

PORCUPINE PLAIN PUBLIC LIBRARY
QUILLY'S COMMUNITY PLACE
PHONE: 306-278-2488
MON 9AM-1PM | TUES, WED & THUR 9:30AM-12NOON, 12:30-5PM

SPRING IS IN THE AIR! Be sure to stop by the Library before April 5th to get your raffle tickets for the draw for the beautiful Blue Jean Quilt donated by Fern Saufert. Tickets are \$2.00 each or 3 for \$5.00. Draw will take place on Wednesday, April 5th!

April Programming

- **Visit the Story Stroll @ Scott Park for a brand new story!**
 - Tuesdays, April 4th, 11th, 18th & 25th — **Playschool & Preschoolers Story Time** 10:30a.m.-11:30a.m. Stories and crafts for the kids, everyone welcome!
 - Wednesday, April 5th — **Armchair Yoga** with Rita Robertson at 10a.m.
 - **Painting Classes** with Instructor, Beth Benz, every Wednesday at 1p.m.
 - * Wednesday, April 5th—Eggs in a Basket
 - * Wednesday, April 12th—Spring Landscape
 - * Wednesday, April 19th—Bee in Sunflower
 - * Wednesday, April 26th—Teal Flower Abstraction
- For more information or to register, call the Library at 306-278-24880

April Reading...

Adult Fiction:

- * *The Whittiers* by Danielle Steel
- * *Three Days to Live* by James Patterson
- * *Quantum* by Patricia Cornwell

Adult Non-Fiction:

- * *Spare* by Prince Harry
- * *Diana, William & Harry*
- * *The Palace Papers* by Tina Brown

Youth:

- * *Okay Witch*
- * *I Survived Hurricane Katrina*
- * *Goddess Girls*

Childrens:

- * *Pepper & Boo*
- * *Get a Grip! We're on a Trip!*
- * *The First Cat in Space At Pizza*

Movies:

- * Everything Everywhere All at Once
- * Ticket to Paradise
- * The Bad Guys

Until next time... have you read a good book lately?

On March 11th, Metis Nation Saskatchewan Eastern Region II & Town of Porcupine Plain held the 2nd Annual Traditional Winter Festival



Yesican Dog Sleds and Meadowcroft Pony Rides provided entertainment all day long, and snowshoes were available for anyone who wanted to try them out. Fires were kept going inside and outside the 10x15-foot canvas tent — bannock, hot dogs and hot chocolate kept everyone warm. Thanks to everyone who came together to make it happen and to everyone who came out to enjoy the day!



FUNDED BY



This event was supported by SPRA's Metis Recreation Development Grant

**HOW DOES THE
EASTER BUNNY
STAY HEALTHY?**

**EGGS-ERCISE,
SPECIFICALLY
HARE-OBICS**

Congratulations to the PPCS Sr. Boys Basketball team for winning Silver at HOOPLA 2023!



Issue #150 - April 2023

Porcupine Plain & District
CHATTER
Community Newsletter

Produced by your local Economic Development Committee

www.porcupineplain.com

FREE

Happy Retirement Anita!

Anita Watt has announced her retirement after 40 years in the health care field in Porcupine Plain & Area.

Anita began working as a Care Aide at Red Deer Nursing Home during the summers of 1980 & 81 while attending PPCHS and, in June 1983, graduated from the Diploma Nursing Program at the Kelsey Institute of Applied Arts & Sciences in Saskatoon. The very next day, she began her nursing career working in Long Term Care at the Red Deer Nursing Home. In 1987, Anita completed the Nursing Management program out of Winnipeg and, in 1989, became the Instructor of the Special Care Aide course to current employees. In June 1997, she accepted the position of Nursing Unit Coordinator for Red Deer Nursing Home & Porcupine-Carragana Hospital. In March of 1999, she accepted an out of scope position as Assistant Community Health Manager for Porcupine Plain. Between 2004-2005, she completed a temporary term as Community Health Manager in Kelvington, before accepting the position of Case Manager for Porcupine Home Care in September 2007. Anita has taken an active role in the district and regional Palliative Care Programs and has been a member of the Provincial Palliative Care Steering Committee. Finally, in 2016, she became the Health Services Manager for Porcupine Plain.



