

Suddenly Saskatchewan

MAGAZINE | WINTER 2018



Crystal Emmanuel

Canadian Champion and Rio Olympic semifinalist ran 22.50 in the 200m... breaking the 34-year-old record!

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COVER PHOTO: Courtesy, Charles Allen.

Suddenly Saskatchewan MAGAZINE

Featured in the January 2018 issue of Suddenly Saskatchewan is the 53rd edition of the Knights of Columbus Indoor Games. The goal of the Knights of Columbus in hosting the meet is "...to provide the youth of Saskatchewan with positive role models by having the elementary school students compete in the same meet as the international stars. We also provide the students of Saskatchewan schools the opportunity to meet and talk with these international athletes, about the value of setting goals and overcoming hurdles in life. These international athletes travel to Saskatoon early to visit inner-city schools around Saskatchewan."

We share those goals, and hope to inspire participation in the games and in the pursuit and sacrifice to attain those goals by highlighting the Knights of Columbus Indoor Games. Every year the Knights of Columbus make it possible for 3000 plus elementary school students and Special Olympic athletes to compete in the meet, and bring in 35-40 of the top international track and field athletes who reside in North America to compete in invitational section of the meet. See you there!

Suddenly, Saskatchewan is the place to be again.



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Cossy Nachilobe
(5th year) from Saskatoon studying Arts & Science - #4 Huskie All-Time Triple Jump 14.44m.

Julie Labach
(4th year) from Saskatoon studying Business - 800m 2:06.62s, 1500m 4:21.25s. 2017 Canada Games Champion 800m and Silver Medalist 1500m.

Olena Olenick
(4th year) from Saskatoon studying Kinesiology - Weight Throw 16.90m - Currently ranked #2 in Canada in 2017-2018.

Cole Fry
(4th year) from Langham studying Education - Weight Throw 15.57m. Currently ranked #1 in Canada in 2017-2018.

Courtney Hufsmith
(2nd year) from Saskatoon studying Business - 1500m 4:21.32, 2017 Canadian Junior 1500m Champion, Canada Games Bronze Medalist 1500m and 3000m Steeplechase. 2017 Canada West Cross Country Bronze Medalist 8km.

Karson Lehner
(2nd year) from Prince Albert studying Engineering - 300m 34.47s in 2017. 2017 Canada West 1st Team All-Star 4x200m Relay Team.

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53rd Annual

Knights of Columbus Indoor Games

January 25 - 27, 2018 | Saskatoon Fieldhouse

Canada's only World Class Olympic Calibre Indoor Games & School Relays

Knights of Columbus Saskatchewan Indoor Games, is Canada's only International Invitational Indoor Track and Field Meet. Our meet is held in Saskatoon, Saskatchewan, Canada annually each January or February. The January 2018 edition will be our 53rd annual meet. Our competition site is the Saskatoon Fieldhouse, a 200 metre flat track with seating for 3500 spectators.

Along with the 3000 plus elementary school students and Special Olympic athletes who compete in our meet, we bring in 35 to 40 of the top international track and field athletes who reside in North America and beyond to compete in the invitational section of the meet.

Our goal in hosting this meet is to provide the youth of Saskatchewan with positive role models by having the elementary school students compete in the same meet as the international stars. We also provide the students of Saskatchewan schools the opportunity to meet and talk with these international athletes, about the value of setting goals and overcoming hurdles in life. These international athletes travel to Saskatoon early to visit inner-city schools around Saskatchewan.

www.kofcgames.ca

Thursday, January 25 - ELEMENTARY SCHOOL RELAYS
Friday, January 26 - AGE CLASS and INVITATIONAL EVENTS
Saturday, January 27 - AGE CLASS and INVITATIONAL EVENTS

"Come for the Start, Stay for the Finish!"



Kaila Barber (USA)
Recent graduate of Notre Dame University.

