

Plain & Valley

Covering Southeast Saskatchewan and Southwest Manitoba

May 2011 • Volume 4, Number 5



Riders and horses in a formation during the RCMP Musical Ride. The ride will be in Rocanville on June 1, the first of several major events slated for southeast Saskatchewan and southwest Manitoba this summer. The Snowbirds are coming to Moosomin on June 22 and a fireworks competition is planned for Moosomin Regional Park on the August long weekend.

In Rocanville on June 1

Plans gearing up for RCMP Musical Ride

BY KARA KINNA

Plans are falling into place for the RCMP Musical Ride, which will be performing in Rocanville, Sask. on Wednesday, June 1.

A committee and sub-committees have been formed to help host the event, which is expected to bring in between 2,500 and 3,000 people.

The ride itself will be at 7:45 p.m. that evening, but the gates open at 4:30 p.m.

There will be entertainment before the ride, and people will have a chance to meet the horses and riders the day of the event at

the Rocanville rink where the horses will be stabled. The rink will be open, and the general public will be welcome to tour the stables, to see the horses, and speak first-hand with the riders.

First Nations hoop dancer Terrence Littlelet will be performing before the musical ride, as well as the Cowessess First Nation drummers and dancers. The McAuley 4-H Club will also do a formation riding demonstration.

There will also be a concession on site during the event.

According to Rec Directory Kathy Brown, a

number of subcommittees have been formed to help plan for and carry out the event, but volunteers are still needed.

"There are lots of before and afters," say Brown. "Setup and teardown will be huge, and then the day of, we will need people to help at the gates, etc."

Because the ride is held on a Wednesday night, and not a weekend, set up and teardown must happen close to the event.

The ride will be held on the Rocanville ball diamonds, and extra bleachers are being moved into that area so that there is enough seating and peo-

ple have a good view of the ride. However, more bleachers are still needed, and the committee is in the process of finding those bleachers.

The bleachers will need to be set up on the day of the ride, and Brown says there will be a lot of work that goes into preparing the Rocanville rink as stables for the horses.

"They want six inches of dirt that can pack, so that the horses don't slip, then six inches of bedding over that, and then cleaning," says Brown.

The only worry at this point, says Brown, is the weather.

"The weather is getting a tiny bit worrisome," she said.

"We're just hoping for some warm dry weather now."

Brown says lots of volunteers have already stepped forward to help with the event, but more will be needed to pitch in before the ride and on the day of the ride.

Committees have been set up for entertainment, food, stables, grounds, fundraising, volunteers, transportation, parking and bleachers.

Brown says the ride will go rain or shine, and tickets for the event will be

sold at the gate.

Proceeds from the event will be donated toward two community projects. The first is Dream Big Childcare, a group that is working to set up a day care in Rocanville. The day care has been approved for funding for 36 spaces.

The second is the Rocanville Dial-a-Van. Rocanville does not have a dial-a-van, but the community is planning to fundraise for one.

Brown says anyone wanting to volunteer or donate toward the event can call her at the Rocanville rec office at 306-645-2164.

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Floodwaters have been rising in St. Lazare, where several families have been forced from their homes as they have been inundated by water. At right, the home of Walter LeClerc, now under water.

The village itself is protected by a ring dike, but homes to the west of the village outside of the protective dike have been damaged by the flooding. St. Lazare is just east of the Manitoba-Saskatchewan border, where the Qu'Appelle River flows into the Assiniboine River.



Flood forces St. Lazare residents from homes

BY CHRISTEEN JESSE

Vehicles are submerged in water, highways are closed, water is flowing in rapids across front lawns, and homeowners are being forced from their homes. Residents of St. Lazare, Manitoba are caught in the midst of a major flood.

"Unfortunately it's not a good situation for the people who are dealing with a lot of high water," says Mayor Martin Dupont. "We've seen a lot of the water rapidly increasing daily and the Qu'Appelle River is our biggest concern because it's so full. It's mind boggling almost . . . we have never seen the water this high."

The small community of St. Lazare is located just inside the Manitoba border, nestled in the valley where the Qu'Appelle River and the Assiniboine River meet. The village is used to seeing water—but never this much. A dike exists to regulate water levels on the east side of the Assiniboine River, but there is little protection for the homes on the west side. Many homeowners have been forced to protect themselves from flooding by using sandbags and building their own dikes around their homes.

"For the people that have water on their dikes, an inch of water will feel like a foot. It's a very unfortunate situation for those people," says Dupont.

Suzie Chartier is one of those people. Her home is located just past the Qu'Appelle bridge and Chartier was evicted from her house on Monday when the water levels reached a record high.

Her house had not started flooding, but the evacuation was a precautionary measure because she could no longer access her home from the road.

Suzie then moved in with her daughter Connie Chartier-Tanguay, who in conjunction with her brother, has been busy doing all they can to prevent a flood at their mother's home.

"We knew that there was going to be a flood, and we have a three and a half foot dike protecting my mom's house. Yesterday there was still a foot and a half to go," says Chartier-Tanguay. "The basement was fine, completely dry, we were so proud of ourselves."

Although the water was high, it seemed as though Chartier's home might be safe. On Wednesday night, things took a turn for the worse when a tree fell onto a power line. Hydro was out for the night, Chartier's sump pump quit and the house was without electricity for 15 hours. All the

"It was my home and I'll never go back." —Walter LeClerc

"It's devastating. My mom has gone through so much lately . . . She just wants to go back." —Connie Chartier-Tanguay

hard work to stop the water was ruined when the basement of the house started to fill. At 9 a.m. May 6, the house was still dry, but by 11 a.m. there was two inches of water in the basement. The biggest disaster came just hours later, around 1 p.m. "After that, the dike broke and all the flowing water started rushing in," says Connie.

Connie's brother had been checking in on the house every couple hours, but it soon became a lost cause.

"My brother took my dad's car, my mom's car, and his own car up to safety and we had no choice but just to leave it," says Connie.

The flooding has created a difficult situation in itself, but this natural disaster comes just months after Suzie Chartier's husband died. Having to leave her home adds just another tragedy to and already unfortunate spring for the Chartiers.

"It's devastating. My mom has gone through so much lately with my dad dying and being sick with cancer," says Chartier-Tanguay. "She just wants to go back."

Without a home to live in, and with no control over the state of the home, the situation is looking grim. Chartier-Tanguay can only hope that some of her mother's possessions will be salvaged.

"We raised everything up in the basement, but we have no idea what to expect when we get there. We don't even know how high its going to be. We don't even know if the pump is working," she says.

"It would be nice to go to the house to see if it's okay but there is no access."

Walter LeClerc can relate to the devastation that this family feels, for he has also been evicted this spring. Pushed out of his home of 30 years, LeClerc feels a major sense of loss.

"It was my home and I'll never go back," he says.

"I rebuilt the home and remodeled all inside and outside. It was all brand new and now it's all for nothing."

80-year-old LeClerc lived in the home with his wife, daughter, and grandson, but when flood waters surrounded their property, they were forced to leave. The

flowing water was too much for the wall of sandbags protecting the home, and now LeClerc's home has been consumed by the flood.