"It has been a great pleasure in serving the people of Porcupine Plain and area over the past 40 years." Anita says. "During that time I've gained a wealth of experience, knowledge, connections and memories. Supporting the citizens of my community in navigating the health care system with its many changes and challenges has been a labour of love. It is with mixed emotions that I announce my retirement date of May 31, 2023."

An avid traveler, Anita has visited 18 countries (so far!), and enjoys hiking, kayaking, gardening and photography. This year, Anita and her husband Don will celebrate their 39th wedding anniversary with their sons Aaron and Linsy (Elina). In her retirement, Anita plans to spend time with family and friends, enjoy time with her lovely granddaughter Julia, and travel the world.

Thank you, Anita, for your years of commitment, dedication and leadership in healthcare in Porcupine Plain & Area. The community of Porcupine Plain wishes you all the best in your retirement — happy travels!

Porcupine Plain's new Health Services Manager, Chelsy Ratcliffe, begins her new role on April 17th, bringing with her over 17 years of experience working in multiple departments within the Saskatoon Hospitals. Welcome Chelsy!

Medavie, through the Medavie Foundation, invests in community initiatives and organizations that improve the wellbeing of Canadians.

With funding received from Medavie Foundation's Access to Active Living Fund, the Porcupine Plain Interagency Group was able to obtain new equipment for our Cross-Country Ski Borrowing Program. With Medavie's \$5,000 contribution, we picked up 16 pairs of boots, 10 sets of skis and 4 sets of poles, and refurbished 7 pairs of damaged skis!

The Cross-Country Ski & Snowshoe Borrowing Program has been very busy and we anticipate another busy season next winter!

Thank you to Brian Foster for continuing to groom the trails, to Medavie for supporting this initiative, and to Fresh Air Experience in Prince Albert for hooking us up with the new equipment. And thank you to Porcupine residents and visitors for making use of this program this winter... see you on the trails next year!



MEDAVIE



HERE'S WHAT'S HAPPENING AROUND PORCUPINE PLAIN...

Tuesdays, April 4th, 11th, 18th & 25th - New to You
Quilly's Community Place 9am-4pm. Purchase gently used clothes/items & support your community! *February sales benefit the Lutheran Church.*

Tuesdays, April 11th & April 25th - Prairie Hope Wellness in Porcupine
Briana Panchyshyn, Counsellor of Prairie Hope Wellness in Melfort will be attending appointments in Porcupine Plain. To book an appointment, call 306-920-8881 or email bpanchyshyn@prairiehopewellness.com

Thursday, April 13th - Flu & Covid-19 Vaccine Clinic
Quilly's Community Place gymnasium 11am-2pm. Phone 1-833-727-5829 or visit www.4flu.ca to book your appointment.

Thursday, April 13th - Town Council Meeting
Call Town Office by Monday prior to meeting to add agenda item - 306-278-2262.

Saturday, April 15th - Wildlife Club Awards Banquet & Dance
Porcupine Plain Community Hall—Happy Hour 5:30pm, Supper 6:30pm, Program 7:30pm, Dance to Follow. Advance Tickets \$30each available at Parkland Co-op Admin Office (5&Under Free).

Thursday, April 20th - Health Care Auxiliary Flea Market, Lunch & Bake Sale
Porcupine Plain Community Hall—Craft Tables 10am to 2pm, Soup & Sandwich Lunch 11am to 2pm. Takeout lunch available, call or text 306-813-7209.