- 100mH PB: 12.91
- 60mH PB: 8.05
- 2012 World Junior Championships Bronze Medallist (400mH)

**53rd
Annual**



**January 25 - 27, 2018
Saskatoon Fieldhouse**

COMPETITORS TO WATCH FOR



Crystal Emmanuel (born November 27, 1991) of East York, ON is a Canadian sprinter who specializes in the 200 metres. She competed in this event at the 2012 and 2016 Olympics, but was eliminated in the semi-finals. At the 2013 World Championships in Athletics, she was eliminated in the heats after being disqualified for a lane infringement. She demolished the Canadian 200m record set by Marita Payne of 22.62 in Edmonton in 1983. The Canadian champion and Rio Olympic semifinalist in the 200m ran 22.50 in Cork, Ireland (July 18, 2017) in cool and gusty conditions to break the 34-year-old record. Earlier Crystal won the silver medal in the 100m in 11.32.

- 1st, 2012 National Championships, Calgary, Canada (Olympic "A" Standard)
- 3rd, 200 m, 2010 IAAF World Junior Championships
- Personal bests:
- 60 metres – 7.23
- 100 metres – 11.14
- 200 metres – 22.50

Bismark Boeteng (CAN)

- 2015 Canadian University Champion (60m)
- 2016 Canadian University Silver Medallist (60m)

York University Lions Athletics CIS Championships 2016:

- Silver – 60m (6.74m)
- Bronze – 300m (33.93)
- Bronze – 4x200m (1:29.00)
- CIS second-team all-Canadian



Desmond Lawrence succeeded in both of his events at the 2014 NCAA Division I East Outdoor Track and Field Preliminary Round, advancing him to the NCAA National Championships in the 100, where he ran a school-record 10.24 in the final to earn All-American honors. Ranked as high as seventh in the nation in the 100 during the season. Lawrence ran a personal-best 10.22 in the regionals ranking him fifth going to the next round. He also qualified for the 200 semifinals running a personal-best 20.98.



Shaina Harrison (CAN)
Born: 11.03.1994

- 1 x NACAC U23 Championships Silver medallist
- 1 x NACAC U23 Championships Bronze medallist

PREVIOUS MEET CHAMPIONS:

Women's 50 M (sprint)

1998 Philomena Mensah, Coquitlam, 6.18 MR
2001 Mercy NKU, Body, Mind, Speed 6.30
2002 Tasha Downing, USA 6.36
2003 Teneeshia Jones, USA 6.36
2004 Savatheda Fynes, Bahamas 6.34
2006 Nolle Graham, USA 6.38
2007/2008 NO EVENT
2009 Genevieve Thibault, Canada 6.40
2010 Halimat Ismaila, Nigeria 6.43
2011 Brittney Reese, USA 6.29
2012 Brittney Reese, USA 6.23
2014 Crystal Emmanuel, Canada 6.34
2015 Crystal Emmanuel, Canada 6.34
2016 NO EVENT

Men's 50 M (sprint)

2002 Nicolas Macrozonaris, Canada 5.69
2003 Nicolas Macrozonaris, Canada 5.69
2004 Nicolas Macrozonaris, Canada 5.75
2005 Josh Norman, USA 7.75
2006 Nicolas Macrozonaris, Canada 5.78
2007 Nicolas Macrozonaris, Canada 5.77
2008 Nicolas Macrozonaris, Canada 5.76
2009 Demi Omole, USA 5.71
2010 Sam Effah, Canada 5.71
2011 Sam Effah, Canada 5.67 MR
2012 Cordero Gray, USA 5.76
2013 Cordero Gray, USA 5.79
2014 Marcus Rowland, USA 5.79
2015 Woodrow Randal, Canada 5.83
2016 NO EVENT

Women's 60 M (sprint)

1999 Philomena Mensa, Coquitlam 7.18 MR
2005 Nolle Graham, USA 7.42
2006 Wylleshiea Myrick, USA 7.39
2007 & 2008 No Event
2009 Genevieve Thibault, Canada 7.48
2010 Halimat Ismaila, Nigeria 7.39
2011 Brittney Reese, USA 7.24
2012 Brittney Reese, USA 7.24
2013 Brittney Reese, USA 7.32
2014 Khamica Bingham, Canada 7.36
2015 Khamica Bingham, Canada 7.35
2016 Tawanna Meadows, USA 7.25

