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**Get S.M.A.R.T. about goal-setting**

**Realistic and well-defined objectives are more attainable than those that are vague.**

After all, goals should set you up for success. One simple and effective method to help you succeed is to set S.M.A.R.T. goals. Here's an example of how it works:

**Specific** – Ensure your goal is specific, with as much detail as possible. Think of the who, what, when and why.

Instead of: "I want to start jogging," Consider: "I want to be able to do a 10-kilometre jog by the summer, so I can feel healthier."

**Measurable** – How are you doing? Knowing your progress along the way can help you reach your goal.

Instead of: "I will put my running shoes on." Consider: "I will use my fitness tracker to calculate my steps and distance each time I go for a run and record the results in my journal."

**Attainable** – Determine how you will reach your objective. These are actionable steps you can take to get there.

Instead of: "I will jog every week." Consider: "I will jog three times per week, starting with one kilometre in week one, two kilometres in week two and so on."

**Realistic** – This is all about managing expectations and being realistic about what you can achieve

(and don't be too hard on yourself!). It's a good idea to think about how the goal will benefit you.

Instead of: "I will run the half-marathon this spring." Consider "By starting low and working my way up to 10 kilometres, I will improve my stamina and endurance, and feel healthier."

**Timely** – Give yourself an end date! Recognize how much time you need to reach your goal (be realistic). It could be a good idea to set some timelines and **plan ahead**.

Instead of: "Spring." Consider: "April 30, 2020 – 12 weeks to reach 10 kilometres, including a two-week buffer in case of unexpected circumstances."

Give us a call to help you get started and ensure you stay on track to meet your objectives for your financial planning goals.

Source:  
[https://www.participaction.com/en-ca/blog/take-goalsetting-to-the-next-level--make-it-s-m-a-r-t?gclid=EAIaIQobChMItPfmxcGt5QIV05FbCh1vSQVKEAAYASAAEgLmtvD\\_BwE](https://www.participaction.com/en-ca/blog/take-goalsetting-to-the-next-level--make-it-s-m-a-r-t?gclid=EAIaIQobChMItPfmxcGt5QIV05FbCh1vSQVKEAAYASAAEgLmtvD_BwE)

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information is appropriate to their specific situation. E & O E. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently, and past performance may not be repeated. Any amount that is allocated to a segregated fund is invested at the risk of the contract holder and may increase or decrease in value.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Garbage 	6 Town Council Meeting	7	8	9
10 I love you MOM 	11	12 Recycling 	13	14	15	16
17	18 Happy Victoria Day 	19 Garbage 	20 Town Council Meeting	21	22	23
24	25 Calendar Deadline 	26 Recycling 	27	28	29	30
31						

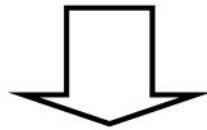


# Town of Rocanville

May, 2020



## Summer Hours



### Transfer Station Open:

Mondays	12:00-6:00
Fridays	2:00-6:00
Saturdays	11:00-3:00

Town Office Telephone:  
306.645.2022

Fax 306-645-4492

Email: rocanville.  
town@sasktel.net

### Town Council

Mayor

Daryl Fingas

Councillors

Stan Langley

Ed English

Irene McLean

Ron Reed

Marcel Gagnon

## ROCANVILLE HOUSING AUTHORITY

The Housing Authority has a vacant position on its board. This is a very worthwhile committee that addresses the needs of low-income families and provides low cost housing.

If interested please contact:

George Duce 306-645-4427

## DOGS & CATS

We would like to remind pet owners that all animals should be vaccinated. They can carry numerous viruses that are dangerous to children. Let's keep everyone safe

## SUMP PUMPS

Please remember to remove all sump pumps from your sewer system for the summer.

Thank You

## MAY WATER/SEWER INVOICES

Quarterly invoices will be issued shortly, as the office is closed to the Public we ask that you pay online or use the drop box located at the entrance to the office.

We thank you for your co-operation, let's keep everyone safe!!

