba Health worked co-oper-

atively and effectively to resolve issues of medical concern, and that has resulted in a number of changes," Selby said.

Selby said STARS is only to respond to emergency calls at first.

The plan is to have it eventually resume other services such as patient transfers.

"Today is about moving forward and getting us very positively back in the air . . . and we're very, very confident that we're going to provide very high quality patient care," said Selby.

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DANIEL ANDERSON

31c

Princess Patricia's Canadian Light Infantry:

Moosomin part of group's anniversary plans



BY KEVIN WEEDMARK

A storied Canadian military unit is including Moosomin in its plans to mark its 100th anniversary this summer.

Princess Patricia's Canadian Light Infantry was formed in 1914 to fight in the First World War.

To mark the anniversary, the regiment is staging a relay from its home base in Edmonton to Ottawa.

Runners will carry a baton. Inside the baton is an honor roll inscribed with the names of all members of PPCLI who have been killed in action, from the First World War to Afghanistan.

The relay will make a special stop in Moosomin because the town is home to Harry Mullin, a PPCLI soldier who was awarded the Victoria Cross for his wartime actions. Three of Canada's 94 Victoria Cross recipients have a Moosomin connection.

The relay will hit Moosomin on Saturday, August 23.

The Princess Pats plan to show up in town that Saturday morning and will set up historical displays, equipment displays, and inflatable attractions for the kids.

"The only regimental Victoria Cross winner who has a known and marked grave is Harry Mullin," Major Bob Barker explained at an organizing meeting in Moosomin last week. "For that reason, Moosomin is important to us, and we wanted to include Moosomin on this relay."

He said there will be a lot of items to set up.

"We will have story boards and artifacts telling soldiers' stories including Sgt. Mullin's. We will have some of their medals on display. One of the history boards that will be out across the country will feature the VC winners including Sgt. Mullin.

"We'll have a Bren gun carrier, and will also have a LAV 6.0 light armored vehicle, which is the updated version of the LAV 3 from Afghanistan.

"We'll also have a lot of other stuff with us—uniforms, helmets kids can try on, a bouncy castle, an inflatable obstacle course, balloons.

"The drum corps will be part of the group, and they can put a show on for five or 10 minutes."

The town has agreed to close Main Street to allow runners to enter Moosomin from the highway.

The Armoury Committee plans to mark the way with yellow ribbons on streetlights and poles, and is asking homeowners along the route to decorate their homes with yellow ribbons for the day as well.

Saskatchewan Premier Brad Wall and Lieutenant Governor Vaughn Solomon Schofield will be invited to the Moosomin event.

Moosomin organizers will invite former Governor General and the Patricia's honorary colonel Adrien Clarkson, and have already invited former General Andrew Leslie, the grandson of Moosomin's General Andrew McNaughton.

Major Barker said the PPCLI has always had a good relationship with Moosomin and soldiers from CFB Shilo are always eager to come to Moosomin for the Remembrance Day ceremony.

"This is one of the more sought after ones," he said. "This is probably the only one that people get told that we don't have space on the bus."

The Moosomin branch of the Royal Canadian Legion will provide some historical documents to be put on display for the event.

"We have a lot of historical wartime documents we would be willing to put on display," said Brian Beckett of the Legion.

McNaughton High School principal Jeff St. Onge said he will try to get the students involved. "Our building can be open and we could have students do posters on individual soldiers based on the Legion's books of newspaper clippings," he suggested. "That may help bring out kids and their families."

Vi Kerslake of the Armoury Committee said Creative Vision Productions is interested in taking part in a program that day.

Some sort of lunch and supper will be held around the events on Aug. 23—the town will be asked to do a barbecue that afternoon, and organizers are hoping to arrange a supper at the Armoury Hall that evening. Organizers are hoping to attract a large crowd for what they are hoping will be an event for the whole community.

Will have medals on display for people who are included on history board.

Moosomin included because of Mullin



in the midst of a fierce fire-fight, Sergeant Mullin single-handedly captured a German pill-box position.

He rushed the snipers' post in front, destroyed the garrison with bombs, shot two gunners and then compelled the remaining 10 men to surrender.

