

PRINCE ALBERT DAILY HERALD

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PAINTING

Picture perfect



MICHAEL OLEKSYN/DAILY HERALD

Local art group Studio 1010 put their latest creations on display with their latest exhibit at the Grace Campbell Gallery. The exhibit runs until April 25. For more on this story, please see page 9.



\$1.90 plus GST

CRIME

RCMP make arrest after officer and suspect exchange gunfire

DAILY HERALD STAFF

RCMP investigators have made two arrests after an officer exchanged gunfire with a suspect while serving a warrant on Ahtahkakoop Cree Nation on Wednesday.

The incident began Wednesday morning when members of the Saskatchewan RCMP's Prince Albert Warrant Enforcement and Suppression Team (WEST) began searching for 42-year-old Prentice Bowman.

Bowman is wanted on multiple warrants related to incidents from the past four months. The charges include uttering threats, assault with a weapon, and other firearms related offences.

At around 11:50 a.m., the WEST team saw Bowman and another man walking in a residential area. According to a RCMP press release, Officers approached the duo and attempted to arrest Bowman, but the second man fired a gun at them. One officer returned fire. No injuries were reported.

The officers were able to arrest Bowman at the scene while the second man fled. Bowman remains in custody on warrants. He is not charged with any crime in connection to Wednesday's incident.

WEST officers began searching for the man with assistance from the Saskatchewan RCMP's Ahtahkakoop detachment, the Critical Incident Response Team, Police Dog Services, the Crime Reduction Team, and Saskatoon Police Service Air Services.

See RCMP on page 2.

MEMORIAL

Efforts to honour Weldon man who died in mass stabbing to receive boost from James Smith Cree Nation

JASON KERR
DAILY HERALD

Efforts to honour Weldon's Wesley Petterson will receive a big boost on Saturday from James Smith Cree Nation.

The 78-year-old Petterson was one of 11 people murdered during the stabbing massacre in Weldon and James Smith Cree Nation less than two years ago. In February 2024, Weldon residents started the Weldon Playground Project to honour him.

The group plans to host a pancake

breakfast fundraiser on Saturday, and James Smith Cree Nation, Chakastaypasin Band, and Peter Chapman Band leadership and members will be in attendance to make a donation.

Weldon Playground Project co-director Chelsey Erickson said they originally sent an invitation to James Smith leaders hoping they would attend, and were floored when the First Nation offered to bring a donation too.

"Emotions are extremely high right now," Erickson said in an interview

Thursday afternoon. "It's crazy the support we are getting for this.

"We were all, not shocked, but we ... were overwhelmed ... and overjoyed that they're willing to help us out. It's really hard to explain."

Erickson was raised in Weldon and new Petterson her whole life. She and other group members described him as a friendly and good-natured resident who would rise early and be the first person at the local seniors' centre, where he would make coffee for everyone.

See PLAYGROUND on page 2.

<p>LOCAL NEWS</p> <p>Peter Beatty back in office after PBCN election</p>  <p>Peter Ballantyne Cree Nation (PBCN) has a familiar face back in their top leadership role after former Chief Peter Beatty was elected in the 2024 PBCN general election.</p> <p>See Page 3 for more.</p>	<p>SPORTS</p> <p>McMillen made most of second WHL chance</p>  <p>Turner McMillen made the most of his second chance in the WHL after the Raiders signed him in January.</p> <p>See Page 7 for more.</p>	<p>OPINION</p> <p>Truths that lead to a successful job search</p>  <p>Today's opinion column by Nick Kossov</p> <p>There's no shortage of job search advice floating around that contradicts, but all job search advice, including mine, is subject to bias.</p> <p>See Page 4 for more.</p>	<p>PROVINCE</p> <p>Education minister sends letter asking for support</p>  <p>Jeremy Cockrill wrote a letter asking school board trustees "to help make the case" for the government's position in negotiations with teachers.</p> <p>See Page 3 for more.</p>	<p>ARTS</p> <p>Top young musicians to hit Youth Showcase stage</p>  <p>Some of Prince Albert's best young musicians will be on stage at the Prince Albert Public Library Theatre on Saturday for the PACMA Youth Showcase.</p> <p>See Page 10 for more.</p>
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● CRIME

RCMP make arrest following incident on Ahtahkakoop Cree Nation

CONTINUED FROM PAGE 1

They found the suspect at around 2:30 p.m., seized a gun and ammunition, and made an arrest. The Saskatchewan RCMP's Prince Albert General Investigation Section (GIS) have taken over the investigation.

Sheldon Badger, 24, faces four charges, including one count of attempted murder. Badger made his first court

appearance on Thursday and is scheduled to appear again on Friday, April 12.

The incident is still under investigation. Anyone with information about the case is asked to call local police. To submit tips anonymously, call 1-800-222-8477, or visit www.saskcrimestoppers.com.

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● CRIME

RCMP detachments in Prince Albert, Big River, and Melfort searching for 22-year-old woman charged with failing to appear in court

DAILY HERALD STAFF

The Saskatchewan RCMP's Prince Albert Warrant Enforcement and Suppression Team (WEST) is searching for a 22-year-old woman wanted by multiple detachments for failing to appear in court, among other charges.

Savannah Burns, 22, is listed as around 5'9 and 165 pounds. She has brown hair, brown eyes, and a tattoo that says "love, hope, faith" on her left forearm. She is known to visit Sturgeon Lake First Nation, James Smith Cree Nation, and Prince Albert.

Anyone who sees Burns or knows where she is should contact their local police jurisdiction, or submit a tip anonymously by calling 1-800-222-TIPS.

The Prince Albert RCMP have

charged Burns with failing to comply with a release order and failure to attend court. That court appearance is related to a September 2023 incident on Sturgeon Lake First Nation. Burns has been charged with aggravated assault and forcible confinement in connection with the case.

The Melfort RCMP and Big River RCMP have also charged Burns with failure to attend court. The Melfort court appearance stems from an August 2023 investigation in Spalding where Burns was charged with resisting a peace officer.

The Big River case comes from a 2021 incident in Debden where Burns was charged with resisting arrest and possessing property obtained by crime.

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● MEMORIAL

Playground a much needed addition to the community say project organizers



SUBMITTED PHOTO.

A rendition of the new playground residents in Weldon hope to build in memory of Wesley Petterson.



SUBMITTED PHOTO.

A picture of the only public outdoor park in the community of Weldon.

CONTINUED FROM PAGE 1

"He was such a kind man," Erickson said in a press release. "He'd give you the shirt off his back because that's the type of person he was."

Weldon community members decided to create a park in his honour as a way to help local youth. Erickson said the community has seen a steady growth in the number of children living there, but the local recreational amenities haven't kept up.

She said a playground would receive plenty of use, as there is currently no designated park in Weldon. The closest thing is a few metal swings in an abandoned school yard.

"We need a safe place where children are free to play and have fun without traffic," Erickson said. "It would be a gathering place for families."

"Parents and grandparents could bring their kids to the playground and

enjoy climbing, swinging, or sliding on the equipment. I envision families playing catch, playing games, or having a picnic. It's a much-needed space that all residents would be able to use and enjoy."

There are currently five people on the Weldon Playground Committee. They hope to spearhead efforts to raise \$150,000 for the project.

The group hasn't committed to a site, but hopes to build near the Weldon Care Home. The goal is to have a play structure built and ready by the end of the summer.

The pancake breakfast fundraiser begins at 8 a.m. on Saturday at the Weldon Auditorium. Other fundraisers planned include a bottle drive, a BBQ, and a dance. James Smith Cree Nation leaders will be on hand at 10:30 for the presentation.

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www.ywcaprincealbert.ca

● EDUCATION

Education minister sends letter asking school board trustees for support

ALEC SALLOUM
REGINA LEADER-POST

Amid an ongoing stalemate, Minister of Education Jeremy Cockrill has asked school board trustees to back the government's bargaining position in a letter sent Friday.

The letter was sent the same day the Saskatchewan Teachers' Federation (STF) announced indefinite work-to-rule job action.

"I am counting on trustees to help make the case to the public that this round of bargaining has been about control and not our students," wrote Cockrill, who also said in the letter that the STF had "moved the goal-posts" several times following new offers from the government.

"This debate on whether to include class size and composition into the collective bargaining agreement, in any form, has significant implications for the role of local school boards going forward," he wrote.

"Scott Moe's minister has failed to get a deal done with teachers and now he's desperate," said NDP Education Critic Matt Love in an emailed statement sent Wednesday.

Jaimie Smith-Windsor, president of the Saskatchewan School Board Association (SSBA), didn't say if it was out of step for the minister of educa-



KAYLE NEIS/REGINA LEADER-POST

Minister of Education Jeremy Cockrill speaks inside the radio room in a joint press conference with SSBA President Jamie Smith-Windsor on Thursday, March 28, 2024 in Regina.

tion to reach out to trustees, asking them for help in promoting the government position.

"Boards are fundamentally autonomous, so the minister doesn't direct trustees but does have ongoing conversation and regular contact with our boards of education," Smith-Windsor said on Wednesday, also noting that past and best practices are for boards and trustees to not publicly engage or comment on bargaining.

She did add that the SSBA does believe matters of classroom complexity and composition are matters that

belong outside of a contract.

"We don't engage in public dialogue around bargaining, so that is something that boards prescribe to and typically adhere to during bargaining," she said.

Speaking on Monday, the minister said he sent the letter to trustees to remind them "of the important role that they play in local governance around the province."

He again said he feels "having language around class size, complexity and a contract would, I think, do significant damage to local governance in education in this province."

That has been the sticking point through the historic job action undertaken by the STF in this round of contract negotiations. Teachers continue to seek accountability and mechanisms to ensure that money from the government is going to matters of classroom composition and complexity, which continue to rank as the top priorities in this round of bargaining.

Speaking Tuesday, STF President Samantha Becotte said recent comments made by the minister were encouraging and did present a path back to the bargaining table.

"We want to have real assurances that these things that are being put in place are going to be there for the long term. So we do want to see it put into our collective agreement," she said.

Cockrill did say this week that he was open to putting an MOU regarding a proposed accountability framework for education funding into The Education Act. He also said he was not opposed to including that framework in a contract with the teachers.

Despite attempts to speak with school board trustees for this article, none offered comment on the letter from the minister.

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● EDUCATION

Ministry approves Catholic Division 2024-2025 school calendar

MICHAEL OLEKSYN
LOCAL JOURNALISM INITIATIVE REPORTER
DAILY HERALD

The Prince Albert Catholic Division board of education was informed that the Ministry of Education has approved their 2024-25 school year calendar at their regular meeting on Monday.

The board approved the calendar in February and the Ministry received notice in early April.

"The school calendar is approved so we'll take the next steps there to get that organized for the next school year," education director Lorel Trumier said. "We've met all the compliance parameters that we need to, so (we're) pleased about that."

Trumier expected to receive approval by May at the latest.

The school calendar includes 950 hours of instruction time.

