



Birch Hills News

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For advertising, submissions, story ideas and feedback call 864-2247 or email Kinistino@msn.com
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Brenda Niskala



Charles Anderson



Sharon Plumb

Saskatchewan Writers Bring Their Best to Birch Hills

The Saskatchewan Writer's Guild is an amazing institution which helps Saskatchewan Writers of all genres be their very best – and has done for many years.

Part of this has been done by going into schools – into the nest of developing writers – to encourage students who like to use their imaginations to write.

Recently, the forward thinking Birch Hills Library brought in three of the provinces finest examples of talent meeting hard work in the form of writers Brenda Niskala, Rolli(Charles Anderson) and Sharon Plumb.

The three writers are part of a group of writers touring throughout communities in Saskatchewan in a program where they first read to and encourage students in schools and then read to and encourage the adults in the community.

The Reading was absolutely marvellous – for some an introduction to Saskatchewan made literature. With a mix of fiction, poetry and children's lit. the audience was treated to great fiction. The purpose of these events though, is to be educational and all three writers were able to answer a variety of questions from the large audience regarding the process of writing and the process of publishing. All three were able to provide some information on how they started, their experiences in the publishing world, the importance of persistence and belief in what you do – and so on. They spoke about art – and they spoke about marketability and the need to balance the two. In the end, they told those attending that good art has a good market and if a local, Saskatchewan writer has something to say – and says it well – they too could be giving readings.

The writers also stressed the importance of starting small and submitting writings to magazines and journals and building a reputation this way.

In other Library News The Single Integrated Library System(SILS) is a one province, one library card system. It will be implemented throughout the Wapiti Regional libraries along with Lakeland and Parkland regions on June 6th and 7th. Some other library regions in SK have already changed over. The new system will allow patrons to access the entire province's public library catalogue from any computer with internet access, choose from a much larger selection and get items delivered to their local library. Birch Hills Library branch librarian, Joanne Bzdel, attended the training session for librarians in Prince Albert on May 18th, in preparation for the change-over to the new system. There will be more information and instructions in the coming weeks.

CONTINUED IN LOCAL NEWS



A CUT ABOVE THE REST

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Through My Eyes

Well, I hope people in this area have gotten lots of crop in because it looks like we are in for a lot of moisture. A LOT and, while the rain is good – it isn't always as timely as we would like.

Gardeners in the area, I know, have been checking plants for signs of frost and there had been predictions of snow.

In Birch Hills – you have an extra and unique problem when it comes to rain. **POTHOLES.**

And, I have to say that though I love Birch Hills a lot – the streets are, for lack of a better word, scary.

You know its bad when a group of students has devoted an entire Facebook page to the issue and it has 224 members!

So, it is not for me to come into your community and criticize, nor is it my job to poke around and make trouble for council. However, the fact remains that council has a problem that needs to be dealt with. I am sure they are aware of the issue – I am sure that, as members of the community, they also suffer from caving streets.

At the same time, they are a new council with a large list of things that must be done. It is true that the pothole problem is not recent – it is just very obvious this year and, according to many of my sources, is the result of a problem created many, many years ago when the streets were paved without curbs and proper gutters which meant that water was able to get under the pavement and, whala!, potholes. If this is correct – then the ultimate solution is ... tremendously expensive.

What is a council to do?

Really – what do you want your council to do?

Next week, I will call the Mayor and I would like to have questions and possible solutions from the community to present to him.

Honestly, it is a real head scratcher.

What can be done to fix this incredibly expensive problem without raising taxes (too much)? Can this wait and just be fixed with patchwork for the next few years? Does the state of the streets affect commerce in the town? Does the state of the streets affect people's decisions about moving to Birch Hills? Are people willing to pay more taxes in order to have the streets fixed once and for all?

I want to represent you when I talk to your Mayor.

For now, I am sure that council wants to fix the streets – but has to wait for dryer weather.

And, for those interested ... the Facebook page created by Logan Clarke who is assisted by Andre Chevrette, Erik Nevland and Colby Jensen is called, simply, **Birch Hills Road problem.** It is not a mean spirited page. It is not controversial – but people are welcome to discuss the issue there and submit photos of their own.

Please contact me with your questions or solutions by posting on the Facebook page or contacting me at birchhills@live.ca or calling me at 864-2247 or visiting the website at www.karencaypublishing.com.

Speaking of contacting me – I want to thank all those who have submitted information or sent me story ideas. Remember – this is YOUR paper. Please don't be shy. I have never NOT printed something submitted to me yet!

Have a great – and a safe – week everyone!



What You Need to Know About Being Bold and Fearless

by Joyce Meyer

Bold: to be brave, daring, courageous, intrepid, valiant.

God is calling us to be bold. If you have the tendency to not take chances in life because you're afraid of making mistakes, God wants you to know He's pleased with you when you try. It doesn't matter if you don't do everything exactly right. What matters is that you step out in faith, believing God will help you!

Second Timothy 1:7 says that God has not given us a spirit of fear but of power—and He wants us to use it! It doesn't take courage to do what we already know we can do. True courage is displayed when you're afraid to do something but you go ahead and do it anyway. The truth is, we don't ever have to fear because we can ask God for His help anytime we need it.