Harry Mullin's Victoria Cross Citation is as follows:

"For most conspicuous bravery in attack, when single-handed he captured a commanding 'Pill-box' which had withstood the heavy bombardment and was causing heavy casualties to our forces and holding up the attack. He rushed a sniper's post in front, destroyed the garrison with bombs, and, crawling on top of the 'Pill-box,' he shot the two machine-gunners with his revolver. Sgt. Mullin then rushed to another entrance and compelled the garrison of ten to surrender.

His gallantry and fearlessness were witnessed by many, and, although rapid fire was directed upon him, and his clothes riddled by bullets, he never faltered in his purpose and he not only helped to save the situation, but also indirectly saved many lives."

The PPCLI baton run across Canada will stop in Moosomin on August 23 because of one person, Harry George Mullin.

Mullin became a hero for an incident in the First World War. Following the war he returned to Moosomin, and served for years as the Sergeant-At-Arms in the Saskatchewan Legislature.

He was 25 years old, and a sergeant in Princess Patricia's Canadian Light Infantry, Canadian Expeditionary Force during the First World War when the incident that led to him being awarded the Victoria Cross took place.

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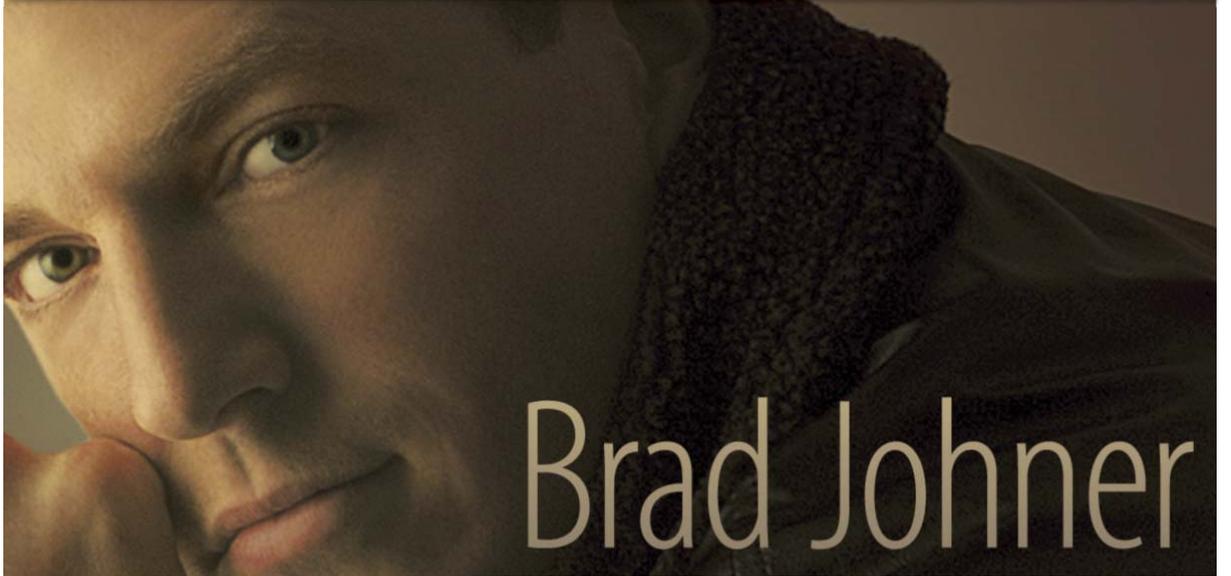
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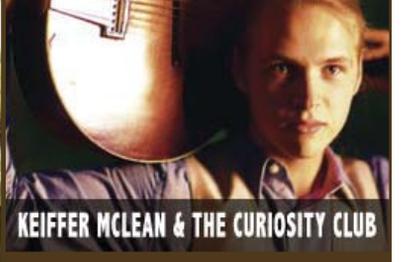
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Redvers and District Oil Showcase coming up

The fifth Redvers and District Oil Showcase is coming up fast—May 8 and 9—and there is limited space available to get in as an exhibitor.

This year's keynote speaker at the dinner on Thursday night is Tim McMillan, MLA in charge of Energy and Resources. The committee is also in the process of lining up a couple of daytime speakers as well.