*COUNCIL MEETINGS MAY 6TH & 20TH*

**CORE**  
INDUSTRIAL SERVICES L.P.

Call 306.745.4844 | We are available 24/7  
Commercial & Residential Services



Septic Services Water & Vac Trucks Hydrovac Earthworks Site Services  
Hotshot Services Site Mechanical Steamer & Pressure Washing  
Primus Line Installs

[www.coreindustrial.ca](http://www.coreindustrial.ca)

email: [sales@coreindustrial.ca](mailto:sales@coreindustrial.ca)

*New shop now located at Rocanville, SK*

**Head Office: 609 Main ST, Esterhazy, SK S0A 0X0**

## PINKS LAWN CARE SERVICE

2020

LAWN CUTTING

EAVES TROUGH CLEANING

GENERAL YARD WORK



CALL FLOYD FERGUSSON

306-645-2617

PLEASE LEAVE A MESSAGE



*Welcome to Rocanville!*

IF YOU ARE NEW TO TOWN  
PLEASE COME BY THE REC OFFICE  
MONDAY—FRIDAY 9AM—3PM  
OR CALL 306-645-2164

WE'VE PREPARED A WELCOME  
WAGON PACKAGE, FULL OF  
IMPORTANT COMMUNITY  
INFORMATION  
AND FREEBIES FOR YOU!

COURTESY OF OUR LOCAL BUSINESSES!!!





Rocanville Community Thrift Store Schedule—**March 2020**

Monday, Wednesday, Friday 1:00-4:00 pm Thursday 6-8pm

Friday, May 1— Linda Bock, Terry Fletcher, Christina Kim, Marilyn Hickie

Monday, May 4 - Penny Yung, Denise Callin, Eva Swanson, Sylvia Magnusson

Wednesday, May 6 - Willa Clarke, Eileen Etherington, Suzanne Wushke, Phyllis Harper

Thursday, May 7 - Pam Botterill, Marjorie Thompson, Deb Selby

Friday, May 8 - Irene Norton, Marie Nixon, Terry Fletcher, Joyce Surridge

Monday, May 11 - Linda Bock, Gloria Tebb, Christiana Kim, Eileen Etherington

Wednesday, May 13 - Denise Callin, Marilyn Hickie, Eva Swanson, Therese Fafard

Thursday, May 14 - Penny Yung, Sylvia Magnusson, Glenda Brown

Friday, May 15 - Willa Carke, Pam Botterill, Suzanne Wushke, Phyllis Harper

Monday, May 18 - VICTORIA DAY HOKIDAY

Wednesday, May 20 - Irene Norton, Denise Callin, Marjorie Thompson, Marie Nixon

Thursday, May 21 - Linda Bock, Terry Fletcher, Sandra Maki, Bev Casemore

Friday, May 22 - Penny Yung, Joyce Surridge, Eva Swanson, Gloria Tebb

Monday, May 25 - Willa Clarke, Christina Kim, Sylvia Magnusson, Phyllis Harper

Wednesday, May 27 - Pam Botterill, Linda Bock, Therese Fafard, Marilyn Hickie

Thursday, May 28 - Irene Norton, Marie Nixon, Tracey Moore

Friday, May 29 - Penny Yung, Eileen Etherington, Joyce Surridge, Suzzanne Wushke

Monday, June 1 - Denise Callin, Eva Swanson, Marjorie Thompson, Gloria Tebb

Wednesday, June 3 - Willa Clarke, Sylvia Magnusson, Therese Fafard, Christina Kim



MAY 2020  
**ST. PAUL'S UNITED CHURCH**  
Rocanville, Sask.  
Wishing you well!



Rev. Barbara Wilkins will be in the Church Office Mon. & Wed. mornings 9 - 12.

Church Office 306-645-2942 or  
Rev. Barbara Wilkins home 306-645-0201

Rev. Barbara Wilkins has been making up her sermons and submitting them to Mildred Muir to email out. If you wish to be on this list Mildred Muir can receive your email address through this email address –

[rocunitedchurch@sasktel.net](mailto:rocunitedchurch@sasktel.net)

Regular Church Services and Bible Studies are cancelled until further notice.

*Deuteronomy 31:6 – BE strong and of good courage, do not fear or be in dread of them: for it is the Lord your God who goes with you; he will not fail you or forsake you.*

**St. Thomas Anglican Church**

"Anglicans Serving the Community Since 1883"

201 Carlton Street

'A Jesus-centered community for believers and doubters and everyone in between.'

**\*\*\*Until further notice and direction from our Bishop, all services and functions are cancelled. If prayers or other pastoral activities are needed, please call 306-645-4285 or 306-645-0203.\*\*\***

**\*\*\*If you would like to be a part of our Sunday services by Zoom, please contact us.\*\*\***

"Put your hope in God, for I will yet praise him, my Saviour and my God."~Psalm 42:5

**May Services**

May 3~Joint Service & Sunday School in St.Paul's at 11:30 am. Potluck Lunch to follow.

May 10~MOTHERS DAY!! Holy Communion Service with Rev. Delta Kelly & Sunday School at 11 am.

