

Matters of fact - laughter

Want a health boost? Don't underestimate the power of a great endorphin-releasing laugh! From decreasing stress and pain to increasing your immunity, here are some facts about laughter that may do good to your body as well as your soul:

Laughter is good medicine.

With even just a few seconds of laughter, feel-good endorphins are released, stresscausing cortisol is reduced and your cardiac system enjoys a quick aerobic workout without you having to break a sweat. [1]

A good belly laugh can help trim the walstline

Ten to 15 minutes of hearty laughter can burn up to 40 calories and boost your heart rate by 20 per cent.[2]

Move over, downward dog, and make way for laughter yoga.

Created in India in the mid-1990s, this form of laughter therapy combines full-body laughter exercises with deep, centring yoga breaths. Like a cardio workout, laughter yoga brings more oxygen to the brain and body, helping you to feel more energized and relaxed.[3]

Laughter really is contagious!

Neurologists at University College London used magnetic resonance imaging to determine that the sound of laughter triggers the premotor cortical region of the brain. This area sends signals to facial muscles to move in a way that corresponds to the sound. The research also found that positive sounds were more contagious than negative sounds - helping to explain why you might break out in a goofy grin when you see someone laughing.[4]

Laughter lan't just for humans.

Various studies suggest that dogs, rats and monkeys also enjoy a good chuckle. When chimps and dogs chase each other in play, they pant in a way that is like human laughter. Rats have also been found to chirp in a manner similar to how humans giggle, and love to be playfully tickled.[5]

Ken Crosson, CFP, CPCA Tara-Lee Crosson, CFP, BA CERTIFIED FINANCIAL PLANNERS 320 Gardiner Park Court Tel: (306) 522-5674 Regina, SK S4V 1R9 Fax: (306) 781-7791 www.discoverv-financial.ca kcrosson@discoverv-financial.ca

History of the joke

From street performers in ancient Greece to the stand-up comedians of today, telling a great joke never gets old. Here's a look back at where some popular styles of joke got their start.

Knock-knock jokes first appeared during the American prohibition era of the 1930s, when people had to knock on the door to get into a speakeasy. Drunk patrons often had fun with this, and thus the knock-knock joke was born.[6]

"Knock, knock." "Who's there?" "Tank." "Tank who?" "You're welcome."

The snappy five-line poem known as the limerick came into the spotlight in the 1800s, but few realize its unexpected origin in the 12th century. Italian friar Thomas Aquinas is credited with penning a few lines of prayer in a format similar to the modern poem we know and love. What makes a limerick? You must follow a strict set of rules. Lines 1, 2 and 5 must contain eight or nine syllables each, and their last words must rhyme. Lines 3 and 4 must contain five or six syllables each, and their last words must rhyme.

There once was a man from Nantucket

Who kept all his cash in a bucket.

But his daughter, named Nan,

Ran away with a man,

And as for the bucket, Nantucket.

The chicken joke, a school-yard staple for decades, also enjoys a lengthy history. It first appeared in 1847 in a New York magazine called The Knickerbocker, with the original undergoing many transformations since then.[8]

Here are some favourite variations:

Why did the chicken go to the seance? To get to the other side.

Why did the duck cross the road? To prove he wasn't chicken!

Why did the rubber chicken cross the road? She wanted to stretch her legs.

The many styles of humour

Having a great sense of humour helps many people get through the day, whether it's good or bad, but what you think is funny might fall flat with someone else. Did you know there are actually nine different styles of humour? Research has found that physical comedy is the most popular, with dark humour coming in dead last.[9]

Here's the rundown:

- Physical or slapstick (Three Stooges, anyone?)
- Self-deprecating (laughing at your shortcomings)
- Surreal (just plain silly) 3
- Improv (e.g., Second City) 4. Word play (think puns and 5.
- limericks) Topical (news of the day)
- Observational (Jerry Seinfeld is 7 the master)
- Bodily (fart jokes) 8.
- Dark (the least popular) 9

