











April  
2015

# ROCANVILLE & DISTRICT

Available online at [www.rocanville.ca](http://www.rocanville.ca)

# Community CALENDAR

SUN MON TUE WED THU FRI SAT

|  |   |  |   |   |  |
|--|---|--|---|---|--|
|  <p>Rocanville Aquatic Centre is requesting your assistance starting April 1st until the work is done. Pool will be open 8am-8pm if you have time and can stop by to help it would be greatly appreciated.</p>  <p>Gapland Rollers &amp; SmallTown Smashers 2015 Information &amp; Registration April 1st @ Parish Hall 7-9pm</p>  |  | <p>Town Council Meeting</p> <p>1</p>   | <p>2</p>  | <p>Town &amp; Recreation Office Closed</p> <p>3</p>  | <p>4</p>   |
| <p>5</p>    | <p>6</p> <p>TOPS</p>  | <p>7</p> <p>Recycling Collection</p> <p>Rocanville Town &amp; Country Golf Club AGM</p>  | <p>8</p> <p>REDO/BOT Meeting 8am @ Rec Office</p>   | <p>9</p>  | <p>10</p>  |
| <p>12</p>  | <p>13</p> <p>TOPS</p>   | <p>14</p> <p>Garbage Collection</p> <p>Fire Dept /1st Responder Meeting 7:00PM</p> <p>Track Meeting 7PM @ Rec Office</p>   | <p>15</p> <p>Prenatal Caring Circle Program 6:30pm @ Rec Office</p> <p>Town Council Meeting</p> | <p>16</p>   | <p>17</p>  <p>Soup &amp; Sandwich Luncheon Begins @ 11:30 in United Church Basement</p> |
| <p>19</p>  | <p>20</p> <p>TOPS</p> <p>Wellness Clinic @ Lodge # 2</p>                          | <p>21</p> <p>Recycling Collection</p> <p>Rocanville Aquatic Centre is selling tickets for 1 lucky winner to win 2 Roughrider season tickets. Tickets are \$10.00 each. Contact a board member Melodie Spurr, Kit Lawrence, Kathy Brown, Darci Palmer, Gaylene Olafson or Jamie at <a href="http://Rocanville Recreation">Rocanville Recreation</a></p> | <p>22</p>   | <p>23</p>   | <p>24</p> <p>Calendar Deadline</p>   |
| <p>26</p>  | <p>27</p> <p>TOPS</p> <p>POTLUCK @ Senior's Centre 6pm</p>                        | <p>28</p> <p>Garbage Collection</p> <p>Rec Board Meeting 4:45PM @ Rec Office</p> <p>Fire Dept / 1st Responder Maintenance/Training 7:00PM</p>  | <p>29</p>   | <p>30</p>   | <p>25</p> <p>GAMING DAY @ Rec Office 3-6pm Everyone Welcome</p> <p>Running Club with Monique Campbell Starting May 7th @ 7pm at the Rec office (side door)</p>               |

# Town of Rocanville

## April, 2015



### Winter Hours



#### Transfer Station Open:

Wednesdays 3:00 – 5:00

Fridays 1:00 – 5:00

Saturdays 11:00 – 3:00

Town Office Telephone:  
306.645.2022

rocanville.town  
@sasktel.net

### Town Council

Mayor  
Daryl Fingas

Councillors  
Ed English  
Stan Langley  
Ken Nixon  
Henry Pierrard  
Ron Reed  
Blaine Shire

### Utility Invoices

The water bills that were mailed in February are due by April 30.  
A 10% penalty will be added on May 1, 2015.  
Water meter readings will be collected this month. If you do not have an electronic meter, please provide a meter reading.

### Electronic Water Meters

If you are ready to have an electronic water meter installed, please contact the Town Office and we can schedule an appointment. It only takes a few minutes to install the new meter. To date 68% of services have been converted to the new technology (280 of 412 services). The “Infrastructure” charge on your utility invoice is covering the cost of the new meters.

### Cameron Crescent Promotion

Lots in Cameron Crescent are 25% off and all new housing can apply for 5 Years of Property Tax Incentives.

### Preauthorized Debit ...

The Town of Rocanville offers the convenience of preauthorized debit for payment of property taxes, trailer lot fees and water bills. Many dozens of residents make use of this payment option. You can choose annual, quarterly or monthly payments to avoid late penalties and take advantage of discounts.

If you would like more information, please call us at 306 645 2022 or email: [rocanville.town@sasktel.net](mailto:rocanville.town@sasktel.net)

### Controlled Burning

- \* Inquire at your RM regarding fire bans; and
- \* Call the 24 hour controlled burn line to register your fire in advance: 1-866-404-4911

**Lot for Sale**

**316 Ellice St  
75' frontage X 120' deep.  
Large, flat, serviced lot & centrally  
located in Rocanville.  
\$32,000.00  
Call 306-949-5454, 403-201-9146  
or 306-455-2645**

Rocanville Housing Authority has units available please contact Kathleen 306 434 0000 for details!