May 17~Morning Prayer Service & Sunday School at 11 am. Potluck Lunch to follow.

May 18~HAPPY VICTORIA DAY!!

May 24~Morning Prayer Service & Sunday School at 11 am.

May 31~ Morning Prayer Service & Sunday School at 11 am.

SUNDAY SCHOOL is for all children! For further information call 306-435-6156.

\*\*\*Wheelchair accessible Hall & Church rentals, call 306-645-0203\*\*\*

Bible Study most Wednesdays, contact Rev.Delta at 306-645-4582.



ROCANVILLE RUNNING CLUB  
BEGINS SATURDAY MAY 2ND.

**ROCANVILLE VIRTUAL  
RUN/WALK CLUB**

Let's stay active with Rocanville's Virtual Running/Walking Club. Our weekly goal is for each participant to run or walk 25km. If 25km is a little ambitious, no worries. Just track how far you can go in a week. Run's can be tracked on a fitness tracker such as a Fitbit or Garmin. Or download the Strava app on your smart phone to track your run. Runs can be submitted to Monique Campbell @ Monique.Campbell@secpsd.ca or 306-728-7020

Saturday's are 10K challenge days!  
Are you up for the challenge??

**Community Days Save the Date**

Rocanville Community Days is tentatively booked for **June 27th**. With regards to COVID-19 we realize this event may need to be cancelled. We are hoping that if we can not go ahead with the events planned for the day that we can at least go ahead with a fireworks show in the evening.



**Rocanville Pentecostal Church**

*Knowing Jesus & Making Him Known  
Growth | Servanthood | Mission | Action*

1002 RAILWAY AVE  
PASTOR NICHOLAS ALMEIDA: 306-434-9536  
NICHOLAS.ALMEIDA@V-MAIL.CA  
PASTOR BETHANY ALMEIDA: 306-434-5104  
BETHANYDJALMEIDA@GMAIL.COM

**KNOW SOMEONE WHO NEEDS HELP IN OUR COMMUNITY? LET US KNOW!**

**LIVE STREAMED SERVICE AVAILABLE EVERY SUNDAY 11AM ON FACEBOOK.COM/ROCANVILLEPAOC!**

**CHECK OUT OUR NEW WEBSITE! ROCANVILLECHURCH.COM**

**YOUTH LESSONS AVAILABLE ON OUR WEBSITE**





Thank you



The Rocanville Skating Rink Board would like to Thank the Rocanville Youth Hockey Team for their donation of \$500.00.

The Youth Hockey Team held a skate a thon on March 16th, 2020.

Proceeds from the event went back to support the team and also to the Rocanville Skating Rink.

Way to go Youth Hockey!!

Thank you!

The Grand Winner of the Seniors Meat Draw Raffle is Donna Lucas.

COGRATUALATIONS to Donna.

Thanks to everyone for your overwhelming support in this raffle.

Thanking you all from the Senior Centre.



# Services for May 2020 at Rocanville Super Thrifty

## OPENING HOURS

Monday to Friday

9am to 12:30pm and 1:30 to 5:30pm  
*(closed 1 hour for cleaning at lunch)*

Saturday

10am to 2pm

*No prescription services on Saturdays*

## FREE DELIVERY OR CURB SIDE PICKUP

Monday through Friday only

Payment by credit card or e-transfer

**306-645-2633**

*We are still experiencing shortages of hand sanitizer, cleaning wipes, gloves, masks and bathroom tissue. Please check our facebook page for updates, we will post any inventory as it arrives.*

## \*\*ATTENTION LOCAL BUSINESS OWNERS\*\*

Please contact us if you are in need of supplies to help you re-open.

306-645-2633

rocانville@superthrifty.com

### Parents of Preschoolers

### Kindergarten Eligibility



Children born in 2015 are eligible for Kindergarten attendance in the 2020-2021 school year.

Please contact the school at 645-2838 or email [amanda.mckean@secpsd.ca](mailto:amanda.mckean@secpsd.ca) to request a Registration Form for your child(ren).  
Thank you!



Pool Courses tentatively offered in July.