"There's about four feet of water on the main floor," he says. "Water is up to the picture window."

A car sits in LeClerc's yard, with just the roof peeking out from the floodwaters.

"There was no water when we put it there. We figured it wouldn't go that high but it's gone over that spot. That's how high it was."

LeClerc was saving the car for his grandson, but sadly says that it will be no good to him now.

With help from all their relatives, and four pickup trucks, LeClerc and his family were able to remove most of their possessions from the house before the water seeped in, but there is still a feeling of loss.

"My kitchen cabinets and the trim will be destroyed . . . it cost \$5,000 when I put them in," he says.

Left homeless, LeClerc and his family are temporarily staying with his granddaughter, trying to find a new home.

"That's the depressing part. To try to relocate us all. But hopefully we'll get a house to rent."

With only hope, these two families will put on a brave face and try to move forward from the devastating spring they have experienced.

The flooding has not only wreaked havoc on homes in St. Lazare, it has also led to reduced access and closed roads in the area. The high water is causing a major inconvenience and sharply increasing travel time for many. Highway 41, connecting St. Lazare to communities to the south and west, is under water. Mayor Dupont is employed at PotashCorp Rocanville and he and his fellow employees are finding it very difficult to get to work. Direct routes are no longer an option since Highway 8 and Highway 41 are closed, so they are navigating their way through the roads that are still passable.

"We're driving to Binscarth, all the way to Spy Hill then back down across the

Qu'Appelle Valley, over the Rocanville bridge, over the hill, and then arriving at the mine," says Dupont.

"Instead of a 20 km drive it's probably an 80 or 90 km drive, at least. If used to take us 15 or 20 minutes but now it's taking us an hour. And the roads are a bit rough so it's not like driving on a super highway."

Mine workers from St. Lazare will face even further delays to get to work if the water continues to rise and flow over roadways in the area.

"We would be forced to go to White-wood and back down to Rocanville," says Dupont.

St. Lazare was hit hard with spring flooding in April and since the wicked winter storm on April 30, the conditions have only worsened, leaving the village water-logged.

"Everything is kind of like dominoes. We are feeling the effects of the storm, the water coming down, and it's all compounded into a two-week period," says Dupont.

And since the village faces double trouble with water from both rivers rising fast, it's hard to say when things will return back to normal.

"We would really like to say we know when the peak will be but we just don't know," says Dupont. He heard that the Assiniboine was supposed to peak on May 13, but a peak does not mean a solution to the problem.

"Obviously we're going to be like this for another week or two and even when we peak, were going to stay like this for a while."

Water aside, the village is still open for business and is managing quite well. The dike protecting the village itself continues to hold strong, resisting pressure from the rushing rivers.

The town office has been busy all week, with people stopping in to ask questions and offer their support.

PotashCorp has reached out to St. Lazare by providing a number of pumps, and offering more if need be.

The overwhelming amount of water has destroyed many homes, but although the water has their land bogged down, spirits in St. Lazare remain high.

"We're good actually. It's a bit stressful but the river goes right by where we live so we've got to make the best of it," notes Dupont.

"Were protecting the majority of the people and that's our goal."

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A year after closing five beds at Deer View Lodge in Wawota Sun Country plans to add new beds

BY KEVIN WEEDMARK

A year after closing five beds at Deer View Lodge in Wawota, Sun Country Regional Health Authority has decided that additional long-term beds will be added to the facility.

The region will not reopen the five beds that were closed. Rather, it will bring in a consultant and look at adding the beds in space currently used for offices.

While there is no time frame and no budget for the addition of the beds, the health region says they will be added as soon as possible, and says any costs will come from an anticipated surplus in the new budget. It has not been determined how many beds will be added.

The health region issued a news release Wednesday stating "Five beds in a separate wing of the facility were closed in June 2010 due to safety issues, infection control and staffing issues created by the beds' location in the health centre." At the time the beds were closed, with the release of last year's health region budget, the reason stated was that the closure would save \$110,000.

"We've listened to the community's concerns and found a solution that allows us to open more beds in a safe location," Sun Country chair Sharon Bauche said. "We have space that can be converted in the main long term care section of the health centre which will provide enough space for more long term care beds."

"Our concerns over the location of the previous beds in the office area of the health centre are addressed.

"At the same time, the community's desire for additional long term care beds is recognized. We are anticipating a surplus for the 2010-11 fiscal year to cover the one-time cost of this conversion."

Renovations in the Wawota Health Centre will begin as soon as plans can be completed. The region will engage pro-

"We've listened to the community's concerns and found a solution that allows us to open more beds in a safe location."

—Sun Country chair Sharon Bauche

fessional services to determine the full costs, space requirements and construction timelines.

While the Save Our Beds Committee has been fighting the board closures for the last year, the health authority has refused to review the decision.

On Friday, April 29, the Sun Country board held a special meeting to discuss long-term care in Wawota. Bauche called Save Our Beds chair Dale Easton from the meeting and asked if the committee would be willing to work with the board in adding new long-term care beds to Deer View Lodge.

"I phoned Dale and he said we should look inside that facility to see what we can do," Bauche told the World-Spectator on Wednesday. "We know as a region that we have a couple of offices we can move. We know of this office space in the front of the building."

While three long-term care beds and two respite beds were closed last year, only long-term care beds will be added.

"These will be long-term care beds. This is what the committee would like," said Bauche.

She said she wants to get the process started immediately. "We have to hire these consultants and see when they can come, but we want to get to this right away," she said.

"We need to have the consultants come and look at what's possible. I can't give you a timeframe but we're going to be on

it right away."

She said members of the Save Our Beds Committee will help oversee the work of the consultants and the addition of the beds.

"We value their input and I wanted them to have some of their members on this committee," Bauche said.

She said the past year has been difficult, and she understands the concerns raised by the Save Our Beds Committee.

"It's been difficult because we know where they're coming from," she said. "I know it's been difficult for the community. We're hoping we can now keep moving ahead for the health needs in that community. These are our neighbors."

The budget for the addition of the beds? "There is no budget," says Bauche. "These things are always a moving target. Until we get these experts in and they can cost it, I do not have a number. We need the professionals to look at this."

Dale Easton says he was pleasantly surprised when he received the call from Sharon Bauche Friday.

"When she phoned on Friday, that was the first we heard of it. The way I understand it we will meet with the Sun Country board and the ministry people and look at how we can improve the situation in Deer View Lodge. We're definitely looking forward to that.

"We understand they will be looking

at renovating in the main lodge. How it will work we're unsure of until we meet.

"Our committee met on Monday evening and we're very happy to at least have the chance to sit down and talk about some stuff and put some more beds in the facility for the people who need them. We really welcome the chance to sit down and talk about it.

"I don't know for sure why they had a change of heart. There are intelligent people on that board. I think they realize there is a need for more long term care for Wawota and surrounding communities."

Easton said he's hoping people in Wawota are happy that the board is willing to sit down with the Save Our Beds group and work on adding long term care beds.

"I hope they're happy that we're at this stage. We're just representatives from the public that were nominated to represent the people so I hope they're happy and see it as a positive result in the end.