The school year will begin on Tuesday, Sept. 2 because of where Labour Day lands on the calendar, with teachers having assigned teacher time on Aug. 25, 27, 28, 29 and 30.

The teacher convention is scheduled for March 14, 2024. Elementary Student Parent Conferences are on Oct. 21-24, 2024, and Feb. 2-6, 2025. High School conferences are on Nov. 20 and April 30.

Christmas break will be from Monday, Dec. 23 until Jan. 3. The February break is from Feb. 17 to 21 and there is an Easter break from April 18 until April 25. The last day of classes will be on June 26 of 2023.

The calendar includes 315 minutes of instruction per day and 950 hours of instruction per school year as directed in the Education Act.

School will begin after Labour Day next school year, with Labour Day landing on Sept. 2.

According to the Education act, any year when the statutory holiday occurs on Sept. 5 or later, the education minister can choose to start school during the previous week before the holiday.

The legislation to start school after Labour Day was introduced in 2011.

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● POLITICS

Former Chief Peter Beatty back in office following PBCN General Election



HERALD FILE PHOTO.

PBCN Chief Peter Beatty speaks during the 2017 PAGC General Assembly in Prince Albert.

DAILY HERALD STAFF

Peter Ballantyne Cree Nation (PBCN) has a familiar face back in their top leadership role after former Chief Peter Beatty was elected in the 2024 PBCN general election.

Beatty was one of nine candidates in the race. He received 969 votes, more than 100 ahead of second place finisher Ovide Michel. Incumbent Chief Karen Bird finished fifth with 434 votes. A total of 4,386 votes were cast during the election.

Bird congratulated Beatty on his election in a post on her Facebook page. Beatty declined interview requests until he had been formally sworn in.

Beatty was last elected as Chief in 2018 with 1,799 votes, well ahead of Bird who finished in second place with 1,152. He declined to run in the 2021 election, which Bird won comfortably, before deciding to run again in 2024.

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opinion

How to make a memorable impression on potential employers

NICK KOSSOVAN
TROY MEDIA

There's no shortage of job search advice floating around that contradicts.

- Resumes (formatting, length, how to beat the employer's Applicant Tracking Software (ATS), as if that's possible)

- Cover letters (Include or don't include?)

- Whether using LinkedIn's #OpenToWork green banner feature makes you appear desperate

- Interview advice

All job search advice, including mine, is subject to bias. My first column was titled There Is No Universal Hiring Methodology in which I explained that hiring is more emotional than logical and, therefore, a highly subjective process. Protest all you want; the fact remains that hiring is heavily influenced by biases and gut feelings, resulting in no two recruiters or hiring managers assessing candidates the same way.

What one interviewer rejects, another may accept.

Self-proclaiming career coaches claim that the formula for successful job hunting is A + B + C = "You're hired!" Predictably, they also claim they have the formula for you to purchase (book, webinar, becoming a client of their coaching service). My question: How can a formula exist with gut instinct being the driving force behind hiring decisions?

I've hired:

- a candidate was more than 20 minutes late for their interview.

- candidates who asked, within five minutes of starting the interview, "How many vacation days will I get?"

- candidates who've been unemployed for more than nine months.

- candidates (lost count of) who were over the age of 50.

- a candidate who brought her cat, Duchess, who'd undergone surgery that morning, to the interview. (This hire was a stretch even for me, but I

couldn't ignore her career story, set of skills, and strong personality.)

Another hiring manager would have likely rejected these candidates. Vice versa, candidates I've rejected inevitably went on to be hired by hiring managers who didn't consider why I rejected them relevant.

Rather than trying to juggle all the conflicting job search advice you're receiving – attempting to please all employers – focus on, better yet embrace, these two universal truisms.

1) Your success depends on what others think of you

Nowadays, the standard "life advice" is to not care what other people think about you. This advice, which I strongly disagree with, has led to the prevalence of self-centred behaviour.

Being successful is highly dependent on your image and what others think of you.

Searching for a job involves actively seeking approval. First you need the employer to approve – like what they see – your resume and LinkedIn profile. Then, to be approved for an in-person interview, you must pass a phone screening. Then, your interviewer must approve you for a second interview or to be hired. All these approvals required someone to think you deserve a "yes."

If everyone actually didn't care what others thought of them, social media wouldn't be flooded with approval-seeking posts, and rejection wouldn't hurt. Yet, job seekers constantly complain about rejection (not approved) without receiving feedback, suggesting they care what their interviewer thought of them.

As you realize how others perceive you is the key determining factor to your success, you'll ask yourself: How do people experience me?

Be honest. How do people experience you? How do people feel in your presence?

A challenge:

- Solicit the opinion(s) of family members and friends regarding how they perceive you.



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- Based on the feedback, adjust your behaviour and shift your thinking.

- Make it your mission to give those in your presence a memorable interpersonal experience

2) Image is everything

People watch in a mall, restaurant, or on a busy street. You'll notice that most people don't take their image seriously or subscribe to the "don't care what other people think of you" advice.

Whether you like it or not, humans are wired to judge a book by its cover. Therefore, how someone experiences you begins with your appearance. When it comes to interviewing, having an off-putting appearance will overshadow – not in a good way – your answers. When interviewing, you must be the best version of yourself.

Consider this uncomfortable question:

Those times when you aced, at least thought you did, the interview but didn't get the job, could it have been because of your appearance?

According to research, a person's opinion of you is formed in just three seconds. Psychologists call it "thin slicing." Your interviewer will make four snap judgments when meeting you for the first time:

- Are you trustworthy?
- Intelligence level
- Your professionalism
- Whether they like you

Everything I mentioned can be influenced, starting with how you dress and by looking your interviewer in the eye. Then, check your mannerisms and communication skills; both are imperative to your job search and career success.

Looking your best gives you the mental state you need more than ever in today's competitive job market: Confidence.

Commit to the following:

- Exercising
- Eating healthy
- Getting enough sleep
- Wearing proper fitting age-appropriate clothes
- Smiling (Your teeth' role in how people perceive you can't be overstated.)

Hire an image consultant if you need one; it'll be money well spent.

Don't underestimate, or worse, deny, the correlation between how your physical appearance impacts your life experiences and opportunities.

Nick Kossovan, a well-seasoned veteran of the corporate landscape, offers advice on searching for a job.



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● ADVICE

Hints from Heloise

BY HELOISE

MISSING SCREWDRIVER

Dear Heloise: The other day, I needed to tighten a screw in our screen door and couldn't find a screwdriver in the house. Finally, I used the tip of a pair of scissors, and it worked perfectly! -- Lucille W., Belle Fourche, South Dakota

Lucille, I had the same problem one time, and I used a dime to tighten a screw. Readers have written about using the tip of a dinner knife, a vegetable peeler and a pair of tweezers. Thanks for the hint! -- Heloise

PULLED PORK MADE EASY

Dear Heloise: My family loves pulled pork sandwiches, but needless to say, it's a lot of work. Finally, one day, my daughter-in-law was here and told me to put my new stand mixer to use by having the beater shred the pork. I just take the standard beater, and after the pork is cooked, I place it inside of a large metal bowl. In only a few minutes, I had shredded pork! What a clever idea! -- Sharon P., Port Huron, Michigan

CHARITY NAVIGATOR

Dear Heloise: My husband and I

gladly give to our church and local charities. We look at Charity Navigator to check on a multitude of mail from those needing our money.

How do we find enough to give? When it's too rainy to golf, we use that money to give to others. I also do my nails myself once in a while so I can give that money to others. (Do I fix my own hair? Never. I do have to feel fairly good about myself.)

I love reading your column daily! -- B.S., in California

USING KITCHEN TOOLS IN OTHER WAYS

Dear Heloise: For years, I've been using various kitchen tools to help me in the kitchen and do jobs that they weren't originally designed for. I thought I'd share some of these with you and your readers:

-- I use a tea strainer filled with herbs and spices to flavor soups and stews. You just have to remove the strainer before serving. You can also fill a strainer with powdered sugar and use it to sprinkle powdered sugar over pastries such as cakes and muffins.

-- I use an old potato masher to separate ground beef and sausage while it's cooking.

-- I use an egg slicer to cut small, firm tomatoes, eggs and strawberries.

-- I use a milk frother to mix other small batches of things. I recently

mixed whipping cream with my frother to add on top of a pudding that I made.

-- I tenderize chicken and meat by wrapping it in cling wrap, then using my metal rolling pin to pound the meat.

-- I've known a number of people who use a pastry slicer to blend or chop up eggs for an egg salad or to chop up potatoes to make hash browns.

-- A friend of mine gave me this hint: Take a cast iron skillet, turn it upside down so that the flat bottom is right side up, and place it in the oven this way to cook a frozen pizza. -- Dianna F., Erie, Pennsylvania

MICROCHIPPED

Dear Heloise: We recently were out on a picnic, and our dog got away from us and went running after a squirrel. We stayed until after dark looking for our beloved dog. Finally, we had to go home.

A day later, a man called to say that he'd found our dog. Our dog had been microchipped, which is what saved him from ending up at a shelter or the city pound, or wandering off never to be found. Please urge all your readers to get their pets microchipped. And have them wear a tag that says they are microchipped. -- Marilyn Y., Macon, Georgia

● HEALTH

Ibuprofen needs to be used in caution after hernia operation

Keith Roach

To Your Good Health



DEAR DR. ROACH: My second inguinal hernia operation resulted in pain and a lot of blood in my groin area. I can understand why I was prescribed acetaminophen, but I am confused about ibuprofen. It's a blood thinner, and I am not sure if my blood needed thinning, since there was plenty of blood in the groin and surrounding area. -- M.I.

ANSWER: There are two systems that clot blood in the body: platelets and clotting factors. Reducing the effectiveness of either of these systems can reduce the likelihood of blood clots. Although medicines that affect either system can be called "blood thinners," they don't thin the blood at all.

Aspirin, clopidogrel, ticagrelor and a few others are antiplatelet agents. Aspirin is still used by some people for pain or inflammation and to prevent a heart attack, but it is well-known to increase bleeding risk, sometimes seriously enough that a person can't take it. Nonsteroidal anti-inflammatory drugs like ibuprofen have much less of an effect on the platelets than aspirin

does, but they still need to be used with caution in a person who has something wrong with their platelets or a person who is postoperative.

In someone who is still having some oozing after surgery, or in someone where postoperative bleeding would be disastrous (like after brain surgery), anti-inflammatory medicines like ibuprofen or naproxen (despite their beneficial effects on pain and inflammation) should probably be held off until it is safe to restart them. Another option would be a special kind of anti-inflammatory drug called a COX-2 inhibitor, such as celecoxib, which is anti-pain and anti-inflammatory but doesn't really affect the platelets at all.

Drugs that affect the clotting factors, like warfarin and apixaban, are also usually held off before and after major surgeries.

DEAR DR. ROACH: I am a 76-year-old male who suffers from severe osteoarthritis in my left knee. I am bone-on-bone and manage the pain with periodic cortisone injections and daily nonsteroidal anti-inflammatory drugs (NSAIDs).

