









# ROCANVILLE & DISTRICT Community CALENDAR

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

March  
2015

SUN MON TUE WED THU FRI SAT

<p><b>1</b></p>  <p>Theodore Buffalos @ Rocanville Tigers 8pm Playoff Game</p>	<p><b>2</b></p> <p><b>TOPS</b></p>  <p>Sask InMotion Community Challenge BEGINS</p>	<p><b>3</b></p> <p>Garbage Collection</p> <p><b>Track Meeting</b> 7PM @ Rec Office</p>	<p><b>4</b></p> <p>Winter Family Fun 9-11am @ Library</p> <p>Rocanville Tigers @ Theodore Buffalos 8pm Playoff Game </p> <p>Town Council Meeting</p>	<p><b>5</b></p> <p><b>FREE THE CHILDREN</b></p> <p>BAKE SALE @ PCS 4-5:30</p>	<p><b>6</b></p> <p>Recreation Office Closed</p> <p>World Day of Prayer St Alphonsus Church 7pm</p> <p>Farmers Bonspiel @ Curling Rink</p>	<p><b>7</b></p> <p>Farmers Bonspiel @ Curling Rink</p> 
<p><b>8</b></p>	<p><b>9</b></p> <p><b>TOPS</b></p> <p>Rocanville Minor Ball Spring AGM</p>	<p><b>10</b></p> <p>Recycling Collection</p> <p><b>Fire Dept /1st Responder Meeting</b> 7:00PM</p> <p>Tri Valley Trails @ Rec Office 8PM</p>	<p><b>11</b></p>  <p>Library St Pat's Craft 6:30PM @ Library</p> <p>Library Meeting 6:30PM @ Library</p>	<p><b>12</b></p> <p><b>13</b></p> <p><b>KEEP TRACKING YOUR ACTIVITY MINUTES</b> to help the pool win \$10,000 towards youth programs challenge.saskatchewaninmotion.ca</p>		<p><b>14</b></p> <p><b>FIGHT FOR LIAM</b> 5pm- 2am @ TANTALLON RINK COST: \$20 SUPPER &amp; DESSERT EVERYONE WELCOME</p>
<p><b>15</b></p>	<p><b>16</b></p> <p><b>TOPS</b></p> <p>Wellness Clinic @ Lodge # 2</p> <p>Blood Donor 2:30-7:30pm Rocanville School</p>	<p><b>17</b></p> <p>Garbage Collection</p> <p>Rec Board Meeting 4:45PM @ Rec Office</p> 	<p><b>18</b></p> <p>Town Council Meeting</p>	<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p> <p>GAMING DAY @ Rec Office 1-4pm Everyone Welcome</p>
<p><b>22</b></p>	<p><b>23</b></p> <p><b>TOPS</b></p>	<p><b>24</b></p> <p>Recycling Collection</p> <p>Theatre Night @ School 7pm </p> <p><b>Fire Dept /1st Responder Training</b> 7:00PM</p>	<p><b>25</b></p> <p>REDO/BOT Meeting 8am</p> <p><b>Calendar Deadline</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p> <p>Brickz4Kids @ Parish Hall</p> <p>Children's Bonspiel @ Curling Rink</p> 
<p><b>29</b></p>	<p><b>30</b></p> <p><b>TOPS</b></p> <p>POTLUCK @ Senior's Centre 6pm</p>	<p><b>31</b></p> <p>Garbage Collection</p> <p>Museum AGM 7:30 pm @ Parish Hall Supper @ 6pm</p>	<p>Be physically active every day <b>Log on every day March 2 – 16, 2015</b> to the challenge website <a href="http://challenge.saskatchewaninmotion.ca">challenge.saskatchewaninmotion.ca</a>, Register your minutes of physical activity to the Rocanville Fun + Friends + Fitness! (Rocanville Aquatic Centre) The community with the most minutes of physical activity registered during the 15-day challenge will win <b>\$10,000.</b></p>			



# Town of Rocanville

## March, 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

[Rocanville.ca](http://Rocanville.ca)

The website has been updated and you can now advertise an event or an employment opportunity; check out real estate or the weather. Forget which bin to put out? The garbage / recycling schedule is on the new website too.

### 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. 59% of services have been converted to the new technology (242 of the 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.

### Did You Know ...

The Town of Rocanville sends emails to inform residents of:

- Planned power outages
- Garbage Collection and Recycling Updates
- Special Events, etc.

If you wish to receive these messages, please email us at:

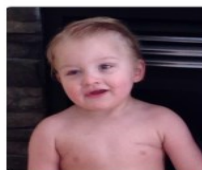
[rocanville.town@sasktel.net](mailto:rocanville.town@sasktel.net)

**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**

**MARCH**

**14**



**FIGHT FOR LIAM**

A evening dedicated to 2 year old Liam Barabonoff, son of Chad and Brittany(Ryan). Liam has been battling brain cancer since he was 7 months old. Liam's battle needs your support.

Food & Drinks, Raffle, Silent Auction and 50/50

5:00 and 6:00 sittings for supper

Silent Auction will be open all evening

SUPPER TICKETS \$20 • 12 and under \$5

Being held @ Tantallon Community Rink

If you'd like to donate items or get tickets please contact Ardean @ 306-745-7496  
 Amanda Godwin 306-643-4913 Eve or 306-745-8024 Day,  
 Angie Maki 306-643-2682, Crystal King 306-434-8511

**ROCANVILLE & DISTRICT MUSEUM**

The AGM will be March 31<sup>st</sup> at 7:00 p.m. at the Parish Hall, join other museum members at 6pm for a beautiful supper made by the Anglican Ladies for \$8. Call 645-2113 for more details.