"When it's all said and done, if we get some beds back that will be all well and good. We don't know how many beds there will be, but any beds back is an improvement."

Easton said when the Save Our Beds group came together last year, no one thought they would still be dealing with the issue at this point. "I didn't think we would still be dealing with the issue a year later," he said, "but it sure is a positive first step. I was excited to hear that was coming from their board table.

"We're extremely happy they've involving us. The unfortunate thing when we look back a year ago is if the lines of communication were open maybe this wouldn't have escalated to this level. But at this point we want to help try and resolve the matter."

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Breakfast program a benefit to students, teachers

BY ED JAMES

The teachers and staff at Miniota school noticed a problem with many of their students having trouble trying to focus or stay on task during morning classes. They discovered that it wasn't a complicated learning disability, but a simple matter of nutrition!

Many of the school's 46 students were either not eating breakfast or, even if they did, they were hungry after a long bus ride or from eating so early in order to be able to meet the school bus.

The school staff had to come up with a solution to help the students think about school and not their hunger. The solution was a school breakfast program that a school survey of area parents fully supported. With the help of some funds from a Healthy School grant and local and area community businesses and community groups, the program got started.

Contributors also included food donations and individual donations. The school staff under the leadership of Shelly Gardham got the program up and running in March and they haven't looked back, with as many as 80 per cent of



Miniota school student Dayton Collin getting some milk for his cereal from teacher Susan Bartheaux.

the students taking advantage of the program. The foods that are offered on different days include pancakes, eggs, cereals, muffins, fresh fruit, juice boxes and milk.

Since the program began, the teaching staff have reported improvements in the students staying on task and staying focused and are all very pleased.

"In many cases the program is more of a breakfast supplement for most students, but it is helping them and us," said one staff member.

They hope to make this a sustainable program for the remainder of the year and next year as well. New grants have been applied for to help with the project.

"The goal for the school is to offer healthy breakfast choices for the students each morning so that there were no barriers, especially financial ones, to the students eating breakfast," school principal Trevor Lewis said.

"The response has been incredible, from the students, staff, and parents and the support from community groups and business is greatly appreciated."

Ed James photo

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Musician spends a week in Miniota school

BY ED JAMES

Education, whether it be fore young or old, can take many different forms. And for the most part it is a quiet process, but not always!

The Kindergarten to Grade 8 students at Miniota School recently had a week-long learning session that encouraged them to make lots of different sounds and form them into musical compositions.

The program is through the Manitoba Department of Education and is known as "Artists in the Schools."

The artist in this case was Winnipeg multi-percussionist Mark Cameron, who brought with him a whole vanload of musical instruments made from everyday household items.

Cameron is a well-known Winnipeg drummer who used to play with The Dust Rhinos and is a member of the Royal Winnipeg Ballet Orchestra, along with his popular in-school

program.

During his time at Miniota school, he did drum classes and workshops with all grade levels, including the nursery school kids, and was soon able to know the names of all 46 students.

His musical tools included pots and pans, buckets, rubber and plastic hoses, tubs, and plastic pipe end caps, all of which made a variety of noises. When he showed the children how to organize them, they were composing their own songs.

As they learned basic composition skills, timing and beat structure, he was very animated and hands-on with his teaching style. After his week-long workshop and interactions with the different age groups, he held an afternoon concert for the whole school and parents in the gym, with much pomp and circumstance.

The concert featured the original compositions, "Go Hawks Go,"

"Cash Loves to Tinkle" and Cameron's "Punch Buggy Song" and "Bucket Man Song." For the performance he donned black tails and directed the students with all the style and flare of a symphony conductor.

"I've really enjoyed my time here at the school and after working with the kindergarten kids, I just wanted to take them home with me!" he said.

"Not only did the staff make me feel welcome, but I really enjoy the friendliness you find in small rural communities. It has been really interesting to see the students go from a scared deer in the headlights to confident musicians. I have found that to learn about music you have to teach, and as I teach it to children, I also learn from them."

After the concert, most of the students came up to Cameron to say a personal goodbye and even ask for his autograph.



Ed James photo

Mark Cameron, "Artist in the School," performer, playing his one man percussion band instrument made out of a variety of household items.

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Komarnicki wins with largest plurality

BY KEVIN WEEDMARK

There wasn't much question about who would win in Souris-Moose Mountain in the federal election. The riding has been a Conservative stronghold and Conservative MP won his fourth election handily on Monday night.

As a matter of fact, Komarnicki won with the largest percentage of votes any candidate in Saskatchewan received in this election.

Komarnicki received 74.98 per cent of the vote in Souris-Moose Mountain, a total of 21,598 votes. The NDP's Allan Arthur came in a distant second with 18.71 per cent of the vote, Liberal candidate received 4.23 per cent of the vote, and Green candidate Bob Deptuck had the support of 898 voters, or 3.08 per cent.

Komarnicki was first elected as an opposition MP when the Liberals were in power, served in the Conservative minority government, and will now be part of a Conservative majority government.

"Thankfully we got the majority we wanted," said Komarnicki.

"We were pleased with the result—The media didn't predict that we were in that kind of majority territory. I'm really pleased with the majority and I'm really pleased that Souris-Moose Mountain had the



Ed Komarnicki

kind of turnout it had. In terms of votes cast I think that's the highest vote numbers I've ever had."

He says that, while he has worked hard to get around the constituency, he credits his strong vote total to the simple fact that many voters in the riding have strong conservative tendencies.

"It's a strong conservative riding, and that probably was the biggest factor contributing to it," he said. "My priority has been continuously trying to work and get people to know me. I always try to do my best for people when they come to me with a problem, and most people will find that acceptable. If you make an honest effort for them, they appreciate it."

Komarnicki expects Ottawa to have a different feel with the election of a majority government.

"It'll be quite different," he said. "There will definitely be a different tilt to the house, since the Bloc was decimated, and the the Liberal party was really reduced."

"The NDP gaining so many seats and being the official opposition is a significant change historic proportions. I'm looking forward to this new phase and new dimension."

He doesn't expect the government to govern any differently, however.

"The prime minister indicated he's going to govern for all Canadians," said Komarnicki. "It's our responsibility to represent views of all Canadians, there are some specific things we wanted done, and the budget should carry now that we have the numbers. But I don't think we'll be doing anything differently."

Komarnicki says he enjoys Ottawa and is looking forward to being part of a majority government.

"It's an exciting time to experience the full measure of what it's like to be involved in a government," he said. "I feel humbled that I'm in the right place at the right time to be part of it all."

"I'm humbled by what I've seen in Souris-Moose Mountain. There are a lot of incredible people here who work hard, and I'm humbled to be their representative in parliament."

Sask unemployment rate still lowest in Canada

Saskatchewan's seasonally adjusted unemployment rate of 5.0 per cent is the lowest in Canada for the second straight month—well below the national average of 7.6 per cent.

Advanced Education, Employment and Immigration Minister Rob Norris said the numbers support the Conference Board of Canada's release last week, which indicate Saskatoon and Regina will have the first and third highest economic growth rates in the country in 2011.