Bronze Medallion and Cross  
July 15-18

NLS  
July 20-26



# SUPER THRIFTY

ROCANVILLE

110 Ellice Street , Rocanville, SK

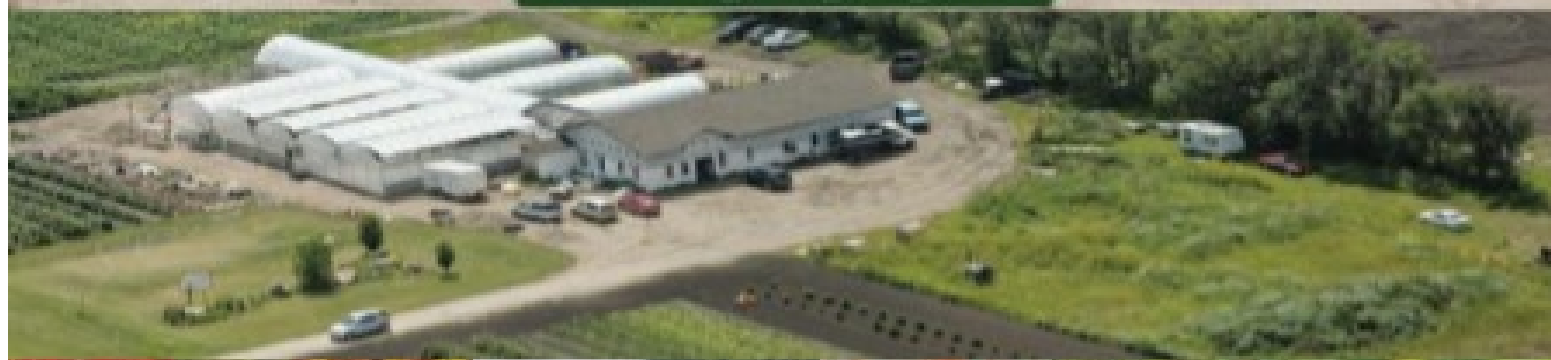


# Cornucopia Gardens



Quality Vegetables, Fruits & Flowers

*Grown by us for you!*



Visit our web-store:  
[www.cornucopiagardens.ca](http://www.cornucopiagardens.ca)  
 Call us for a catalogue!

During this pandemic, safety is our #1 priority but we are still here to serve you!  
 We will remain closed to the public. Pre-order only: online or phone in your order.  
 Contact free pickup in our parking lot. Delivery may be an option.

## GREENHOUSE

Houseplants, succulents, annuals, vegetable plants, seed potatoes, herbs, perennials, trees & shrubs, pots, potting soil & fertilizer

## FARMER'S MARKET

Our own fresh vegetables and canning. Local eggs, honey, frozen beef, pork, chicken, bison, flour, pies, cookies and almond bark, Prairie butter, ice cream, cheese, wild rice, camelina oil, and coffee beans.

**Order online or phone in your order!**

Contact free pick-up outside our store. Delivery may be an option.

info@cornucopiagardens.ca  
 Phone/Text: 306-434-8400

Plant Orders  
 Phone/Text: 306-435-7853

2 miles south of Rocanville on #8 Highway

### FOR SALE... NOTICES...LOST....FOUND.... COMING EVENTS

#### Community Calendar Advertising Rates:

- \$5 - small ad
- \$20 - 1/4 page ad
- \$40 - 1/2 page ad
- \$80 - full page ad

**\*\*\$5 preparation fee for all ads that we must design\*\***

Buy 12 months for a 1/4 page ad and up and get 20% off!



Large Double Lot for Sale.

Serviced corner lot on  
 Alexander Street, close to school and  
 uptown!

306-645-4410

306-434-7104

#### For Sale

2000 Jaco Eagle fifth wheel camper (26 foot).  
 Very good condition. Rubber roof, metal siding. Tires very good

Includes hitch.

\$6000.00 call 306-434-7726



#### For Sale

Jig saw puzzle table

\$100

Call 306-434-7726

#### For Sale

4 - heavy plastic tool boxes  
 13" high X 12" wide X 22" long

Extra trays inside

\$25 each

Call 306-434-7726

#### LOT FOR SALE

# REDUCED IN PRICE

316 Ellice Street  
 75' frontage X 120' deep.

Large, flat, serviced lot & centrally located in Rocanville.  
**\$23000 OBO**

Call 306-533-7051,  
 403-620-8268,  
 or 306-577-9510



The Daycare is in need of a new lawn mower.

If you would like to make a monetary donation to this project it would be greatly appreciated.

You can mail it to  
 Box 38, Rocanville S0A 3L0  
 or e transfer to

[dreambig.director@gmail.com](mailto:dreambig.director@gmail.com)

We will issue tax receipts

For the donation.



You can now view the

**Community Calendar on Block Talk.**

Block Talk is an app that keeps you up to date with everything happening in

Rocanville.