Previous shows were held in 2007 and in 2008.

The show then moved to bi-annual in 2012 and now 2014.

Based on some of the feedback that was received from various exhibitors from the last show, the committee is planning to keep the schedule of events similar to 2012.

Setup for exhibitors will be Wednesday all day and Thursday morning, with the show opening to the public from noon to 4 p.m. on

Thursday. Dinner will be served at 6 p.m. with cocktails just prior and the keynote speaker around 7 p.m. Friday, the show will be open to the public from 10 a.m to 4 p.m.

With Redvers being situated in the middle of the Bakken play in Southeast Saskatchewan and Southwest Manitoba (as well as adjacent to the same play in North Dakota), this makes it the perfect location to showcase existing and upcoming technologies for the oilfield and related industries.

The Oil Showcase will have items and exhibits

of interest to everyone from company officers, engineers, consultants, drillers and land people, to many others who work in the oil industry.

Previous oil shows revealed Redvers as a town progressing and moving forward, and Redvers wants to show that they are continuing that trend. With our their hotel and campground expansion completed, there is ample space for all to stay in town at the upcoming oil show.

The 2012 oil show was a tremendous success with keynote speaker Patrick Ward, President and CEO of Painted Pony, ad-

ressing a sold out crowd at the roast beef banquet on Thursday evening. One-hundred-and-thirty-seven exhibitor spaces were filled, both inside and outside, at the Redvers arena—showcasing a number of oilfield and other industry technologies. Close to 1,500 people came through the door. With slightly less than desirable weather leading up to the show, the help of Dangstorp services, Swayze's Redi-Mix and Easy Rider-Trucking, among many others, was greatly appreciated in ensuring the show went on.

Feedback from the last

oil show was remarkable and they committee anticipates a full show yet again with loads of exhibitors and a similar showing of people taking the opportunity to have a look around and make new industry contacts.

To be a sponsor or to request a booth at the next show being held Thursday, May 8 and Friday, May 9, contact the Redvers and District Oil Showcase committee at 306-452-3225, or e-mail redversoilshow@hotmail.ca. You may also visit the Town of Redvers website and click on the Redvers and District Oil Showcase link.

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Four candidates for Souris-Moose Mountain

BY KHANG NGUYEN
With Ed Komarnicki announcing that he will not be seeking another term as MP, candidates are starting to come forward for the Conservative nomination in Souris-Moose Mountain.

So far, there have been four candidates for nomination.

The candidates so far are Robert Kitchen, Phil Zajac, Mike Strachan, and Randy Schiller.

Robert Kitchen



Dr. Robert Kitchen is a practicing chiropractor in Estevan. Kitchen received a Bachelor of Science degree in Kinesiology from the University of Waterloo as well as a Post Graduate Diploma in Education Administration from the University of Regina.

"My interest in politics started back when I was in high school. In university I got involved with the Conservative Party doing things and getting involved in campaigns."

"I got involved with the local riding associations. I was involved with the Reform Party. I was involved with bringing Preston Manning down to Estevan. I was on the executive for the Reform Party and I am on the executive for the Souris-Mountain Conservative Party now."

Kitchen says that being a Conservative candidate was something he thought would never come.

"To be honest with you, I had actually given up hope that my time would ever come."

"I had actually thought about running back when Roy Bailey first ran, but my children at the time were too young. My wife and I felt that it wasn't the right time to run."

Kitchen has been involved with the Chiropractic Association of Saskatchewan and the National Regulatory Board.

"A lot of my time doing that got me involved in dealing with labour mobility and dealing with immigration and migration of chiropractors throughout Canada and around the world. I've had an extensive amount of experience working with bureaucrats and dealing with the multiple issues for a federation."

"I've been involved in the political processes with dealing with bureaucrats and understanding how a lot of machinations of the processes and the procedures that have to happen."

Kitchen says that the economy and transportation are some of the bigger

issues he would address first.

"The economy is first and foremost in my opinion, and we need to maintain that. I believe that the economy is something we need to maintain and strive to make sure we continue to grow."

"There's an issue with moving oil. There are obviously all the safety issues of all those rails coming through the communities. Is there a better way to move it? I truly believe there is. I believe the pipeline is the safest way to do it."