Men's 60 M (sprint)

1996 Bruny Surin, Videotron 6.51 MR
2005 Nicolas Macrozonaris, Canada 6.68
2006 Jeff Laynes, USA 6.61
2007 Jeff Laynes, USA 6.61
2008 Nicolas Macrozonaris, Canada 6.66
2009 Nicolas Macrozonaris, Canada 6.65
2010 Bernard Williams, USA 6.69
2011 Meite, Ben Youssef, Ivory Coast 6.63
2012 Sam Effah, Canada 6.63
2013 Cordero Gray, USA 6.67
2014 Cordero Gray, USA 6.66
2015 T.J. Lawrence, Canada 6.78



Photo courtesy: University of Texas at Arlington

Cordero Gray (USA)
Reigning K of C Games 60m Silver Medallist

- 100m PB: 10.11
- 60m PB: 6.60
- 2011 Southland Conference (NCAA Div 1) Athlete of the Year
- 2011 Southland Conference Champion (100, 200)

2011 Second-Team All-American

One of the most highly decorated Univ of Texas Arlington athletes in program history. Gray's on-track achievements are numerous. He was a two-time All-America honoree during his four-year career and graduated holding with school records in the 60m and the 100m.

The Arlington native also won five individual Southland Conference championships, including four as a senior.

Tawanna Meadows (USA) Born: 04.08.1986

- 1 x IAAF World Relays winner
- 1 x NACAC U23 Championships Silver medallist
- 2014 IAAF World Relays Gold medalist - 4 x 200m relay
- 2014 BVI Twilight Invitational 100m Champion
- 2014 Trinidad Twilight Invitational 100m Champion

After a successful track career at Troy University, Tawanna was selected to represent Team USA at the 2008 NACAC under 23 meet in Mexico where she earned a gold medal in the 4 x 100m relay. The following year she sustained a torn ACL in her knee and spent the next 5 years rehabbing, training, competing and struggling to make it back to her former level of fitness and speed. She is now faster, fitter and stronger than she was before the injury and has earned a NIKE contract as she prepared for the 2015 World Championships and the 2016 Olympics.



... continued on page 10 ►

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TOP COACHES AT K OF C GAMES:



Monique Morgan is a former two-time All-American for Villanova who has gone on to achieve a great deal of success in the international ranks.

Morgan is in her first season as a member of the Villanova coaching staff in 2014-15. In her role as a volunteer assistant coach, Morgan will primarily assist associate head coach Anthony Williams in working with the Wildcats sprinters and hurdlers. Morgan is a former two-time All-American for Villanova who has gone on to achieve a great deal of success in the international ranks.

During the summer of 2014, Morgan won the Jamaican national title in the 100 meter hurdles. She had the fastest overall time in the preliminary heats and then posted a winning time of 12.96 in the final. The victory secured a spot for Morgan on the Jamaican team which represented the country at the Commonwealth Games in Glasgow, Scotland. She previously won a gold medal for Jamaica in the 100 meter hurdles at the XXIV Central American and Caribbean Senior track & field championships in July 2013.



PREVIOUS MEET CHAMPIONS:

Women's 60 M Hurdles

2002 Kyla Shoemaker, USA 8.30
2003 Nadine Faustin, Haiti 8.28
2004 Angela Whyte, Canada 8.20
2005 Angela Whyte, Canada 8.20
2006 Damu Cherry, USA 8.08
2007 Kolee Latson, USA 9.21
2008 No Event
2009 Leah Kincaid, Canada 8.35
2010 Celrice Law, USA 8.30
2011 Damu Cherry, USA 8.16
2012 **Phylicia George, Canada 8.06 MR**
2013 Michaylin Golladay, USA 8.33
2014 Lavonne Idlette, DOM 8.27
2015 Brianne-Theisen-Eaton, Canada 8.18
2016 Kaylon Eppinger, USA 8.13