Norris also pointed to the Canadian Federation of Independent Business's April Business Barometer, which shows that small business optimism in Saskatchewan has hit a three-year high. The report notes that 29 per cent of Saskatchewan employers expect to add full-time staff over the next three to four months.

April also marks nine consecutive months of year-over-year increases in employment for Aboriginal Youth, which jumped by 1,000, or 11.6 per cent.

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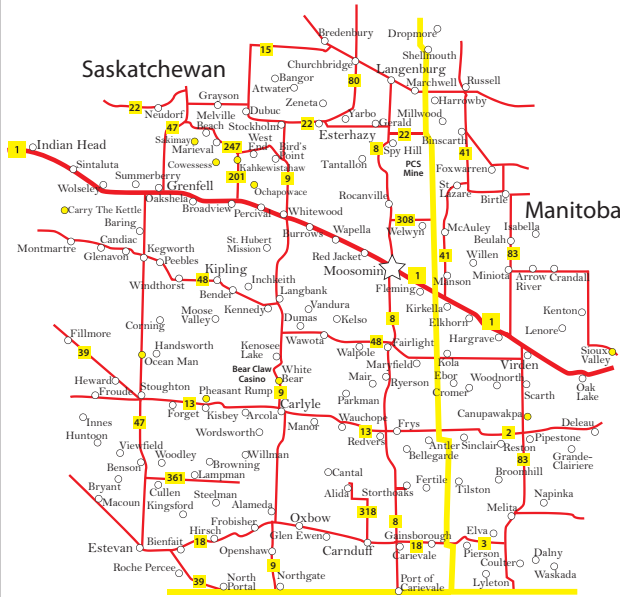
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Flooding affecting provincial parks

The Ministry of Tourism, Parks, Culture and Sport is working to mitigate flooding impacts in provincial parks around Saskatchewan. However, campers wanting to visit their favorite parks on or before the May long weekend should check www.saskparks.net before heading out.

Flooding in a number of provincial parks is affecting public access and facilities. Rowan's Ravine and Katepwa Point Provincial Parks and Regina Beach Recreation Site will remain closed to public access until June, with exact opening dates to be confirmed.

"I visited Rowan's Ravine and Regina Beach last week," Tourism, Parks, Culture and Sport Minister Bill Hutchinson said. "Parks personnel are working tirelessly to deal with the abnormally high water

levels but flooding has had a big impact there, as it has in other areas of the province. Residents who are now planning their summer vacations need to be aware that there will be some disruptions in services at our provincial parks."

Park boat launch and fish filleting facilities at Buffalo Pound, Echo Valley, Katepwa Point, Crooked Lake and Rowan's Ravine Provincial Parks and Regina Beach Recreation Site will not be operational until further notice.

Updates will continue to be posted to www.saskparks.net and an operating status report for the provincial park system will be issued again before the May long weekend.

Parks staff will be in contact with seasonal campers and those who have a reservation in the affected parks.

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A few photos of the Snowbirds in formation. The snowbirds will be performing in Moosomin on June 22.



Plans coming together for Snowbirds show

BY KARA KINNA
 Plans are firming up for the Snowbirds air show that will be hosted in Moosomin on Wednesday, June 22.
 The show will take place at the Moosomin airport, located two kilometres northeast on Moosomin's main street, to the air at 7 p.m., but an entire afternoon of entertainment is being planned before showtime.
 "We're hoping everyone gets there well in advance. We've got entertainment lined up all afternoon," says Bill Thorn, one of the

organizers of the event.
 Gates will open at 2 p.m. and entertainment will start then and continue until showtime. The airport grounds will be a hub of activity. A sound stage will be set up and Jessica Moskaluke will be performing, as will the GX94 Junior Starsearch winner. Other performers will also be taking to the stage over the course of the afternoon.
 Borderland Co-op will be hosting a children's area at the event, with bounce tents, facepainting, and crafts. Borderland Co-op mascot Co-

per will be there, as will the A&W Root Bear, and the RCMP mascot may be there as well. According to Borderland Co-op, other events for the children are still being planned for that day.
 Thorn says there will be military exhibits as well, and a food court will be set up, with local restaurants setting up food vendor services.
 There will also be a miniature air show with remote control planes, Shrine clowns, and a Snowbirds souvenir table at the event.
 Thorn says the commit-

tee planning the event is expecting a few thousand people.
 "We are shooting for 5,000 people, so we are hoping we are going to have a big crowd here," he says.
 Thorn says volunteers are still needed for the event.
 "We probably will need 75 to 100 volunteers to make this thing happen," he says. "Most of them will be needed that day."
 As for costs, Thorn says the show is going to cost tens of thousands of dollars. Much of that will be raised for sponsorship,

with letters going out to local businesses. Thorn says already some businesses have responded with donations, and there are prizes for businesses who send in their sponsorship donation by April 15.
 "Everyone that we've talked to has been very supportive of it," he says.
 Advance tickets for the Snowbirds show are on sale at locations in Moosomin and surrounding communities and will cost \$8 for adults and \$3 for children ages 6-12. At the gate, the prices will be \$10 for adults and \$5

for children. Children five and under will get in free.
 "Every family can afford to go," says Thorn.
 Communities selling Snowbirds tickets include Moosomin, Welwyn, Wapella, Whitewood, Fairlight, Virden, Fleming, Elkhorn, Kelso, Wawota, and Maryfield.
 Thorn adds that there will be no seating on the grounds, and says people will need to bring their lawn chairs with them. However, there will be an abundance of parking to handle the crowds that are expected.



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Fourteen people were asked to leave their homes in the St. Lazare, Manitoba area on Tuesday, May 3 as flood waters continued to rise. This was the scene at the edge of the village Tuesday afternoon. With the flood waters closing several roads across the Qu'Appelle, the 60 St. Lazare residents who work at PotashCorp Rocanville had no way to get to work by the end of the week.

Sask providing coverage for livestock lost in blizzard

Livestock producers who have lost animals due to the recent blizzard are eligible for coverage under the Provincial Disaster Assistance Program (PDAP) provided they meet PDAP's requirements for eligibility.

PDAP provides coverage to individuals and businesses who have suffered uninsurable losses due to a natural disaster in areas where a municipality has declared a disaster. PDAP will also provide coverage if available insurance is not affordable.

"We encourage livestock producers

to check with their insurance agent first to find out what kind of coverage they have for losses of livestock due to severe weather," Corrections, Public Safety and Policing Minister Yogi Huyghebaert said. "Where insurance isn't available, livestock producers can apply to PDAP for financial assistance."

Producers should use photos to document the dead livestock they intend to claim as a loss under PDAP due to the blizzard. These photos should identify the specific animals

and the total number of animals lost. It is also important to note the time, date and location (for example, the legal land location) of the event. Producers should use appropriate methods for disposing of carcasses.

Livestock producers wanting to claim their loss through PDAP should contact their local municipal office to ensure their RM secures a disaster designation from PDAP. For more information on PDAP criteria for livestock losses, producers can call toll free 1-866-632-4033.