Taking the Focus Off of Performance

There are so many people who are so afraid of making a mistake that they don't do anything. Instead, they sit around saying, "What if I'm wrong?" Well, we're human. We're going to make mistakes and look silly from time to time.

We can be so afraid of being judged or criticized or getting laughed at. But the only thing fear does in our lives is stop our progress.

What matters to God is relationship...not performance. God knows we aren't perfect, and He's totally okay with it. The problem is, the devil knows it too, and he does his best to tell us every step of the way!

We can be going along, serving God, doing good, stepping out in faith and then all of a sudden, without there being any justification for it, we'll have a day or week when we have an attack on our mind about fear. That's when we need to say what God's Word tells us:

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

— 2 Corinthians 10:4,5 NIV

Honesty Outweighs Perfection

We can care too much about what people think of us to the point where it totally immobilizes us and we are petrified about looking wrong. But do you know what? I think if we are more truthful, we will actually get more respect than we do by trying to hide everything, pretending we're perfect.

I believe one of the main reasons people like to listen to me is that I tell all my junk. It helps them to relax, to relate to me, and offers them hope that if I can do some of the things I've done and make it, so can they.

We need to stop living in fear of making mistakes, because we will make mistakes—period. God is not asking us to not make any mistakes. He's calling us to be bold—fearless in approaching Him, in stepping out in faith, and in trusting Him to lead us.

This article is based on Joyce's DVD teaching Be Aggressive and Bold.

Local News ...

Library News Continued ...

Two other up-coming Birch Hills Library events should be noted:

- On June 5th, the library will join the town-wide **Garage Sale Day**. There will be a great variety of books and audio-visual material (VHS, DVD, tapes) for sale at sensational bargain prices. Check out our tables out at the Civic Center from 8 am to 12 pm.
- Thursday, June 17th, 5 to 7 pm, outdoors at the Coop, there will be a **Barbecue**, hosted by members of the Birch Hills Library Board. "Meal Deal" prices will be available.

Finally, there will be a **BABYSITTING COURSE IN BIRCH HILLS**. A Saskatchewan Safety Council Babysitting Training Course, sponsored by the Birch Hills Library, was held recently. Twenty participants, aged 12 or older successfully completed the course. The course is designed to prepare students for the demands of babysitting. Session topics included babysitting basics, childcare, safety issues, playtime, first aid and handling emergencies such as fire. Course conductor was Heather Lundquist.



New Babysitters are:

Back row, left to right – Zack Bruce, Teagan Kilgour, Sydney Demerais, Sydney Glauser, Kyle Njaa.

Middle row, left to right – Isla Doderai, Tyra Harkness, Alicia Opseth, Jessica Elsaesser, Kaylan LaRoche.

Front row, left to right – Rylee Gitzel, April Thompson, Madeleine Hunter, Megan Elsaesser, Baylee Elsaesser, Alex Sansone.

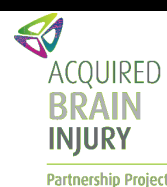
Missing from the photo – Mikayla Soderberg, Melissa Lucas, Mandi Getz, Aldren Davidson.

Weldon 4H Beef Achievement Day Coming Soon

Families from Birch Hills to Kinistino are involved in the Weldon 4H Beef Club which will be holding its Achievement Day Saturday, June 5th at the Roping and Riding Arena in Weldon.

The show will start at noon and everyone is welcome. This year's show will feature the Charity Steer which will ultimately go to auction at the Regional Show and Sale in Prince Albert Monday, June 7th. Proceeds from the charity steer will go to the Children's Hospital Foundation which does so much great work for the province's sick and disabled kids.

The 4H Achievement Day is really a culmination of the skills and hard work put in by parents and kids through the year. Learn to do by doing is the motto and these families work hard at learning new skills.



Acquired Brain Injury Services
Prince Albert Parkland Health Region presents:

A Family Panel Presentation

Caregiving is a labour of love and as caregivers we need support as well.

Family members will share their stories about their experiences of a loved one's brain injury.

This presentation is intended for family members, caregivers, friends and others involved with an individual who has experienced a **brain injury** or **stroke**.

**Tuesday June 8, 2010
6:30 PM**

**Alfred Jenkins Field House
(the new soccer center)
Prince Albert, Sask.**

If you are a caregiver, family member, or friend and would like to attend this special evening

please call Derrick at 765-6461 or 1-866-899-9951 Ext 6.

Prince Albert Parkland launches Radiology Information System and Picture Archiving System to meet needs of patients.

The Prince Albert Parkland Health Region today launched the Radiology Information System (RIS) and the Picture Archiving Communication System (PACS) at the Victoria Hospital, to provide better patient scheduling, exam management and result reporting.

"This is an important step as we move towards a completely filmless system for all radiology exams," said Cecile Hunt, Chief Executive Officer. "This

system provides us with greater flexibility and ensures that health care providers can access necessary records for their patients no matter where the provider is located."

The Radiology Information System (RIS) is used within the Medical Imaging Department to provide better patient scheduling, exam management and result reporting. The RIS enables the Region to automatically fax a report to the physician's office as soon

as it is signed off by the Radiologist. This feature will greatly decrease patient wait time for results.