Men's 60 M Hurdles

1995 **Allen Johnson, Goldwin TC 7.55**
1999 Courtney Hawkins, Adidas 7.73
2000 Chris Phillips, Fila 7.87
2001 Charles Johnson Jr., USA 7.91
2001 Peter Coghlan, Ireland 7.80
2003 Robby Huges, USA 7.87
2004 Charles Allan, Canada-Speed Dynamics 7.74
2005 Anwar Moore, USA 7.61
2006 Anwar Moore, USA 7.65
2007 Brandon Hon, USA 7.77
2008 Linnie Yarbrough, USA 7.88
2009 Jerome Miller, USA 7.79
2010 Jerome Miller, USA 7.80
2011 Antwon Hicks, USA 7.66
2012 No event
2013 Antwon Hicks, USA 7.73
2014 No event
2015 Ashton Eaton, USA 8.06
2016 Jarret Eaton, USA 7.62

Men's 400 M

1997 Dean Minor, Nike 47.59
1998 Mark Everett, Powerade 47.09
1999 Milton Campbell, Adidas 47.09
2000 Andre Morris, Fila 47.68
2001 **James Davis, USA MR 46.72**
2002 Derek Mills, USA 47.94
2003 Jerome Young, USA 47.70
2004 No Event
2005 Dwayne Barrett, USA 47.60
2006/2007 No Event
2008 Kolee Latson, USA 49.21
2009/2010/2011 No Event
2012 Miles Smith, USA 47.94
2013/2014/2015/2016 No Event



Chris Caldwell

Three-Time USTFCCA All-American
• 2016 Honorable Mention Outdoor 110m hurdles
• 2016 Second Team Indoor 60m hurdles
• 2015 First Team Indoor 60m hurdles
Four-Time Big 12 Champion
• 2016 110m hurdles Champion, 1st, 13.82
• 2016 60m hurdles Champion
• 2015 110m hurdles Champion
• 2015 60m hurdles Champion



Jade Barber

Competing with a 60m (H PB of 8.06).



Shermaine Williams is a Jamaican hurdler. At the 2012 Summer Olympics, she competed in the Women's 100 metres hurdles.

- 2014 Pan American Sports Festival, Mexico City – 2nd, 100m hurdles, 12.91
- 2015 World Championships, Beijing, China – 7th, 100m hurdles, 12.95
- 2016 Olympic Games, Rio de Janeiro, Brazil – 9th, 100 m hurdles



Bruny Surin



Jillian Richardson



Phylicia George



Kelsie Hendry



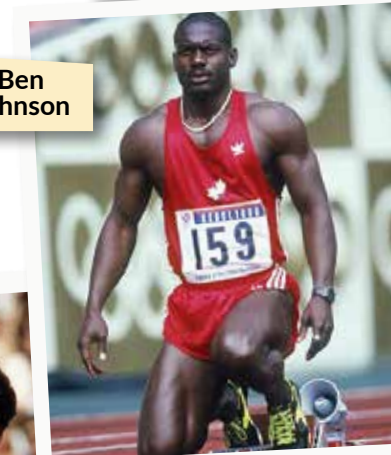
Angela Taylor



Diane Jones Konihowski



Donovan Bailey



Ben Johnson

FORMER Stars

TRACK AND FIELD, one of the oldest competitions in sports history, has turned out some of the most impressive all-around athletes through the ages. Champions have raced, jumped and thrown their way into the history books with record-setting achievements. We would like to highlight some very accomplished athletes that were once competitors at the annual Knights of Columbus Indoor Games meet.