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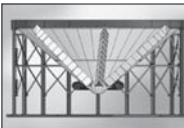
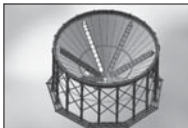
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4:1c

Follow these steps to kill your community

I admit it—I'm a community development nerd. I dream about beautification projects in my spare time, I marvel at towns who have built things like swinging bridges and round barns, and I regularly skulk around websites looking for the next greatest community development initiative.

This week, while cruising the websites of Saskatchewan's enterprise regions (okay, I may be more than a nerd, I may have entered economic development geekdom), I discovered this great speech by Doug Griffith, an Alberta MLA. Here is a summary—he calls it "13 ways to kill a community."

1. Water quality: If you want your community to fail, just don't bother to address the issue of water (supply, quality, safety, disposal, etc).
2. Business attraction: Don't bother doing anything about attracting new people and new businesses to your community. Don't change your bylaws or do anything to entice business development.
3. Youth involvement: If stifling your community is your plan, continue not engaging youth. Don't find reasons for them to stay and don't seek out and use their ideas.
4. Assessing community needs and assets: Continue doing things the way you have always done them while expecting different results.
5. Shop elsewhere: Spend your money out of town if you want to ensure that a local business may have to close its doors. If you're a business, don't give local consumers a reason to shop local (poor service, don't keep the business clean and attractive, high prices, putting the "guilt trip" on customers for not buying locally, "bad mouth" other businesses).
6. Community appearance: Continue to make business and community aesthetics a low priority.
7. Avoid cooperation: A sure way of ensuring your community remains at a disadvantage is to refuse meaningful cooperation with other municipalities, organiza-



Christalee Froese

- tions, businesses, etc.
8. Negativity: If strangling your community is the ultimate goal, a negative attitude is essential. Hold on to it, live by it and share your thoughts with everyone who will give you a moment's attention.
9. Ignore seniors: Warehouse them in old folks homes and don't let them get too involved in the community. And definitely don't cater to their needs. "Out of sight, out of mind" is the best approach.
10. Nothing new: You must continue using the same leaders, the same leadership styles and the same ideas over and over again while continuing to expect different results.
11. Ignore immigrants and newcomers: If you don't want newcomers to get a foothold in your community, the best way to deal with these people is to keep them

shut out of civic affairs, make little or no effort to integrate them into the social fabric of the community and keep them in the shabbiest of living conditions.

12. Don't take risks: If you like the status quo and have no stomach for risk taking, you'll be in a good leadership position to keep your community away from all chances of being successful.

13. Don't take responsibility: If you are determined to see your community fail, ensure you and everyone else you know does not take responsibility for any problems in your community. That way, no one will feel compelled to fix anything. Whatever you do, find someone to blame. Challenge them to fix the problems but don't take on any responsibility yourself and definitely don't ever offer to work with others to problem solve.

I have to agree with Doug Griffith's insights on how to kill a community. And just so I don't fall into any of those traps, I'm headed down to my local grocery store right now to shop local and to say a positive thing or two about my fantastic town.

I challenge you to do the same.

Christalee Froese welcomes comments at Lcfroese@sasktel.net or visit www.westwords.net.

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The white dress of your dreams

Having a traditional white wedding dress is part of the dream for many modern brides. This year, beautiful white gowns are to be found in many different shades and textures.

The tradition of wearing a white dress is relatively recent. When Queen Victoria was married in a white dress in

the nineteenth century, all the Western world followed suit. Before that, brides wore their most beautiful dress, no matter the color. While the white dress came to represent the virginal purity of the bride, in North America today it is mostly a stylistic convention. Now most brides typically choose white dresses in a

range of different shades and add creative touches with textures and accessories.

Indeed, a bride will allow her personality to shine through the hue of white she chooses: diamond-sparkly pure white, pearlescent white, whites tinted with pink, ivory, and antiqued yellow. Each of these shades

offers a unique look that sets the tone for the celebration.

A fitted wedding gown must highlight the bride's figure. The positioning of each bit of embroidery and each ornament on the gown must enhance the most beautiful features of the bride who wears it, while hiding any small imperfections. Everything should be designed to make her feel dazzling and glamorous.

Ideally, the gown should have a timeless elegance. The ultimate in sophistication, it will be conceived of the finest silks, satins, and organza. Whether it is decorated with lace in a corset style, or with delicate, luxurious buttons, the gown will be in harmony with the personality of its owner. Those with more classic tastes will choose little or no embroidery; those with a more extravagant flair will be wild for

sequins and shiny pearls.

This year, there is a wonderful blending of the vintage dress with a modern look. Lace is used on gowns with tulip, empire, or A-line cuts. Straight-cut gowns embellished with satin ribbons or natural materials are also very popular. Many vintage style dresses are adorned with floral motifs that are created with fabrics, embroidery, or pearls.

Fashion trends are also dictating both the combination of a simple cut with a large quantity of ornamentation or just the opposite. The key here is to find sumptuous fabrics and a perfect cut in order to create all the glamour a bride could want.

No matter the cut, the central effect will come from texture. Many are being explored by today's dress designers, including embossed fabrics, which offer a dramatic

look, as well as ruched fabrics (slightly puckered folds) that can be cut to hide any imperfections. Layered skirts can also add an enormous amount of personality to a bridal gown.

Traditional romantic gowns continue to score high in popularity ratings, even as they integrate touches of modern style. Short sleeves add a flash of skin, especially noticeable when worn with delicate short white gloves. While the traditional look typically includes heart-shaped necklines and a long train trimmed with embroidery and pearls, for an up-to-date look the gown can be embellished with appliques or bows of ribbon carefully positioned to enhance the bride's figure. For a princess style look, choose a skirt made of organza and tulle to add grandiose character to the outfit.



This year it's important to play with textures and decorative elements, regardless of the shade of white you choose for your dress.

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Weddings & Graduation 2011

Keep your graduation formal memories alive

The pictures taken during your graduation formal are precious. They will immortalize an important moment in your life, a rite of passage between youth and adulthood. It can be very rewarding to store photos in a way that will help you

keep your grad memories alive.

After your formal, you'll probably have hundreds of pictures stored in your digital camera. Naturally, the first step in getting organized consists of sorting them into categories by theme or chronol-

ogy and printing them. When doing this, don't let your emotions take over. Let yourself be strict as you sort: the photos that really hold lasting memories are the most important. Delete any poor quality pictures, such as ones that are blurry, dark, unflattering to you or your friends, and photos of people you don't know.

Write the date, place, and any necessary details on the backs of the pictures you print. Next, choose an album and a few scrapbooking accessories in colors that match your theme. Cut out your scrapbook decorations and position all the elements on the page ahead of time. Choose ribbons and other flat mementos connected to your for-



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mal. It could be a flower from your corsage or your boutonniere, a piece of fabric from your dress, the silk flowers from your hair,

or a table napkin. Write something on each of the pages, and allow your comments to include funny or touching anecdotes. Imagine

yourself twenty years from now, and let that be your guide to what you will most want to remember of your big night.