Saturday, April 29th - Canada's Double Portion Concert & Community Supper
Porcupine Plain Community Hall, Pulled pork supper at 5:30pm, Concert 7pm. Admission by "free will offering". *Courtesy of Weekes Evangelical Chapel.*

WEEKLY:

Porcupine Plain Sunset Club
Bingo - Fri 7:30pm | Shuffleboard - Wed 1pm | Seniors Exercises - Thur 1pm
Potluck Birthday Supper to honour all members born that month, on the last Friday of each month starting at 5:30pm - followed by Bingo!
Sunset Club is also open for event rental (birthday parties, showers, etc.)
Call: Sharon 306-278-7127 **or** Muriel 306-278-7323 **or** Debbie 306-278-7786

Singing at Red Deer Nursing Home
Every Wednesday meet at RDNH at 2pm. One week Hymns, next week other songs! For more info, call Joan 306-278-2165 or Muriel 306-278-7323.

Indoor Walking
Monday to Friday at 9-10am at Quilly's Community Place.

Indoor Pickleball
Sunday & Tuesday evenings at 7pm at Quilly's Community Place Gym. Call or text Darryl for more info 306-278-7595.

Ladies' Line Dancing with Instructor Inna Gryshkevych
Every Monday evening (unless otherwise posted) at PPCS Foyer, 5-6p.m. or 6-7p.m. \$10 per class. Phone 306-600-9145 for info.

Interagency Group Cross-Country Ski & Snowshoe Borrowing
Cross-Country Ski Trails are groomed and ready for use — hit the trails before the snow is gone! Contact 306-292-8901 to arrange to borrow skis or snowshoes and get a copy of the trail map. *Thank you to Brian Foster for grooming the trails!*

Story Stroll at Scott Park
Enjoy a story while you stroll thru Scott Park! Entrance on Oak Street. *Presented by Porcupine Public Library & Town of Porcupine Plain.*

Porcupine Trail Blasters Snowmobile Club
All trails groomed and ready to ride! Try the new trail to Bjorkdale, and visit the new Steen Shelter. Remember to **PACK IT OUT** - don't leave anything behind in shelters or on trail.

Greenwater Lake Provincial Park
To access the latest Winter Recreation Report, visit: www.porcupineplain.com/visitors/greenwater-lake-park

*For even more updates and info, follow us on Facebook & Instagram
Visit www.porcupineplain.com for complete Events Calendar*

Save the Date...

Porcupine Plain School of Dance - Recital — Saturday, May 6th
Community Garage Sale — Saturday, June 3rd (tentative)

Quilly Willy Sports Days — Saturday, July 1st & Sunday, July 2nd
Start planning your parade float, this year's theme is SPORTS DAYS (design a float inspired by your favourite sport!)

Show & Shine Car Show — Saturday, July 22nd
Outdoor Market & Kids' Entertainment
*Phone 306-292-8901 if you are interested in:
Sponsorship, Volunteering, Outdoor Market!*

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www.greenwaterfishermancove.com

 **Porcupine Motel** 
306-278-2244

RELIGIOUS SERVICES

Redeemer Lutheran Church

Phone: 306-278-3029 | Sunday Worship at 12noon
Good Friday Service on April 7th at 3p.m.
Easter Sunday Service 12noon
As of May 7th, service time changes to 9a.m.!

Full Gospel Church

Pastor David Silver - Phone: 306-278-2006
Sunday Worship at 10:30a.m.- live-streamed on Facebook at www.facebook.com/Porcupine-Full-Gospel-Church-100453934948684
Easter Sunday Service at 10:30a.m.

Assumption of the Blessed Virgin Mary Catholic Church

Rev. Alberto Dela Pena | rcparish.tisdale@sasktel.net
Sunday Mass: 11:15a.m.

Holy Thursday, April 6th at 5:15p.m. - Good Friday, April 7th at 12:15p.m.
Holy Saturday, April 8th at 5p.m. - Easter Sunday, April 9th at 11:15a.m.

Prayer Baptist Church

Pastor Karl Galindez - 306-981-2400 - prayerbaptistchurch.ca
Sunday Worship 11a.m. | Wednesday Bible Study & Prayer 7p.m
Join us Easter Sunday, April 9th, at 11a.m. Lunch & Fellowship to follow!
There will be no evening service on Wednesday, April 12th.