"I do admit it will be a bit of a learning curve for me even with my background. I think there will be an extensive learning curve, but I believe that I'm capable of doing that."

"I've done 25 years here fighting for people in the healthcare field, I'd like to have the opportunity to fight for them in other aspects."

Phil Zajac



Phil Zajac lives in Estevan and operates his own business. He has a Bachelor of Arts Degree in Sociology from Beloit College in Wisconsin.

"This was a great opportunity. I got a phone call from somebody that is a Conservative party member that said, 'We

know you do a ton of stuff for the community, would you consider running?' I thought about it a little bit, and I thought that it would be a perfect fit for me."

Zajac moved from Regina to Estevan five years ago. Since then, Zajac has coached football and softball teams, is currently the Chairman for the Southeast Library Board, and a former member of the South East Saskatchewan Enterprise Region Board.

"I think with my business background, my education and my experiences, I'm very well qualified to represent the people of this community. I'm a regular guy, I can wear coveralls and relate to guys on the drilling rigs, and I can sit with bankers and discuss financial statements and cash flow problems."

Zajac says that housing, business and safety are the most important issues in the area.

"I'm a very firm believer for funding for the RCMP. I think that keeping our streets safe and minimizing crime is probably one of the most important things we need to do."

"Housing is an issue. It's hard to grow to make our city bigger when housing is so expensive."

"In the '80s, people were leaving. There were no jobs. Now, people are moving here from all over the country for a better life so Saskatchewan has to be in position to accommodate them."

"I'm a big believer that small business and medium sized business are what fuel the economy. If the federal government makes it easier for smaller and medium sized business to get funding, the better it is, and it makes opportunities in those towns."

Zajac says it is time for Saskatchewan have a bigger role in Canada.

"Saskatchewan is no longer a 'have-not' province. We're in a place where I feel that the prairie provinces are driving Canada's economy and I think that it's time for Saskatchewan to be a 'have' province."

As a single parent and a businessman, Zajac says that he can relate to many community members.

"I'm not a multimillionaire. I'm a regular guy who's a family guy. I can relate to single mothers, and oilfield executives, and it's very difficult for lots of people to do that."

Mike Strachan



Mike Strachan is currently the Mayor of Torquay. Strachan is the Southeast regional representative for Saskatchewan Urban Municipalities Association (SUMA), sits on the Physician Recruitment Agency of Saskatchewan, and is the Chair of the Audit Committee of the Board of Directors for the local Credit Union.

"One of the reasons why I wanted to run was that I feel that there is a real need for somebody in this area that wants to represent the whole constituency—someone that might have some new ideas. I have a little experience in politics being the Mayor of Torquay."

Strachan says that being a politician was not something he thought of when he was younger.

"To be very plain, I don't think anybody ever thinks about being a politician when they're younger. But from representing the area with SUMA, and being Mayor of Torquay, it's given me the itch to do more for the area."

Stachan says that being the Southeast Representative for SUMA gives him a good grasp on what the people of Souris-Moose Mountain want.

"I think we need to have a strong united voice for this area, because this area is one of the biggest growing areas in the country right now and we need to have a strong voice in Ottawa."

"I think that we need to start working together and try to strive as one. I think that I've tried to start to set that up with some of the stuff in SUMA where I've got municipalities involved with their bylaw enforcement. I think I can fall back on that and start to grow that throughout the whole constituency."

Infrastructure is a focus for this area, says Strachan.

"As we see this area growing so rapidly right now we need to try to grow this infrastructure."

"We have lots of smaller communities struggling with capacity right now. I think we need to work together and start with some P3 partnerships. . . if we can set up some database where there is a group of municipalities that need some work done, it makes it more feasible to get the private sector involved. If we can get some other people involved to help fund things, it makes it easier for communities to access money."

"I think something really important to me is that Souris-Moose Mountain be seen as a leader on the federal stage for community co-operation. We're just not a come-in-and-use-all-of-your-resources area, we're a place where people want to have families and live and grow."

Continued on page 23

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Dementia on the rise in Saskatchewan:

Prevention measures can have significant impact

BY JULIA DIMA

It can start with forgetting where you parked your car at the shopping mall.