Recently, I read an article that cautioned against cortisone injections, noting that short-term relief (three to four months) can be obtained, but the long-term use of cortisone injections actually speeds up deterioration and the need for a total knee replacement.

Can you confirm this and whether alternative injections, such as hyaluronic acid or prolotherapy, have the same effects? -- D.A.

ANSWER: I can absolutely confirm that regular steroid injections will damage the cartilage in the joint. Hyaluronic acid does not damage cartilage, but the studies have only shown marginal improvement over placebo injections. They are also quite expensive, so I seldom recommend them.

Prolotherapy is an injection of irritants, such as dextrose, into the joint. Although some studies have shown benefit, most authorities, including the American College of Rheumatology and the Arthritis Foundation, recommend against its use. Still, there is little risk to this therapy, and it may be considered when there are no other good options.

I must emphasize that an injection in a person expecting benefits puts them at a high risk for a placebo effect, which is why studies are necessary to compare potential treatments against an injection of something inert, like saline.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu or send mail to 628 Virginia Dr., Orlando, FL 32803.

Horoscope

For April 12, 2024

BY GEORGIA NICOLS

ARIES

TGIF. Today is more laid-back, and you're happy to take some time to relax. Short trips and opportunities to casually socialize with neighbors, siblings and relatives will please you. You might catch up on old news with someone you haven't seen in a while. Have another cup of coffee. Tonight: Conversations.

TAURUS

Your moneymaking ideas are worth consideration today, especially if they relate to the arts or finding some kind of hidden treasure. Research into the past might pay off. Meanwhile, some of you will purchase something you've been thinking about for a while. Tonight: Check your possessions.

GEMINI

Today the Moon is in your sign dancing nicely with both the Sun and retrograde Mercury. Enjoy conversations with old friends or members of groups you haven't seen for some time. Someone might cause you to rethink your future goals. New ideas might put a new spin on something. Tonight: You win!

CANCER

Because people have noticed you more than usual lately (which is not a bad thing, because you look good to everyone at this time), today you will welcome some privacy and a chance to kick back and relax. Enjoy time with a boss or someone in authority. Tonight: Solitude.

LEO

Today you will enjoy interacting with a friend who is different or from another culture. If you can travel for pleasure, by all means, get a jumpstart on the weekend so you can do something different and grab some adventure. Many of you will visit someplace you haven't been before. Tonight: Friendships.

VIRGO

You're high-viz today. People notice you. Or perhaps they know details about your personal life. For some of you, this could relate to the fact that you're dealing with financial matters and making applications related to debt, credit, mortgages, loans and shared property -- all that red-tape stuff. Tonight: You're admired.

LIBRA

This is the perfect day for a meaningful discussion with a spouse, partner or close friend, especially about past issues. Or perhaps you'll be talking to an ex-partner about old business. Travel opportunities or something to do with legal or medical matters might intrigue you. Tonight: Explore!

SCORPIO

Although the energy today is more laid-back and relaxed, you might still be in work mode. Perhaps you want to finish old business and tidy things up. Or perhaps a work-related flirtation or romance interests you. This would not be surprising, because this is a great year for relationships and getting married for your sign. Tonight: Check your finances.

SAGITTARIUS

This is the perfect day to relax with friends, romantic interests or children. Take a long lunch. Grab a matinee. Enjoy fun outings, the arts, playful activities with kids and physical sports. It's Friday, and you deserve a break. Tonight: Cooperate.

CAPRICORN

Family discussions might take place today, perhaps about redecorating projects or repairs to your home. Because you might be in touch with relatives you haven't seen for a while, these discussions could explore many directions, including health issues. Tonight: Get organized.

AQUARIUS

This is a lovely day for warm discussions, or perhaps a short trip or a chance to study, learn and explore new ideas. Some of you will be productive doing creative writing. Very likely, something will happen that makes you appreciate your world. Tonight: Play!

PISCES

Financial discussions or moneymaking ideas might occur today, especially if they're related to home or a family member. Don't push yourself. Give yourself plenty of time to ponder different options, especially those related to old business or something from the past. With Mars in your sign, you have the energy to do this. Tonight: Cocoon.

BORN TODAY

Actor Ed O'Neill (1946), actress Claire Danes (1979), actor Andy Garcia (1956)

opinion

We need to address the mental health and wellbeing of Canada's women entrepreneurs

ROSALIND LOCKYER
QUOI MEDIA

Canadian women are not standing on the sidelines when it comes to owning and operating their own businesses. Whether it is in retail, food services, communications, the trades, technology or other areas, the number of women entrepreneurs in Canada is growing and their contributions are having a positive impact on the economy.

Women business owners have created over 1.5 million jobs and have contributed about \$150 billion to the Canadian economy, according to research. Despite this success, a recent survey of women entrepreneurs by the non-profit PARO Centre for Women's Enterprise (PARO) finds that women entrepreneurs are facing challenges that negatively affect their mental health and wellness.

While entrepreneurship on its own can be a difficult – especially when faced with the current economic uncertainty, impacts of inflation and the aftermath of a pandemic – being a women entrepreneur adds an extra layer of complexity. To help women succeed as entrepreneurs, governments at all levels must support policies that address the specific challenges they face.

One of the biggest obstacles for women entrepreneurs, it turns out, is accessing funding for their businesses. In the PARO survey, 86 per cent of

women entrepreneurs said financial factors caused them significant stress.

This is not surprising, given that studies show that half of women business owners face challenges when trying to access financing for their business and that financial applications for women-owned businesses are more likely to be rejected outright than men-owned businesses.

Compared to men, women entrepreneurs also report more difficulty finding, qualifying and applying for government support programs.

Another challenge is the struggle to balance work and family life. Due to out-dated gender norms that often situate women as the sole or primary providers of caregiving and household duties, women entrepreneurs can feel overwhelmed as they strive to care for their children and/or aging parents while simultaneously running their business.

The survey found women entrepreneurs also lack mentoring and support networks, depriving them of coaching and guidance that can play a crucial role in their success. At the PARO Roundtables following the survey, women entrepreneurs spoke of the need for an entrepreneurial buddy system so that they do not feel alone as they deal with work and family challenges.

The survey also found that women entrepreneurs who seek mental health support find that they have to pay for expensive private services themselves

or face long waitlists for government-funded resources. This leaves many feeling defeated and uncared for during difficult times.

The challenges are even greater for Indigenous and visible minority women entrepreneurs, who also contend with the effects of colonialism, systemic discrimination and racism.

Compounding these issues is the lack of representation of women in decision-making positions in government and private business. When women entrepreneurs do not see themselves represented adequately in leadership roles, it can restrict their ability to envision and pursue their own entrepreneurial endeavours.

The lack of diverse role models also results in fewer opportunities for guidance and peer support, creating additional barriers for women to circumnavigate the complexities of the entrepreneurial space.

The good news is that there is a lot that governments can do to develop a robust support system for women entrepreneurs and reduce or eliminate the mental health and wellbeing challenges they face.

Governments must ensure that women entrepreneurs have equitable access to business funding opportunities. They must also support financial programs with criteria and applications tailored to women's participation, so that women entrepreneurs can more easily access the funding they need. Governments must evalu-

ate their current measures for qualifying applicants to ensure equal access to diverse populations.

Governments must also provide funding for organizations to create more opportunities for networking and mentoring for women entrepreneurs, particularly those that promote diversity, inclusivity and the visibility of successful women entrepreneurs of all backgrounds.

Additionally, they must address issues such as gender stereotypes and improve access to resources such as childcare to help improve work-life balance.

Governments must also increase access to essential mental health resources – especially timely access – so that women entrepreneurs can get the support they need when they need it.

Within their own ranks, governments need to create more opportunities for women in decision-making positions. Having more women in leadership roles can spur societal progress and empower women entrepreneurs to achieve their aspirations.

Women entrepreneurs create wealth and jobs, benefitting their communities and the Canadian economy. To help ensure that they succeed, we must address the mental health and wellbeing challenges that they face.

Rosalind Lockyer is founder and CEO of PARO Centre for Women's Enterprise-Ontario, PARO Canada, and board member for Women's Enterprise Organizations of Canada (WEOC).

OPINION

The use of GLP-1 drugs such as Ozempic is surging

SYLVAIN CHARLEBOIS
TROY MEDIA

The rise of GLP-1 drugs, as exemplified by the widespread usage of medications like Ozempic, is revolutionizing societal attitudes toward health and dietary habits. A new study conducted by Dalhousie University's Agri-Food Analytics Lab and Caddle reveals that between 900,000 and 1.4 million Canadians have incorporated these medications into their daily routine.

This trend mirrors a broader North American movement, with projections indicating that up to 30 million adults in the United States may be using GLP-1 drugs by 2030.

The survey reveals a varied user demographic, with a slight majority of males (11 percent compared to 10 percent for females) and millennials taking the lead at 12 percent. Ontario boasts the highest usage rate in Canada at 13 percent, while Prince Edward Island records the lowest at four percent. A majority of users (79 percent) have been using these drugs for more than three months, indicating a significant dependence on them.

The primary reasons for usage are

managing type 2 diabetes (57.2 percent) and seeking weight loss (27.2 percent), which reflects a complex interplay between health needs and body image goals. The impact on dietary choices is particularly notable, with 45.5 percent of users reporting reduced food intake, especially high-calorie items. The most significant declines are seen in sweet bakery goods, candies, and carbonated soft drinks, suggesting a shift in eating patterns that challenges traditional food industry sectors.

This data paints a picture of a society grappling with the balance between health pursuits and the convenience of quick solutions. The GLP-1 trend is not just a medical story but presents a rich social, economic, and ethical narrative.

The impact of GLP-1 drugs such as Ozempic goes beyond personal health, indicating a transformation in consumer dietary behaviours. With 45.5 percent of users eating less overall and specific declines in indulgent food categories, this shift is reshaping the food landscape. The survey outlines a 30.6 percent decrease in sweet bakery goods consumption, a 30.4 percent decline in candy consump-

tion, and a 29.7 percent drop in packaged cookie consumption among GLP-1 users. Even the consumption of carbonated soft drinks has decreased by 28.8 percent, underscoring a shift towards healthier beverage choices.

However, the impact of GLP-1 drugs extends beyond food consumption to include significant changes in alcohol intake and dining habits. The survey reveals that 19.2 percent of GLP-1 users have reduced their consumption of alcoholic beverages, suggesting a broader trend towards healthier lifestyle choices encompassing both food and drink.

For the restaurant industry, the ramifications are considerable. The data indicates that 21.6 percent of GLP-1 drug users are dining out less frequently, while 16.4 percent are purchasing fewer groceries. This decline in patronage poses challenges for restaurants, particularly those that rely on high-margin items like snacks and fast foods. To adapt, restaurants may need to innovate their menus to include healthier, lower-calorie options that cater to the dietary preferences of GLP-1 users, such as diabetes-friendly or weight-man-

agement dishes.

The shift also has broader cultural implications, signalling a move away from traditional comfort foods and indulgences towards a more health-conscious approach to eating.