**GAMING DAY @ Rec Office 1-4pm Everyone Welcome**  
 Bring your favourite game or your winning personality to the Rec Office, meet new people and have a giggle! March 21st

**World Day of Prayer Service**

March 6th, 2015 @ 7:00pm  
 at St. Alphonsus Catholic Church 211 Albert St  
 Stay for food & fellowship following the service.

Moosomin and District Arts  
 Council *presents*  
**Binder Twine and the Balers**  
 Moosomin Community Theatre  
 Thursday, March 12, 2015  
 @ 7:30 pm

Best suited as the perfect soundtrack to plowing through the crop during a Saskatchewan sunset, Binder Twine and the Balers deliver a smokin' hot bluegrass sound heard

across the province from the forests of Hudson Bay all the way to the rolling hills of Wood Mountain.

A band comprised of journeymen, musicians and music teachers - these five all-acoustic performers continue to spread the tried & true traditional Kentucky sounds while peppering in their own swing, jazz, pop and folk influences. Binder Twine and the Balers takes you back to a time when music was pure and honest, but with their fresh sound that reflects a new generation of contemporary bluegrass.

Adults \$20.00 Youth \$10.00 advance  
 Adults \$25.00 at the door



Tickets Available at the Pharmasave and McNaughton Furniture in Moosomin  
 Also at Super Thrifty in Rocanville

**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

### 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 March 30th 6pm

### Rocanville Curling Club

**Bonspiels are as follows: Farmers March 6 & 7 Children's March 28th**

**The Tuesday Afternoon curling club is pleased to offer their FOOD HAMPER DRAW! Stop by the Rec Office to get Tickets or contact Dennis Norrie 645 2186 or Marilyn Hickie 645 4553.**

**Curling nights will be Monday and Thursday at 7pm Fun night on Wednesday 7pm**

**Contact Bob Deptuck @ 645 2990 to sign up for Bonspiels, register teams, or more information.**

On behalf of St Pauls United Church Sunday School a huge thank you to Borderland Coop for the donation of sausages for the Shrove Tuesday Pancake Supper on February 17.

To all the UCW members, St. Thomas Anglican Church helpers and everyone else who helped in any way to make the supper a success, Thank you.

The final total to be sent to Telemiracle this year is \$ 591.86.



## **Rocanville Community Thrift Store Schedule February 2015**

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

**Monday, March 2<sup>nd</sup>**

Willa Clark, Joyce Nixon, Sylvia Magnesonn, Anna DeCorby

**Wednesday, March 4<sup>th</sup>**

Eileen Etherington, Marie Nixon, Jean Howie, Christina Kim

**Thursday, March 5<sup>th</sup>**

Linda Bock, Doreen Ferguson

**Friday, March 6<sup>th</sup>**

Myrna Green Wicklund, Marilyn Hickie, Lynn Gagnon, Gwenda Norrie

**Monday, March 9**

Penny Yung, Phyliss Harper, Audrey Bodenstaff, Doreen Ferguson

**Wednesday, March 11**

Marie-Anne Tremblay, Marjorie Thompson, Ann Hutcheson, Phyliss Strong

**Thursday, March 12**

Willa Clark, Dianne Eckersley

**Friday, March 13**

Muriel Pateman, Pam Botterill, Eileen Minty, Joyce Nixon

**Monday, March 16**

Eileen Etherington, Sylvia Magneson, Anna DeCorby, Marie Nixon

**Wednesdays, March 18**

Linda Bock, Doreen Ferguson, Jean Howie, Christina Kim

**Thursday, March 19**

Penny Yung, Marilyn Hicks

**Friday, March 20**

Marie-Anne Tremblay, Lynn Gagnon, Phyliss Harper, Audrey Bodenstaff

**Monday, March 23**

Willa Clark, Marjorie Thompson, Pam Botterill, Eileen Minty

**Wednesday, March 25**

Muriel Pateman, Joyce Nixon, Phyliss Strong, Ann Hutcheson

**Thursday, March 26**

Eileen Etherington, Doreen Ferguson

**Friday, March 27**

Linda Bock, Christina Kim, Lynn Gagnon, Marie Nixon

**Monday, March 30**

Penny Yung, Gwenda Norrie, Jean Howie, Anna DeCorby

**Wednesday, April 1**

Mari-Anne Tremblay, Sylvia Magnusson, Audrey Bodenstaff, Eileen Minty

**Thursday, April 2**

Willa Clark, Dianne Eckersley

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



# LOCAL MINOR HOCKEY

AT THE ROCANVILLE SKATING RINK

Saturday, March 14 @ 12:00 pm - Novice vs Esterhazy Blue

Pre Novice Worker List March 14

Door: Fafard

Clock/Box: Hutchinson, Bell

Kitchen: Gulka, Gerspacher, Lawrence

Check out our calendar online: <http://rocanvilleminorhockey.devhub.com>

Please note the above calendar is updated regularly only for Rocanville minor hockey.

Please contact the rink directly for bookings or rental information.



THE ROCANVILLE TIGERS ARE PLAYING PROVINCIAL GAME THIS SUNDAY MARCH 1 AT 7PM VS THEODORE BUFFALOS IN ROCANVILLE.

ON WEDNESDAY MARCH 4TH THE TIGERS TRAVEL TO THEODORE TO TAKE ON THE BUFFALOS AT 8PM. COME CHEER THEM ON!