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Dementia is an aggressive disease, and has no cure.

In 2012, 4,124 new cases were diagnosed in Saskatchewan, according to the Alzheimer's Society of Saskatchewan.

In 25 years, the number of new cases is expected to double.

While the disease is on the rise globally up 17 per cent from 2009, according to Alzheimer's Disease International, Saskatchewan is seeing a significant rise because of a large senior population.

In the 2011 Saskatchewan census, citizens 65 and older made up 15 per cent of the total population, a growth rate of three per cent since the 2006 census.

Trina Hodgson, the provincial co-ordinator for the Alzheimer's Society says that is the main reason the disease affects so many.

"We are still researching why these numbers are increasing. It can be because we are living longer than we have before, and it can be the rise of the senior population," Hodgson says.

"We do have a higher senior population in Saskatchewan than in other parts of Canada, and while dementia is not a normal part of aging, your risk increases as you age."

In a survey conducted by the University of Saskatchewan in 2012, 44 per cent of participants indicated that dementia is an issue in their immediate family. Despite this, the disease is still shrouded in misconceptions, Hodgson says. One of the main misconceptions is a misunderstanding of what dementia is, and how it varies from Alzheimer's disease.

"Dementia is the grouped disorder, and Alzheimer's is a form of dementia. There are many kinds of dementia," says Hodgson. "Dementia overall is characterized by a loss of intellectual ability, including memory impairment, judgment, and abstract thinking, as well as changes in personality."

"Alzheimer's disease is just the most common form of dementia, making up about 65 per cent of cases."

Rather than being a specific disease, as some



Julia Dima photo

Ripple effect

Dementia has a ripple effect. Even if only one family member is diagnosed with the illness, the entire family deals with the pain.

people understand dementia, it is the larger group of symptoms that categorize the many types of dementia, including Alzheimer's disease, frontotemporal dementia, vascular dementia, and Lewy Body dementia—all of which have some similar symptoms.

Those symptoms include memory loss, difficulty with communication and language, and loss of reasoning and logic. But the different types of dementia can have other symptoms, like strokes, visual hallucinations, and even loss of vision. Alzheimer's is specifically categorized by memory loss, difficulty with problem solving, forgetting how to perform familiar tasks, forgetting time and place, having difficulty speaking, and personality and mood changes.

In the early stages, Alzheimer's can be tough to diagnose, and cannot yet be physically seen in CT scans—rather relying on cognitive function tests and physicals.

Therefore it often is not recognized until brain deterioration is severe, according to Hodgson.

She says this is because many of the early signs beyond memory loss aren't recognized as symptoms of dementia.

"When we talk about memory loss, it's about changes in day to day ability or difficulty performing familiar tasks. The warning signs that people tend to disregard or not notice could include changes in mood and behaviour. What could look like depression can in actual fact be early dementia."

Often, the physical signs of Alzheimer's can be seen when the disease is severe. Dr. Darrell Mousseau is the research chair for the Alzheimer's Society of Saskatchewan. He says that when the disease is progressed, it can be physically seen.

"Alzheimer's disease is usually the loss of brain function associated with the loss of a sticky protein in the brain called beta-amyloid," he says.

"Another feature of the Alzheimer's brain is the disconnection between brain cells—they can no longer communicate effectively. And, when you look

at an Alzheimer's brain, it looks significantly shrunken compared to a non-Alzheimer's brain of someone of the same age and sex. There's certain areas of the brain, particularly the hippocampus—tied into higher brain function—that is significantly smaller, and the cortex of the brain looks shrunken and misshapen."

Mousseau says that the primary focus in battling dementia is in prevention.

"Alzheimer's cannot be cured, but it can be prevented. The preventions that are commonly talked about are lifestyle changes—exercise, changes in diet, avoiding unhealthy food."

"If you get just under three hours of exercise minimum a week, you diminish your chances of developing Alzheimer's later on by almost 40 per cent. So, this prevention method is significant."

Last year, the provincial government invested \$400,000 into dementia research, and the Alzheimer's Society of Saskatchewan is currently sponsoring research into

links between depression and Alzheimer's later in life.