The Picture Archiving Communication System (PACS) is a secure provincial electronic image archive for the storage, retrieval and display of digital diagnostic images including general X-rays, ultrasounds, Computerized Tomography and mammography.

Together, the RIS and PACS link the digital

images and the interpreted results, making the full exam information available to view on the PACS through secure networks to authorized users within the hospital, or remotely in community clinics or provider offices across the province. Once these systems are fully implemented at sites, film will no longer be printed for medical images. All images will be available only by using a computer to access the PACS

SASKATCHEWAN YOUTH APPRENTICESHIP INDUSTRY SCHOLARSHIP PROGRAM GROWS THROUGH GENEROUS INDUSTRY CONTRIBUTION

More companies and industry organizations are getting on side with the Saskatchewan Youth Apprenticeship Industry Scholarship Program that supports youth choosing careers in the skilled trades. Today, PCL Construction Management Inc. announced a \$100,000 contribution to the scholarship fund.

"Saskatchewan has a growing need for tradespersons," Minister responsible for the Saskatchewan Apprenticeship and Trade Certification Commission (SATCC) Rob Norris said. "The Saskatchewan Youth Apprenticeship Industry Scholarship Program will help to attract new apprentices directly from high school to help meet our labour market needs."

The Government of Saskatchewan contributed \$40,000 to assist with the start-up of the scholarship fund.

"The trades industry in Saskatchewan has been an integral part of the PCL tradition in this province for more than one hundred years," PCL Construction Management Inc. (Saskatchewan) District Manager Kris Hildebrand said. "PCL is very proud to enhance and continue this partnership through this donation."

"SATCC is thrilled with the success of the Saskatchewan Youth Apprenticeship (SYA) Industry Scholarship Program established by industry partners and the SATCC," SATCC Board Chair Garry Kot said. "It is essential we help our young people become more aware of the great career opportunities in the skilled trades. These scholarships mirror the great success we've already witnessed with the SYA Program.

At least 40, \$1,000 scholarships are awarded

Taco Casserole

Ingredients

- 1 pound lean ground beef
- 8 ounces macaroni
- 1/2 cup chopped onion
- 1 (10.75 ounce) can condensed tomato soup
- 1 (14.5 ounce) can diced tomatoes
- 1 (1.25 ounce) package taco seasoning mix
- 2 ounces shredded Cheddar cheese
- 2 ounces shredded Monterey Jack cheese
- 1 cup crushed tortilla chips
- 1/2 cup sour cream (optional)
- 1/4 cup chopped green onions

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cook pasta in a large pot of boiling water until al dente. Drain.
3. In a large skillet, cook and stir ground beef and chopped onion over medium heat until brown. Mix in tomato soup, diced tomatoes, and taco seasoning mix. Stir in pasta.
4. Spoon beef mixture into a 9x13 inch baking dish. Sprinkle crumbled taco chips and grated cheese on top.
5. Bake for 30 to 35 minutes, until the cheese is melted. Serve with chopped green onions and sour cream, if desired.

each June to select, eligible high school graduates who have completed the SYA program. Since the SYA program began in 2006, almost 240 schools are participating, approximately 5,300 students are currently registered, more than 1,500 graduates have completed and more than 200 graduates have registered apprenticeship agreements.

EECOL Electric was the first company to contribute \$100,000 in December 2009. Many other contributions have been made and will be recognized soon. Employers and industry associations interested in contributing to the SYA Industry Scholarship Program are encouraged to contact the SATCC at 1-877-363-0536.

GOVERNMENT ANNOUNCES FUNDING TO INCREASE APPRENTICESHIP TRAINING OPPORTUNITIES

More apprentices will receive training as a result of a funding increase of \$1.95 million to the Saskatchewan Apprenticeship and Trade Certification Commission (SATCC). This year's budget increase includes \$400,000 for a targeted initiative to bolster Aboriginal participation and success in apprenticeship training in the province.

The government is investing a total of \$19.7 million in apprenticeship training in the 2010-11 budget.

"With more than 9,000 apprentices in Saskatchewan, our government recognizes the value of a strong and inclusive apprenticeship system in building Saskatchewan's economy," Advanced Education, Employment and Labour Minister Rob Norris said. "Providing quality training opportunities will help ensure greater success for our learners and allow employers in the province to train and retain qualified, skilled employees."

Saskatchewan has experienced an unprecedented demand for skilled workers, with the number of registered apprentices rising

to more than 9,000, up from 5,400 just four years earlier. Available apprenticeship training seats are at 5,869 this year, an increase of more than 2,000 from two years ago.

"PCL is pleased to see continued support for our apprenticeship programs, as they are a vital link to the health of our industry," PCL Construction Management Inc. (Saskatchewan) District Manager Kris Hildebrand said.

"The Commission is registering an average of about 220 new apprentices each month," SATCC Commission Board Chair Garry Kot said. "The increase in funding will help ensure that we have the technical training capacity to develop a skilled labour force to meet the demands of a rapidly expanding economy."