## Public Skating

Sunday: 2-4:30 pm      Wednesday: 5-6 pm

Monday: 4-6 pm      Friday: 5:30-6:45 pm

Tuesday: 5-6:15 pm

### MINOR BALL NEWS

The Rocanville Minor Ball Spring AGM will be held on **Monday March 9 at 7 pm**. If you are interested in attending this meeting, please contact Jodie Haryung, Sheree Clarke or Helen Hickie for further information.

This year, the 981 Ball League has made some changes in order to help ball grow in our communities. The changes include teams having **one scheduled game per week and one scheduled practice**. Teams are welcome to schedule more games and practices on their own. The desired result is that there will be more emphasis on skill development and learning the game.

We are hoping to encourage more young ball players to come out and learn softball. Ball is a great sport that can be enjoyed at all ages. If you have a son or daughter ages 4 and older, please ask them if they would consider playing ball this year. Registration forms will be sent home with students at school and also will be available at the Rec Office.

The season is short, lasting May and June for regular league play. Games will start the first week of May and the final tournament will be in June.

We are currently looking for coaches for teams of all ages. Please consider being a coach – it is a short time commitment but a very rewarding experience.

**Let's Play Ball!**

**THIS POSTER WILL BE SEEN BY 500 PEOPLE.**

**IF THAT MANY PEOPLE GAVE BLOOD, 100 PATIENTS COULD RECEIVE CANCER TREATMENT.**

**ROCANVILLE BLOOD  
DONOR CLINIC**

**ROCANVILLE SCHOOL GYM**

**MONDAY MARCH 16TH**

**2:30PM-7:30PM**

**THANK YOU FOR YOUR  
SUPPORT. IT'S IN YOU TO GIVE!**

Book your appointment to save a life.

online: [www.blood.ca](http://www.blood.ca)

phone: 1 888 2 DONATE  
(1-888-236-6283)



Canadian Blood Services  
it's in you to give

1 888 2 DONATE

### 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 is in need of a hamper please

contact one of the committee members:

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



**March 2015**  
**ST. PAUL'S UNITED CHURCH**

Rocanville, Sask.

WELCOMES YOU!

**Regular Church Service & Sunday School**  
**@ 11:30 a.m.**



**Dawn Wilson**

**Sun. Mar. 01 – Anglican/United Church Service**  
**Pot Luck Lunch**

**Fri. Mar. 06 – World Day of Prayer at**  
**St. Alphonsus Catholic Church @ 7:00 pm**

Bible Study – Wed. evenings @ 7:15 p.m.  
Senior Choir Practise –Wed. evenings @ 7:00 p.m.

20 Golden Minutes Interdenominational  
Worship at  
Hope Congregational Church on  
Wednesdays @ 12:10 pm Feb. 25 - Apr. 01

*Matthew 14:31 – Jesus immediately reached out his hand and caught him (Peter), saying to him "O man of little faith, why did you doubt."*

**St. Thomas Anglican Church**

"Anglicans Serving the Community Since 1883"

**ALL ARE WELCOME TO SHARE IN GOD'S WORD.**

Suffering is the FIRE that God uses to Purify and Strengthen us!

**March Schedule of Services**

Mar. 1~Joint Service & Sunday School in St. Paul's United at 11:30 am.

Lunch to follow.

Mar. 8~Morning Prayer & Sunday School at 11 am.

Mar.15~Morning Prayer & Sunday School at 11 am.

Mar.22~Morning Prayer & Sunday School at 11 am.

Mar.29~PALM SUNDAY~Holy Communion Service and Sunday School at 11 am.

20 GOLDEN MINUTES Noon Hour Services held each Wednesday in Hope Congregational Church with Soup & Sandwich Lunch to follow. ALL WELCOME!

March 31~Museum Supper in the Parish Hall at 6 pm.

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

BIBLE STUDY is on Thursday evenings. Contact Rev.Delta

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!

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

*A Place of Quiet Rest*

**FAMILY**  
*Movie Night*

"Chariots of Fire"  
Friday, March 20  
7:00 pm

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



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



**bricks 4 kidz** **CAMP**  
 It's fun and educational!!

we learn, we build, we play with  
**LEGO® Bricks**  
**BRICKS 4 KIDZ® CAMP!!**

**IN ROCANVILLE**  
**AT THE PARISH HALL**

Bricks 4 Kidz® camps are a fresh and fun way for kids to spend their day! Campers will learn, build and play with specialized LEGO® Technic pieces such as gears, axles, electric motors and more!

Experience the world of **Minecraft™** with our mosaics, 3D model builds and more.

**Bricks & Crafts** is a combination of some our best motorized builds & LEGO® based crafts  
 In one afternoon!  
**Ages 5-11 years.**

Please register online.

**Saturday, March 28th**  
 9:15 am - 12:15 pm  
 Mining & Crafting  
 &  
 12:45 pm - 3:45 pm Bricks & Crafts

**\$42 for a half day camp**

For a full description of Bricks 4 Kidz® programs Please visit our website at [bricks4kidz.com/regina](http://bricks4kidz.com/regina)




**MAIN street**  
 Moving Ahead in Neighborhoods

# Winter Family Fun!

**Come and join us March 4th at the Rocanville Library from 9am—11am. Tour our interactive stations with winter themed activities!**

*Our fun, educational and interactive stations are designed to help you discover new ways to help your child develop the skills needed for a successful school experience!*




# Glenda's Travel offers you an unforgettable River Cruise Vacation

*Glenda's Travel's 2015 escorted group is Paris in the Spring!*

7 nights onboard the

AmaWaterways' AmaLegro, 2 nights in Paris

Personally escorted by Glenda Brown and her husband Ken Nixon

## Departure: May 6, 2015

Contact Glenda Brow for more details and pricing!