The long-term effects on food producers and retailers are profound. The decline in demand for sugary snacks and drinks suggests a trend toward healthier products that cater to the dietary needs of GLP-1 drug users. This presents an opportunity for the food and beverage industry to reassess its offerings, align with evolving consumer demand for healthier options, and innovate and foster growth by developing new product lines that appeal to health-conscious consumers.

The GLP-1 drug trend is reshaping the food industry, driving a cultural shift in consumer preferences toward healthier eating habits. This evolution challenges traditional food sectors and opens new avenues for innovation and adaptation in response to changing dietary trends.

Dr. Sylvain Charlebois is senior director of the agri-food analytics lab and a professor in food distribution and policy at Dalhousie University.

● RAIDERS

McMillen made most of second chance in Prince Albert



PHOTO BY ERICA PERREAUX/ @PERREAUXPHOTO

Turner McMillen celebrates a game tying goal late in the third period in Lethbridge on Feb. 17, 2024. McMillen scored with just 4.8 seconds remaining to tie the game.

NATHAN REITER
DAILY HERALD

Turner McMillen wasn't the most vocal player in the Prince Albert Raiders dressing room, but he let his work ethic do the talking.

The 21-year-old Carievale, Saskatchewan product began the season in Kelowna appearing in six games for the Rockets before he was released by the team on October 11.

"This was a very difficult decision for us to make," said Rockets president and general manager Bruce Hamilton in a press release. "With Gabriel Szutrc returned to us, we were in a position that we had to release one overage player to get down to three 20-year-olds."

McMillen was signed by the SJHL's Estevan Bruins the following day on October 12. Estevan had selected McMillen in the first round of the 2018 SJHL Draft, 10th overall.

During his tenure in southeastern Saskatchewan, McMillen registered five goals and five assists in 11 games for the Bruins before he found himself on the move once again.

A phone call led McMillen back to Prince Albert, where he played two seasons for the Mintos. He served as an assistant captain in the 2019-20 campaign.

McMillen made his Raider debut in Moose Jaw on January 5, 2024 while he was with the team on a tryout basis. The Raiders would ink McMillen for the remainder of the season on January 8.

Looking back on his year as a



PHOTO BY STEVE DUNSMOOR/KELOWNA ROCKETS

Turner McMillen played 156 regular season games in a Kelowna Rockets uniform in his WHL career before he signed with the Prince Albert Raiders in January.

whole, McMillen says the entire season was a learning experience, but he was glad to have the opportunity to finish his career in Hockeytown North.

"I went through some stuff and I just worked my tail off and ended up getting a call. I didn't take it for granted. I love the city (and) it was great to be back. The best fans in the

Western (Hockey League) for sure. I'm glad I got to finish here."

In 31 games for the Raiders, McMillen would post seven goals and 11 assists. Two of McMillen's goals would be game tying markers in the final minute of a third period, one was on Jan. 26 at the Art Hauser Centre against the Saskatoon Blades. The other was on the road in Lethbridge

on Feb. 17 in a game that saw the Raiders eliminate a three goal deficit in the third period at the Enmax Centre.

Raider head coach Jeff Truitt says McMillen did an excellent job at setting an example for the younger players during his time in Prince Albert.

"(He's) a great player, a great competitor, and a great person. He doesn't say an awful lot. He's a pretty quiet guy. But you know that he cares, and he shows that he cares. He does things by example, came in every day and worked hard, and came up with some pretty big goals for us along the way. That's what you would expect, but he would expect that too. He was a pleasure to work with."

The Raiders concluded their season with a first round playoff series loss against Saskatoon in five games.

McMillen says he is sad to see his WHL career come to a close, but he was glad to play in a rivalry playoff series.

"It's a sad day, I enjoyed it every step of the way, I had so much fun meeting new guys. I'll definitely miss it, but I had a time. You don't get that much compete level in just a normal series, but when it's against your rivals, it's totally different. It's a lot harder, way more physical, but I wouldn't take it any other way."

As for future plans, McMillen hasn't made up his mind whether he will pursue professional opportunities, attend university or help out on the family farm.

● SOCCER

Ivkovic re-signed as PAYSA technical director

NATHAN REITER
DAILY HERALD

The game of soccer is growing in Prince Albert and one of the major people behind it will remain involved for the long term.

Dragutin Ivkovic will be the technical director of the Prince Albert Youth Soccer Association (PAYSA) for the foreseeable future after renewing his contract for another five years, the organization announced on Wednesday.

"PAYSA is very excited to extend (the) contract of our Technical Director Dragutin (Dragan) Ivkovic for a few more years. He has been an asset and successful in helping us achieve the highest level of soccer for our Club in the Province." President of PAYSA Nnamdi Ndubuka said in a press release.

Ivkovic has been the technical director for PAYSA for the past eight years and is originally from Serbia.

Ivkovic says he was humbled to get the opportunity to continue serving as PAYSA technical director.

"Honestly, I see that as a recognition for everything I did in the past year and for showing the effort with



PAYSA president Nnamdi Ndubuka and technical director Dragan Ivkovic pose for a photo announcing that Ivkovic's contract has been renewed

SUBMITTED PHOTO

me and all the soccer families, players, First Nations, sport directors, and the board that we built the biggest soccer club in the province."

During the indoor season, PAYSA had more than 900 athletes competing across all levels. In the upcoming outdoor season, Ivkovic is expecting

more than 1,000 athletes to be playing soccer. He says he would like to see soccer continue to grow in the Prince Albert community.

"Moving forward, we would like to keep the same numbers as we have now and try to improve our Celtic level, that's our highest competitive level to be able to compete on the divisional level with all the other clubs in the province. We are doing so well for now but the biggest challenge is to keep that level. It's much harder to stay on that level than to reach it."

Ivkovic credits a lot of the success PAYSA has experience to every member who has contributed time to the organization.

"I really think we all did a good job, not me, this is teamwork and definitely cannot be done without all support from my coaches and my board. Building a good program attracts the kids. We made the biggest soccer club in the province, so that's a huge achievement for the community size of Prince Albert."

PAYSA is still accepting registrations for the upcoming outdoor season.

sports@paherald.sk.ca

● ROUGHRIDERS

Dave Thomas introduced as new play-by-play voice of the Roughriders



KAYLE NEIS/REGINA LEADER-POST

Dave Thomas is the new radio play-by-play voice for the Saskatchewan Roughriders.

TAYLOR SHIRE
REGINA LEADER-POST

There's a new voice of the Saskatchewan Roughriders' radio broadcasts.

Longtime broadcaster Dave Thomas has been named the Roughriders' play-by-play voice for their Canadian Football League games on 620 CKRM.

Thomas — who has worked in radio in Saskatoon for the past 20 years — replaces Michael Ball, who was taken off the gameday broadcast team earlier this year. Ball, who replaced Derek Taylor in 2022, has since left Harvard Media.

For Thomas — a Weyburn product — working towards this job in the CFL has been years in the making.

"I'm basically a guy who started out in the minors if you compare it to hockey," Thomas said after the official announcement was made on Wednesday afternoon. "I started out doing junior hockey and then I was able to go ahead and make a move over to football."

"I actually got to commentate high school football, junior football, made my way to the Canada West and now I'm here with the Roughriders which is really cool."

Along with his radio gig with the Saskatoon Media Group — which included "everything from morning shows to program director" — Thomas has called games in the Western Hockey League, the Saskatchewan Junior Hockey League, the National Lacrosse League, U Sports and the Prairie Football Conference.

He has also covered a World Junior Hockey Championship and a Memorial Cup. Previously, Thomas also served as the visiting sideline reporter for CFL broadcasts on CKRM for three seasons, including in 2013 when the Roughriders won the Grey Cup.

Analyst Luc Mullinder will remain on the broadcast team for his seventh season, while Justin Dunk, who runs the CFL website 3DownNation, joins the broadcast crew as the pre- and post-game host.

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arts and entertainment

ART

Studio 1010 Art Show and Sale hosts opening reception

MICHAEL OLEKSYN
DAILY HERALD

The Studio 1010 Art Group is hosting their annual Art Show and Sale at the Grace Campbell Gallery in the J. M. Cuelenaere Branch of the Prince Albert Public Library.

The group hosted their opening reception on April 6. This is the second show of the season for Studio 1010, who also do a show at the Hicks Gallery in the Margo Fournier Arts Centre in October of each year.

Longtime member Shirley Markell said having multiple shows makes everyone work harder.

"It's a great incentive to get work complete, (and) framed, wires on the back, ready to go (and) labelled," Markell said. "We probably wouldn't be doing that if we didn't have shows coming up."

The 1010 art group is a group of local artists who meet every Monday afternoon to work on their individual art projects. They are named after the address of the Margo Fournier Arts Centre and have been around for over a decade in the city.

Markell is one of the group's original members. She studied art as a university student, and took up painting again after retiring. She has loved her time with Studio 1010.

"Judie (Relitz) and I were talking and we think maybe it's 18 years (since starting)," Markell explained. "It was about 2005 or 2006.... We were taking art classes and got to know each other a little bit. We just liked the time that we could get together and paint."

The show is for watercolour, acrylic and oil art. Markell's preferred medium is watercolour.

"I'm a teacher by trade," she explained. "At university Art was my minor and I worked with oils and acrylics at that time, but I always had wanted to try watercolour, so, when I retired, Joyce Middlebrook was teaching watercolour and she's an excellent artist and teacher. So quite a few of us met there so I've carried it on and just because trying to do too many mediums is just too much."

Markell had four pieces in the show, all completed after she had surgery in November 2023. The paintings include portraits of her grandchildren and other family members, plus a few beloved pets.

After exploring that theme, she's moved on to another one with her current projects.

"I'm trying to do sparkling water at the moment," she said. "I'm work-



MICHAEL OLEKSYN/DAILY HERALD

Longtime Studio 1010 member Shirley Markell poses with two of her four pieces at the Studio 1010 Art Show and Sale opening reception on Saturday at the Grace Campbell Gallery.

ing at it. I've done a few. I'm not really satisfied with them."

Markell said there are currently some restrictions in place for Studio 1010. The group doesn't allow oil painting because some members are allergic to them. However, they try to be welcoming of everyone.

Markell would encourage anyone who is interested to join Studio 1010. The group has no formal instructors, although senior members often encourage rookie artists, and share tips and tricks they know. The cost is \$80 per year which helps to cover the rent of the Arts Centre for the year.

"The ladies are so helpful with beginners or anybody wanting to know anything," she said. "Occasionally we get guest artists in to teach something new.... We have had people come and talk to us about pricing and plagiarism and things like that."

The Studio 1010 show runs from March 30 to April 25 at the Grace Campbell Gallery.

If you are interested in joining Studio 1010 contact Relitz at j.frelitz@sasktel.net for further information. They meet on Monday afternoon from 1 p.m. to 4 p.m. and you can set up a table and join.

michael.oleksyn@paherald.sk.ca

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MUSIC

Prince Albert's top young musical talent to take stage at PACMA Youth Showcase

JASON KERR
DAILY HERALD

The Prince Albert Country Music Association (CMA) hopes to give prospective musicians a boost to start their careers with a Youth Showcase Event on Saturday.