Last week the government announced changes to The Apprenticeship and Trade Certification Regulations, 2003 that allow employers to hire additional employees by changing the ratio of apprentices to journeypersons in certain trades.

CAUTION URGED WHEN APPROACHING FERRY CROSSINGS

Saskatchewan boaters, canoe and kayak enthusiasts are urged to use caution when approaching ferry crossings this boating season.

The Ministry of Highways and Infrastructure operates 12 ferries and one barge. Eleven of the ferries are on the South and North Saskatchewan River system; one ferry crosses Lake Diefenbaker and the barge crosses Wollaston Lake.

All of these vessels, with the exception of the Wollaston Lake Barge, are cable-driven. This means they are pulled across a river or lake using a cable

and winch system. The cables are located under the water, in accordance with federal boating regulations.

"Boaters must recognize that once a ferry is in motion, it has extremely limited manoeuvring capabilities - there is no steering mechanism and it can't slow down or stop quickly," Highways and Infrastructure Minister Jim Reiter said. "Ferry crossings should be approached with caution and ferries must be given the right-of-way at all times."

Tips for safe boating practices at ferry crossings:

- All ferry crossings are marked with signage. Proceed with caution when approaching the crossing.
- If the ferry is in operation, the ferry has the right of way. Never try to race through and beat the ferry.
- Slow down or come ashore if necessary to allow the ferry to pass. Most Saskatchewan ferries take less than five minutes to cross the river.
- Strong river currents will require boaters to use extra caution and slow down or come ashore well in advance of the ferry.
- Recognize that the ferry operator may not see you approaching. The ferry

cannot steer out of your way and takes a long time to slow down or stop.

•Be aware of ferry cables under the water; when the ferry is not in operation, these cables lay deep in the river. When the ferry is in operation, the cables

become taut and rise closer to the river surface.

Recognizing the potential dangers of ferry crossings, ministry staff can work with school, community or other groups to provide route suggestions and make

special accommodations for planned boating trips. Contact Ray Hawrish for more information or to arrange a route at 306-953-2385.

INNOVATIVE GEOCACHING PROGRAM LAUNCHED AT GOVERNMENT HOUSE

Minister responsible for the Provincial Capital Commission Dustin Duncan joined Grade 7 and 8 students from Maryfield School to launch the new Geocaching in the Garden program at Government House in Regina today.

"This exciting new program is one of many new programs to be implemented at Government House this year," Duncan said.

"Geocaching is an innovative and fun way to explore the grounds of Government House, deepening the participants' appreciation for the beauty and history of this true Canadian treasure and showcasing the gardens as a welcoming, family-friendly public space accessible for all visitors."

Using Global Positioning System (GPS) receivers and a map, teams partake in an electronic treasure hunt, exploring 8.5 acres of the Edwardian Gardens at Government House, solving puzzles and learning about the significance of the historical landmarks and features in the gardens.

"We are excited for the opportunity to visit Government House to experience the rich history associated with the beautiful facility," teacher Barb Boon said. "Geocaching is a new and exciting activity that my students have never experienced. Combining history (old) with geocaching (new) makes for a very promising educational experience."

The Geocaching in the Garden is part of Government House's revitalization plan to renew their services to offer more tour options and give visitors new and exciting ways to explore and enjoy the National Historic Site and a Provincial Heritage Property.

For information about Geocaching in the Garden or Government House call 306-787-5773 or visit www.governmenthouse.gov.sk.ca.

Shrek Forever and Ever: Amen

By Greg Urbanoski

I have a confession. I went to the first Shrek movie back in the days of reviewing movies for the Prince Albert Daily Herald (RIP) and for an animated movie, it was pretty good. Fast, lots of dialogue, funny bits that hit the adults and kids alike.

I probably saw the second, don't remember the third, and here I am sitting in on what is said to be the fourth Shrek...in 3D no less.

A theatre full of kids is the best way to enjoy this flick and with babies crying, etc, it was clear the audience had come for fun. Fortunately for those of us who are older and go to these things, they have a recap of what has happened just so you could get your bearings.

There have been a spate of 3D movies this year, with Avatar being the class of the bunch, Clash of the Titans looked like it had the 3D added in as an afterthought. Shrek uses 3D pretty well, opening with a carriage that seems to be coming towards you in the theatre that I admit was pretty impressive.

The story sees Shrek dealing with the responsibilities of looking after kids and the routine that follows one after another. Shrek has become what probably most fathers feel like, a punching bag for everyone looking for either a performance (as in the case of some kid urging Shrek to bellow) or an easy touch.

There is a birthday party where everything comes to a head and Shrek imagines what life would be like if he had one day to revert to his old bad self.

Enter Rumpelstiltskin. This Donald Trump of the fairy tale world thought he had a deal with Fiona's (Shrek's wife) parents. However, her parents didn't sign the agreement to restore their daughter because she had kissed Shrek and found her curse lifted.

Rumple has fallen on hard times and overhearing Shrek, makes him an offer of giving him a day with no responsibilities. In return, Shrek has to sign over a day to Rumple.

Well the day Rumple chose was the day Shrek was born, and when Shrek wakes up, he finds he has to get Fiona to kiss him or else he disappears into nothing.