Weekes Evangelical Chapel

Adult Sunday School 10a.m. | Sunday Worship 11a.m.
Weekly Bible Study - Day & Location vary
For info, call Heidi 306-278-7883 | Pastoral Care, call Neil 306-278-7501
Easter Sunday, April 9th - Adult Sunday School 10a.m. & Easter Worship 11a.m.

Awana Kids Club (K-Grade 6) every Thursday 3:30-5:10p.m.
at Quilly's Community Place Gymnasium. Where kids can play games and learn about God! Snacks provided.

Porcupine Youth Group (Grades 7-12) every Friday there isn't a long weekend, 8-11p.m. at Quilly's Community Place (northwest end of building).

Canada's Double Portion in Concert with Community Supper
Saturday, April 29th at Porcupine Community Hall
Pulled Pork Super 5:30pm | Concert 7pm
Admission by "free will offering"
Courtesy of Weekes Evangelical Chapel, Call 306-278-7883 for more info!



Porcupine Plain Congregation of Jehovah's Witnesses

Meetings on Tuesdays 7:30pm & Sundays 10am.
Our talks this month include:
Tues, April 4th 7:30pm Memorial of Jesus' Death
Sun, April 9th 10am Jesus Christ, Earth's New Ruler
For more information, call or text 306-278-3366.
All meetings are free and available via Zoom

KLIMM McKEE LAW, Barristers & Solicitors

Gordon Klimm, BA, LLB & Jessica McKee-Howes, BA, JD



*Porcupine Plain Office open Wednesday 10am-2pm
Call for Appointment!*

222 McAllister Avenue North
Phone 306-278-2230 (Porcupine) or 306-873-4535 (Tisdale)
Fax 306-873-3424 (Tisdale) Email - reception@k-mlaw.ca

Proud to be serving Porcupine Plain and surrounding communities for 41 years!

OFF MANE STREET HAIR DESIGN

Corinne Andrychuk, Stylist



116 Elm Street
Porcupine Plain, SK S0E 1H0

306-278-2740

RECYCLING & GARBAGE SCHEDULE

APRIL 2023						
SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5	6 Entire Town —Recycle	7	8
9	10	11	12	13 Entire Town —Garbage	14	15
16	17	18	19	20 Entire Town —Recycle	21	22
23 30	24	25	26	27 Entire Town —Garbage	28	29

MAY 2023						
SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4 Entire Town —Recycle	5	6
7	8	9	10	11 Entire Town —Garbage	12	13
14	15	16	17	18 Entire Town —Recycle	19	20
21	22	23	24	25 Entire Town —Garbage	26	27
28	29	30	31			

Do not place garbage or other non-recyclable items in your **blue** recycle bin. Refer to the list of recyclable and non-recyclable items below. **IF YOU ARE UNCERTAIN IF AN ITEM IS RECYCLABLE, ERR ON THE SIDE OF CAUTION AND THROW IT IN THE GARBAGE!** The ENTIRE TRUCK LOAD will be REJECTED if there is even one non-recyclable item in the load.

Space is required for the truck to pick up your bins; when placing bins on street, leave room for pickup. Do not place your bin close to another bin or beside a vehicle. In order for your garbage or recycling to be picked up by the Greenland truck, your items must be neatly **INSIDE** the bin, with the lid **CLOSED**. You **CANNOT** have bags on top of the bin or beside it. The driver does not get out to physically toss the garbage into the truck. Your bin will not be picked up/dumped if there is garbage on the lid.

THESE ITEMS CAN BE PLACED IN YOUR **BLUE** BIN OR IN THE RECYCLE BINS LOCATED AT THE PORCUPINE TRANSFER STATION
OPEN TUES, THUR & SAT 8A.M.-5P.M.