**DIAL A VAN**

We are grateful for our new drivers. We are now operating on Monday, Tuesday, Wednesday and Friday. Please call 306 434 6644 We also do trips to adult day care at the SEC call for details 306 434 6644.

**Soup and Sandwich**

Pathfinders Unit of UCW of Rocanville are hosting a Soup and Sandwich Luncheon to be held in United Church basement. **Friday, April 17, 2015 starting at 11:30am**  
**Cost: \$8 Soup, Sandwich & Dessert**

**Running Club with Monique Campbell  
Starting May 7th @ 7pm at the Rec office (side door)**

**GAMING DAY @ Rec Office 1-4pm Everyone Welcome**  
Bring your favourite game or your winning personality to the Rec Office, meet new people & have fun! April 25 3-6 pm

**Moosomin Spring  
FAMILY EXPO**



**SUNDAY APRIL 12  
10AM - 4PM**

**MOOSOMIN CONVENTION CENTER**

**ALL MONEY RAISED WILL BE DONATED TO TEDDY BEARS ANONYMOUS, WHO WILL BE ON LOCATION!**

**Silver Donation Table**



Fun for all ages!  
Trade show  
cake walk  
cup cake decorating contest (12-2pm)  
prizes  
give aways  
Lunch available with gluten free options  
-Proceeds go to  
Teddy Bears Anonymous

Photobooth!  
Have your picture taken by a photographer, bring your favourite teddy!  
11am - 1pm,  
-proceeds go to  
Teddy Bears anonymous

**Registrations Now Open**

**Prenatal Caring Circle**

A free six week program that promotes families learning together, bonding, and well-being from conception to birth and beyond.

**Healthy snacks and free childcare provided.**

Expectant Mothers or Recent Mothers and the important people in their life.



**Date:** Starts Wed April 15  
**Time:** 6:30 to 8:30 p.m.  
**Location:** 218 Ellice Street  
**Rocanville, SK**  
To Register, call Crystal  
(306) 435-6278

- Learn ways to strengthen the bond with baby before and after birth
- Learn about Family Literacy and your little one
- Learning ways to nurture your well being

# Pipestone Branch SGS

Welcomes

## Oriole Vane Veldhuis

Presenting her book

### For Elise

Moosomin Public Library

Monday April 13, 2015

2:00 PM CST

**EVERYONE WELCOME**



### Market at the Museum May 16th, 2015 10am-2pm

Rocanville & District Museum is pleased to be celebrating our first market of the year

by hosting a

#### **VOLUNTEER APPRECIATION CELEBRATION!**

The Royal Canadian Legion Branch #020 will be providing the lunch and stay tuned for more details on entertainment and our ever growing vendors!

Rocanville has a long history of helping each other. The willingness of people to volunteer is key to community growth and reflects the spirit of the people in this town. These individuals give freely of their time and talents to help build a better and stronger town!

We want to recognize these amazing individuals and show our appreciation for their accomplishments!

Research has shown that recognizing and celebrating volunteerism is one of the best ways to retain volunteers in your community. This is an opportunity to simply celebrate the efforts of the people in your community and to let them know that their efforts are appreciated. Nominate now by submitting your nomination to [Rocanville@sasktel.net](mailto:Rocanville@sasktel.net) on our website [www.rocانville.ca](http://www.rocانville.ca) or by mail **Box 576**

We invite you to join us for Rocanville & District Museum Market 2015. If you know someone who might want to share their crafts, business or talents contact the Museum 645 2113 or [rocانvillemuseum@gmail.com](mailto:rocانvillemuseum@gmail.com)

**Market Dates: May 16, June 20,**

**July 18, Aug 15, Sept 19 10am-2pm**

# Forever... in motion Leadership Training



If you are over the age of 50 and believe in the benefits of physical activity, are active and enjoy helping others, why not volunteer as a leader? We can help you enhance and develop your skills in leading physical activity classes for your peers. Training consists of 20 hours which is at no cost to the leader.

#### Location:

Moosomin SK

SEICC- Boardroom D

(South East Integrated Care Center)

#### Training Dates:

Tuesday, April 21 1:00 pm – 5:00pm

Wednesday, April 22 9:00am – 4:30pm

Thursday, April 23 9:00am – 4:30pm

For more information or to register, contact Marisol Molina-Smith at (306) 766-6327 or email [marisol.molinasmith@rqhealth.ca](mailto:marisol.molinasmith@rqhealth.ca)



City of Regina



LOCAL COMMUNITY GROUP FUNDING REQUEST FOR SASKATCHEWAN LOTTERIES COMMUNITY GRANT FUNDS

Name of Community Group:

Contact Name: Phone:

**It's time for the  
Community Initiatives  
Fund Grant applications.  
Stop by the Rec Office to  
get an application for  
your community project  
or we'll email it to you  
[Rocanville@sasktel.net](mailto:Rocanville@sasktel.net)  
or call 306 645 2164  
for more information.**

R.M. or B.M. Once you are applying through (do not return to the Community Grant Office).

Please remember to publicly acknowledge Saskatchewan Lotteries as a source of funds for your project.