### SPACE IS LIMITED!

**TravelOnly**  
Your journey starts here

**Glenda Brown**  
gbrown@travelonly.com  
**1-877-645-4422**

18:1c

**TRAVEL ONLY TICO# 4316071 BPCPA# 29791 OPC# 702679**

## Enlighten Hair & Tanning

Hair: Tuesday 9 – 5

Wednesday 9 – 12

Thursday 9 – 9

Last Saturday of every month

### Now available:

Pedicures

Manicures

Shellac

Waxing

**Tanning \$40 for 10 sessions**

**\$5 for 1 session**

Get a head start on that winter holiday tan!  
We have a full size lay down bed and hours to  
suit your schedule!

**Call for more information.**

**Andrea Logan @ 434-9088**

**Jessica Cuthill @ 745-0169**

**To book your appointment today!**

*\*while supplies last*



## Matt's Yard Services

Spring and summer  
are around the  
corner.....

It's time to book your spot for  
garden tilling and grass mowing

Call Lyndon  
306-645-4542





# BAKE SALE

Rocanville's Free the Children Club is having another bake sale!

Will you help us??

We are hosting a bake sale at the Rocanville Polish Mine March 5<sup>th</sup> @ 4-5:30pm in the Security Building

We know you have mad baking skills and we would love to sell your stuff!

All proceeds are going to help purchase goats for families in India!!

If you can bake for us, please sign up with Madelyn Rushton or Brooke Reed and drop off your baking on Wednesday March 4<sup>th</sup>

At BlueBerry Kitchen 8am-3pm or 1101 Maplewood Cres 5pm -8pm

Any questions? Find us on Facebook under

Rocanville's Free the Children Group

or contact Christelle Olliver @ 306-635-2880

Thank you from the bottom of our hearts!

WE GOAT THIS!!



## What's your recipe for positive change?

Make some tasty treats and help with a bake sale to share your recipe for positive change with the world. The icing on the cake? Your fundraising supports families in developing communities, helping empower them with the resources they need to build a better future.



## Why should you bake for change?

When we come together as a family or school to bake for change, we're doing more than making tasty treats and special memories—we're making a difference for families and schools overseas. Your bake sale can make sure the dream of education comes true for every child in every family.

Put a child in a classroom and amazing things happen. They discover talents they didn't know they had. They develop skills they always wanted to explore. They build the confidence and knowledge to make positive change in the world. The ingredients were always there, they just need to be offered the opportunity to become something more.



**Why give a goat?** For a family in a developing community, one goat can open a world of possibilities. A dairy goat means daily nutrition from milk. Selling milk means ongoing income to pay for school fees or medicine. Or a breeding goat can be an investment that will grow and one day multiply into a herd.

Goats are just one resource that we use to empower families. Free The Children partner communities worldwide also gain income from farming, fishing, beekeeping, beading, knitting and rearing other livestock. The best part: every project includes business workshops that equip people with skills that will help them stay independent for the rest of their lives.

A year of empowerment.

A lifetime of opportunity.

Ready, set, goat!

## FOREVER IN MOTION

Prairie View Lodge walkers plan to continue to walk their hallways during winter months.

**On Tuesday and Thursday mornings, Donna Bell is at the common room in Prairie View Lodge # 2 leading the group in exercises. Thank you Donna for your initiative and interest in Forever in Motion and volunteering at the Lodge!**

The Prairie View Lodge walkers are enjoying the exercises and walking each Tuesday and Thursday morning and will continue to be Forever in Motion.

## 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 to book your trip today. We also do trips to adult day care at the SEC call for more details 306 434 6644.**




















## ROCANVILLE CROSS COUNTRY SKI

WE ARE LOOKING FORWARD TO ANOTHER EXCITING SEASON OF SKIING AT OUR CLUB! WE HAD A GOOD RESPONSE LAST YEAR TO THE REGISTRATIONS AS WE HAD 81 MEMBERS IN TOTAL. WHILE THE WEATHER WAS CHALLENGING LAST YEAR, WE STILL HAD A LARGE NUMBER OF DAY SKIERS. WE THANK ALL OF YOU FOR REGISTERING AS A MEMBER AND HOPE THAT OUR MEMBERSHIP WILL CONTINUE TO GROW. THE MEMBERSHIP FEES WE RECEIVE ALLOW US TO IMPROVE THE TRAIL, OUR SKI SHELTER AND OUR RENTAL EQUIPMENT. WE REVIEWED THE MEMBERSHIP FEES FOR THE UPCOMING SEASON AND DECIDED THAT THEY SHOULD NOT CHANGE FROM LAST YEAR. FOR NON-MEMBERS THE REGULAR DAY TRAIL FEE REMAINS AT \$5 WITH THE DAY EQUIPMENT RENTAL FEE ALSO REMAINING AT \$5. PLEASE MAIL FORMS & CHEQUE TO ROCANVILLE RECREATION BOX 576, OR PICK UP/DROP OFF FORMS AT THE RECREATION OFFICE OR AT THE SKI CHALET