- ⇒ CARDBOARD, BOXBOARD, OFFICE PAPER, NEWSPRINT, JUNK MAIL & CATALOGS
- ⇒ PLASTIC CONTAINERS, MILK CARTONS & PLASTIC MILK JUGS (*plastics numbered 2 through 7 - must be clean!*)
- ⇒ TIN & ALUMINUM CANS (*must be clean, with or without labels*)

Kitchen: Milk jugs, Milk cartons, Creamer cartons & bottles, Paper egg cartons, Soup/Vegetable/other food cans, Aluminum & tin cans, Pie tins, Plastic juice bottles, Yogurt & salad dressing containers, Cereal boxes, Cardboard boxes (unsoiled)
Bathroom: Body wash, Shampoo & Conditioner bottles, Plastic hairspray & shaving bottles, Toilet paper cones, Tissue boxes, Plastic pill bottles
Office: Office paper, Catalogs, Phone books, Sticky notes, Scrap paper, Cardboard boxes (flattened)
Laundry: Laundry soap containers, Spot remover bottles, Bleach containers
ALL ITEMS MUST BE CLEAN!

ITEMS NOT ACCEPTED FOR RECYCLING:

Plastic grocery/shopping bags, Glass, Plastic wrap, Single-use plastic containers (clamshells, etc.), Styrofoam, Ceramics, Light bulbs, Soiled cardboard (including pizza boxes), Pet food bags, Hazardous chemical containers, Scrap metal, Car parts, Plastic toys, Household garbage.

NO FOOD CONATAINERS LABELED #1
This applies to both Town & RM Recycle Bins!!!

APRIL SPECIALS AT JIG'S CORNER STOP CAFÉ

306-278-3090



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOFT 11:00 to 7:00 2	SERVE 3	IS BACK!! 11:00 to 7:00 4	11:00 to 7:00 5 Grilled Ham and Cheese with fries or soup and a drink - \$12.50	11:00 to 7:00 6 Sausage & Perogies and a drink - \$12.50	11:00 to 7:00 7 1 piece Fish & Chips with coleslaw and a drink - \$12.50	11:00 to 7:00 1 Purchase a pizza and a platter and get 4 free drinks
	CLOSED	Spaghetti with meat sauce, garlic toast and a drink - \$12.50	Grilled Ham and Cheese with fries or soup and a drink - \$12.50	Sausage & Perogies and a drink - \$12.50	1 piece Fish & Chips with coleslaw and a drink - \$12.50	Purchase a pizza and a platter and get 4 free drinks
9 CLOSED FOR EASTER SUNDAY	10 CLOSED	11:00 to 7:00 11 Spaghetti with meat sauce, garlic toast and a drink - \$12.50	11:00 to 7:00 12 Grilled Ham and Cheese with fries or soup and a drink - \$12.50	11:00 to 7:00 13 Sausage & Perogies and a drink - \$12.50	11:00 to 7:00 14 1 piece Fish & Chips with coleslaw and a drink - \$12.50	11:00 to 7:00 15 Purchase a pizza and a platter and get 4 free drinks
11:00 to 7:00 16	17 CLOSED	11:00 to 7:00 18 Spaghetti with meat sauce, garlic toast and a drink - \$12.50	11:00 to 7:00 19 Grilled Ham and Cheese with fries or soup and a drink - \$12.50	11:00 to 7:00 20 Sausage & Perogies and a drink - \$12.50	11:00 to 7:00 21 1 piece Fish & Chips with coleslaw and a drink - \$12.50	11:00 to 7:00 22 Purchase a pizza and a platter and get 4 free drinks
11:00 to 7:00 23	24 CLOSED	11:00 to 7:00 25 Spaghetti with meat sauce, garlic toast and a drink - \$12.50	11:00 to 7:00 26 Grilled Ham and Cheese with fries or soup and a drink - \$12.50	11:00 to 7:00 27 Sausage & Perogies and a drink - \$12.50	11:00 to 7:00 28 1 piece Fish & Chips with coleslaw and a drink - \$12.50	29 CLOSED
30 CLOSED						

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Hugh Nerlien, MLA

Kelvington-Wadena

nerlien.mla@sasktel.net
Phone: 306-278-2200
Constituency Office
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If you or your child are interested, please phone Dianne for more info 306-278-7737

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Monday-Friday 7am-8pm Saturday 9am-5pm Sunday 12pm-5pm

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Another big year for Delmer Thorpe Draft Committee



With the NHL season coming to a close and playoffs quickly approaching, it is time for an update on the Delmer Thorpe Memorial Draft. Sadly, it looks like another year without the Cup returning to Canada. Our hopes rest on the shoulders of the Leafs, Oilers, and Jets. Heaven help us if the Oilers win - the Thorpe brothers (Darwin & Duane) will never let us hear the end of it!