Cap/CommunityGroupAppForm.doc

### Rocanville Community Centre

219 Ellice Street, Rocanville Swing by to see our new sign! Exercises on Monday, Wednesday & Friday at 9:00 am. Potlucks will NOW be members only. Memberships are \$10.00 per year, you can get membership from chair people. Anyone can become a member. POTLUCK April 27th 6pm

The **Enabling Accessibility Fund** is a federal Grants and Contributions program that supports capital costs of construction and renovations related to improving physical accessibility and safety for people with disabilities in Canadian communities and workplaces. From installing automated door openers, constructing a universally designed office or retrofitting a washroom with an accessible toilet, grab bars and taps, the Enabling Accessibility Fund works to enable Canadians with disabilities to participate in their community and the economy. To be considered eligible for funding, projects must be directly related to removing barriers and increasing accessibility for people with disabilities in Canadian communities. All projects must also meet the specific eligibility criteria identified in the calls for proposals, including support from the community. For more information, please check their website: <http://www.esdc.gc.ca/eng/disability/eaf/index.shtml>

### INFORMATION SESSION IN ROCANVILLE APRIL 20th 1pm

Senior Centre 219 Ellice St. facilitated by: *Joy Bateman* Senior Development Officer  
Client Services and Program Delivery Branch **NEW Phone Number: (306) 517-1105**

**Enabling Accessibility Fund. Deadline: April 27, 2015 at 11:59 p.m. EST**

## Rocanville Community Thrift Store Schedule April 2015

Monday, Wednesday & Friday 1 - 4 PM, Thursday 6 - 8 PM

Wed April 1 -

Marie-Anne Tremblay, Sylvia Magnuson, Audrey Bodenstaff, Eileen Minty

Wednesday April 22 -

Irene Norton, Ann Hutcheson, Anna DeCorby, Phyliss Strong

Thursday April 2 - Willa Clark, Dianne Eckersley

Thursday April 23 - Marie-Anne Tremblay, Eileen Minty

Good Friday - Closed

Friday April 24 -

Muriel Pateman, Christina Kim, Marilyn Hickie, Joyce Nixon

Monday April 6 -

Eileen Etherington, Marilyn Hickie, Bev Felsing, Marjorie Thompson

Monday April 27 -

Linda Bock, Marie Nixon, Lynn Gagnon, Marjorie Thompson

Wednesday April 8 -

Penny Yung, Phyliss Harper, Jean Howie, Lynn Gagnon

Wednesday April 29 -

Irene Norton, Gwenda Norrie, Bev Felsing, Sylvia Magnuson

Thursday April 9 - Marie-Anne Tremblay, Marie Nixon

Thursday April 30 - Willa Clark, Doreen Ferguson

Friday April 10 -

Muriel Pateman, Phyliss Strong, Ann Hutcheson, Christina Kim

Friday May 1 -

Marie-Anne Tremblay, Phyliss Harper, Audrey Bodenstaff, Marie Nixon

Monday April 13 -

Eileen Etherington, Sylvia Magnuson, Jean Howie, Eileen Minty

Monday May 4 -

Eileen Etherington, Anne Hutcheson, Christina Kim, Jean Howie

Wednesday April 15 -

Willa Clark, Audrey Bodenstaff, Anna DeCorby, Joyce Nixon

Wednesday May 6 -

Penny Yung, Anna DeCorby, Joyce Nixon, Phyliss Strong

Thursday April 16 - Eileen Etherington, Doreen Ferguson

Friday April 17 -

Penny Yung, Marjorie Thompson, Lynn Gagnon, Dianne Eckersley

Please Note: TUESDAY is a WORKING day  
we are NOT open for business.

Monday April 20 -

Linda Bock, Phyliss Harper, Bev Felsing, Gwenda Norrie

**HAPPY EASTER!**



# St. Thomas Anglican Church

"Anglicans Serving the Community Since 1883"

ALL ARE WELCOME TO SHARE IN GOD'S WORD.

You don't have what you want because you don't ask God for it. ~ James 4:2 NLT

## April Schedule of Services

Apr. 3~GOOD FRIDAY~Walk for Jesus at 9 am starting from the Catholic Church Church Service held at 10 am in St. Thomas.

Apr. 5~Joint EASTER SUNDAY Communion Service & Sunday School in St. Paul's United at 11:30 am.

Apr.12~Morning Prayer & Sunday School at 11 am.

Apr.19~Morning Prayer & Sunday School at 11 am.

Apr.26~Morning Prayer & Sunday School at 11 am. Potluck lunch to follow.

The last 20 GOLDEN MINUTES Noon Hour Service will be held on Wednesday, April 1st in Hope Congregational Church with Soup & Sandwich Lunch to follow.

ALL WELCOME!

\*\*\*Wheelchair accessible Hall & Church rentals, call 306-645-4285.\*\*\*

BIBLE STUDY is on Thursday evenings. Contact Rev.Delta

APRIL 2015

## ST. PAUL'S UNITED CHURCH

Rocanville, Sask.

WELCOMES YOU!

Regular Church Service

11:30 A.M.