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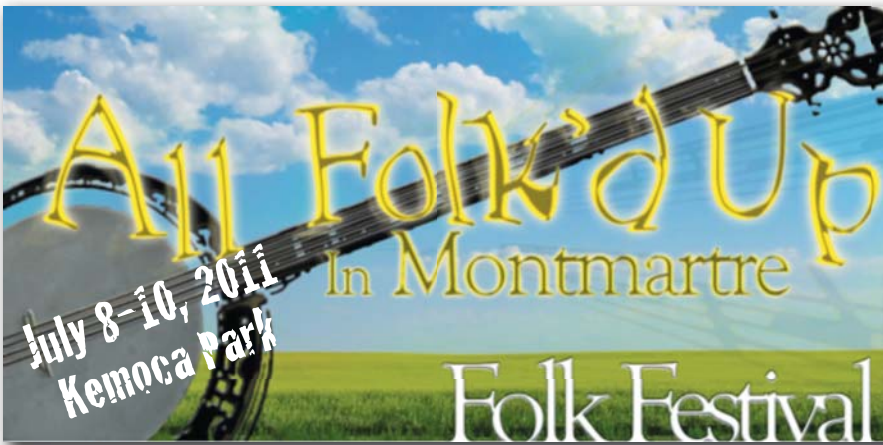
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Photo by Helen Waller (www.helenwaller.com)

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Christeen Jesse photo

Ron Dietrich looks over his cattle at his farm southwest of Moosomin Thursday afternoon. Just a few days earlier, he had been desperately trying to keep some of his calves alive in this field in the midst of a wicked blizzard.

Late spring storm hits farmers hard

BY CHRISTEEN JESSE

Ron Dietrich is trying to recover after a weekend of wretched weather took his farm by storm.

"It's the wettest I've seen it in my living memory," he said.

First it was spring flooding that saturated the land, but things got increasingly worse this weekend when a severe winter storm blanketed the area in heavy snow. In addition, the storm brought fierce winds, cold temperatures, and zero visibility which made it nearly impossible for farmers to tend to their land and livestock.

"We were working at 4:30 in the morning until 10 at night," says Dietrich.

"We had to change our coveralls every two hours."

Dietrich isn't the only one struggling from the effects of the weekend weather. Farmers in the area say they can't remember the last time there was so much moisture. Some say their cattle had to literally swim across the pasture, while others won't be able to seed their crops for weeks.

Due to the extreme saturation and flooding, a quarter of Dennis Fisk's Wawota farm is still under water.

"It means we're going to be at least three weeks late if not more, so it's definitely going to put us way behind. So our seeded acres are going to be way down."

Murray Bruce is in the same situation. He has been farming for 29 years and has never seen this much standing water in his fields. This pushes his seeding back almost a month.

"We usually get going the last week in April and I could say now it will be around May 20th—and that's without any more rain."

Bruce says the immense amount of standing water in his fields is causing ma-

ior problems and even if it does dry up a bit, the land will be so cut up and patchy that he will won't get his full crop seeded. This set back could mean potential financial problems.

"With the better grain price throughout the winter, we got a lot of new crop in anticipation of being able to sell it for a good price, and if you don't get a crop in then you have to turn around and buy the crops back at the price they are today."

Chris Davidson at Sharpe's Soil Services agrees that all the water is definitely a cause for concern. He says the later the crops go in, the more of a gamble it is for farmers to produce a good crop.

"It's a pretty small window to get seeds in the ground. Early crops are usually the best; the later it gets the potential starts dropping after a certain period of time," he says.

In addition to Mother Nature's antics, Dietrich believes there is another factor that leads to the standing water and late seeding.

"The biggest problem I see is that everyone has moved to moisture conservation tillage. Which means that they leave the stubble standing and so it traps the snow."

This method of farming leaves a minimum of 30 percent crop residue on the soil surface. This practice is meant to slow water movement, which reduces soil erosion. The stubble offers protection for young emerging crops and reduces soil compaction.

"What worked to our advantage last year is working against us now because the standing stubble has trapped the snow, and the wind and sun can't reach the soil surface," says Dietrich.

So therefore the ground remains saturated because it's receiving no direct sun or wind.

But the recent weather caused more than just troubles on the land; the swirling snow and low visibility was a deadly combination for livestock caught in the storm.

"We lost animals in it too. Not a lot cause we saved quite a few of them out of it. So far I've lost four calves and a cow," says Jean Drummelsmith, from her flooded farm in Moosomin.

"It's not good. We don't have a big herd to start with."

Although farmers worked to the best of their abilities to protect their livestock from the harsh conditions, their efforts could only go so far.

"We just couldn't help them," says Dietrich. "There was no visibility. They were left pretty much on their own during the storm. We went out every couple hours to see how they were doing but there wasn't much we could do."

Dietrich notes that the wet ground and freezing winds made it hard for the livestock to survive the storm.

"What was so detrimental to the livestock was the two plus inches of cold rain. So their hair coats were soaked through then the wind came and they were just too cold. They were shaking like a leaf for 24 hours. It was just too cold for those cattle," he said.

It took a toll on the animals physically as well as mentally. Dietrich's cattle were so disoriented during the storm that some cows even picked up other cows calves. He says calves were drinking from the wrong mothers because they were so bewildered by the storm.

"The cattle were very confused by it and very stressed out."

And rightfully so. Many of these cattle were stranded in the midst of a blizzard, trying to take care of their new calves, with

no protection from the cold and wet elements.

Farmers were exposed to these same elements when working to save their livestock. The workload increased immensely for farmers in the area—they worked all hours of the day in the poor conditions, and it took a toll on their physical health. Jean Drummelsmith experienced this firsthand this weekend.

"I had a throat infection, sinus infection and it's just about to pneumonia. I've been down for over a week with it. It makes me mad."

Although the storm is now over, the work is not. Jeffers is left with a property full of water and no other choice but to feed her remaining herd with saturated feed.

"My bales are all underwater, so I'm giving cows with calves with them—I'm giving them rotten feed because I've got nothing else to give them," says Drummelsmith.

The weather damage had a ripple effect, causing problems for every area of the farms—the land, livestock, feed, and even the farmers themselves. But spirits remain high and farmers in the area are taking this major setback in stride.

"You've got to live by mother nature when you're farming, you can't do anything about it. That's gotta be part of your life," says Fisk.

"You can't get upset; it just makes life worse. You take what you get and you go from there."

Dietrich holds the same optimism; saying that extreme weather is part of the nature of his career.

"That's what you sign up for. You can't expect things like this aren't going to happen. It's just important farmers do everything they can to help the animals."

Plain & Valley

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EMPLOYMENT OPPORTUNITY Village of Maryfield

Village Maintenance Foreman Wanted: The Village of Maryfield, situated in Southeastern SK, 50 km south and east of Moosomin, SK and 50 km west of Virden, MB, is looking for a maintenance foreman.

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- The successful applicant must be well organized, motivated, and able to take direction and delegate duties.
- This is a full time position with the salary dependent upon experience. The village also offers a matched pension plan.
- The successful applicant is to commence working on June 15th, 2011. Resumes (including 3 references, proof of a valid driver's license, driver's abstract, criminal record check and salary expectations) will be received up to and including 5 p.m. on Friday, May 27th, 2011.