The Delmer Draft is a local non-profit hockey draft & banquet which takes place every November, which began in 2018 in order to honour one of our residents and carry on his tradition of giving back to community.

In the last calendar year, the Committee has paid out almost \$16,000, including \$2,000 to the Porcupine Pirates Senior Baseball Team; \$2,500 to the Porcupine Curling Club; \$3,500 to the Porcupine Hope Fund; \$3,500 to NESD for extra-curricular travel expenses; \$3,500 to Porcupine Minor Ball; \$750 for a Memorial Bench at LSM Park; and \$250 for Unity in the Community hosted by Metis Nation SK ER11.

If you're part of a Porcupine Plain & Area organization and you need help raising money for your group, please reach out to the Delmer Thorpe Draft Committee. You can find most of us working at the Parkland Co-op Home Center. Members include Duane Thorpe, Wade Thorpe, Darwin Thorpe, Keith Agrey, Sonniel Barquilla, Sheena Thorpe, and Craig Kriger.

Thanks to all of our attendees for their continued support. We look forward to seeing you in November 2023! Until then, just remember: keep your sticks on the ice! In closing - I'll probably get roasted for this, or they'll end up missing the playoffs [they hold down the last wildcard spot as of writing], but... GO JETS!!!

Thank you, Craig Kriger

SUNSET CLUB UPDATE

⇒ The Sunset Club & RCMP held a successful SCAMS & FRAUDS information session on March 21st, attended by 38 people. "If it looks too good to be true, or a quick sure-way to make money, lose weight or asking for your personal information, it's likely a scam!" Remember to report scams! The RCMP had copies of "The Little Black Book of Scams" to take home with lots of good information. There is a copy at the Sunset Club, but it is also available online at www.competitionbureau.gc.ca

⇒ The Porcupine Cadets have placed a Storage Unit behind the Sunset Club. Their "rent" for this unit will help keep the Sunset Club open—Thank You!

⇒ April is Membership Renewal Month! Anyone interested may join, no age restrictions! \$10/year.

⇒ Sunset Club Weekly Activities include:

- Shuffleboard at 1p.m. on Wednesdays
- Chair Exercises at 1p.m. on Thursdays
- Bingo each Friday at 7:30pm.

The last Friday of each month is our *Pot Luck Birthday Supper*, with Bingo to follow immediately after.

⇒ Anyone who likes to SING, come to Red Deer Nursing Home on Wednesday's at @ 2p.m. One week we sing Hymns and the next we sing other songs! For more info call Joan 306-278-2165 or Muriel 306-278-7323.



Are you thinking of adding a shed, deck, or garage this summer?

Any structure over 100 square feet requires a building permit — including decks, even if they are not "attached" to your house, as they must meet building standards. Note that residents are required to apply for a permit and then must await building inspector and council approval before project commencement.

Town of Porcupine Plain



Old friends, Fat Cat & Cooper were excited to reunite on Feb 28th for Skating with the kids at PCU Park Outdoor Rink

Parkland Co-op & Credit Union staff were on hand to serve up the hot chocolate and hot dogs donated by Marvyn Pickering Bobcat Services



Porcupine Wildlife Club Awards Banquet & Dance

Saturday April 15, 2023
Porcupine Plain Community Hall

Happy Hour 5:30 pm - 6:30 pm
Supper 6:30 pm - 7:30pm
Program 7:30 pm - 9:00 pm
Dance to Follow

Advance Tickets \$30.00
(Available @Parkland Co-op Admin Office)
5 & Under - Free

Music by: Detour

2023 Memberships for sale NOW!

Porcupine Healthcare Auxiliary
SPRING FLEA MARKET

- Soup & Sandwich Luncheon - Bake Sale -
- 50/50 Draw - Craft Tables -

PORCUPINE PLAIN COMMUNITY HALL
Thursday, April 20, 2023
Craft Tables 10:00a.m. to 2:00p.m.
Lunch 11:00a.m. to 2:00p.m.
Sandwich \$4 - Soup \$4
Dessert \$3 - Coffee \$1

Donations of baking greatly appreciated!