Five local bands and three singers will take the Prince Albert Public Library Stage. Show producer Evan Swalm said they CMA wanted to help young musicians develop their careers.

"There's not many venues today where young musicians can cut their teeth or learn the ropes ... so we wanted to try and provide an opportunity for these folks who are just beginning their music career," Swalm explained.

The youth showcase was inspired by the Garnet Ebach Memorial Share the Music Campaign. That initiative makes instruments—primarily guitars—available to children who can't afford them so they can take music lessons.

The CMA decided to take things a step further and provide a venue for young musicians. They're covering the entire cost of the event, and donating the proceeds from the door.

Swalm said getting used to being on stage can take some time, especially



HERALD FILE PHOTO.

Emma Kuwala performs at the 2024 Prince Albert Winter Festival Country North Show. Kuwala will be among the youth acts that takes the stage on Saturday for the Prince Albert Country Music Association's Youth Showcase.

since not all audiences act the same. He said the show will provide these young musicians with valuable experience.

"How to feel comfortable on stage

in front of an audience—those are all skills that you can't open a book and learn," he explained. "They need to do it to develop that competence."

The performers won't be the only

youth involved in the event. Swalm said the sound engineer, emcee, and stage manager are all 17 and under.

Scheduled musical acts include the bands Fiberglass, Organized Confusion, Eternal Elysian, Stump Lake Slough Thumpin Brothers, and The Spark, and singers Emma Kuwala, Gaia Smart, and Layla Mogg.

Although the show is sponsored by a country music association, the acts include more than just country performers.

"It's quite an eclectic collection of music," Swalm said. "It's flowing hair rock and roll ... to bluegrass and various things in between."

Proceeds from the event will go towards Children's Haven. The CMA also plans to donate \$1,000 of their own money along with the gate.

Since the show is youth oriented, Swalm said, the CMA though the donation should be too.

"In our community we have a lot of vulnerable youth ... and we felt that that would be a good target to put invest some money," he explained.

The Prince Albert Youth Showcase begins at 2 p.m. on Saturday, April 13 in the Prince Albert Public Library Theatre. Tickets are available at the door for \$5.

@kerr_jas • jason.kerr@paherald.sk.ca

FRIDAY Evening

April 12, 2024

	SHAW	MAX	STAR	VU	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
CBC-F	(2)	270			TJ Sask (N)	Zone (N)	Les petits tannants		☛ C'est le coeur qui meurt en dernier (17) Paul Doucet, Céline Bonnier.				Le téléjournal (N)		Sports (N) TJ Sask	Cinéma
ABC-S	(3)	6	361		Shark Tank (N)		20/20 (N)		News (N)		(35) Jimmy Kimmel Live!		(35) Nightline (N)	(05) Hollywood	(35) Pictionary	
CBS-D	(4)	7	362		S.W.A.T. "Family Man" (N)		Fire Country "Alert the Sheriff" (N)		Blue Bloods "Shadowland" (N)		News (N)	(35) Masters (N) / (50) Colbert		(50) After Midnight	(50) In Touch	
CBC	(6)	3	298	247	News (N)	Mercer	Coronation (N)	Coronation (N)	Marketplace	About That (N)	The Fifth Estate	Contract to Kill" (N)	The National (N)		News (N)	Baroness von
net	(7)	24	418	408	Plays	NHL's Best	NHL Hockey Arizona Coyotes at Edmonton Oilers (N) (Live)				Sportsnet (N)	NHL Hockey (N)	Sportsnet (N)	Blue Jays in 30	NHL's Best	
CTV	(8)	4			CTV News Saskatoon (N) (Live)		Shark Tank (N)		Big Bang	Big Bang	Blue Bloods "Shadowland" (N)		Big Bang	etalk (N)	CTV (N)	News (N)
CSCN	(9)	19	352	266	Family Feud	Family Feud	Got Talent "We Love Surprises"		Dateline NBC "Justice for Joy" (N)				Paramedics:	Guardians	Staying Wild	Flat Out Food
CFSK	(11)	5	337	236	News (N)	Ent. Tonight (N)	S.W.A.T. "Family Man" (N)		Fire Country "Alert the Sheriff" (N)		Crime Beat (N)		Global News at 10 (N)		The Goldbergs	Global National
NBC-D	(12)	9	360		Password		Dateline NBC "Justice for Joy" (N)				News (N)	(35) Tonight Show (N)		(35) Late Night With Seth Meyers	(35) News	
TSN	(13)	110	400	400	NBA Basketball Toronto Raptors at Miami Heat (N) (Live)				SportsCentre (N) (Live)		Masters		SC		SportsCentre (N) (Live)	
CMT	(14)	14	583	575	Cheers	Cheers	The Office	The Office	The Office		Frasier	Frasier	Cheers	Cheers	Raymond	Raymond
H&G	(16)	102	564	600	Hunters (N)	Hunters (N)	Hunters (N)	Hunters (N)	Hunters Int'l (N)	Hunters Int'l (N)	Hunters Int'l (N)	Hunters Int'l	House Hunters	House Hunters	Hunters Int'l	Hunters Int'l
CNN	(18)	50	500	500	Anderson Cooper 360 (N) (Live)		The Source With (N) (Live)		CNN NewsNight (N) (Live)		Laura Coates Live (N) (Live)		Anderson Cooper 360		Erin Burnett OutFront	
A&E	(19)	70	520	615	The First 48 "Last Shift" (N)		The First 48 "Fatal Mistake"		The First 48 "Life Interrupted; Lucifer" (05) The First 48				(05) The First 48 "Last Shift"		(05) The First 48 "Fatal Mistake"	
TLC	(20)	71	560	521	90 Day Fiancé "More to Love: The Boy Who Cried Divorce" (N)				90 Day (N)	MILF Manor		90 Day Fiancé		90 Day Fiancé "More to Love: The Boy Who Cried Divorce"		
W	(21)	100	567	602	Neighbor	Neighbor	Mom	Mom	☛ For Love & Honor (16) Natalie Brown, Rebecca Liddiard, James Denton.				☛ Groundswell (22) Ektor Rivera, Tracy Yamamoto, Lacey Chabert.			
YTV	(22)	11	543	551	SpongeBob	SpongeBob	☛ Shrek (01) Voices of Eddie Murphy, Cameron Diaz, Mike Myers.		SpongeBob	SpongeBob	☛ Shrek (01) Voices of Eddie Murphy, Cameron Diaz, Mike Myers.					
NW	(23)	15	390	502	(5:00) Canada Tonight (N)		The National (N)		The National (N)		The National (N)		The National (N)		The National (N)	
FOX-R	(24)	8	363		WWE Friday Night SmackDown (N) (Live)				13WHAM News at 10 (N) (Live)		iCRIME - Vargas	The Simpsons	Paid Prog.	TMZ (N)	iCRIME - Vargas	Paid Prog.
SHO	(25)	75	522	616	9-1-1 "You Don't Know Me"		House of Gods (N) (P)		(15) ☛ Training Day (01) Ethan Hawke, Scott Glenn, Denzel Washington.				(40) ☛ Looper (12) Bruce Willis.			
DIS	(26)	51	505	520	On the Case With Paula Zahn (N)		Murders "Run Bambi Run" (N)		Death-Fme "Scripting a Murder" (N)		NUMB3RS "Chinese Box"		NUMB3RS "Breaking Point"		On. Case "Dissecting a Triangle"	
SLICE	(27)	101	562	601	The Real "Sun, Sea and Sass" (N)		Top Chef "The Wright Way" (N)		Married at First Sight "S17 Special (Aftermath #1)" (N)	King			The Real "Sun, Sea and Sass"		Top Chef "The Wright Way"	
DRA	(28)	73	523	620	Chicago "The Thing About Heroes"		Chicago P.D. "Army of One"		Chicago "Grasping for Salvation"		Chicago P.D. "Fagin"		Chicago P.D. "Army of One"		Chicago P.D. "Fork in the Road"	
EA2	(29)	205	504	509	(5:40) ☛ Mr. Bean's Holiday	(10) ☛ Father of the Bride (91) Diane Keaton, Steve Martin.			☛ Sex and the City (08) Kim Cattrall, Chris Noth, Sarah Jessica Parker. (P)				☛ Legion of Super-Heroes (23) Meg Donnelly.		(45) Total	
TEL	(31)	90	545	554	Teen/(15) Teen	Teen/(45) Teen	Teen/(15) Teen	Teen/(45) Teen	Tiny Too (N)	Tiny Too (N)	Teen/(15) Teen	Teen/(45) Teen	☛ Legion of Super-Heroes (23) Meg Donnelly.		(45) Total	
FAM	(32)	130	541	557	Jade Armor	TaraDunca	☛ Nacho Libre (06) Ana de la Reguera, Héctor Jiménez, Jack Black.		☛ The Goonies (85) Josh Brolin, Jeff Cohen, Sean Astin.				☛ Nacho Libre (06) Jack Black.			
PCH	(33)	131	529	294	NBA Basketball Atlanta Hawks at Minnesota Timberwolves (N) (Live)				Penn & Teller: Fool Us		Sight Unseen "Sunny"		Modern Family		King	
COM	(34)	132	547	625	Big Bang	Big Bang	According to Jim	According to Jim	How I Met	How I Met	How I Met	How I Met	Big Bang	Big Bang	Big Bang	Big Bang
FN	(36)	103	561	603	Beat Bobby	Beat Bobby Play	Beat Bobby (N)	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play	Beat Bobby Play
OLN	(37)	115	457	411	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars	Storage Wars
HIS	(38)	55	506	522	Aliens "The Top Ten Alien Codes"		The Proof Is Out There (N)		Aliens "Mysteries of Scotland" (N)		UnBelievable "Strange Places"		The Proof Is Out There		Aliens "Mysteries of Scotland"	
SCIFI	(39)	72	528	627	The Librarians		The Librarians "And the Dark Secret"		Librarians "And the Steal of Fortune"		Castle "Secret Santa"		Castle "Significant Others"		Star Trek: Voyager "The Raven"	
AMC	(40)		629		☛ The Day After Tomorrow (04) Jake Gyllenhaal, Ian Holm, Dennis Quaid.		☛ Mr. & Mrs. Smith (05) Angelina Jolie, Vince Vaughn, Brad Pitt.								☛ Central Intelligence (16)	
FSR	(41)	113	406	417	(5:30) RaceDay	NASCAR Craftsman Truck Series SpeedyCash.com 250 (N) (Live)			NHRA Drag Racing Four-Wide Nationals, Qualifying (N)		Dangerous Drives	Highway Patrol	Wrecked			
DTOUR	(42)	135	525	618	Border Security	Border Security	Vampires in America		The Hau. "The Stone Face"		Vampires in America					
TRE	(44)	91	546	553	(15) Blaze	(40) Thomas	Rubble	(40) Blue	(05) Bossy Bear	PeppaPig	Bubble/ Blaze	(45) Rusty Rivets	(10) Wiggle	Various	(20) Max & Ruby	(45) Blue
SN360	(70)	111	403	410	WWE Friday Night SmackDown (N) (Live)				WWE Main Event (N)		WWE Friday Night SmackDown				UFC Count. UFC 300: Pereira vs. Hill	
MM	(89)	12	580	570	Seinfeld	Seinfeld	The Simpsons	Futurama	☛ The Conjuring: The Devil Made Me Do It (21) Vera Farmiga, Patrick Wilson.				☛ Constantine (05) Rachel Weisz, Keanu Reeves.			
APT	(90)	22	350	269	APTN News (N)	APTN (N)	Corner Gas	Little Big	Diggstown "Jojo Carvery"		☛ Blood Quantum (19) Elle-Majja Tailfeathers, Michael Greyeyes.		APTN News (N)	APTN		
V	(91)	23	394	650	Upstart Crow	Hit Parade	Gaither Gospel Hour		Time to Sing	People-Sing	theZoomer "Taxing Carbon" (N)		☛ Something's Gotta Give (03) Diane Keaton, Jack Nicholson.			
PBS-D		10	364		The New Divas: Live in Vienna		A to Z		Great Performances (N)		NEXT at the Kennedy Center (N)		Amanpour and Company (N)		The New Divas: Live in Vienna	