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Whether they're feeder visitors or not, birds need water. Offering a reliable source of water is probably the simplest and most important step you can take to increase the number of birds in your yard. Birds need water for drinking and also keeping their feathers clean. When

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Couple announce retirement from sport

Humboldt's Brianne Theisen-Eaton and her husband Ashton Eaton competed in the 50th Annual Knights of Columbus Indoor Games in Saskatoon on January 30 - 31, 2015. The two Olympians displayed their world class athletic ability over the two day event.

The couple, both 28 years of age, have officially retired from track and field (January 4, 2018).

They made their announcement in side-by-side statements posted on their website.

"It's my time to depart from athletics, to do something new," Eaton said in his half of the statement. "Frankly there isn't much more I want to do in sport."



Ashton Eaton, an American, won gold at the last two Olympics and the last two world championships. He's also the decathlon world record holder.



Canadian heptathlon star Brianne Theisen-Eaton, from Humboldt, SK, was a bronze medallist at the Rio Games and a silver medallist at both the 2013 and 2015 world championships.

Photography: Leo Roth

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FREE- STYLERZ

Learn to Train Stage: Age 8+
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CAN FREE TEAM

Train to Train Stage: Age 11+
TEAM athletes are ready for year-round training and competitions. Through training on trampolines, air bags and water ramps, TEAM skiers can master progressions for inverted skills. The TEAM program supports skiers to learn about fitness, nutrition, managing risk and working as part of a group to attain personal goals.

Skier Programs

FUN- DAMENTALZ

Fundamentalz Stage: Age 6+
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Sore, Achy Muscles: Disuse or Overuse?

by Sandy Westlake

Mpeople will ask, "Why are my muscles sore and achy? Well, the answer can be either disuse/lack of use or overuse. Both can be correct. Too little activity or too much activity can leave our muscles feeling achy and sore. Sometimes they feel very tight or inflexible.

Often we equate sore muscles with doing more activity than what we are used to doing. A good example is the "New Year's Resolutions". We have all heard or said ourselves, "Starting January 1, I am going to get in shape and exercise regularly." So, off we go-full blast into a new exercise routine, either at home or at the gym, yoga class or bootcamp class. The possibilities are endless. Usually, within 1 to 3 days we find ourselves achy, sore, and maybe even stiff.



"Most of all, find activities you enjoy and try to fit them into your schedule on a regular basis!"



There are others who may experience muscle soreness from overuse or repetitive strain. Examples of this may include individuals who train extremely hard and often, without enough time for the muscles to recover; for others, it may be related to their job and the repetitiveness of certain motions for 8-12 hour shifts.

So, what do you do when your muscles are sore? Is there anything to do to prevent or minimize the soreness? ►



Westlake Physical Therapy

PHYSIOTHERAPY | ACUPUNCTURE



Sandy Westlake

B.SC.PT., C.M.AC, C.A.F.C.I



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• painful condition • migraines/headaches • muscle and joint aches and injuries • spinal pain • sports injuries • plantar fasciitis • neck and back pain

Often Acupuncture can be used as part of a comprehensive physiotherapy treatment or on its own.

With 20+ years of experience, Sandy's philosophy is to assess and treat each patient according to their needs. This includes a hands-on treatment approach.

Westlake Physical Therapy is here to serve you.

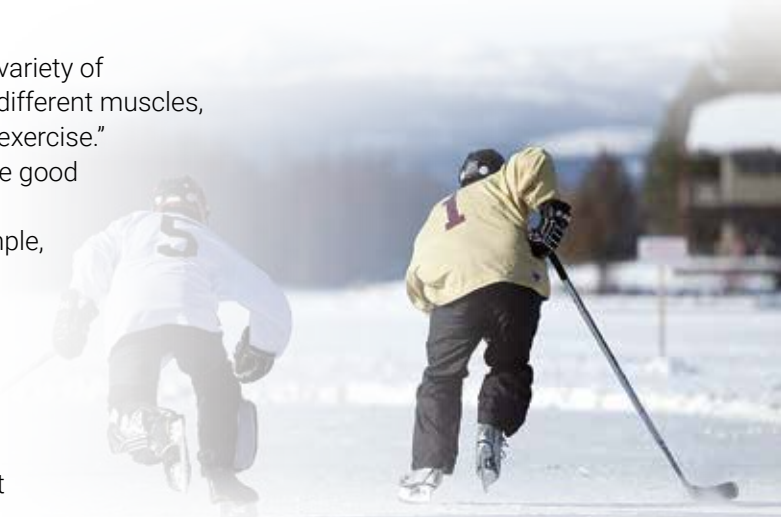
As a general rule, a good exercise program will include:

1. A warm up - some gentle cardio activity to warm the muscles up and prepare the body for the main event, followed by some stretches.
2. Stretches - to increase flexibility and prevent injury.
3. A cardiovascular component
4. Strengthening exercises - when muscles are stronger and more flexible, they aid in preventing injuries because our body is more able to withstand the stresses and strains we might unexpectedly put on it.

Other things to consider:

1. Be sure to change up your routine. Participate in a variety of exercises or activities. Not only does it strengthen different muscles, but it also prevents us from becoming bored with "exercise."
2. Use proper equipment in sport and ensure you have good quality footwear/running shoes for your workout.
3. Remember to practice correct technique. For example, if weight training, be aware that your technique is more important than lifting a weight that is too heavy for you.

With all this in mind, injuries and muscle soreness may still occur. Physiotherapy and acupuncture can be very beneficial in reducing pain and inflammation and assist in a speedy recovery!



And remember... get active, stay active and take a walk outdoors!

"IT'S TIME TO PLAY!"



**Outdoor Soccer Registration:
Mid-February to early March
Leagues run from May to June!**



For registration information visit our website at:

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You may also contact your Zone or Community Association.



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Beyond Silver is proven effective with several categories of pathogens (bacteria, viruses and yeast). This includes several hundred pathogens. Summarized, silver is a broad-spectrum antimicrobial that:

- Destroys pathogenic bacteria
- Inhibits viral replication
- Destroys many fungi, yeasts and protozoa
- Destroys many parasites, including malaria

Beyond Silver even kills antibiotic-resistant strains of bacteria such as MRSA, "superbugs". Antibiotic resistance is a major problem facing hospitals and homes around the world, as pathogenic bacteria no longer responds to antibiotics. Do an online news search for "MRSA" or "superbugs" and you will see how serious the problem is. Yet, despite this incredible ability to kill pathogens, structured silver "Beyond Silver" is safe enough to be used at home on a daily basis, does not require a prescription, and is cost effective.

The product Beyond Silver, is absorbed deep within the cellular level of the entire body, and will cross the blood/brain barrier to break down biofilms. Beyond Silver works toward successfully destroying all forms of bacteria including "superbugs", pathogens, it inhibits viral replications, destroys many fungi, yeasts and protozoa, destroys parasites, including malaria, (not all silver products will do this). Silver will kill the MRSA bacteria of which there is no antibiotic for. Silver is safe for use for all ages as well as pets. Silver can be used topically, vaginally, in the eyes—and I have even known someone who has sprayed it and inhaled it into their lungs to treat a lung infection.

New Technology - New technology has made structured silver extremely effective. Requiring very

small amounts, it's non-toxic, making it extremely safe.

Scientifically Supported - Lab reports and research studies document the benefits using silver. In fact, scientists have found that structured silver can destroy 99.9% of all bacteria, viruses, mold, fungus and other pathogens. It begins to destroy pathogens within 15 seconds after application.

Super-Flexible - Structured silver is super-flexible and can be used inside the body (internal), as well as on the skin in the orifices (external). Structured silver can also be used as an effective household disinfectant, much like bleach or other cleaners—only it's much safer!

Quick Kill Time - Structured silver can be effective in just a few minutes. Research shows that exposing silver to most pathogens (including fungus and mold) for only 3-6 minutes will kill them.

Inexpensive - When you add up the cost of "conventional" health care, structured silver is a tremendous value.