Mousseau is heading that research. His work could change the way risk for the disease is managed.

"If you suffer depression, the risk for Alzheimer's tends to double or triple over the general population. It's not like you go from zero risk to 100 per cent risk, but it does effect the risk substantially," he says. "I'm hoping that at some point, we can identify people in pre-dementia stages, well before any symptoms appear, and if we can, maybe we can start them on a treatment that will delay or block the onset of Alzheimer's. I'm hoping that is what my contribution ends up being."

While there is no cure for Alzheimer's, medication exists to help delay the onset of dementia, called cholinesterase inhibitors. However, at late stages, the drug may not be effective.

Hodgson says the pros may not outweigh the cons of using the drug, and it cannot cure dementia—only delay the symptoms.

"The idea behind those drugs is that they slow the progression of the disease, but they are not a cure. For a third of the people that take these drugs, they work, for a third, they don't work, and for the last third, they have too many side effects to know if they are working. They are also very costly drugs, and people can apply for exceptional status through the drug plan to get coverage for them but coverage isn't guaranteed."

Hodgson says the biggest challenge facing those with dementia in Saskatchewan right now is stigma.

"If we can become as a society more aware of how we can support people with Alzheimer's disease, and make them feel like they are in a safe environment as they progress through their disease process, we can reduce stigma," Hodgson says.

"We've come a long way in understanding many other disease processes, we still have a long way to go in terms of understanding and being compassionate to people with Alzheimer's disease."

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Dementia on the rise in Saskatchewan: It's about more than meals and baths

BY JULIA DIMA

Dementia can take away someone's ability to do daily tasks, like bathing or eating a meal. But providing care to those living with dementia is about more than feeding and cleaning them.

There are over 17,000 people with some form of dementia in Saskatchewan today, with 4,000 new cases diagnosed annually. According to a study done by the Regina Qu'Appelle Health Region, the number of dementia patients in the province will exceed the number of available beds the province has in care facilities. The study also found that at-home caregiving is on the rise.

In 2012, the study says, 9 million hours of care was given to dementia patients by family and friends, and that is expected to rise to 30.5 million in the next 25 years.

Many families are looking to options like private home-care and care homes to meet the challenges of caring for loved ones with dementia. Today, there's over 200 personal care home options. Private home care services are also emerging as an alternative. One of these is Nurse Next Door, a home care service that works across Canada.

"A big challenge in providing care to dementia patients is family caregiver burnout," says Rob Van Norman, who operates Nurse Next Door in Saskatchewan. "That's a 28-hour day, and it's exhausting, so our caregivers can also give some respite to those primary caregiver family members. Family caregivers need to take care of themselves and get the help they need so they can continue to be there for their loved ones."

The goal of Nurse Next Door, Van Norman says, is providing care beyond the basic life necessities.

"We believe that it's not just about making sure people get a squeaky clean bath and a nutritious meal. We really believe it's about supporting some of the needs people aren't aware they have – we want to make life better however we can. We take care of necessities, but we really specialize in finding out what the things are that bring intrinsic happiness to people's lives," he says.

Van Norman says the experience of providing care to dementia patients is rewarding—but it is also emotionally challenging on the caregiver.

"The clients get frustrated, and communication is a challenge, especially when the client believes in a different reality than the caregiver, which can happen with dementia. There is sometimes agitation and aggression, and the caregiver needs to know how to respond to that and de-escalate that situation," Van Norman says.

"There is a lot of sadness that comes with people realizing they have demen-



Julia Dima photo

A friendly face

Brightwater Senior Living Executive Director Bill Horbach sits with resident Thelma Schmidt in the dining room. Horbach says despite having severe dementia, residents remember "a friendly face."

tia, and that is also tough on the caregiver. For our caregiver, it does take a toll, which we address by having de-briefing sessions with caregivers, where we talk about these issues, and can offer a team environment, where they have support."

Bill Horbach manages Brightwater Senior Living in Regina, a private senior care home that focuses on caring for dementia patients. He says dementia care has to be about the person, not their illness.

"What we implement with our staff is to be kind, and treat people in the home as you would anyone. The dementia doesn't matter when you sit down and chat with them," Horbach says, "You use who the patient was before dementia, and who they are now to holistically treat the person."