Dawn Wilson



**FRI. APR. 03 - "GOOD FRIDAY" -**

Walk for Christ -watch for details-

**SUN. APR.05 - "EASTER SUNDAY"**

ANGLICAN/UNITED SERVICE - REV. D. KELLY WITH COMMUNION AND BAPTISM. NO LUNCH.

**FRI. APRIL 17/15 - A SOUP AND SANDWICH LUNCHEON IN THE CHURCH BASEMENT STARTING AT 11:30AM.**

Wed. Apr. 01 - Last 20 Golden Minutes at Hope Congregational Church at 12:10 p.m. with fellowship and lunch.

Bible Study - Wed. April 1 @ 2:00 p.m., none on April 8, & studies at 7:15 p.m. rest of the month.

Senior Choir Practise -Wed. evenings @ 7:00 p.m.

*Luke 24:5 - The women were terrified and bowed their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here, but is risen."*

Are you ready for a **NEW LIFE?**

Hear about how to start at

**20 Golden Minutes**

Every Wednesday through Lent

Worship and Prayer begins at 12:10 at the Congregational Church

Followed by

Soup 'n Sandwich Lunch



**Everyone is Welcome**

**Leadership and Lunch provided by:**

|             |                                     |
|-------------|-------------------------------------|
| February 25 | St. Paul's United Church            |
| March 4     | St. Thomas' Anglican Church         |
| March 11    | Interdenominational                 |
| March 18    | St. Alphonsus Roman Catholic Church |
| March 25    | Hope Congregational Church          |
| April 1     | Rocanville Pentecostal Assembly     |

Rid yourselves of all the offenses you have committed, and get a new heart and a new spirit. (Ezekiel 18:31)  
Your **NEW LIFE** awaits you!

**Congregational Christian Church**  
Rev. Dr. Kathleen Horwood  
306-434-8282  
Sunday Worship Service 10:30 am

*A Place of Quiet Rest*

**Bible STUDY**  
Join us!

Wednesdays at 9:30 am

Every Friday morning  
8:00 am to 9:00 am  
A time of quiet reflection and prayer open to all in the community.

*Faith IS NOT KNOWING  
WHAT THE FUTURE HOLDS,  
BUT KNOWING  
who holds the future.*



Heather & Tim Graham  
 Box 424 Rocanville, SK S0A 3L0  
 info@cornucopiagardens.ca  
 306-434-8400, 306-434-9703

## Now Hiring!

### Adults:

Cornucopia Gardens is currently looking for adults interested in working in the greenhouse and/or market garden.

Positions are built to suit your capabilities and your existing schedule!

Apply today!

### Students:

Cornucopia Gardens also has openings for students looking for summer employment.

Have a job and still enjoy your summer!

Employment Application Forms available

Call Heather Graham at 306-434-8400

or Email: info@cornucopiagardens.ca

Application Deadline is March 31, 2015


## Help us Celebrate Our 10th Anniversary!



Greenhouse Open Starting Friday May 1  
 Monday-Saturday 9:30 am-7:30 pm  
 Come Check out our NEW Garden Center!  
 Grand Opening May 8 & 9  
 FREE Coffee & Cookies!

Watch for our 2015 Greenhouse Catalogue available soon! Call 434-8400 to get yours FREE!

Fresh Vegetables available in May and Produce markets starting in July

Watch us on Facebook for updates! 

## Thank-you!

### To Our Amazing Employees of 2014:

|                    |                 |
|--------------------|-----------------|
| Joelle Calloway    | Kate Petersen   |
| Anne Marie Decorby | Brooke Reed     |
| Chantelle Decorby  | Madalyn Rushton |
| Deb Hilts          | Amy Thiessen    |
| Rachel Mannerfeldt | Ceara Turnbull  |

GET STARTED FOR  
**\$110<sup>00</sup>**



## TUPPERWARE

**Kristin Walchuk**

Call/Text

**306-435-7726**

Shop Online

Call today to  
 DATE ME!  
 BOOK PARTY  
 ONLINE PARTY  
 HOME PARTY

Join My  
 Team For  
 ONLY  
 \$110.00

[www.kristinwalchuk.my.tupperware.ca](http://www.kristinwalchuk.my.tupperware.ca)

# Valley RV Park & Campground

On The Scenic Qu'Appelle River  
 Near Rocanville. Esterhazy, Spy Hill,  
 Tantallon, Moosomin Saskatchewan

Full Water and Sewer Hook Up  
 Free WI-FI  
 Year Round Camping  
 Monthly Rates