Provincial Budget | 2024-2025

\$180 million for the Prince Albert Victoria Hospital

Investment in health infrastructure totals over \$516M in the 2024-25 Budget, which includes the Prince Albert Victoria Hospital redevelopment project. Construction of the new multi-level acute care tower is expected to begin this spring, with anticipated completion in 2028. This project will increase the number of beds, create a larger emergency department and provide enhanced medical imaging services and Neonatal Intensive Care unit among other improvements.



Joe Hargrave, MLA for Prince Albert Carlton
pacarltonmla@sasktel.net • 306-922-2828

For more information visit Saskatchewan.ca/budget

● TRANSPORTATION

Northeast short lines receive funding for infrastructure

LOCAL JOURNALISM INITIATIVE REPORTER
SASKTODAY.CA

NORTHEAST - Government has provided \$530,000 in provincial short line rail investments and the northeast will benefit from funding.

Under the Government of Saskatchewan's Short Line Railway Improvement Program, funding will assist with track upgrades and expansion, improved crossing surfaces and sightlines, bridge maintenance, track rehabilitations and other projects.

SRIP allocations for 2024-25 and their operating locations in the northeast:

- Thunder Rail (Arborfield area) \$25,000;
- Torch River Rail (Nipawin to Chocicland area) \$25,000;
- Wheatland Rail (Cudworth, Wakaw area) \$25,000;
- Northern Lights Rail (west of Melfort) \$25,000.
- Other locations:
 - Big Sky Rail, Delisle (Eston, Elrose region) \$87,035;
 - Carlton Trail Railway (Saskatoon to Prince Albert area) \$37,515;
 - Great Sandhills Railway (Swift Current to Leader area) \$43,089;
 - Great Western Railway (Assiniboia, Shaunavon, Coronach area) \$129,909;
 - Last Mountain Railway (Regina to Davidson) \$29,155;
 - Long Creek Railroad (west of Estevan) \$25,000;
 - Northern Lights Rail (west of Mel-



PHOTO COURTESY OF THE GOVERNMENT OF SASKATCHEWAN.

According to the WCSLRA, approximately 20 per cent of rail carloads leaving Canada originated on a short line railway.

- fort) \$25,000;
 - Red Coat Road and Rail (Ogema area) \$25,000;
 - Southern Rails Cooperative (south of Moose Jaw) \$25,000;
 - Stewart Southern Railway (southwest of Regina to Stoughton) \$28,297.
- "By investing in continuous improvements to our tracks, Saskatchewan short line railways ensure that rail is a safe, reliable, and efficient transportation option for agricultural producers, industrial facilities, and Saskatchewan businesses of all sizes," Western Canadian Short Line Railway Association

President Andrew Glastetter said.

According to the WCSLRA, approximately 20 per cent of rail carloads leaving Canada originated on a short line railway, including agricultural products, fuels and chemicals. Short lines operate 24.3 per cent of all rail miles in Saskatchewan. Short line railways provide rail service to 18 per cent of urban municipalities and 26 per cent of rural municipalities across the province.

Minister of Highways, Lori Carr, announced \$530,000 in provincial short-line rail funding.

"Short line railways play an import-

ant role in getting Saskatchewan's food, fuel and fertilizer on their journeys to worldwide markets, which helps keep our export-based economy strong to sustain our quality of life," Carr said. "We are proud to invest in this transportation sector as it is essential to keeping our great and growing province strong."

The government's release stated, "Many short line railways are community-owned, and serve rural communities, while also playing a vital role in the overall supply chain. Short line railways positively impact highway infrastructure, the environment, and rural economies, while transporting freight on infrastructure that is primarily maintained and funded privately.

"The Western Canadian Short Line Railway Association expresses our appreciation to the Government of Saskatchewan for their renewed funding of the Short Line Railway Improvement Program and for their support of the short line railway industry and rail access opportunities for businesses across Saskatchewan."

Provincial grants provide up to 50 per cent of eligible project costs and are determined based on how much track each short line owns. Networks with less than 80 kilometres of track receive at least \$25,000. Larger networks receive a proportional amount based on how much track they operate.

Saskatchewan has 13 short line railways operating on 2,123 kilometres of track.

● PROTEST

Carbon tax increase met with peaceful protests

RYAN KIEDROWSKI
LOCAL JOURNALISM INITIATIVE REPORTER
THE WORLD-SPECTATOR

April 1 meant increases to the much maligned carbon tax, increasing from \$65 to \$80 per tonne. The increase was met with protests across the country, including a large number of people gathered along the Saskatchewan-Manitoba border, illustrating their disapproval of the rate hike.

"My reaction is the same as about 70 per cent of Canadians, 70 per cent of our premiers," said Yorkton-Melville MP, Cathay Wagantall. "And the reaction is, this is not reasonable at this point in time, or in relation to the reality of the economic struggles Canadians are facing because of his (Justin Trudeau's) other measures as well."

Wagantall credited the many peaceful demonstrations held on April 1 and how people were making their voices heard.

"I'm really proud of the efforts right across this nation of Canadians to voice their concerns on so many issues," she said. "In the midst of all the challenges that they're facing, plus just carrying on with the normal challenges of raising a family and getting

to and from work."

Wagantall noted the reaction was not simply relegated to the April 1 increase, but also what is to come next. Projections are for the per tonne amount to rise by \$15 annually until it reaches the \$170 mark in 2030.

"But the truth of the matter is, it's impacting everything that they buy, because of the compounding of the carbon tax through the processes of getting food from the farm to the table," said Wagantall. "And that's at this point in time. Just the thought of it going up every year now, carrying on like this, there isn't the alternatives that are reasonable in the midst of shutting down our economy at the same time."

Just across the border to the east, MP for Brandon-Souris, Larry Maguire, says the effects of the tax have already been noted in his riding.

"We've already seen the real-world impact of high prices in our own backyard," he said. "In Brandon, the Samaritan House food bank gave out nearly 36,000 hampers last year, a dramatic increase of 12,000, which was 50 per cent above their normal annual average."

While proponents of the carbon pricing idea point to rebates that

many Canadians receive also on the rise, Maguire is not convinced those quarterly returns will help.

"Justin Trudeau hiked his carbon tax by 23 per cent on April 1, leaving Manitoba families on the hook for an additional \$1,750 in carbon taxes this year," he said. "At a time when folks are already struggling, families can expect even higher costs on everything from gas to groceries."

Pricing carbon pollution is touted as an effective way to reduce greenhouse gases believed to contribute to climate change. The carbon tax was put in place to "create a financial incentive for people and businesses to pollute less." A price on carbon pollution has been set in every jurisdiction across the country since 2019, with each province and territory able to design its own pricing system tailored to local needs.

However, in Saskatchewan, the provincial government has come under fire after removing the carbon tax from home heating on residential bills since Jan. 1, 2024.

Premier Scott Moe spoke on the carbon tax during a recent federal committee meeting, raising concerns and reiterating his view to axe the tax entirely.

"I really appreciated what Premier Moe said when he was the operations committee," Wagantall remarked. "He said, 'well if you're going to go by our population to determine our environmental standard, you better do the same then for our financial output for this country.'"

One example of the provincial forward-thinking on reducing pollution that Wagantall pointed to was switching from oil heat to natural gas more than two decades ago. The decision was not forced by a political hand at the federal level, rather "just the sensible thing to do."

Maguire also repeated his stance that throwing money at the problem isn't going to solve the pollution problem.

"A couple weeks ago, Liberal and NDP MPs had the chance to vote for a common sense Conservative motion to axe the tax, but they refused. This despite the fact that 70 per cent of Canadians and 70 per cent of provincial premiers oppose the carbon tax increase," he said. "Canadians facing hardship need relief, not higher taxes. Only Conservatives are committed to standing up for struggling Canadians by axing the carbon tax, for everyone, everywhere, for good."

● WILDFIRES

Wildfire report reveals 6.6 per cent of Alberta's forested area burned last year

SCOTT HAYES

LOCAL JOURNALISM INITIATIVE REPORTER
JASPER FITZHUGH

Last year's wildfire season was certainly historic, but how historic was it and what was the bigger ecological picture?

The Alberta Biodiversity Monitoring Institute (ABMI) recently produced a science letter called "Effects of 2023 Wildfires in Alberta" that helps to make it easier for laypeople and decision-makers alike to understand the answers to both of those questions.

For instance, the science letter documents that last year's wildfires burned 6.6 per cent of the forested area of the province. At approximately 3.3 million hectares in size, that area disturbed as much forest in Alberta as the 11 previous wildfire years combined.

"I think some readers of these large numbers get a little bit overwhelmed," said applied ecologist Brandon Allen, one of the three authors of the paper.

"I think people's minds go a little blank. We try to contextualize that to be an area similar to Vancouver Island. You could start to capture that a little bit of, 'Oh, that's a big place that was impacted by the fires.'"

As another comparison, the report equates that area to 50 times the size of Edmonton.

Applied ecology works to bridge that gap of understanding, but in this case, it also strives to offer a broader context of how wildfires can serve benefits to the world.

It strives to do the best research in order to understand how biodiversity is responding to pressures and then making sure that information is offered in a way that can be used for decision-making purposes.

Lead author Dave Huggard brought his forestry background with the province of British Columbia while co-author D.R. Roberts expertise is in climate modeling to help round out the larger scientific view of what all the outcomes of Alberta's wildfires were.

While many people already know that the greatest areas that burned were in the northern and west-central sectors of the province, the science paper reveals that all the destroyed trees resulted in a drop in the average forest age across the province.

Allen explained why forest age is an



ALBERTA WILDFIRE PHOTO.

The town of Edson was evacuated due to wildfire south of its boundaries in May 2023.

important measurement for researchers and managers and why it needs to be intelligible to a larger audience. It helps to distill a complicated idea.