Horbach adds that helping the patient maintain autonomy is a large part of holistic care. He says within the home, residents have tasks, chores, activities, and the opportunity to maintain their hobbies, whether it be painting or gardening.

"That's huge. It gives them a sense of purpose. Even if it's as simple as making crafts together, you can see people's eyes sparkle—it's just the art of being human, we need to have purpose, and that doesn't go away when you get dementia."

Within the health care system, care techniques are taught from the first stages of educating caregivers. Ann-Marie Urban, with the Faculty of Nursing at the University of Regina says education about dementia starts from the first semester of the nursing program. She says the program focuses on both basic health needs, and personal needs of patients with dementia.

"We start with basic fundamentals of physiology, so what is happening to the brain of the person. Then in the second semester we move into the skills required to work with people with dementia, and we really focus on the communication aspect. Because you are working with, and caring for that person, but also their families, who struggle with the changes that come with dementia as well," says Urban.

"In terms of the skill-set you need to deal with that, the students who go into long-term care settings, one of the things they focus on is communication—how do you communicate with someone that is going to take longer to understand, and needs patience?"

Urban says nurses can suffer from caregiver burnout.

"In the clinical environment, there's typically a group of seven students, and we always have a post-conference setting where we sit down and discuss how the day went, and sometimes, there's something that happens that the student was not prepared for, like an outburst from a dementia patient, or in the example of one student, her patient reminded her of her own grandfather, and that was very difficult for her," Urban says. "So, we use these de-briefs to deal with these feelings, because if they don't, it will sit with them, and as caregivers, they can experience burnout syndrome—everyone needs that."

Four candidates for Souris-Moose Mountain

Continued from page 21

Randy Schiller

Randy Schiller lives in Weyburn and presently works in enhanced oil recovery.

Schiller acts as President of the Weyburn Big Muddy SaskParty Constituency Association, and as Financial Secretary and Faithful Captain with his local church service group.

Schiller is also a former trustee for the local school board, and former director for his parish council.

"Because I've been on so many boards, I've learned to share my voice and my thoughts," Schiller says. "In all those boards you have to wear a different hat. Each time you wear a different hat you have

to bring forward the concerns of whoever you're representing, whether it be in parish council, teachers, parents or school boards."

"As someone who works in the oil industry, I've got first-hand knowledge, and I have resources to draw upon for developing and bringing forward the voices. I work for a company that is in enhanced oil. We're injecting carbon dioxide into the ground and we're using that to help production."

Schiller says that he has always been interested in politics but this is his first run as a politician. "I've always been behind the scenes. I started getting into politics with the SaskParty."

"Being president of Weyburn Big Muddy

SaskParty Constituency Association, constituents come forward to me and some have concerns that I take to my MLA."

With Komarnicki's departure, Schiller says that this is the right time to enter politics and follow what Komarnicki has been able to do.

"It's necessary to ensure that we continue to have a strong Conservative voice in Ottawa. Our once strong Canadian values are being eroded, and we no longer have self reliance or personal initiative. People want to rely on the government and we need to break that reliance on the government."

"Government is not the solution but it's the problem. It's a matter of decreasing Canadians' dependency on the govern-



ment. We must decrease our government addiction to tax increases that continue to feed that dependency."

Schiller says that some immediate issues of focus include infrastructure and citizens' levels of financial literacy.

"Western Canada needs

to create the infrastructure to transport the resources to market. Our economy, especially in the Southeast corner of Saskatchewan, is dependant on oil and mining. Government regulations are starting to get amok, in my opinion. Thankfully the price of our resources can bear these extra costs associated with increased regulations to survive. I believe it is an effort from environmentalists to slowly choke the life out of the industries by coming up with regulations. My case in point is a proposal of a carbon tax. Once we got the infrastructure built, then, that will alleviate some of the pressure the farmers are seeing, not being able to get their grains to market.