## Rocanville School March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Day 4	3 Day 5 Sr. Boys B'ball Esterhazy @ Roc  Kindergarten	4 Day 6 Rookies Girls B'ball Russell @ Roc  Kindergarten	5 Day 1 Rookies Girls B'ball Roc @ Maryfield  Kindergarten	6 Day 2 Int. Girls B'ball Home Tourney  Kindergarten	7 Int. Girls B'ball Home Tourney  Kindergarten
8 	9 Day 3  Kindergarten	10 Day 4	11 Day 5 Saskatchewan Express K-12  Kindergarten	12 Day 6 Rookie Girls B'ball Playoffs @ Roc Jr. Boys B'ball Playoffs @ Moosomin  Kindergarten	13 Day 1  Kindergarten	14 Int. Girls B'ball Conferences @ Canora Sr. Boys B'ball Conferences @ Roc  Kindergarten
15 Milk Contest At Noon 	16 Staff Development Day (No school for students) Blood Donor Clinic 	17 Day 2 St. Patrick's Day  Kindergarten	18 Day 3  Kindergarten	19 Day 4	20 Day 5 Regional B'ball TBA  Kindergarten	21 Regional B'ball TBA  Kindergarten
22	23 Day 6	24 Day 1 Drama Presentation "Selfie"  Kindergarten	25 Day 2	26 Day 3 Drink Milk With Your Snack Day  Kindergarten	27 Day 4 Hoopla @ Regina  K-12 Report Cards	28 Hoopla @ Regina  Kindergarten
29	30 Day 5  Kindergarten	31 Day 6 3 Way Conferences 4:00 – 8:00 p.m. Scholastic Book Fair in the Library "Reading Fiesta"  Kindergarten				

### 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 [tara.budd@cornerstonesd.ca](mailto:tara.budd@cornerstonesd.ca) to request a Registration Form for your child(ren).



Rocanville Drama club is getting eager to share with you their production of "SELFIE"! We will be hosting a Dessert Theatre on March 24<sup>th</sup> at 7 p.m. with refreshments and dessert served to you by our talented group of cast and crew! Doors will open at 6:30. Advance tickets are preferred and will be available from any drama club member or by contacting the school office (306) 645-2838.

Rocanville Drama Club is also getting extremely excited to be attending the Region One Drama Festival being held in Moosomin on March 26-28<sup>th</sup>. Please stay tuned for our exact performance times. We would love to have a familiar audience cheer us on at the regional festival when we take our show on the road!!

This year our play is a "dramedy" with combined elements of drama and comedy. Our playwright is from right here in Saskatchewan. About the play: It's senior year and problems are mounting for a group of high school students as they prepare for the future. Facing bullies, parents, pressure, sickness, and their own self-judgment, the characters search for ways to stand out. As they document their year, one click at a time, they come to realize life is not about what other people see — it's about the pictures they have of themselves.



Natalie Lowe and Tawna Bartley

# GET OUR COMMUNITY MOVING CHALLENGE!

POWERED BY



Dear Rocanville & Everyone who wants to support us in this challenge,

Saskatchewan Blue Cross and Saskatchewan *in motion* have challenged communities across the province to get active for a chance to win \$10,000 and ROCANVILLE is in the running!

The \$10,000 grand prize will go a long way to get more kids, more active, more often in our community by starting a Junior Lifeguard program, adding Youth Aquafitness classes and supporting **Core & Strength Fitness Training - Monique Campbell Youth Fitness classes!**

Rocanville Aquatic Centre needs your help to win. The community with the most minutes of physical activity registered online during **March 2 – 16, 2015** will win the \$10,000 prize and we want it to be us!

Your organization can help by getting everyone moving! Here's how:

1. Spread the word! Tell your organization members, stakeholders, participants, and their families about the 2015 Get Our Community Moving Challenge and ask them to participate.
2. Remind your members, players, and their families to track and log their physical activity minutes every day on the challenge website ([challenge.saskatchewaninmotion.ca](http://challenge.saskatchewaninmotion.ca)). Kids need to sign up with their parents and log their minutes each day at home.
3. Take photos, encourage participation, and promote any initiatives the members of your organization undertake during the Challenge.
4. Visit [saskatchewaninmotion.ca](http://saskatchewaninmotion.ca) and [Push2Play.ca](http://Push2Play.ca) by Saskatchewan Blue Cross for lots of great active ideas.
5. Have fun!

Let's get moving and make ROCANVILLE the most active community in Saskatchewan. Our kids are counting on us.

Sincerely,

Jamie MacLeod

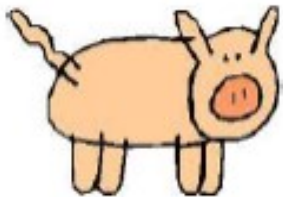
Rocanville Recreation & Economic Development

PH: [306 645 2164](tel:3066452164)

WEB: [rocanville.ca](http://rocanville.ca)

EMAIL: [Rocanville@sasktel.net](mailto:Rocanville@sasktel.net)





Is your child 3 or 4 years old?  
 Then join us for some fun!  
**Early Childhood Celebration**  
 Down on the Farm

Our fun, educational and interactive stations are designed to help you discover new ways to help your child develop the skills needed for a successful school experience!



All 3 and 4 year olds  
 (with parent/caregiver)  
 will receive a free gift.

Questions about the day?  
 Please call  
 Crystal @ 306-697-4020  
 Or  
 Susan @ 306-434-8105

Tuesday, March 24<sup>th</sup>  
 4:00pm – 7:00pm  
 Rocanville School

**Parent/Caregiver must attend with 3 & 4 year olds.**  
**It will take at least an hour to tour all the stations.**

Our IMPACT Early Childhood Celebration is supported by: Regional KidsFirst - Community Developer, the Southeast RIC, Parenting Plus, Health Promotion, REDEO, Rocanville Recreation and Southeast Cornerstone School Division.