"You want old forests, but there are not as many of them. You want some young forests, and you hope that they live long enough to become an old forest. We use average age as a way to try and represent that really complicated distribution of [forest] stand ages on the landscape."

Allen noted that if the average forest age is closer to 60 years old, then Alberta won't have any old forest anymore. This would likely result in a forest stand's inability to support its usual roster of animal species.

While the average forest age was about the same from 2010 to 2021, last year substantially lowered it.

The report reveals that all stand types ended up with average ages below their average ages in 2010 after the 2023 wildfires. For instance, treed lowlands (such as wooded fens, bogs, and swamps) showed the largest decline in average age with a 6.1-year drop from 2022 to 2023. The drop in average age for pine and spruce added to the declines from 2010 to 2021, making pine stands 8.0 years

and spruce stands 6.1 years younger respectively.

The declines in average forest age were much greater where there were more fires in 2023. The Northern Mixedwood natural subregion (north of 58 degrees latitude) declined from 68 years in 2010 to 61 years in 2021, then dropped to 47 years after the 2023 fires.

"I think the interesting thing in this report is that it wasn't really a forest type or habitat type that was spared," Allen said.

"It really was some of everything that was burning. It wasn't just deciduous forest. It wasn't just old forest or young forest. It was just interesting to see that the fire was really a disturbance that didn't discriminate between habitat types on the landscape."

The damage of wildfires is only one perspective, however. The applied ecologist confirmed that there became some positive results out of the smoke and ash. While it's true that many species lost habitat with one in eight species losing more than 10 per cent, the wildfires opened up areas for regrowth.

"That fire can open up new habitats

to them. I found it really interesting to find that we are predicting some species are going to see benefits because of the fires on the landscape. Certain species of woodpecker really thrive in these disturbed recent burns. For them, this is generally a good thing in this kind of context."

He acknowledged that lots of species will take more of a negative result because they need old forest habitats.

The Woodland Caribou lost 5.2 per cent of its preferred older treed lowland and upland conifer habitat while losses were higher in the northern caribou ranges: 13.7 per cent for the Caribou Mountains and 12.7 per cent for the Bistcho herds.

Some corollary factors might likely also play into how the species comes out worse than before. Lichen is a staple in the caribou diet but overall, most lichen species lost habitat last year.

Shrubs, on the other hand, may quickly regrow in some recently burned areas. Since shrubs provide food for moose or deer, predators such as wolves might find themselves more easily fed leading to larger populations of predators of threatened herds like the caribou.

**HAVE YOU CONSIDERED JOINING THE CLUB THAT FIGHTS DIABETES?
DO YOU WANT TO GIVE SOMETHING BACK TO YOUR COMMUNITY?**

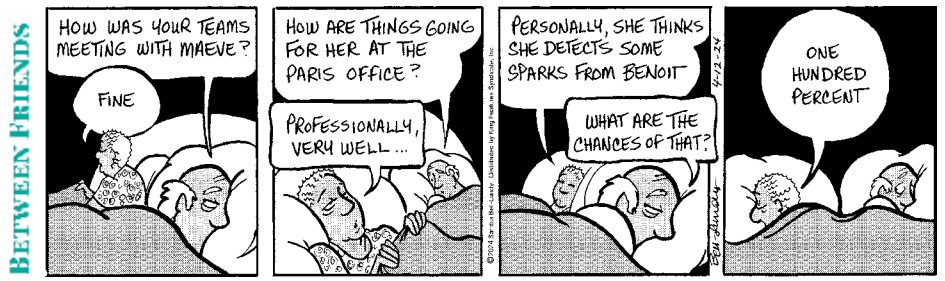
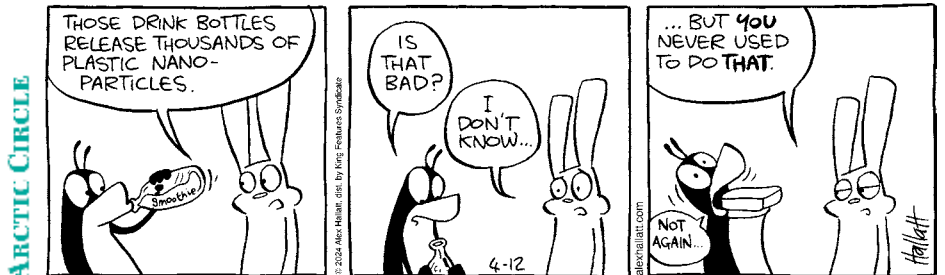
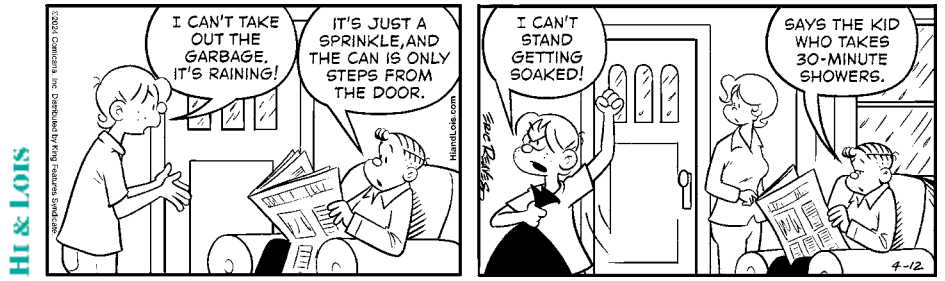


The Club that Fights Diabetes

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Cosmo Lodge in Little red River Park
Pine View Care Home • Rose Garden Hospice

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WORD SLEUTH • AN "X" IN THE MIDDLE

P E B Y V S P M J H E B Y V T
 Q O L I S G D B S Y W T R P M
 K I F D B U Y R W E U L S Q O
 M M A N T I O X I D A N T K I
 F D S R N X M I B I Z X T W U
 D I X I E I S Q X X S O S N L
 J H F L X X D A S O C E I A Y
 W V F A I R O T I I N E X A S
 Q P M N V C A B X D L B E O K
 I H F E C T P M E X E N O N B
 B Z Y W R O X U L V U S C R Q

Thursday's unlisted clue: ARCHER

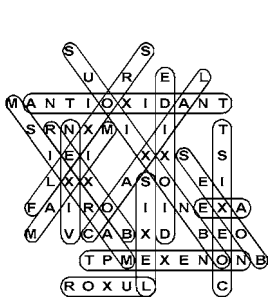
Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Friday's unlisted clue hint: AWAY DOWN SOUTH IN —

- | | | | |
|-------------|---------|---------|-----------|
| Antioxidant | Coaxial | Lexis | Nonexempt |
| Axe | Coexist | Luxor | Obnoxious |
| Boxer | Dioxide | Marxism | Vixen |
| Boxes | Flexors | Maxim | |

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4/12



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

Difficulty: ★★★

4/11

King Classic Sudoku

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

Difficulty: ★★★★★

4/12

ACROSS

- Rounded handle
- Leading man
- Abandoned
- British noble
- Island
- Mimic
- Classy beach resort
- Remedies
- “— Dark Thirty”
- Farm laborer
- “The World of Henry —”
- Sty cry
- Mother superior
- Prove wrong
- Conceited fellow
- Rounded
- Pummel
- Popular papal name
- Command for Fido
- “La — Vita”
- “— — Little Teapot”
- Greek letter
- Just
- Plait
- Keep for later (2 wds.)
- Nice and warm
- Attila the —
- Ponder

- Cookout fare
- Made demands
- Fertile soil
- “— — Lucy”
- Hawkeye State
- Vaulted recess
- “Holy cow!”
- Valley
- Sanity
- Actress — Pompeo
- Neither — nor there

DOWN

- Seaweed
- Brad
- Church calendar
- Tire failure
- Known only to a few
- Lump
- Rocky outcrop
- Poem
- Strike a chord
- Doing nothing
- Cousin to a foil
- Office plant
- Run
- Little bit
- Bearskin item
- Tournament of —
- Madonna movie role
- Deadly

PREVIOUS PUZZLE SOLVED

S	E	A	L		S	T	R	A	D		A	B	B	A		
U	R	G	E		H	A	I	R	Y		D	E	A	R		
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D	E	R	I	D	E	D					A	P	A	T	H	Y
					E	A	S	Y		A	M	U	N			
B	L	A	N	D			F	L	I	N	C	H	E	D		
R	O	U	T	E			T	A	L	C		E	U	R	O	
O	U	R					R	I	O				R	A	M	
A	S	A	P				M	A	R	T		P	R	O	S	E
D	E	L	I	C	A	C	A	C	Y			H	O	N	E	D
							C	O	R	E		M	A	I	L	
C	U	C	K	O	O					O	I	L	L	A	M	P
A	R	I	L				O	P	I	U	M		I	D	O	L
P	A	T	E				N	O	R	S	E		N	A	D	A
S	L	E	D				S	P	E	E	D		G	M	E	N

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- | | |
|---------------------------|---------------------|
| 29 Breadbasket | 50 Cabbage salad |
| 30 Suggestive | 51 Pith helmet |
| 31 Pen name | 52 “— of Eden” |
| 32 Send payment | 54 Function |
| 33 Fawning lackey | 55 Fancy jug |
| 35 — fide | 56 Hamlet, for one |
| 38 Reduce the ranks | 59 Texter's chuckle |
| 42 Intrepid | 60 Barn bird |
| 43 North Carolina capital | |
| 45 London's river | |
| 46 Arctic bird | |
| 47 Covered bowl | |
| 49 Flick | |

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
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57								58	59	60			61		
62								63					64		
65								66					67		

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● CRIME

New to Canada? Beware, you're twice as likely to become a fraud victim, survey reveals

KEEGAN KOZOLANKA AND MAKHABBAT AITEKENOVA
LOCAL JOURNALISM INITIATIVE REPORTER
 NEW CANADIAN MEDIA

This article was produced as part of an Inclusive Journalism Microcredential offered by New Canadian Media and Seneca Polytechnic. Learn more here.

Newcomers in Canada are more than twice as likely to fall prey to scams compared to other residents, with more than one-third reporting they have been targeted by fraudsters, according to Scotiabank's 2024 Fraud Poll.

Some 38 percent of newcomers polled say they have been the victim to at least one fraud compared to just 17 percent of other Canadians saying they have been victimized.

Frauds targeting newcomers include social media scams (49 percent), job scams (46 percent) and immigration scams (22 percent), Scotiabank says.

According to the Canadian Anti-Fraud Centre (CAFC), in 2023 alone, Canadians lost a staggering \$567 million – an increase of \$37 million from 2022.

The top three most reported types of fraud were identity fraud, service fraud, and phishing – all designed to get you to pay or give away sensitive information like your social insurance number, passwords or banking details. The top three frauds reported that had the highest level of financial impact were investment scams, spear phishing, and romance scams.

The CAFC received 116,403 reports which included at least 41,873 victims of fraud in the past year.