# WELCOME TO BORDERLAND CO-OP



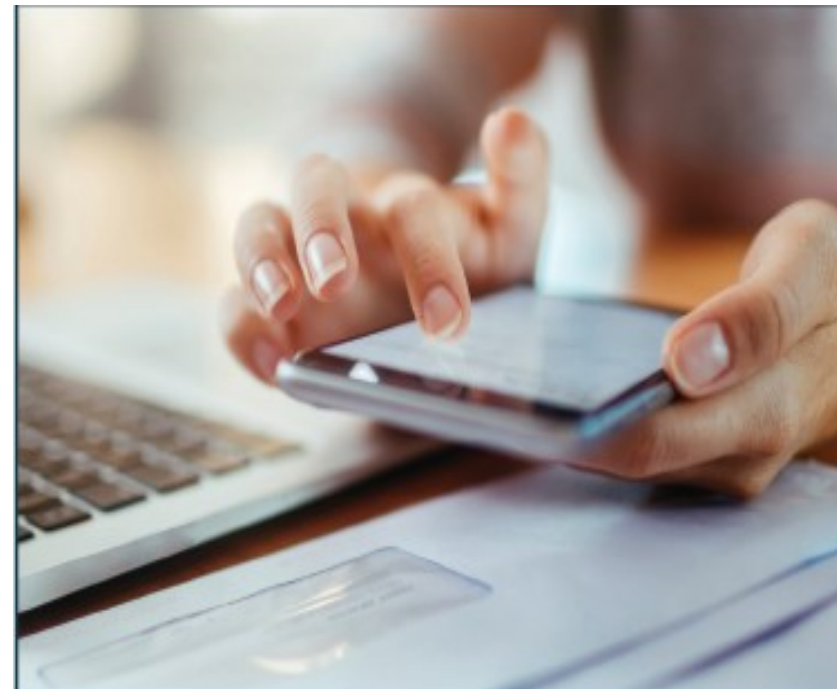
**Brad Rix**  
Rocanville Home Centre Manager

My Wife Andrea moved our family of 5 to Moosomin 12 years ago and I have truly enjoyed my time spent living and working in this area. I was very happy to accept the position of Home Centre Manager because it allows me to be part of such a community minded company! When I'm not working, I enjoy hunting, fishing and camping with my family. I look forward to becoming involved with the Rocanville community in the near future.



**Neil Bugg**  
Rocanville C-Store/Gas Bar  
Manager

My wife Tracie and I come here from Boissevain Manitoba. We have 6 grown children and 6 grandchildren. We enjoy camping, golfing and curling. I have been working in the Co-op system for 19 years and am very excited to be moving, working and being involved in the community of Rocanville.



## Bank from Home

**Please call first.  
Do not come in.  
Reduced hours.  
Restricted access.**

**Call 1-800-667-7477 BEFORE  
you come to the branch.**

COVID-19 Action Plan

conexus.ca



FOR ALL YOUR HOME REPAIR AND RENOVATION NEEDS:

Gyproc – Insulation – Flooring – Paint and Stain – Windows – Doors

Kitchens – Bathrooms

Interior – Exterior

ALSO AVAILABLE:

House, Garage, Shop and Shed Packages



*We're more than just metal*

Stop in and check out our show room, ask for your free estimate for your project; we are here to help!

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

## CONCRETE RESTORATION CANADA

- Preventive Maintenance
- Repairs & Restoration
- Industrial & Decorative Coatings
- Dust Proofing & Sealing
- Paint, Glue Removal & Floor Prep
- Exterior Rubber Surfaces

Marty DeCorby  
Box 731 Rocanville, SK S0A 3L0  
306-645-2777 (office) 306-435-0900 (cell)  
Email: [marty@concreterestore.ca](mailto:marty@concreterestore.ca)  
Web: [www.concreterestore.ca](http://www.concreterestore.ca)



## HILLCHAR SEED FARM

Various blends of lawn grass seed available.

CALL ERNEST AND DON HOLLAND  
306-645-4223

### ROCANVILLE FOOD SHARE

**If you know of anyone in the  
area in need of food  
please contact**

**Darlene Williams 645-2921**

**Rev. Paul Bunz 434-5375**

**Roseanne Kelly 645-4561**

**Betty Mills 645-2102**



FOOD OR CASH DONATIONS  
APPRECIATED

CHEQUES MADE PAYABLE TO THE TOWN  
OF ROCANVILLE

RECEIPTS FOR INCOME TAX AVAILABLE  
UPON REQUEST