Craft Tables Available!
Table Rental \$20 (8 ft table)
To book, call Elva 306-813-7209

Takeout lunch available
Phone 306-813-7209 to pre-order

Canada's Double Portion

IN CONCERT

SATURDAY, APRIL 29, 2023
AT THE PORCUPINE PLAIN COMMUNITY HALL
PULLED PORK SUPPER 5:30P.M.
CONCERT AT 7P.M.

ADMISSION BY "FREE WILL OFFERING"

FOR MORE INFO, PLEASE CALL 306-278-7883

COURTESY OF WEEKES EVANGELICAL CHAPEL



R-E-S-T-A-U-R-A-N-T
306-278-2088

New Hours Effective February 1st!

Monday 9a.m.-3p.m. | Tuesday & Wednesday CLOSED
Thursday-Saturday 9a.m.-7p.m. | Sunday 9a.m.-2p.m.

BREAD - BUNS - CINNAMON BUNS - DONUTS - PIES - CAKES

Watch our Facebook Page
@CarolinesRestaurant
for baking updates!

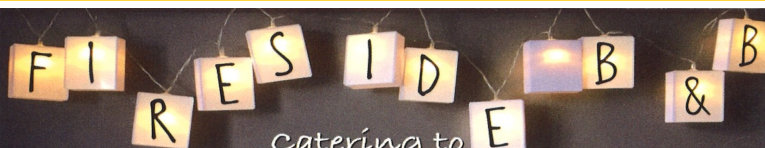
new!
find us on
instagram



@CAROLINES_RESTAURANT

DO YOU NEED LUNCH? WE DELIVER IN TOWN!

\$12 per lunch - Delivered Monday to Friday
between 11:30a.m. & 12:00noon. Call early to order!



Catering to
Business, Travel & Family needs
in Porcupine Plain, Sask.

For Bookings:

306-613-9053

firesidebandb@gmail.com

BITS N PIECES

Local Handmade Gifts, Specialty Food Items, & Laundromat

Store: Mon to Fri 9am-4pm | Laundromat: Mon to Sat 9am-7pm

Fluff & Fold Service (wash, dry & fold)

Small Load	\$7.00	1 Comforter	\$9.00
Medium Load	\$9.00	Sheets & Pillow Cases	\$8.00
Large Load	\$12.00	Complete Bedding set	\$15.00

Surcharge may apply to heavily soiled items

THANK YOU FOR YOUR PATRONAGE & SUPPORT!

Phone: 306-278-3020

OWNED & OPERATED BY THE PORCUPINE OPPORTUNITIES PROGRAM

Pop in and check out



Myra & Vaan Handbags,
Vespers Cocktail Jars,
New Additions to the

Corkcicle Line and so much more...

Slobodian Pharmacy



Porcupine Plain, SK 306.278.2177
Open Monday - Friday 9am - 5:30pm Closed Saturday and Sunday

Are you looking for work in Porcupine Plain?
Visit the Town website for a list of current opportunities!
www.porcupineplain.com/category/job-posting

CURATOR POSITION

Porcupine Plain & District Museum Society is accepting applications for Curator position for the months of July & August 2023. Museum will be opening July 3-August 31, 2023. Days and times of museum opening to be determined. *This is a contract position.*

Duties include: Clerical/Computer/Cataloging; Greeting & Welcoming guests; Providing Museum Tours; Exhibit displays; General cleaning

Contact Kim 306-278-2135 of Maxine 306-278-2037 for more information.