Emergency Preparedness - Because structured silver is inorganic with no chemicals or additives, it can be stored for years at a time. Several agencies and organizations have recommended the use of silver as a potential agent in the fight against bioterrorism.

Extremely Safe - Research, testing and long-term use prove that structured silver is completely safe for everyone, including children, elderly and those in extremely debilitated health.

Source: www.SilverHealthInstitute.com



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Healthy & Happy The Modern Romance!

Article by: Lucille D. McInnes, B.Sc., B.Comm.

If you've got an athlete or a health buff in your life, you know how difficult planning something special can be. Between counting carbs and maximizing protein it can often be a dance not worth dancing. Few recipes are designed for flexibility to accommodate multiple concerns. Quality of experience is often compromised, which has left "healthy" with a tainted reputation. The good news is that quality IS possible, with a little flexibility and understanding of the complex nutrition debate.

When considering "healthy" food claims here are some tips:

Sugar free: Despite not using white sugar, many products may not actually be lower in sugar if fruits, honey or syrups are added. These can be high in natural sugars, arguably better than nutrient void processed sugars, but they still spike blood



sugar just like their white washed crystalline cousins. Sugar alternatives are another degree of debate altogether and for another article.

Low Carb: Carbs are also converted to sugar once eaten. Net carbs are the best measure for diabetic friendly and low sugar measures; total carbs – total fibre = net carbs. Net carbs are easily lowered when high fibre products like coconut and flax seed are used!

... continued on page 30 ►

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Alcohol and Snowmobiling, a Deadly Combination

www.canadasafetycouncil.org



In the 12 years between 1987 and 1998, snowmobile crashes killed 1,046 people in Canada. A study of these fatalities found that vehicle operators accounted for over 80 per cent of the deaths. (Drivers represent just under half of highway traffic fatalities.)

The data reveal a distinct high-risk profile: a male in his mid 20s or 30s who operates a snowmobile after drinking on weekend nights.

- Fatally injured operators aged 26 to 35 were about seven times more likely to have alcohol present in the blood than those over 55.
- Fatal crashes occurring at night were 6.7 times more likely than daytime crashes to involve a drinking operator.
- Weekend crashes (Friday night through Sunday) were almost twice as likely to involve alcohol than those during the week.

- About 70 per cent of fatally injured operators had alcohol in their blood (compared to 46 per cent of highway drivers). Over half of these had a very high BAC, over 150 mg/dl.

A recent Ontario study which examines sports/recreational injuries in 1999-2000 highlights the severity of the problem. Almost half of hospitalizations involved motor vehicles. Of these, the highest proportion (one-third) were snowmobiles. Snowmobiling injuries were more severe and resulted in longer hospital stays than other recreational injuries. Alcohol was found in 65 per cent of those hospitalized for major snowmobiling injuries.

These data clearly show that the impaired driving problem does not stop where the road ends. Under the Criminal Code of Canada it is a criminal offense to operate

a motorized snow vehicle while impaired or with a BAC over 80 mg/dl. The same sanctions apply as for impaired driving on our highways.

The difficulty of enforcing the law off-road is a major obstacle. Countermeasures which have proven successful against impaired driving need to be explored. New approaches may be needed to prevent and catch offenders.

Another challenge is the practice of combining alcohol consumption with recreational snowmobiling. Thanks to public education, drinking and driving has become more and more socially unacceptable. The same attitude change must be achieved among snowmobilers.

This archived article is from January 2002. Although every effort has been made to make sure the information presented is accurate, please note that it may contain information that is out-of-date. Reprinted with permission from the Canada Safety Council.



“Snowmobiling injuries were more severe and resulted in longer hospital stays than other recreational injuries.”

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Meet the new WorkSafe Bob

WorkSafe Saskatchewan would like you to meet the updated WorkSafe Bob. Best known for leading the 4th Quarter stretch at the Rider games, WorkSafe Bob is WorkSafe's ambassador for workplace safety.

The new WorkSafe Bob is equipped with a tool belt and personal protective equipment (P.P.E.), ready to take on the job and any workplace hazards.