"To me, you have to eliminate the bureaucracy and red tape to allow the agriculture industry to thrive. I firmly believe that eliminating the wheat board was a step in the right direction. "The free market economy allows for supply and demand to determine commodity and consumer prices. Government control of an economy distorts the economy. Decisions are made more for political reasons than economic reasons. "I will fight for a strong resilient Canada. Canada has become a nation of spenders creating debt, and debt enslaves, robbing you of independence. Canadians, once they start saving, it empowers you and brings you freedom. I will work so that Canadians have a strong knowledge in financial literacy."

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Fundraiser makes \$33,000

Continued from page 3

But the main reason was to raise the money to get the Kennedy rink back in shape, and they did it.

Organizer Jill Debenham says the \$33,000 raised through the Feb. 15 fundraiser is enough to top up insurance and complete the repairs needed for Kennedy's rink.

"We were hoping to make \$20,000, so we're very happy with \$33,000," Debenham says.

The supper sold out, and the auction brought in about \$20,000 altogether.

"We hoped for 50 auction items and we got 90," said Debenham. "We had seven live auction items and made \$8,500 from those, and the silent auction items brought in another \$11,000."

Seedmaster's SED Foundation covered the cost of the food and the entertainment, which added \$4,000 to the group's bottom line.

Debenham says there was strong support for businesses in communities all around Kennedy, and she said it was fairly easy to recruit volunteers for the fundraiser.

"We have an active rink, and it's important to a lot of people, so that makes it easier," she said. "We focused on

people who are involved with hockey or figure skating, who are involved with the rink."

She estimated about 50 volunteers were involved in putting on the fundraiser.

Sostorics, who won Olympic gold with the Canadian Women's Hockey team, said she never would have had the opportunity to achieve what she did in hockey without the Kennedy rink.

"I'm here, everyone is here, because we all believe in the importance of sport. We believe in what it does for a community, and we want to ensure the rink is there for our kids to play on," she said. "This is a very important thing."

She said the rink would not be there without the hard work of people in previous generations.

"Our parents built the rink, they cleaned the rink, they organized. So now it's our turn to do our part to make sure that the opportunities that we had, that make us so happy, are not lost. Let's all chip in and lend a hand."

"I feel very blessed to have grown up in this community. The rodeo brings us together in the summer, and the rink brings us together in the winter."

Sostorics said watching the Sochi Olympics, and watch-

ing local skaters Paige Lawrence and Rudi Swiegers compete, has brought back Olympic memories for her.

"Watching these Olympics, and watching Paige and Rudi, as we all have, brings back the feelings and the emotion of being there."

"If Paige was here tonight, I know she would say the same thing—that this community has not only supported us on our Olympic journey, but long, long before that."

The Kennedy rink suffered \$80,000 worth of water damage over the summer.

Insurance covered some but not all of the damage, which is why the fundraiser was organized.



Over 220 people packed the former Langbank curling rink on Saturday, Feb. 15 for Kennedy rink's sports night, featuring Olympic medalist Colleen Sostorics and Sask Roughrider Mike McCullough as guest speakers. The event was a fundraiser for the Kennedy skating rink, raising \$33,000.



Above: Three-time Olympic gold medalist Colleen Sostorics giving her speech at the Kennedy rink sports night fundraiser



Roughrider and Grey Cup Champion Mike McCullough giving his speech at the fundraiser



Christie Hall auctioning off pies at the live action



Murray Smythe holds up a Canadian Olympic jersey signed by the women's hockey team that was being auctioned off as part of the live action

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Flying across the Prairie



A Fudge Snowplane at the 2013 snowplane rally.

The Moosomin Regional Museum plans a Snowplane rally for Sunday, March 17. These are scenes from last year's rally. Above: A tracked Bombardier that would haul up to 18 kids to school.



Above: Dennis Evans of Regina visiting with passengers in his Bombardier.

Below: People take a ride in a snowplane belonging to the Moosomin Regional Museum—a Fudge Snowplane made in Moosomin.



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2011 Dodge Grand Caravan
57,000 kms Stow N' Go
PST Paid
STOCK# 4P076

\$16,900 **\$69/WEEK**



2012 Ford F-150 XTR
Local PST Paid
36,000 kms
STOCK# 3T270A

\$29,900 **\$122/WEEK**



2011 Ford F-150
No Charge Warranty 4x4
STOCK# 3T213A

\$22,900 **\$93/WEEK**

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