## Connoisseur Woodcraft

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John @ 306-434-6939

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House, Garage, Shop and Shed Packages



*We're more than just metal*

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FIND US NORTH OF THE GOLF COURSE  
HWY #8, ROCANVILLE  
306-645-2050

## Having Trouble Getting a Mortgage at the Bank

Current Rates:

2.79 % 5 YR fixed

2.69 % 3 YR fixed

5 Year VRM Prime -.55% (Prime dropped to 2.85%)  
(rates subject to change, OAC)

\***Purchasing** a home?

\*Is your current mortgage coming up for renewal?

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

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

CALL NOW FOR **FREE** MORTGAGE ADVICE



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



North Star Mortgages Lic#316266

23/16

## **Bowey's Workshop Est. 1994**

408 Main St Welwyn, SK

Kitchen\*Bath\*Display Cabinets

Custom molding- Base, window & door trim.

Can't find the molding you want?

Bring it in & we can make it! Laminate & solid surface counter tops

Computer design cabinets

Free Estimate

Email [cbowey@xplornet.com](mailto:cbowey@xplornet.com)

306.434.9258 or 306.434.8342

*Bill & Michele Easton  
celebrate  
30 years in Business  
March 1, 2015*

---

**On Saturday, March 7, 2015  
from 11 a.m.- 6 p.m. join us  
at Easton's Clear Water Inc.  
to help us Celebrate!**

---

**Liquor Taste Testings  
Hot Dogs, Coffee, Iced Tea & Cake  
"Door Prize" and 30th Anniversary Draws**

---



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

**Please come into  
Easton's Clear Water Inc.  
Make a reasonable  
donation to STARS® and  
your name will be entered  
in a draw to win a Portable BBQ.**



STARS is ONE of my Many  
Heros that has made it  
possible for me to have a  
second chance at life.  
I was airlifted in serious  
condition by STARS to Regina  
General Hospital on June 25,  
2014 following a MV accident.  
- Jillian Easton

**The Draw for the BBQ  
will be made on  
March 31, 2015**

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

Sessions at:

Rocanville Wellness Center

Moosomin: Enchanted Touch Day Spa

**Rocanville Smiles**

**Dr. Vincent Lewis**

**114 Ellice Street**

**Call and book an appointment**

**@**

**306-645-2131**

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www.bodytalksystem.com



**Our office is accepting new patients**

# ROCANVILLE COMMUNITY THRIFT STORE

## DONATIONS: DECEMBER 1ST, 2013 TO DECEMBER 31ST, 2014:

Canadian Food Grains	\$ 100.00
Cancer Patient Lodge	\$ 300.00
Carnoustie Cemetery	\$ 300.00
Children's Hospital	\$ 100.00
Children's Wish Foundation	\$ 300.00
Cornucopia Gardens Farms	\$ 300.00
Kinsmen Telemiracle	\$ 100.00
Leader Post Christmas Cheer	\$ 100.00
Moosomin & District Health Care Foundation (Memoriam)	\$ 600.00
Moosomin Palliative Care	\$ 500.00
Personal Donations	\$ 8,700.63
Rocanville & District Museum	\$ 300.00
Rocanville Aquatic Centre	\$ 1,500.00
Rocanville Curling Rink	\$ 1,500.00
Rocanville Dial - A - Van	\$ 1,000.00
Rocanville Fire Department	\$ 2,000.00
Rocanville Food Bank	\$ 500.00
Rocanville Library	\$ 300.00
Rocanville Medical Centre - Examination Table & Stool	\$ 394.02
Rocanville Playschool	\$ 300.00
Rocanville Rock Club	\$ 300.00
Rocanville Run For Recreation	\$ 500.00
Rocanville School Academic Awards	\$ 300.00
Rocanville School Christmas Dinner	\$ 200.00
Rocanville School Playground Committee	\$ 300.00
Rocanville Skating Arena	\$ 1,500.00
Rocanville Soccer Club	\$ 300.00
Rocanville Town Country Golf Club	\$ 1,500.00
Ronald McDonald House	\$ 300.00
Royal Canadian Legion Rocanville Branch #20	\$ 200.00
Souls Harbour Rescue Mission	\$ 100.00
St. Marthe Cemetery	\$ 300.00
St. Paul's United Church Sunday School Christmas Boxes	\$ 200.00
St. Thomas Anglican Church - Christmas Boxes	\$ 100.00
STARS Ambulance	\$ 10,000.00
Terry Fox Run	\$ 200.00
Webster Cemetery	\$ 300.00
Welwyn Cemetery	\$ 300.00
Welwyn Regional Park	\$ 300.00
<b>Total Donations:</b>	<b>\$ 36,394.65</b>



**ROCANVILLE COMMUNITY THRIFT STORE  
FINANCIAL STATEMENT  
DECEMBER 1ST, 2013 TO DECEMBER 31ST, 2014**

**RECEIPTS:**

THRIFT STORE SALES	\$ 58,593.88
BANK INTEREST	\$ 151.32

**TOTAL RECEIPTS: \$ 58,745.20**

**DISBURSEMENTS:**

ADVERTISING	\$ 947.50
BANK & OTHER FEES	\$ 200.50
BUILDING MAINTENANCE	\$ 84.05
CHRISTMAS SUPPER	\$ 1,332.07
CLEANING	\$ 1,420.00
SNOW CLEARING	\$ 475.00
DONATIONS	\$ 36,394.65
GROCERIES	\$ 577.81
INSURANCE PREMIUM	\$ 1,058.00
SASK ENERGY	\$ 1,242.83
SASK POWER	\$ 1,160.25
SASK TEL	\$ 579.39
STORAGE BIN RENTAL	\$ 504.00
STORE SUPPLIES	\$ 778.49