Fraud prevention measures

Newcomers and other Canadians agree on the necessity for more comprehensive education concerning financial fraud, with 95 percent and 91 percent, respectively, advocating for increased awareness and knowledge in this area.

Scotiabank's analysis of fraud prevention practices also reveals notable differences between newcomers and long-time residents of Canada:

Newcomers are 47 percent more likely than long-time residents to regularly discuss financial security and fraud prevention within their community.

Newcomers are 46 percent more likely to use a password manager app compared to long-time residents.

When it comes to frequently updating passwords to protect online accounts, newcomers are 16 percent more likely to do so compared to long-time residents.

Tammy McKinnon, Scotiabank's SVP of global fraud management, spoke with New Canadian Media on practical tips to protect against financial fraud.

"It is important for everyone to be mindful and skeptical of unsolicited communications, especially those requesting either some kind of payment or personal information. It is always



SUBMITTED PHOTO.

Tammy McKinnon, Scotiabank's SVP of global fraud management.

best to verify the legitimacy of any request directly with an official account or channel. So, if somebody is receiving a call from a delivery company, it's best to hang up and call the delivery company back," McKinnon said. "We would also recommend people monitor their financial statements and their online banking accounts on a regular basis. That is the best way to pick up if something doesn't look right, they can identify it early.

"Banks and other institutions are now increasing their level of multifactor authentication, and many will send something called a one-time passcode for your bank account. No one is ever going to ask you for that from a bank. We recommend that the one-time passcode not be shared with anybody. If anyone is calling to ask for that passcode, that is a red flag. It is not advised that you give that one-time passcode to anybody; hang up and call back to your branch or visit the branch directly."

Fraud prevention measures that focus on a localized, hands-on approach are becoming increasingly relevant in addressing the issue.

Crime Stoppers Guelph Wellington (CSGW), a non-profit charitable program focused on promoting awareness of and combating crime in southwestern Ontario, has been making efforts to combat frauds and scams through educational presentations called Fraud Talks. These sessions aim to educate attendees about the tactics used by fraudsters.

CSGW program coordinator Sarah

Bowers-Peter said frauds can happen to anyone from any demographic but understands how new Canadians might be more vulnerable.

"For someone who's new to Canada, maybe English isn't their first language, they're not familiar with their new country," Bowers-Peter said.

She's aware of an instance of a young person new to Canada getting caught up in an online scam involving a vehicle sale.

"A young person new to Canada had been saving for a vehicle and had been working for months saving up to get a vehicle so that it would make their commute a little easier," she said. "They searched for a vehicle, thought they had a good opportunity and it ended up that the person defrauded them of the cash and there was no vehicle for sale."

Bowers-Peter said situations like this must be frustrating for newcomers who may have come to Canada in search of opportunity to have this happen.

"The sad thing is that for some people they feel stupid, they feel like they're to blame for what's happened to them which is not the case at all," Bowers-Peter said. "This is absolutely a situation where someone has been taken advantage of."

Alongside Immigrant Services Guelph Wellington, CSGW has begun holding Fraud Talks in languages besides English starting with Vietnamese and Mandarin and the organization also plans for sessions in Arabic and Tigrinya.

Coming Events

Al-Anon Meetings
Monday: Serenity Al-Anon: 8pm - #3 - 406 South Industrial Drive. **Serendipity Al-Anon:** 7:00pm - 59A 17th St. W.
Tuesday: Northern Lights Adult Child Al-Anon: 6:00pm - First Baptist Church - 1351 28th St. E. **Northern Lights Al-Anon:** 8:00pm - First Baptist Church - 1351 28th St. E. **Wednesday: Nov Al-Anon:** 7:30pm - Masonic Temple - 292 15th Ave. E. **Thursday: Double B Al-Anon:** Noon - St. Alban's Parish Hall - 1410 McLean Cres., north door of church.

VINTAGE POWER MACHINES RAFFLE
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2nd Prize - \$500.00
Five - \$100.00 Prizes
= \$2,000.00 Cash Payed Out!
Draw Date September 2nd, 2024
Tickets are \$5.00 each.
 Winner will be contacted by phone. Draw will be at the Royal Canadian Legion on 8th Street Prince Albert at 6:30 pm, live streamed on Facebook and paNow.
Tickets available at:
Prince Albert Daily Herald, NAPA, Park Range Veterinary Services, West-View Steering and Brake.
For more information call: 306-960-8168
Lottery License No: SR23-5365

Threadbare Productions Presents:
Hip-Hop Night at Spice Trail
Saturday, April 20
Featuring:
 Burning Pallets
 Unrelated
 Jugless the Rapper
 Doors at 8pm • Bands at 8:30pm
 Advanced Tickets \$15
 Available at Inspired Vapor (cornerstone), Skin Junkies (Central) and The Spice Trail
 Door \$20 (Cash Only)
All Ages! Licensed! Kitchen Open 'til 9:30

CNIB
Empower Your Journey: Join CNIB's Inspiring Programs!
Prince Albert
 Date: May 14th, 2024
 Time: 9:30am - 3:00pm
 Location: Margo Fournier Art Center, 1010 Central Ave.
La Ronge
 Date: May 13th, 2024
 Time: 1:00pm - 7:00pm
 Location: Royal Canadian Legion, 1400 La Ronge Avenue, La Ronge
Prince Albert Peer Support:
 When: 4th Wednesday each month
 Time: 2pm - 4pm
 Location: Margo Fournier Art Centre, 1010 Central Ave.
Volunteer Opportunities:
 Tandem Bike Captains • Vision Mates
 Event Volunteers
For more information:
Aashini Patel
Aashini.patel@cnib.ca
306-514-0558



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Coming Events

Legion CANADA DAY CASH DRAW

1st Prize - \$3,000.00
 2nd Prize - \$2,000.00
 3rd Prize - \$1,000.00

Only 5,000 Tickets Printed
 Draw Date: July 1, 2024 at 4:30 PM
 Kinsmen Park

Tickets are \$5.00 each
 Tickets available at:
Prince Albert Daily Herald
 (Mon-Fri, 8:30am-5:00pm)
Royal Canadian Legion #2
 (Tues-Fri: 1:00pm-8pm, Sat: 2:00pm-8:00pm)
 *Must be 18 to play. Lottery License # RR23-0641

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 306-752-7300
melfort.ha@gov.sk.ca

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Notice

NOTICE TO CREDITORS

In the estate of **Joseph Henri Doderai**, late of Duck Lake, Saskatchewan, deceased.

All claims against the above estate, duly verified by statutory declaration and with particulars and valuation of security held, if any, must be sent to the undersigned before the 1st day of May, 2024.

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 Attention: Shelley Cannon
 Solicitors for the Estate

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River Park Funeral Home
 by Arbor Memorial

Notice

NOTICE
ST. LOUIS METIS LOCAL #28
2024 ANNUAL MEETING

Date: Wednesday, May 15th, 2024
Time: 7:00PM
Location: St. Joseph's Senior Club & Bowling Alley
 151 Riverside Drive, St. Louis, Sask.

*Approval of 2023-2024 Financial Statements
 *Report of 2023-2024 Activities
 *Guest Speakers to be announced at a later date

All Local 28 Metis Citizens encouraged to attend.



SENIOR MEN'S GOLF CLUB

ANNUAL MEETING
 April 18, 2024 2 PM
 Prince Albert Golf & Curling Club

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Wolkosky, Patricia Marlene
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Celebration of Life:
 Fri. Apr. 12, 2024 - 1 PM
 Royal Canadian Legion
 133 8th St East
 Prince Albert, SK

Edwards, Irene Mary
 Late of Prince Albert, SK
 Formerly of Birch Hills, SK
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 MacKenzie Chapel
 Burial: Memorial Gardens Cemetery
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POLITICS

Sask. NDP question lobbying in lead up to \$6M-contract with Calgary clinic

ALECSALLOUM
REGINA LEADER-POST

A \$6-million contract between the province and a private surgery clinic in Calgary was in the Opposition's crosshairs during a contentious question period Thursday.

The NDP took aim at a \$14,000-donation from Surgical Centres Inc. (a Division of Clearpoint Health Network) to the Saskatchewan Party, along with the fact that former finance minister Kevin Doherty is registered as a lobbyist for the clinic.

"The people of Saskatchewan, rightly so, have a lot of questions around what went down," said NDP MLA Meara Conway, calling it a "sweetheart deal."

A lobbyist must register who they are communicating with or who they intend to communicate with over a six-month period, according to The Lobbyists Act. That includes emails, letters, phone calls or in-person communications, but could also mean that a person on the list, may never have been contacted or lobbied.

Between 2022 and 2023, registration of lobbying activity forms from the Office of the Registrar of Lobbyists Saskatchewan shows nine entries

where ministers and the premier were potentially lobbied "to work with the Ministry of Health to assist in the surgical backlog."

Doherty, vice-president of Prairie Sky Strategy and one of two lobbyists listed with the firm, is noted as the lobbyist files the forms.

Minister of Health Everett Hindley is listed nine times, eight of those as the minister of rural and remote health, but it doesn't mean that on nine occasions Doherty met with Hindley for the express intent of lobbying on behalf of the clinic.

"As the minister of health I have not met with Prairie Sky Strategy to talk specifically about surgeries," Hindley said when asked specifically about meetings with Doherty and the lobbyist forms.

As for when he was minister of rural and remote health, Hindley said "I don't believe I did, going from memory. I've met with dozens, if not hundreds of people."

Hindley said he wasn't sure who Doherty would have met with in the process of lobbying, but reiterated he did not think it was him.

Still, the registry raised eyebrows from the Opposition.

"That private clinic has donated

over \$14,000 to the Sask. Party, and what did they get? They got a \$6-million sole-source contract for hip and knee surgeries," said Conway during question period on Wednesday.

Hindley pushed back, arguing the contract was tendered through a request-for-proposals (RFP), an "open, transparent process that we would use to do this. Not a secret."

He later walked that comment back and clarified it was not in fact done through an RFP process.

"This was the only company that would be able to provide what they call short stay hip and knee surgeries and as a result it wasn't an RFP," Hindley said Wednesday.

At the heart of the matter is Saskatchewan's wait times for hip and knee replacement surgery, which according to the Canadian Institute for Health Information (CIHI) had the worst median wait times in the nation in 2023.

The median wait time for a knee surgery in Saskatchewan was 318 days, compared to the national average of 161 days. For hip surgery, the median wait time was 232 days in Saskatchewan compared 131 days nationally.

Hindley noted Thursday that the contract with the private clinic has

been part of the government's strategy to lower wait times.

"There were 161,000 surgeries that have been provided by privately delivered but publicly funded options," he said.

But Conway argued the \$6 million going to toward the contract should be kept in Saskatchewan, and also questioned the efficacy of the contract.

"Worst in the nation for hip and knee surgery wait lists before the sole-source contract, worst in the nation after the sole-source contract," said Conway, suggesting that instead of signing the contract with the Calgary clinic, the government "could have put that money into building up the public system here."

Hindley said the province has done that, and the budget plans for increasing capacity here in Saskatchewan.

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