Come meet **WorkSafe Bob** in person at the pre-game party before any Rider home game. Learn more about workplace safety by visiting www.worksafesask.ca or by following WorkSafe Saskatchewan on Facebook, Twitter or by subscribing to our YouTube channel.



He's been travelling around the province meeting people and sharing the **Mission: Zero** message.

Catch a sneak peek on YouTube:

- Who is this new WorkSafe Bob?
- The Sun Rises on a New WorkSafe Bob
- WorkSafe Bob Revealed!



WorkSafe
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Safety Quiz:

1. When should you report workplace injuries to the WCB?

- a) When you seek medical attention; b) When you miss time from work after the day you were hurt; c) Both a & b

2. What does RSI stand for?

- a) Repetitive Strain Injury; b) Responsive Strong Individual; c) Neither a or b

3. Repetitive tasks should be broken up by...

- a) Micro breaks; b) Job rotation; c) Changing positions; d) All of the above

4. Who is WorkSafe Saskatchewan's Mascot?

- a) Worker Bob; b) WorkSafe Bob; c) Bob the Builder

5. What are the prizes for the WorkSafe Youth Video Contest?

- a) TVs; b) Puppies; c) Cash for the students and the school

6. What was the 2017 Youth Video Contest theme?

- a) Focus on Safety; b) Safety is everyone's problem; c) Don't get hurt

7. From your very first day on the job you have 3 rights. Which of these are the 3 rights?

- a) The right to know; b) The right to participate; c) The right to refuse; d) The right to go home whenever you feel like it.

8. The general minimum age at which young people can be employed in Saskatchewan is 16 years of age. But, as a 14 or 15-year-old, you can work if you have both:

- a) A resume and cover letter; b) The OK from one of your parents or guardians and some free time; c) The written consent of one of your parents or guardians and a Certificate of Completion from the Young Worker Readiness Certificate Course (YWRCC).

9. If you are unsure of your role, task or what you are supposed to be doing at work, you should:

- a) Keep quiet and hope you are doing a good job; b) Write about it in your journal; c) Stop and ask.

10. P.P.E. stands for ***.

- a) Provincial Pie Eating contest; b) Proper Procedures for Equipment Use; c) Proper Protective Procedures for Equipment Use; d) Personal Protective Equipment

11. When is it OK to leave a campfire unattended?

- a) In the rain; b) When you have to go to the bathroom; c) At bedtime; d) Never

(ANSWER KEY: 1. c; 2. a; 3. d; 4. b; 5. c; 6. a; 7. a, b, & c; 8. c; 9. c; 10. d; 11. d)

... continued from page 24

Fat free: Despite several fat types being presented on the food label, the information is still extremely limited. Processed oils stripped of their whole food nutrition are not ideal. Whole food fats like nut and seed butters, avocado and whole coconut milk or coconut oil maintain the nutritional value of their naturally grown state, providing naturally rounded out nutritional content.

From an internal and proactive disease prevention perspective, the following may be of higher concern according to a growing crowds of practitioners of many sorts:

Natural: This term is unregulated and used loosely. It is best used to indicate non-lab created ingredients and plant based colors and flavours. It does not reflect degrees of processing a naturally occurring food.

Whole Foods: Using a naturally grown product in its original form, including all edible parts, ensures naturally occurring nutrition remains present.

Organic: Ensures minimal intervention and processing done by modern chemicals. Even with it's shortcomings it appears to be the most rounded term to ensure the least amount of processing of basic ingredients. Not everything needs to be organic though. The popular listing known as the "Dirty Dozen" is a great outline for what matters and what doesn't.

If you want just one rule to make decisions by, I suggest you eat meals with a lot of content variety and where you can see and recognize the individual ingredients 80% of the time. The 80/20 ratio is worth considering for the well being of your relationships! Unless there are serious consequences, bending "the rules" in favor of sweet indulgences and romance certainly seems like a balance that could be worth striking!



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