**TOTAL DISBURSEMENTS: \$ 46,754.54**

DECEMBER 1ST, 2013 LEDGER BALANCE:	28613.98
PLUS RECEIPTS	\$ 58,745.20
LESS DISBURSEMENTS	\$ 46,754.54
<b>DECEMBER 31ST, 2014 LEDGER BALANCE:</b>	<b>\$ 40,604.64</b>

**CLOSING BANK BALANCE:**

Conexus Credit Union - Chequing	\$ 12,661.47
Conexus Credit Union - Savings	\$ 10,031.42
Conexus Credit Union - Term	\$ 5,301.71
Conexus Credit Union - Equity	\$ 9.17
TD Canada Trust - Medical Fund	\$ 12,651.40

**DECEMBER 31ST, 2014, BANK BALANCE \$ 40,655.17**

LESS OUTSTANDING CHEQUES	
Conexus Credit Union	163 \$ 50.53

**DECEMBER 31ST, 2014, ADJUSTED BANK BALANCE: \$ 40,604.64**

THE DEPOSITS, CHEQUES, RECEIPTS AND PAYABLES HAVE BEEN CHECKED TO THE LEDGER AND BANK STATEMENTS AND BELIEVED TO BE CORRECT FOR THE ROCANVILLE THRIFT STORE, PERIOD YEAR ENDING DECEMBER 31ST, 2014. AUDIT COMPLETED THIS 4TH DAY OF FEBRUARY, 2015.

MEL STRONG

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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



Interested in starting or expanding  
**YOUR BUSINESS?**

**Rocanville Economic Development  
CAN HELP YOU!**

We offer loans of up to \$20,000 at a competitive interest rate, to help local entrepreneurs realize their business dreams.

Funds may also be used for renovations or Heritage Facade Improvement!

The Small Business Loans Association (SBLA) program has assisted thousands of small businesses through their funding services. By making funding available through community-run organizations, the program encourages diversification of the Saskatchewan economy and supports community economic development.

Contact Jamie MacLeod for additional program information and application forms. There is no application fee.

Jamie MacLeod - Loan Administrator  
Rocanville, SK  
Rocanville Cooperative Loans Ltd.  
306 645 2164

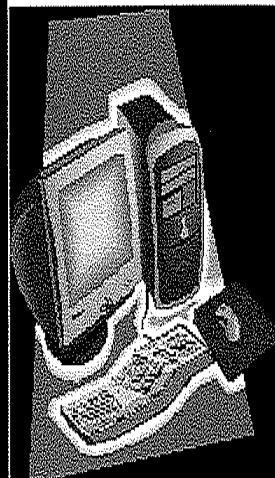
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<https://twitter.com/RocanvilleEDO>



Saskatchewan  
Ministry of the  
Economy

## Computer Problems?

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Specializing in Computer Sales & Service for Home and Business

Complete Home Theatre wiring for new and existing homes

Security Solutions—CCTV & IP based surveillance systems for business and agriculture

**TJK Technologies**  
Trent Kurbis  
Rocanville, SK

**Tel: 306-434-9385**  
**Email: [tjktech@sasktel.net](mailto:tjktech@sasktel.net)**

## HELP WANTED

Rocanville and District Museum is now accepting applications for the position of Summer Student for 2015.

The job is **full time for July and August** (Wednesday through Sunday, Monday and Tuesday off)

Must be 16 years old and full time student  
The job will consist of yard maintenance, painting, collection care and guiding tourists, and helping Museum members with various jobs.

Please send application and resume to:  
Rocanville and District Museum Society Inc.,  
"Job Application"  
Box 490,  
Rocanville, Sask,  
S0A 3L0

### Employment Opportunity

#### Town of Rocanville

The Town of Rocanville is seeking a seasonal, full time employee to work with the public works department from approximately May 4 – August 21, 2015. **The successful applicant will take pride in the community's appearance and most importantly, have initiative.** Experience with light equipment and its maintenance is an asset. The wage is \$13.79/hr.

For more information or an application form, please contact the Town Office at 645-2022. Applications/resumes will be accepted until 4:00 pm on Wednesday, March 18, 2015 at:

- a) Town Office 103 Ellice Street, Rocanville
- b) Town of Rocanville Box 265 Rocanville, SK S0A 3L0
- c) [rocانville.town@sasktel.net](mailto:rocانville.town@sasktel.net)

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

**High school students will be considered if there are no applicants who can begin in May, so please apply.**

## JOB OPPORTUNITIES

**Full Time - Life Guard / Instructor** (must have current NLS & LSI and qualify for student grant programs)

### **Part Time - Life Guards & Instructors**

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.

## **HOUSING MANAGER OPPORTUNITY**

The Rocanville Housing Authority is seeking the services of a contracted Housing Manager. As an independent contractor, the Manager reports to the local Board of Directors, and is responsible for the day to day, overall management of the housing portfolio. The Rocanville Housing Authority manages 51 units, including 31 Senior Social Housing units, 14 Affordable units and 5 Family Social Housing Units.