**1-306-643-4543**





## Rocanville School April 2015

| Sunday                                      | Monday                              | Tuesday  | Wednesday  | Thursday                            | Friday   | Saturday   |
|---|-------------------------------------|--|--|-------------------------------------|--|--|
|   |                                     | Deadline for Minor Ball Registration Mar. 31/15  | <b>1 Day 1</b><br>Pizza Day<br>Student Led Conferences<br>3:30 – 5:30 p.m.<br>Scholastic Book Fair in the Library<br>Day of Pink<br>Kindergarten | <b>2 Day 2</b>                      | <b>3</b><br>Good Friday<br>  | <b>4</b>   |
| <b>5</b>                                    | <b>6</b><br>                        | <b>7</b><br>   | <b>8</b><br>   | <b>9</b><br>                        | <b>10 Day 6</b><br><i>No School for Staff and Students (day in lieu)</i> | <b>11</b>  |
| <b>12</b>                                   | <b>13 Day 3</b><br><br>Kindergarten | <b>14 Day 4</b>  | <b>15 Day 5</b><br>Pizza Day<br>Talent Show<br>2:00 p.m.<br><br>Kindergarten   | <b>16 Day 6</b>                     | <b>17 Day 1</b><br><br>Kindergarten                                      | <b>18</b>  |
| <b>19</b><br>Drink Milk With Your Snack<br> | <b>20 Day 2</b>                     | <b>21 Day 3</b><br>Sr. Badminton Pre-Districts (TBD)<br><br>Kindergarten                             | <b>22 Day 4</b><br>Pizza Day   | <b>23 Day 5</b><br><br>Kindergarten | <b>24 Day 6</b>  | <b>25</b><br>Sr. Badminton Districts @ Weyburn<br> |
| <b>26</b>                                   | <b>27 Day 1</b><br><br>Kindergarten | <b>28 Day 2</b><br>Rookie Badminton Pre-districts @ Wapella<br>Jr. Badminton Pre-districts @ Roc<br> | <b>29 Day 3</b><br>Subway Lunch<br><br>Kindergarten  | <b>30 Day 4</b>                     |  |  |

### Parents of Preschoolers Kindergarten Eligibility

Children born in 2010 are eligible for Kindergarten attendance in the 2015-2016 school year. Please contact the school at 645-2838 or email to request a Registration Form for your child(ren). [tara.budd@cornerstonesd.ca](mailto:tara.budd@cornerstonesd.ca)



### APRIL 1<sup>ST</sup> IS PINK SHIRT DAY!!!

Please remember to wear a PINK SHIRT on Wednesday April 1<sup>st</sup> in support of anti-bullying. We wear pink on April 1, 2015 to show the world that we can imagine no bullying. It takes a year-round, whole community approach. Together we can help stop bullying behaviour. Red Cross Day of Pink is a day to bring awareness to bullying issues in Saskatchewan and encourage others to join the movement. **PLEASE JOIN US AND WEAR PINK!**

### Run for the Rec

We are teaming up with Strive Fitness Centre (Community Run on June 13<sup>th</sup>) & Borderland Co-op for the Rocanville Run for the Rec in 2015. We are looking for volunteers to help with the Run for the Rec this year; we are also trying to pick a date for the run. September 26<sup>th</sup> is a tentative date. Feedback WELCOME! We want to encourage everyone to participate in both and start training now! For more details or to volunteer please contact the rec office. 306 645 2164



### Rocanville Soccer 2015 Registration

Rocanville Soccer have joined Goalline and all registrations (coaches & players) have to be done online through this program. If you are unable to register online, please contact Leanne Rushton at 645-2795 (elrushton@sasktel.net). Please go to [www.ssa-rocanville.goalline.ca](http://www.ssa-rocanville.goalline.ca) to register. The deadline for registration is April 3, 2015. There is a late registration fee if you register after this deadline. The fee is \$40.00/player. A separate cheque of \$50.00/player is also required for a deposit on the jerseys. This cheque will only be cashed if your child(ren's) jerseys are not returned or if they are damaged. Payment need to be made to Cathy DeCorby ASAP (deadline April 15/15) either by dropping off at the school or mailing to Box 411, Rocanville, SK, S0A 3L0 or dropped off at Leanne Rushton's.

We have already had our league meeting and game nights will not be the same as last year. Only one town will be going to another town on game nights. Games will be scheduled for Tuesday with Thursday being the alternate night if it gets cancelled on Tues. We will be having a scheduling meeting on April 16<sup>th</sup>.

Practices will be Tues. and Thursday 6:00 – 7:00 p.m. for U4-U12 and 7:00 – 8:00 p.m. for U14-18 starting in May. All players are required to have shin pads, soccer socks & soccer shoes (optional).

We are looking for a helper/manager for all age groups so if you can help with any of the age groups, please let us know. As you can see we have quite a few openings for coaches so if anyone is interested in coaching these age groups, please let us know. Depending on registration numbers, we may have to make 2 teams for some of the age groups, so please consider coaching. The President position remains open again this year and needs to be filled. If you have any questions, please call Cathy DeCorby at 534-4480 (jc.farms@rfnow.com) or Leanne Rushton at 645-2795 (elrushton@sasktel.net).

Rocanville Tigers beat Drake Canucks 4-1 to win the Senior Provincial B Championship.

Tigers were also crowned THL Champs!

Congratulations on a fantastic season and thank you for all the hard work, long hours and dedication you've committed to making your team successful in the 2015 season!