Resumes may be forwarded to:
Village of Maryfield, Box 58, Maryfield, SK, S0G 3K0,
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12:00 p.m. - 1:00 p.m.
(livestock handling equipment and equipment)
1:00 p.m.
(major equipment will begin selling)

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- 14' Keho offset disk
- 20' Morris M10 DD drills w/factory transport, rubber packers, SA & FA, s/n2009-2062
- 22' Morris SeedRite (8011) w/ 3bar mounted Morris harrows s/n7975 & 8021
- 30' JD 1000 cultivator w/ 3 bar Degelman mounted harrows, s/n008708
- Degelman rotary stone picker, 4 bat reel, ground drive, new grate, s/n8809
- 54' Pool pt sprayer, manual control
- 65' Versatile 480 pt sprayer, manual control, s/n003656
- 48' Inland harrow packer bar w/ 4 bar tine harrows, s/n 236
- 29' IH model 55 chisel plow w/ 3 bar harrow, s/n 35C1121
- 22' Morris 8011 (SeedRites) w/3 bar harrows, s/n9041 & 9042

TRACTORS:

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- 77 IH 1086 tractor w/IH loader w/joystick, dual PTO, dual Hyd, 18.4-38 duals, 10.00-16 front, 16 spd trans, 131 PTO hp, 6780hrs showing, s/n2610177U017616
- 78 IH 1586 tractor w/dual hyd, 1000 PTO, 20.8-38 duals, 11.00-16 front tires (new), 12 spd trans, 162 PTO hp, 2729hrs showing, s/n265013-3U015228
- 75 MF 1805 4wd tractor w/Cat 3208 eng, 12 spd trans, triple hyd, 23.1-34 singles, 192 PTO hp, 5732hrs showing, s/n9C005979

TRUCKS & TRAILERS:

- GMC 6500 tandem grain truck w/366 gas, 13 spd trans, diff lock, air brakes, 10.00-20 rubber, 18x8 1/2' strong box w/60" sides, hoist, 03074 miles showing, s/nTME666V595277
- 66 Chev cab-over grain truck w/V8 gas, 5+2 trans, 15' B&H, 9.00-20 rubber, 76682 miles showing, s/n 616803850371F
- 64 Ford 700 grain truck, w/16' B&H, V8 gas, 5+2 trans, 9.00-20 rubber, 00905 miles showing, s/n1817094L170166F
- 5'x14' Road Runner bumper hitch livestock trailer, NO TDD

HARVEST & GRAIN HANDLING:

- 78 MF 750 sp combine w/Perkins 354 turbo dsf engine, standard trans, 2183hrs showing, s/n15747
- 92 25' Westward PT swather w/pickup reel, s/n 79352

HARVEST & GRAIN HANDLING:

- 25' Bat reel for Westward swather
- 7'x41' Westfield auger, no motor (parts)
- 7'x31' Westfield auger, no motor

HAYING & LIVESTOCK EQUIPMENT:

- 94 NH 660 rd baler w/net & twine wrap, 540 PTO, 61.5'x72" bale, s/n893128
- Highline 6800 Bale Pro bale processor, s/n6B991352
- Anderson Bale wagon, 100 bale cap.
- NH 357 Mix mill w/3 screens, power bale feeder, hyd unload auger s/n244735
- 14' New Idea 514 haybine for parts (broken roller)
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VALUE PRICE **\$41,995**



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AWD, 3.0L V6 auto, A/C/T, PW/PL/PS, heated leather buckets, sunroof, remote start, 18" alum. wheels, front and rear park assist., XM radio, 31,000 km.

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2005 GMC YUKON SLT
4x4, 5.3L V8 auto, 7 passenger, 2nd row buckets, leather, keyless, sunroof, 6-CD, 17" alum. wheels, A/C/T, PW/PL/PS, Bose stereo.

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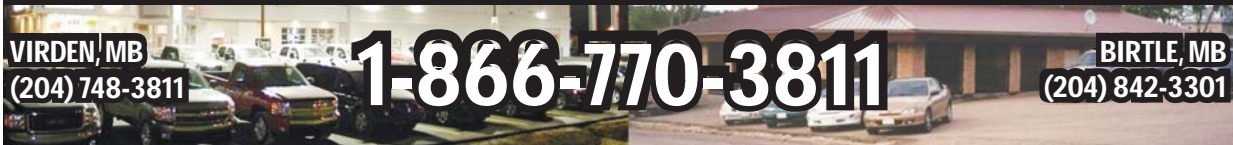
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For information contact Kathy Brown at (306) 645-2164 or Deb Selby (306) 645-2110

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Group rescues injured dog over Easter

BY KARA KINNA

While most people were celebrating the Easter weekend on Good Friday, Terry Tocker found herself driving for hours to take an injured dog to Saskatoon for surgery at the University of Saskatchewan's Western College of Veterinary Medicine.

"It was a very long day for me—about 12 hours on the road," says Tocker, who lives in Esterhazy.

The dog Tocker was helping was not her pet. In fact, she had known the dog for only a few days, yet was willing to spend hours in the car and come up with thousands of dollars on a surgery to repair the dog's badly injured leg, which had multiple fractures in the femur and joint.

That's because Tocker is part of the Angels of Hope Animal Rescue group, which rescues cats and dogs in need of help, or finds home for strays.

Tocker says the dog—a female Rottie cross that she has nicknamed Easter Lily—came into her care after she was found in a ditch near Hazelcliff on Monday, April 18.

A grader operator had spotted the dog in the ditch in the ditch and a local farmer finally decided to pick up the dog and bring her home on his calf sled. The dog had been hit by a car, and had been lying in the ditch for some time.

The farmer decided to

call Tocker for help.

"I called the vet in town, and we met at the clinic on Monday night," says Tocker. "The dog was fairly thin, and observing the condition of the dog, and how hungry and thirsty she was, it was concluded that she had been without food and water for a few days."

Tocker says it's a wonder that the dog had not been killed by coyotes after lying in the ditch with a badly broken leg.

"We were really surprised that this dog lasted as long as it did in the ditch," she says.

Meanwhile, with the dog in care, Tocker says calls were made in the area to find out who the dog belonged to. But no one seemed to know.

Because the dog's leg would require surgery, Tocker says Dr. Justin Noble, the vet in Esterhazy, made some calls to see if the dog could be operated on by specialists at the U of S. The answer was yes, but the surgery would come at a cost of between \$4,000 and \$6,000.

"Immediately the decision was made, after we had some discussion with our members, that we would go ahead, because we are a no-kill animal rescue group," says Tocker. "She was a young and healthy dog, and they said there was no reason she wouldn't be able to live a normal life."

The surgery was scheduled for last Tuesday.



"Lily" was found in a ditch with a broken leg and driven to Saskatoon on Good Friday for surgery at the University of Saskatchewan's Western College of Veterinary Medicine. The dog was taken in by the Angels of Hope Animal Rescue group.

Tocker drove the dog to Saskatoon on Good Friday where she underwent an exam before surgery.

"I knew she was in good hands, and that's the main thing," says Tocker.

Tocker says the dog entered surgery looking healthy and alert, and she was impressed by how stoic "Lily" was through the whole ordeal.