To apply, email resume to dmax10@gmail.com OR mail resume to Porcupine Plain & District Museum, Box 171, Porcupine Plain, SK S0E 1H0

Applications close Friday, May 26, 2023

The Town of Porcupine Plain invites applications for the following position:

SUMMER PLAY PROGRAM LEADER

Play Program will run July 4, 2023 to August 25, 2023

Duties include, but not limited to: taking registration for programming, organizing and supervising activities for children Grades K-6 (including crafts, games and other activities), cleanup and sanitizing duties.

Must have good organization skills and enjoy working with children. Position will also include some beautification and janitorial duties for the Town and help at community events. Successful applicant will be required to attend SPRA's HIGH FIVE Principles of Healthy Child Development (PHCD) virtual workshop on Thursday, June 1, 2023.

Workweek: Monday to Friday 8a.m.-5p.m. | Salary: \$15.00/hour

Please submit resume before 4p.m. on Friday, May 5, 2023 to:

TOWN OF PORCUPINE PLAIN

PO Box 310, Porcupine Plain, SK S0E 1H0

Fax: 306-278-3378 | Email: cdo.porcupine@sasktel.net

Applications can also be left in Drop Box on North side of Town Office

VENTURE CONSTRUCTION IS HIRING!

Venture Construction, who will be working on the Highway 23 project, is looking for:

- Flaggers
- Tractor Operators
- Roller Operators
- General Labourers

Venture Construction offers competitive wages and benefits package. If interested, please contact Sean Wilson: seanventure@hotmail.com



SELF CARE IDEAS



Read more books than tweets



Limit your consumption of bad news



Turn off your notifications



Listen to what your body needs



Plan something to look forward to



Wear clothes that make you happy (and cosy)



Say no to (& avoid) things that make you feel bad



Ask for help and advice with difficult tasks

Have you recently been experiencing ...

Anxiety

Grief

Adjustment problems

Depression

Stress

Lifestyle changes

A Primary Health Care Counselor visits the Porcupine Medical Clinic every **Tuesday**. *Self-referrals accepted.* Please call 306-278-2151 to schedule an appointment.



Counselling
&
Consulting

Let us join you on your journey to wellness.

Services

- Individual Counselling for a variety of ages
- Family Counselling
- Youth and young adult mentorship
- Life Coaching
- Crisis and Trauma Counselling
- Grief and Loss Counselling
- Referrals to outside agencies/services
- Advocacy and Support (Child Protection proceedings, etc.)
- Mediation
- Consultation Services
- Addictions Counselling/ Treatment Packages
- Play Therapy
- Supervised Visits
- Commissioner for Oaths

Training & Certificate Programs

- Anger Management
- Grief Edu-Therapy
- Reconnecting With Your Inner Child (Inner Child Therapy)
- SafeTALK (Suicide Alertness for Everyone)
- ASIST (Applied Suicide Intervention)
- ASK (Assessing for Suicide in Kids)

*For full descriptions and more details on all services and programs, please visit the "services" tab on our website.

Other Workshops & Presentations

- "Lift Each Other Up" (Anti-bullying)
- Wellness Days (for businesses/ organizations)
- Customizable Wellness Presentations

*Some programs can be done individually or as part of a group. Travel to your own site is available, or we can host in our own board room for groups up to approximately 12 people. We can also take care of any arrangements for booking local venues for larger groups.

Coverage

- You may have coverage for services under your health care benefits (i.e. Great West Life, Blue Cross, etc.). Check with your provider to inquire whether your session is reimbursable.
- Arrangements can be made to direct bill SGI and the Ministry of Social Services in circumstances where they are providing funding.
- We can direct bill NIHB (Non-Insured Health Benefits), Metis Nation, and Victim Services.
- If you do not have health benefit insurance, note that your costs can be used as a deduction within your personal income tax.

Contact

Erin Moss, Registered Social Worker
Mike Lang, Registered Social Worker
Briana Panchyshyn, Counsellor

Bay #3 - 102 McKendry Ave W
PO Box 4425, Melfort SK S0E 1A0
Now attending in Porcupine Plain!

Call or Text 306-920-8881
Fax 306-752-1983
Email emoss@prairiehopewellness.com

www.prairiehopewellness.net

Since 2018