### Rocanville Aquatic Centre



We start work on our plumbing project April 1st 8am. Please come to the pool and help us in any way you feel comfortable. Next meeting is April 7<sup>th</sup> at 5pm at Rocanville Recreation Office. If you are interested in having your name on a list that the pool can contact for help occasionally please contact the Rec Office. 306 645 2164. We would contact you letting you know of upcoming events that we need help with and you could let us know if you are available to help.

[Rocanville Aquatic Centre](#) is selling tickets for 1 lucky winner to win 2 Roughrider season tickets. Tickets are \$10.00 each. Contact a board member Melodie Spurr, Kit Lawrence, Kathy Brown, Darci Palmer, or Jamie at [Rocanville Recreation](#),

**Minor Ball News** The deadline for Registrations was on March 31, 2015. Please get your forms in NOW!

If you are interested in any upcoming clinics – coaching, umping, pitching – please let us know! Leave your name with Helen at the school or Jamie at the Rec Office. We are still looking for volunteers to help with the teams. If you have a child who is under 5, you may register them as well and depending on the numbers, we may be able to get something started with a LEARN TO PLAY program. . For more information, please call Helen at 306 645-2610.



### Gapland Rollers and SmallTown Smashers 2015 Information and Registration Night

Wednesday, April 1 at 7- 9pm Parish Hall 205 Carlton St



Join us for an evening of derby fun. Not sure about derby, stop in and check out what the Gapland Rollers and the SmallTown Smashers are all about! There will be registration for both Senior and Jr skaters starting at 7pm.

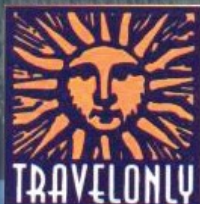
Bones & Beauty will be on hand to share some information about Team Canada Junior Derby and the "go fund me" that can help her on this exciting journey to the World Cup.

EOC skates will be on site with derby gear to buy, try on ect. We will be having a Merch table with the opportunity to order clothing.

We will have a used skate/equipment table, so get your old gear out and bring it down if you want to swap or sell. Please have your items marked and priced. Please come and check out derby in the community!

**We will be starting off-skate pre season training sessions on Wednesdays starting April 8 until the end of April.**

Your journey begins here



*Glenda's Travel*

GLEND A BROWN  
Rocanville, SK

*For all your travel and  
passport photo needs*



Phone: (306) 645-4422 • Cell: (306) 435-6492  
Fax: (306) 645-2937 • Toll Free: 1-877-645-4422  
Email: [gbrown@travelonly.net](mailto:gbrown@travelonly.net)

Health is the thing  
that makes you feel  
**NOW**  
is the best time of year.

**Debra Brown**

Certified BodyTalk Practitioner

306-643-4914

[debrabrown.bodytalk@xplornet.ca](mailto:debrabrown.bodytalk@xplornet.ca)

Sessions at:

Rocanville Wellness Center

Moosomin: Enchanted Touch Day Spa

**BodyTalk**  
Whole Health Care  
designed by **your** body  
[www.bodytalksystem.com](http://www.bodytalksystem.com)



We offer friendly service  
and competitive pricing  
on all your household  
needs.

## Tantallon Community Co-operative

- Groceries
- Gas
- Post Office
- Coffee Shop

Hours:

9:00–6:00 Monday to Friday

9:00-5:30 Saturday

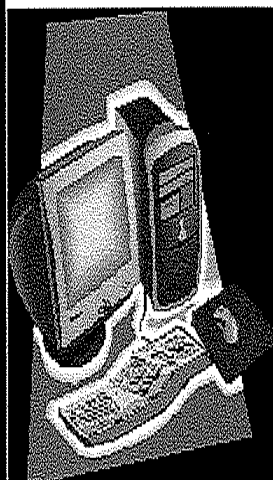
Closed daily 12:00-1:00

Located on Main  
Street Tantallon in  
the scenic  
Qu-Appelle Valley.

(306) 643-2022

## Computer Problems?

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Rocanville, SK

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**Email: [tjktech@sasktel.net](mailto:tjktech@sasktel.net)**

## THANK YOU

Rocanville Kids Bonspiel would like to thank the following for sponsoring prizes:

Borderland Co-op  
Conexus Credit Union  
Donna Jacks  
Super Thrifty  
Easton's Clear Water  
Andrew Agencies  
TD Canada Trust  
Kentrax  
Universe Satellite Sales  
Sharpe's Soil Service  
AFAB  
Rocky Mountain Equipment  
MazerGroup  
LH Bradley & Sons  
PCS

## THANK YOU

Rocanville Ladies Bonspiel would like to thank the following for donating to our penny arcade:

Shawna Green – Massage Therapy Package  
Darci Palmer – Ravin' Fashions  
Crystal King – Scentsy  
Summer Heide – Jamberry  
Enlighten Hair and Tanning Salon  
Lynn Bryan – Steeped Tea  
Kristin Walchuk – Tupperware  
Super Thrifty  
Shear Success Hair Salon  
Natalie Wojcik – Body Scrubs  
Blueberry Kitchen  
Angie Maki – Epicure

Thank You to:

TD Canada Trust for sponsoring the 1<sup>st</sup> Event  
Easton's Clear Water for sponsoring the 2<sup>nd</sup> Event  
Conexus Credit Union for sponsoring the 3<sup>rd</sup> event  
JC Designs for sponsoring the Photo Shoot Package  
Donna Jack's Gallery & Gift Shoppe for the centerpieces  
Glenda's Travel  
Blueberry Kitchen for catering  
Ken Nixon for taking care of the ice  
Everyone who came out and made our bonspiel a success!