Rumple in the meantime has set himself up as the new King, surrounded by witches on sticks (nod to the Wizard of Oz here) and engaged in a campaign of ethnic cleansing against ogres. He wants Shrek hunted down and kept apart from Fiona.

Donkey comes back, and since Shrek had never been born under the agreement, he doesn't know who Shrek is. They become friends, bonding over show tunes, and Puss and Boots appears, quite a few pounds heavier than before.

Shrek tries to woo Fiona, but Rumple brings in the pied piper to lead all the ogres to the castle and captivity and Shrek has to decide to help the ogres in order to show Fiona he is truly a good ogre.

The 3D is used to generally good effect, but not as spectacular in the beginning. The story is something the parents would relate to more than the kids.

Shrek Forever and Ever is a nice way to kill a couple of hours. The kids seemed to enjoy it when I saw it, but there wasn't any of the sense anything could happen here that you saw in previous Shreks. The end result was kind of blah.

But then again, I'm not a kid. So if you have kids, this isn't a bad place to have them watch a movie. Of course, if you really loved your kids, you would have the first Shrek in your video collection and save yourself the time and bother.



The dirt on...greenhouse shopping through the eyes of a child

Last weekend I had the wonderful pleasure of doing my niece Hannah's hair and make-up for her dance pictures. I stayed overnight as we had to be up early. After the pictures were finished and we were home again Hannah asked if I would like to look after her while her mommy was at a staff meeting. How could I turn down an opportunity like

that? I had the perfect thing in mind...I would take Hannah to her very first real big greenhouse. Hannah had a quick bath to wash all of the make-up and hair spray, then we strapped her booster seat into my car and off we went. First we went to McDonald's (what is an outing with Auntie without McDonald's). We ordered chicken nuggets and a chocolate muffin for dessert.

Hannah was very pleased that we could eat the dessert first, but she made me promise not to tell her mommy.

We went out to Floral Acres Greenhouse, suggested by a friend because it was close to where Hannah lived. We got out of the car and first went to see the shrubs. I wanted her to see the roses and fruit trees. She caught on



Master Gardener, Michelle Dahlin at the Birch Hills Coop Greenhouse.

very quickly that the picture in front of the row of trees was what the plant would look like. We went to each and every row so she could see what they would be when they got big. She loved the idea of this small little tree growing into one that had apples on it. She loved the purple shrubs that will have white flowers and the fancy cedar shrub spiraling upwards. Then it was time to go inside to see the flowers. There were hanging baskets and planters on pedestals and water plants and roses. We had to look at each and every plant and feel the petals and the leaves. Then we ran into a friend of mine who was looking for yellow flowers. Hannah grabbed my hand and led me to a basket hanging on the wall and the prettiest yellow begonias you had ever seen. It was not the right flower but she had picked them out from across the room.

My favorite part of our trip was when I lifted her up so she could see the greenhouse the way I saw it. She saw rows and rows and rows of brightly colored flowers. The look of awe in her little eyes turned the trip into a memory we will

remember forever. We walked down each and every row, smelling the flowers and touching the leaves. We came across a sensitive plant that closed up when she touched it. She really thought this was an amazing plant. She just “absolutely had to have one”. We came across an older lady with a cart full of plants. Hannah zeroed in on a lovely white impatiens and asked the lady if she could smell it. This pleased the older lady and said Hannah could.

Hannah then proceeds to ask this lady where she found the plant because she would like one too. This brought a huge smile to the lady’s face; I think it made her day. She directed us to the row and down we went feeling and smelling. We found the plant she was looking for but I told her there were some other white flowers we could look at. If she still wanted that one, we could come back for it.

We came across the petunias and there were rows and rows of white. White with purple, and white with red, oh so many for her to choose from! She decided on some pretty white and purple petunias and some pure white

one too. She held her little flowers with so much pride and as we stood in the line-up for the cash-out she talked with just about everyone around her. She wanted to see which plants they were buying and proudly showed them hers telling them she picked them out all on her own.

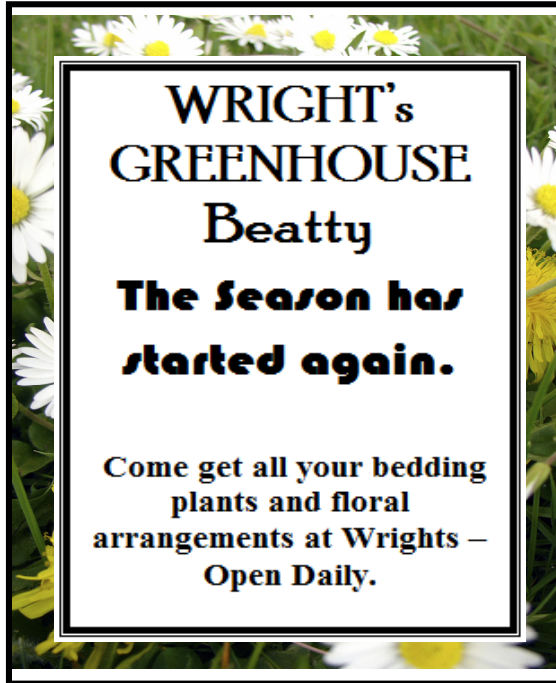
When she was settled into her booster seat and we were driving back to her house; She signed and said “Auntie, my flowers are so pretty; Thank-you for taking me there!” Then with a giggle she remembered I said

I just wanted to look at a few things. She then said “When I get home I am going to say to Daddy, we went to look but we bought instead!”