"Considering how much pain she was in,

with the probing of the vet and moving her from the calf sled to the exam bed, and to the kennel, she never whimpered or snarled or nipped," says Tocker. "She just looked at me with her big eyes like she was saying 'thank-you, I know I'm in good hands.'"

Tocker says that Lily marked the first animal emergency for Angels of Hope Animal Rescue, a

group that started last fall, and has dealt with 69 animals to date. The group has been growing, with 36 members in Esterhazy, Bredenbury, Churchbridge, Rocanville, Langenburg, Russell, Stockholm, and Dubuc who keep an eye out for animals that need help and who help to place animals that need homes.

The group has been actively fundraising since

its inception. "We have raised and spent about \$10,000 in the last six months. So we do a lot of fundraising," says Tocker.

However, the group will be making a plea to the general public to help cover the cost of Lily's operation.

"She is going to be a very expensive baby of ours, but she is well worth it," says Tocker.

Tocker says the group has had announcements on local radio stations trying to find out if Lily has an owner, but to no avail so far. A home has already been secured for the dog if no one steps forward to claim her.

Meanwhile, Tocker says Lily will return to the area after her surgery, where she will spend at least two weeks recuperating at Prairie East Veterinary Clinic in Langenburg under the care of Dr. Audrey Tataryn.

Tocker says it's animals like Lily who depend on their group.

"Our group, we say this so many times—we are the voice for the voiceless," says Tocker. "There are too many animals out there being neglected or abused or tossed out like garbage. We're there for them."

Tocker says the group issues tax receipts for donations of \$20 or more, and anyone wanting to donate to Lily's surgery costs can contact her at 306-745-3415 or Jamey Rush at 306-745-2856.

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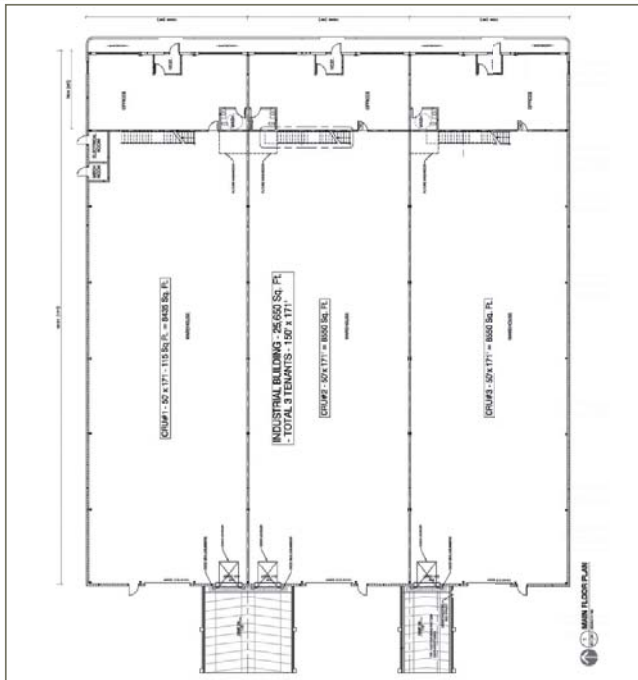


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Gonczy Avenue Esterhazy SK

Main Floor Plan—Proposed



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Understanding embarrassment

Some people are easily embarrassed. Some, not so much. I, for example, have no problem at all singing in public. (See: www.youtube.com/watch?v=YAvrbMq678s). That's not true for everyone.

Which is why, I guess, that researchers studying the neurological basis of embarrassment recently chose to trigger embarrassment by making people listen to recordings of themselves singing. Oh, the horror!

Apparently it's a pretty reliable way to make people feel embarrassed, although I'm not sure how they screen for people like me who actually enjoy listening to recordings of ourselves.

Anyway, the method of engendering embarrassment wasn't really the point of the study (although it's certainly why I noticed it). The goal was to identify the neurological basis of embarrassment, and the study has given a strong indication that the seat of embarrassment in the human brain is, in fact, a thumb-sized piece of tissue in the right hemisphere of the front part of the brain.

The study was conducted by a team of scientists at the University of California, San Francisco, and the University of California, Berkeley.

The study was based on the long-documented fact that people suffering from a group of related neurodegenerative conditions called frontotemporal dementia do things without embarrassment that would be embarrassing to most healthy people.

The temporal and frontal lobes of the brain play a significant role in decision-making, behavior and understanding and expression of language and emotion—including embarrassment.

So for this study, the researchers, led by Virginia Sturm, a postdoctoral fellow at UCSF, took 79 people, most of whom suffer from neurodegenerative diseases, and asked them to sing "My Girl," the 1964 Motown hit by The Temptations, with a karaoke accompaniment.

According to Sturm (and rather worrying for me), "In healthy people, watching themselves sing elicits a considerable embarrassment reaction." Specifically, their



Edward Willett

heart rate and blood pressure both increase, and their breathing changes.

While they sang, probes measured their vital signs and cameras videotaped their facial expressions. Their songs were recorded, and then they were played back to the singers at normal speed—but without the accompanying music. Sturm and the other researchers assessed how embarrassing they found this, based on facial expressions and things such as sweating and heart rate.

Then, they put all the people through MRIs to make extremely accurate maps of their brains, which were then used to measure the volume of different regions of the brain, to see if they could find a link between the sizes of various regions and the level of embarrassment.

The result: people whose pregenual anterior cingulate cortex had deteriorated significantly were less likely to be embarrassed, and the more it had deteriorated, the less likely they were to be embarrassed by their own singing.

By way of a control, the study participants were given a "startle" test, which measures emotional reactivity. They sat quietly in a room until they were surprised by a gunshot sound.

The subjects did jump and were frightened by the sound, Sturm noted, "so it's not like they don't have any emotional reactions at all." But, she said, "Patients with loss in this brain region seem to lose these more complicated social emotions"... such as embarrassment.

No, this doesn't mean that just because you don't get

embarrassed watching yourself sing you have a neurodegenerative disorder. It may just mean you're a ham. ("Le jambon, c'est moi!")

Whereas changes in thinking and memory are usually easily identified by family members and doctors, changes in emotion and social behavior, being more subtle, can be missed. The researchers hope that a better understanding of the neurological basis of these changes may help loved ones and caregivers cope better with the more severe behavioral changes that can result from neurodegenerative conditions.

As for the rest of us... well, it probably doesn't really help the easily embarrassed to know that the physiological source of embarrassment is the pregenual anterior cingulate cortex. It's simplistic to say that if you have a big one you're more likely to be embarrassed than if you have a small one. (There's a joke there somewhere that I'm trying really hard to avoid.)

Embarrassment is a very complicated emotion and not one that's fully understood by any means.

Still, this is another example of how, bit by bit, we're mapping the regions of the brain responsible for the emotions that we experience as free-floating. We sense ourselves as being somehow separate from the wrinkled gray mass inside our skulls, but really, we're entirely contained within it.

It's a bit humbling, but honestly, it's nothing to be embarrassed about.

Edward Willett is an award-winning writer of fiction and non-fiction from Regina.

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