The Town of Rocanville would like to congratulate the youth who participated in The Royal Canadian Legion's Literary Contest. Combined there were 5 students placing 1st, 2nd or 3rd at the zone level, 3 students who placed 1st or 2nd at the district level and 2 students who placed 1st or 2nd at the provincial level.



### Zone Level Winners

- Dakota Machniak (Junior) - 1st Place Zone Essay - Medal
- Owen McIntosh (Junior) - 2nd Place Zone Poem - Certificate
- Andrew Lonseth (Intermediate) - 2nd Place Zone Poem - Certificate
- Mikayla Rudniski (Intermediate) - 1 Place Zone Black & White Poster - Medal
- Emma Hayden (Senior) - 1st Place Zone Poem - Medal

### District Level Winners

- Dakota Machniak (Junior) - 1st Place District Essay - \$30 Certificate
- Mikayla Rudniski (Intermediate) - 1st Place District Black & White Poster - \$30 Certificate
- Emma Hayden (Senior) - 2nd Place District Poem - \$20 Certificate

### Provincial Level Winners

- Dakota Machniak (Junior) - 2nd Place Provincial Essay - \$50 Certificate
- Mikayla Rudniski (Intermediate) - 1st Place Provincial Black & White Poster - \$75 Certificate

Mikayla Rudniski won first at zones, first at districts, and first at provincials for her black and white poster in the intermediate level. Rudniski will move on to the Dominion level for her poster.

**The Town of Rocanville would also like to thank the Royal Canadian Legion Rocanville Branch for their service.**

### Rocanville Food Share

Rocanville Food Share and Recipients offer our very heartfelt thanks to everyone who supports our local food share. If you know of anyone in the area who in need of a hamper please contact :

Darlene Williams 306-645-2921

Vivian Sveinbjornson 306-645-2059

Roseanne Kelly 306-645-4561 Betty Mills 306-645-2102

Rev. Kathleen Horwood 306-434-8282



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306-645-2050

## Having Trouble Getting a Mortgage at the Bank

Current Rates:

2.79 % 5 YR fixed

2.69 % 3 YR fixed

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(rates subject to change, OAC)

\***Purchasing** a home?

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\*Do you need **EQUITY OUT** for renovations or debt consolidation?

\*Is your current rate **TOO HIGH?**

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**Lynn Bryan**  
MORTGAGE ASSOCIATE  
LIC # 316319  
Rocanville, SK  
306-570-8948 (cell)



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23/16

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**INSTRUCTOR'S NEEDED:** We are looking for individuals to join our Mad Science team. Instructors will teach a one hour session to students in kindergarten to grade 5, right after school, and potentially more than once a week (depending on how many students enroll). Each week students explore a new and exciting hands-on science topic. Instructors are given 'kits' with all supplies/lessons and done take homes for each student. Instructors are paid \$22.75 / workshop +6.25% bonus for things such as arriving on time, bringing each kit back in a neat order (works out to almost 25\$ / workshop). Pay increases by 1\$ for each session to a maximum of \$28 (including bonus). In order for us to bring this opportunity to the area, we need your help!! If interested or you know someone that may be interested, please forward your resume [mad.science.sk@gmail.com](mailto:mad.science.sk@gmail.com)

Call:306-740-0539 for details. <http://www.madscience.org>

**Have you checked out the new website layout? Want to share your events with the community? Have questions about the animal bylaws or garage/recycling days- Check the website! [www.rocanville.ca](http://www.rocanville.ca) The Recreation/Economic Development Office has a new email as well. [Rocanville@sasktel.net](mailto:Rocanville@sasktel.net)**

## JOB OPPORTUNITIES

### **Manager**

**Life Guard / Instructor** (NLS & LSI an asset, training available)

Please send resumes complete with photo copy of all certification to:

Rocanville Pool Board

Box 576, Rocanville, SK S0A 3L0

or drop off at the Rec Office

Call 306-645-2164 for details.



### *Employment Opportunities*

The Rocanville Town and Country Golf Club Inc. invites applications for full-time, part-time and casual positions in the clubhouse (including Clubhouse Manager) and outside grounds workers for the 2015 season.

Applicants who possess good public relations skills, a positive attitude, initiative, effective time management and an ability to work independently will be preferred. Completion of a Food Handling Course is an asset.

Send resumes to: Rocanville Town and Country Golf Club Inc.

Box 113

Rocanville, SK S0A 3L0

Contact: President Allan Howie

Email to: [adhowie@sasktel.net](mailto:adhowie@sasktel.net)

Thank you for your interest; however, only those selected for an interview will be contacted.