I dropped her off and she was a little disappointed that we could not plant them right away as her daddy had to work up the flowerbed first. But she did show everyone her wonderful plants – Her sensitive plant that closed up when touched and her pretty petunias. She gave me a big hug and asked me if next time I come to see her we could maybe go again. That sure made my day!

The experience of going to a huge greenhouse is inspiring to almost everyone. Think of what it looks like through the eyes of a child. And going to a greenhouse just to show them these wonders can be as rewarding to you as it is to them.

Michelle Dahlin is a Master Gardener from Birch Hills. Those wishing to hire a professional gardener for consulting or gardening work may contact her at 749-3550 or go to the Birch Hills Coop Greenhouse to ask specific questions.



Looking in the Rearview Mirror of Weather Forecasts



The weather is hard to predict...no matter how many weather forecasts I rely on, it seems we often just don't know if it will be rain or sun the next day. It seems a bit obvious, but it is easy to record the weather that has already happened, be it total rainfall or temperature.

We can make good use of past weather records by calculating the 'Growing Degree Days' (GDD) that have accumulated at any point of the year. This is just a bit of simple arithmetic:

$$((\text{Daily High} + \text{Daily Low})/2) - 5$$

For example, if the daily high temperature is 24C, and the daily low temperature is 10C, then the Growing Degree Days for that day is $((24C + 10C)/2) - 5C = 12 \text{ GDD}$

We subtract 5C in this calculation because very little biological activity occurs below 5C. As the season progresses, you can add up each daily GDD. For convenience, you can quickly find your daily and accumulated GDD on the FarmZone web site (<http://www.farmzone.com/index.php>) – just select your area and select 'historical weather'. Unlike rainfall, temperatures don't vary a great deal within a general

area, so this provides quite accurate data. Beware that all measures of GDD are not the same – some data does not subtract the base 5C, some data uses Fahrenheit, and the calculation of 'Corn Heat Units' is entirely different.

How can we use GDD? Crops, insects, and weeds all require a certain amount of accumulated heat to reach each growth stage of development. A great example is the development of spring wheat, and of the orange blossom wheat midge. Wheat midge adults begin to emerge from the soil at about 650 GDD, and are more or less all emerged with 880 GDD. Wheat is susceptible as the heads begin to emerge until flowering is complete. Most wheat varieties begin to head at about 600 GDD and complete flowering at about 800 GDD. For this reason, if you can get your wheat seeded before 100 GDD have accumulated in spring, there will be much reduced risk of wheat midge damage to your crop. We crossed this threshold on about May 16 this year, much earlier than normal. With delayed seeding this year, a large portion of our wheat may be susceptible to wheat midge.

With good record keeping of GDD and field records on your farm, you can begin to predict weed emergence dates, the rate of crop emergence and various crop stages. This could then help predict the likely dates for spraying of weeds, or crop maturity. Perhaps in the future, our crop varieties will be rated in maturity by actual GDD, rather than the vague 'Early or Late' descriptions currently use.

Nothing is more important to farmers than the weather, and nothing is more unpredictable. However, an understanding of GDD for your farm can be a valuable tool.

Lyle Cowell, M.Agric., CCA Manager of Agronomic Services, Viterra. This column is developed by a team of agronomists in the NE region of SK – these include Thom Weir (Yorkton), Lisa Britz (Humboldt), Bree Kelln (Strasbourg), and submitted by Lyle Cowell, M. Agric., CCA Manager Agronomic Services Tisdale and Melfort: 306/873-3456.

Riderville Report: May 25th

By Greg Urbanoski

Well, by my count there are 11 days until training camp opens for the 2010 Saskatchewan Roughriders and there is an air of

anticipation with Rider fans I've been talking to from Vancouver to Nova Scotia.

The Riders have added a few receivers, looking for that combination of size and speed to open up the deep pass along the sidelines. It's all speculation until you see them on the field and under game conditions, but at this writing, I expect to see the Riders continue to go with their majority of Canadian receivers.

Most people expect the offence to remain good this year, with people hoping for some tweaking on the running game to get some consistency. A consistent running game that could have helped us make a first down in the fourth quarter of the game that shall not be named last November would have given us two Grey Cups in three years. This year the Riders need to finish the job, and they have some interesting options to help get it done.

Still no word on the back-up quarterback situation, but all indications are Todd Reesing and Ryan Dinwiddie will be signed to compete in camp. I read a story on Reesing who says he is coming in to compete and to learn and will not be leaving like Graham Herrell did this year to sign with the Green Bay Packers.

This is a situation to be resolved in training camp and the feeling is if we get three talented back-ups to Darian Durant, we should be in good shape. It's interesting the way the coaches are talking about competing this year and no one should be assured of their spot. I think Durant, though, doesn't have to worry about losing his job, he will be asked this year to take on more responsibility.