The contractor requires working knowledge and experience in general administration, financial management and building maintenance. The contractor must have excellent written and verbal communication skills and be able to provide services co-operatively to individuals and groups of varying backgrounds. A high degree of discretion and confidentiality is required.

Interested parties can direct inquiries and/or correspondence to:

**George Duce, c/o Rocanville Housing Authority**  
**Box 86, Rocanville, SK S0A 3L0**

Please send applications before March 10th 5pm  
For more information call George at 306 645 4427

# **Tupperware Event**

## **Kristin Walchuk's**

### **Director Celebration**

**Rocanville Sask**

**March 18th**

**7:00p.m**

**St. Alphonsus Catholic Hall**

**211 St. Albert Street**

**Sonya Blaney, Regional Vice President is  
coming to Rocanville!!**

**Come on out! Everyone is Welcome!**

**Free Attendance**

**Free Gifts for All!!**

**Draws**

**Raffles**

**Come See what's NEW in Tupperware, Leading  
66 Years and going Strong !!**

**RSVP by March 10th**

**By Text/Call Kristin Walchuk**

**306-435-7726**



# Youth Fitness



Core & Strength Fitness Training - Monique Campbell

All youth in Grades 5-8 are invited to participate in fun related fitness.

Core & Strength Fitness Training

Every Monday **Only \$5** 6:30-7:15pm

Where- Rocanville Junior Gym

This is an affordable | youth fitness class that focuses on having fun while being active.

Contact certified fitness instructor-

Monique Campbell 306-728-7020

Core & Strength Fitness Training now offering 6 weeks of classes on Monday and Thursday, located in the Junior Gym at Rocanville School. Sign-up for 2 classes a week for 6 weeks for \$120, or sign-up for 1 class a week for 6 weeks for \$60.



shutterstock - 133008434

**Run for the Rec** We are teaming up with Strive Fitness Centre & Borderland Co-op for the Rocanville Run for the Rec in 2015. We are moving the run to June 20<sup>th</sup> and will be offering the 2, 5, 10 and 15km runs and the Strive Marathon in Moosomin will be on June 13<sup>th</sup>. We want to encourage everyone to participate in both and start training now! For more information or to volunteer please contact the rec office. 306 645 2164 Rocanville@sasktel.net



# What's Rolling in Gapland..

## WANTED:

### **Skating Officials:**

Gapland Rollers and Smalltown Smashers are seeking skating refs! In addition to getting a great work out and meeting new people, we offer an additional incentive... Want to know what it is? Drop us an email!

### **Coach for Smalltown Smashers:**

We have a large group of very talented juniors that are itching to get back at it this season, but they need a coach! If you are at all interested in this position, please send us an email or talk to a member.

### **Skaters:**

We would love to share our favorite sport with some new faces. Roller derby is an excellent way to be healthy and active, and to meet new people from our area and far beyond. We will hook you up with equipment so you're able to give it a try before you commit to anything. If you have any reservations or questions, any skater would be happy to answer your questions.

## *Season Six!*

This spring marks the beginning of Gapland's sixth season!

So what do we have planned this year?

We're hosting two home bouts:

On May 23 we welcome the Rotten Angels, a pick-up team from across the prairies, coached by Gapland's good friend, Ronnie B. Rotten. Several of our own skaters have played with the Angels, and Coach Rotten has taken to our bench as a guest coach in the past. We anticipate a fun and fast match up against his crew of Angels.

We will end our home season on September 19, when Wheat City Roller Derby League's Gang Green heads west to play their first game in Rocanville. We'll definitely have our work cut out for us, as Gang Green is known for their strong skaters, tricky jammers and hard hitters. We will give the public more details as they become available.

### 2015 Board Members

President – Renee Tremblay  
Vice President – Jill Becker  
Secretary – Melanie Spencer  
Treasurer – Tina Hilts  
Jr./Sr. Liaison – Lori Williamson  
Member-at-Large – Nancy Bachman

THANK YOU to everyone that purchased Ottenbreit's meat in our first fundraiser of 2015. Your orders will arrive March 13 in Rocanville. The member you bought from will be in contact regarding pick up.

*Interested in learning a little more about derby?*

Are you a fan? A potential ref or skater? Just curious as to why we're all skating around the oval?

We'll be in Moosomin on Sunday, April 12 at the Spring Family Expo to answer your derby questions and tell you why we love our sport. Drop by our booth to meet some skaters – both junior and senior.



Follow @gaplandrollers on Twitter, and 'Like' Gapland Rollers and Smalltown Smashers on Facebook to stay in the loop.  
Questions? Email us at [gaplandrollers@gmail.com](mailto:gaplandrollers@gmail.com)

# MARCH

## 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!



**Winter Family Fun!**-the Regional Kids First program will be coming to Rocanville Wed. March 4, from 9– 11 AM at the Library and Rec Room, with their Main Street Mobile Van. This is for children up to 5 years old. The children will enjoy winter activities, crafts and snacks. For more information call the Rec. Office or Library. No charge.



**St. Patrick's Day Craft**– the library will be holding a St. Patrick's Day Craft for children on Wed. March 11 from 4-5 PM. No charge, but please pre-register by calling the library at 306-645-2088 or message us on Facebook!

**Interested in Being a Board Member?** -The library is looking for new members with new input and ideas for the library. If you're interested, call the library at 645-2088, or stop in to inquire.



**Like us on Facebook!**- the library is on Facebook!  
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. Mar. 11, 2015  
at 6:30 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.

---

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