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*Bill & Michele Easton*  
**THANK EVERYONE**  
*for helping us celebrate our*  
*30 years in Business on March 7, 2015*

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Thank you all very, very much  
for all the Congratulatory Wishes,  
Flowers, Gifts, Cards, emails.

---

Thank you to our Staff and Children  
for all their help in  
planning this celebration.

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March 1, 1985 - Vernon Dauncey & Bill Easton exchange a string of hot dogs as a symbolic gesture of The Rocanville Locker Plant changing ownership. Therese & Vernon Dauncey sold the business they ran for 11 years to Bill & Michele Easton.

Rocanville Locker Plant

March 1, 1985 to January 1, 2000

14 3/4 Years

Easton's Clear Water Inc.

August 1, 1998 to Present

16 1/2 Years

The Liquor Franchisee for the  
Town of Rocanville

March 1, 1985 to Present

30 years



# AT THE LIBRARY



**Story Time** -Story Time is every Wed. from 10—11 am. Bring your children in and let them enjoy a story and an activity or craft!

**New DVDs coming soon-** Frozen, The Hobbit (The Battle of the Five Armies), Into The Woods, and Paddington Bear

**New books coming soon -**

Missing You– by Harlon Coben

No Place– by Todd Strasser

Power Play– by Danielle Steel

Waking the Dead– by Heather Graham

Save Me– by Lisa Scottoline

Three Sisters– by Susan Mallery

Vanishing Acts– by Jodi Picoult

Into The Wild– by Erin Hunter

And more !



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**Check us out to see what's happening!**

**Library Hours:**

Tues: 1:30-5:00 PM

Wed : 9 AM-12:30 P M

and 2:00-6:30 PM

Thurs: 1:30-5:00 PM

Phone: 645-2088



**Next Board Meeting:**

Wed. May 13, 2015

at 5:30 pm

at the Library.



## Spring Clean Your Body Combat winter indulgences and give your system a fresh start

Conquering spring cleaning is a great feeling. Clearing the house of dust, dirt and clutter is a perfect way to take on a new season. This is also a good time to change your routine, your habits and even your diet.

Most of us could benefit from a simple dietary tune-up. Here are some food choices you can make to help spring clean your body and reduce toxins in your system.

**To improve your health and well-being, try the following:**

### *A variety of brightly coloured fruits and vegetables*

Fresh produce contains high amounts of antioxidants that protect our cells from toxins. These toxins are responsible for cell damage, which in turn causes aging clogged arteries and cancer.

### *Fermented foods*

Eating foods that contain healthy bacteria can help digestion and nutrient absorption. Yogurt, sauerkraut, miso, pickles, kimchi and kombucha can help restore healthy stomach bacteria after taking antibiotics. Healing the stomach has also been linked to improved mental health.

### *Water*

By drinking at least eight glasses of water and water-based beverages daily, you can help to flush out toxins. Water is essential to our bodies. It keeps our cells healthy, improves energy and helps control appetite. Add lemon, frozen berries or mint to put some zip in your sip.

### *Healthy fats*

While many people focus on cutting out fats completely, healthy fats are essential to cell health and nutrient absorption. Healthy fats come from

flax, olive oil, avocado and nuts. These have an anti-inflammatory effect in the body.

### *Detoxifying foods*

We are all exposed to toxins in everyday life. By eating foods that help to pull toxins out of our cells and flush them from our system, we can work to reverse or halt the damage.

Here are foods that help detoxify:

- Leafy greens, such as wheatgrass, kale, spinach, chard and arugula
- Broccoli sprouts
- Lemons, limes and other citrus fruits
- Sea vegetables, such as chlorella, spirulina, dulse and kelp
- Garlic
- Green tea

Here are some foods to avoid as you cleanse your system:

### *Processed Food*

The less we eat that comes from a box or a takeout window, the better. Stick to natural foods that don't require an ingredients list in order to avoid additives, preservatives, dyes, hidden sodium, sugar and fat.

### *Caffeine*

Many people will feel the urge to stop reading at this point, but a dependency on caffeine is a great reason to take a break from it. Cutting caffeine for even a week can help to improve sleep, reduce dependency and actually improve energy. Consider replacing coffee and black tea with herbal tea.

### *Sugar*

Added sugar in North American diets has reached an all-time high with the sneaky sugars in processed food. Studies have confirmed the addictive characteristics of sugary foods. Skip sweets, limit processed food and choose naturally sweet foods such as fruit.

### *Processed grains*

These include white bread, white pasta and white rice. Many people feel better when they reduce their intake of processed grains. If you consume them at every meal, consider replacing them with whole grain versions, such as 100 per cent whole wheat bread, 100 per cent whole grain pasta, quinoa or brown rice.

### *Challenge yourself*

Developing good habits, avoiding the junk and choosing nutritious, beneficial foods can go a long way towards improving our health. If there's something that you tend to crave or overindulge in, it may be a sign that you need to pass it up for a while. Like any change in routine, it can be a bit of a challenge at first, but you might discover it's well worth the effort once you feel the difference it makes.

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*This article was provided courtesy of a Wellness Consultant from Tri Fit Inc. ([www.trifit.com](http://www.trifit.com)).*