The question marks are on the defence, and the defensive line is one big question mark. The interior of the line should be good with Keith Shologan and Marcus "Chunky" Adams, and who will line up on the ends will be interesting.

The Riders first round draft pick Shomari Williams, is being pencilled in on the defensive line, which is interesting because they were initially looking at him at a linebacker position. The Riders are not expecting John Chick back, although that is not quite written in stone. Stevie Baggs will likely get cut by the Arizona Cardinals and he is a free agent so he can sign with any team after that. The Riders may have to open their wallets to make that possible.

Barrin Simpson is being looked at as middle linebacker and is expected to provide some the leadership that a vet like Eddie Davis had over the last few years. Simpson came here as a result of a previous run-in in Winnipeg with Mike Kelly, one of the dumbest coaches the Bombers ever had. The outside linebacker corps should be solid with Sean Lucas and likely Tad Kornegay and the defensive backfield is relatively solid with Eddie Davis' retirement creating a tough hole to fix.

Expect the Riders to make a few signings and possibly a few releases prior to training camp.

But it was a slow week in Riderville this past week except for the auctions of Rider game worn jerseys and helmets going on the CFL website. Gotta stock up for the season!

Prevention Program Spares Seniors More Falls

(HealthDay News) -- Elderly individuals who had fallen and then taken part in an intensive program to prevent falls were much less likely to fall again, a new study shows.

But proving something works is often a far cry from actually seeing it implemented, one expert noted.

"People have been proposing intervention programs like this for a long time," said S. Jay Olshansky, a professor of public health and senior research scientist at the Center on Aging at the University of Illinois at Chicago. "We know that they work. The question is how much all of this costs," he added.

"The bottom line is it's sort of an elite intervention program that's likely to be very expensive," Olshansky said. "The entire older population is at risk for falls, so how would you implement a program like this? Having said that, it is very interesting they suggested it also improved activities of daily living, which is a good sign. Other normal functioning of these individuals improved as a result of the intervention."

The study authors, from the University of Nottingham in England, noted that this type of intervention is already provided in many places in the United Kingdom.

"The cost implications of our research are speculative as we have not yet completed an economic evaluation . . . but we would hope that a reduction in falls could lead to maintenance of independence in activities of daily living, and therefore people not needing extra home care costs," said study author Philippa Logan, postdoctoral researcher and occupational therapist at the School of Community Health Sciences at Nottingham. "We need to complete a larger study to see if there is an effect on the numbers of fractures, so we cannot say at this time that the intervention will reduce hospital days or surgery time."

"It would be wonderful if we could implement this, but I'm afraid in the U.S.

we spend a lot of money on things so if someone falls and calls an ambulance, the person goes to the emergency room, [and] the emergency room charges the government for the fee," said Dr. Bernard Roos, director of geriatric research at the University of Miami Miller School of Medicine and Miami VA Hospital. "Nobody in the emergency room sends a person to evaluate the risk of falling so the patient keeps coming back. This is a wonderful model for what we should be doing."

"Studies like this support the need for evidence-based education classes for community-dwelling seniors," said Matthew Lee Smith, an assistant professor with Texas A&M Health Science Center School of Rural Public Health in College Station, Texas.

According to background information in the study, which was published online May 12 in *BMJ*, 25 percent of people aged 70 and over and 50 percent of those aged 80 and over fall every year. And these people will frequently fall again, leading to life-threatening injuries.

Although ambulances are often called, many individuals who have fallen aren't actually taken to a hospital, the study authors stated.

For this study, 204 adults who were over 60 and who had called an ambulance after a fall but had not been taken to the hospital were randomly assigned to one of two groups.

The first group had access to specialists who helped them build strength and balance, and who offered suggestions for making their homes safer.

The second group of people "were advised by letter to use existing social and medical services as usual," the authors wrote.

According to diaries kept by the participants and follow-up contact over one year, "the incidence rates of falls per year were 3.46 in the intervention group

and 7.68 in the control group," the study authors reported.

This amounted to a 55 percent decline in the rate of falls in the support group, a larger effect than seen in previous research, the authors stated.

People receiving the extra care and support also improved on measures of daily living (such as bathing, dressing and eating) and were less anxious about falling again.

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

3		7	8					
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Not surprisingly, people who fell less often were also less likely to call an ambulance and less likely to suffer fractures.

One question not addressed by the study authors was the extremely high mortality rate in both groups -- about 15 percent, Olshansky pointed out.

The probability of an average 80-year-old dying in the United Kingdom is about 5.5 percent for a single year, said Olshansky, citing data from a national life table for the United Kingdom. For an average 70-year-old, it is about 1.9 percent.

"Why are at least three times more people dying than expected? That's very odd," he said.

Kid's Stuff ...

Berry Orange Sorbet

Made with a food processor, this sweet and tangy sorbet is extra-smooth. You can make it in an ice-cream machine, too--just follow the manufacturer's directions.

Ingredients

1 1/4 cups water
1/2 cup sugar
1 1/2 cups fresh or thawed raspberries or blackberries
1 cup orange juice
2 tablespoons fresh lemon juice



Instructions

In a small saucepan, combine 1 cup of the water and all of the sugar. Bring the liquid to a simmer and continue simmering it for about 3 minutes, stirring often, until the sugar dissolves. Remove the pan from the heat and let the syrup cool.

Put the berries and the remaining 1/4 cup of water into the bowl of a food processor and puree them for 30 seconds. Strain the puree to remove the seeds.

In a pitcher, stir together the cooked syrup, the orange and lemon juices, and the seedless berry puree. Pour the mixture into two ice-cube trays and freeze until firm (generally 6 or more hours). A pitcher or a mixing bowl with a spout will make filling the ice-cube trays easier and neater.

When you're ready to serve the sorbet, chill serving dishes in the freezer and briefly chill your food processor bowl and blade as well. Then transfer the fruit cubes to the food processor and pulse them, in short bursts, to make a smooth sorbet. Spoon the sorbet into the chilled dishes and serve immediately. Makes about 6 servings.

How to Make a Camera Obscura



The camera obscura (Latin for "dark chamber") demonstrates an odd optic phenomenon. When light from a bright scene enters a darkened space through a tiny hole, the resulting image appears upside down. See for yourself with this homemade viewer that turns everything you look at

topsy-turvy.

This project was adapted from the Pringles pinhole camera on exploratorium.edu. To learn more about how the camera works, visit the website and search for "Pringles pinhole."

Materials

Ruler
Marker
Snack can with transparent lid (we used a Pringles can)
Craft knife
Vellum
Duct tape
Pushpin
Decorative paper
Double-sided tape

Instructions

Measure and draw a line around the can 2 inches from the bottom. Cut through the line with the craft knife (a parent's job) to create two can sections. Trace the bottom of the can onto a sheet of vellum, then cut the circle out.

Stack the pieces in this order: the bottom of the can (open end up), the lid, the vellum circle, and the top of the can.

Thoroughly wrap the seam with duct tape so that no light can come in.

Flip the viewer over and use the pushpin to make a small hole in the center of the can's bottom.

For a more finished look, cover the viewer with paper secured with double-sided tape. To use your viewer, hold it up to one eye and gaze at a bright scene (something lit by sunlight works best). To block out light, use one hand to cup the viewer to your eye.

Teaching Math, teaching anxiety

Stephen Ornes

Feb. 10, 2010

Going to school means learning new skills and facts in such subjects as reading, math, science, history, art or music.

Teachers teach and students learn, and many scientists are interested in finding ways to improve both the teaching and learning processes.

Some researchers, such as Sian Beilock and Susan Levine, are trying to learn about learning. Beilock and Levine are psychologists at the University of Chicago. Psychologists study the ways people think and behave, and these researchers want to know how a person's thoughts and behavior are related.

A study of elementary-school students and teachers suggests that when female teachers feel anxious about math, their female students may not be smiling about numbers.

In a new study about the way kids learn math in elementary school, Beilock and Levine found a surprising relationship between what female teachers think and what female students learn: If a female teacher is uncomfortable with her own math skills, then her female students are more likely to believe that boys are better than girls at math.

"If these girls keep getting math-anxious female teachers in later grades, it may create a snowball effect on their math achievement," Levine told Science News. In other words, girls may end up learning math anxiety from their teachers. The study suggests that if these girls grow up believing that boys are better at math than girls are, then these girls may not do as well as they would have if they were more confident.

Just as students find certain subjects to be difficult, teachers can find certain subjects to be difficult to learn — and teach. The subject of math can be particularly difficult for everyone. Researchers use the word "anxiety" to describe such feelings: anxiety is uneasiness or worry. (Many people, for example, have anxiety about going to the dentist because they're worried about pain.)

The new study found that when a teacher has anxiety about math, that feeling can influence how her female students feel about math. The study involved 65 girls, 52 boys and 17 first- and second-grade teachers in elementary schools in the Midwest. The students took math achievement tests at the beginning and end of the school year, and the researchers compared the scores.

The researchers also gave the students tests to tell whether the students believed that a math superstar had to be a boy. Then the researchers turned to the teachers: To find out which teachers were anxious about math, the researchers asked the teachers how they felt at times when they came across math, such as when reading a sales receipt. A teacher who got nervous looking at the numbers on a sales receipt, for example, was probably anxious about math.

Boys, on average, were unaffected by a teacher's anxiety. On average, girls with math-anxious teachers scored lower on the end-of-the-year math tests than other girls in the study did. Plus, on the test showing whether someone thought a math superstar had to be a boy, 20 girls showed feeling that boys would be better at math — and all of these girls had been taught by female teachers who had math anxiety.

According to surveys done before this one, college students who want to become elementary school teachers have the highest levels of anxiety about math. Plus, nine of every 10 elementary teachers are women, Levine said.

This study was small, and it's often difficult to see large patterns in small studies, David Geary told Science News. Geary, a psychologist at the University of Missouri in Columbia, studies how children learn math. "This is an interesting study, but the results need to be interpreted as preliminary and in need of replication with a larger sample," Geary said. That means that the results are just showing something that might be happening, but more studies should be done. If more studies find the same trend as this one, then it's possible that a teacher's anxiety over math really is affecting her female students.