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/ednesday	Thursday	Friday	Saturday	
			1	
ouncil Meeting 7:00pm	6	7 Sr. Tigers Vs Whitewood 8:00pm	8 U7 vs Moosomin Red 10am U9 vs Moosomin White 12pm Sr Tigers vs Canora 8pm	
2	13	14	15	
9 Every Calendar Deadline Duncil Meeting 7:00pm	20	21	22 U11 HOME TOURNAMENT	
6	27	28	29 V9 vs Langenburg 12pm U11 vs 4 Nations 2:15pm U13 vs 4 Nations 4:30pm	

TOWN OF ROCANVILLE JANUARY, 2022



PINKS LAWN CARE SERVICE

2022 LAWN CUTTING **EAVES TROUGH CLEANING GENERAL YARD WORK**



CALL FLOYD FERGUSSON

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PLEASE LEAVE A MESSAGE



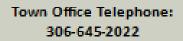
Septic Services Water & Vac Trucks Hydrovac Earthworks Site Services Hotshot Services Site Mechanical Steamer & Pressure Washing **Primus Line Installs**

www.coreindustrial.ca

New shop now located at Rocanville, SK Head Office: 609 Main ST, Esterhazy, SK SOA 0X0



Transfer Station Open:				
Mondays	11:00 - 5:00			
Fridays	1:00 - 5:00			
Saturdays	11:00-3:00			



Fax: 306-645-4492

Email: rocanville.town

@sasktel.net

Town Council

Mayor Ron Reed Councilors Irene McLean Tristen Bell Chad Selby Tobin Shipp Paul Bunz Owen Wilson Council Meetings 5th & 19th January

HAPPY NEW YEAR

RECYCLING CHRISTMAS TREES

THE TOWN WILL COLLECT OLD CHRISTMAS TREES FROM THE WEEK OF THE 10TH TO 14TH JANUARY.

TREES MUST BE PLACED ON THE FRONT LAWN CLOSE TO THE STREET.



online through several financial institutions, by preauthorized debit or by using your debit card or e-transfer. Sorry but credit cards are not accepted. Please call the office at 306 645 2022 for more information.

Invoices from the Town of Rocanville can be paid



SNOW PLOWING

PLEASE ensure all vehicles / trailers are moved off the street following a snowfall. For safety reasons, please avoid the grader when possible; but if you must follow it, please stay back a safe distance.

IF YOU WISH TO ADD AN ITEM TO THE AGENDA PLEASE MAIL OR DELIVER TO THE TOWN OFFICE ON THE MONDAY PRIOR TO THE MEETING.



email: sales@coreindustrial.ca



Web: www.concreterestrore.ca

St. Thomas Anglican Church

"Anglicans Serving the Community Since 1883" 201 Carlton Street 'A Jesus-centered community for believers and doubters everyone in between.'

In-Person services are happening in the Parish Ha

Sunday services by Zoom are for people who are unable to join us Hall. Please contact us if you'd like to participate. ***If prayers or other pastoral activities are needed, please co 306-645-4285 or 306-434-8301.***

"Your word is like a lamp for my feet, a light on path.~Psalm 119:105

January Services

- Jan 1~HAPPY NEW YEAR!!
- Jan 2~Combined Service in St.Paul's United Church at 11:30
- Jan 6~Epiphany
- Jan 9~Morning Prayer Service at 11 am.
- Jan 16~Morning Prayer Service at 11 am.
- Jan18~Prayer for Christian Unity
- Jan 23~Morning Prayer Service at 11 am.
- Jan 30~Morning Prayer Service at 11 am.

SUNDAY SCHOOL runs every week. Contact 306-435-6156 for further info. Youth Night (Grades 7-12) is Fridays at 7 pm at the Pentecostal Churc Confirmation Classes & BIBLE STUDY being offered. Please call the numbers above for further information.

> St Alphonsus R.C. Church Liturgical Celebrations for the month of January 2022

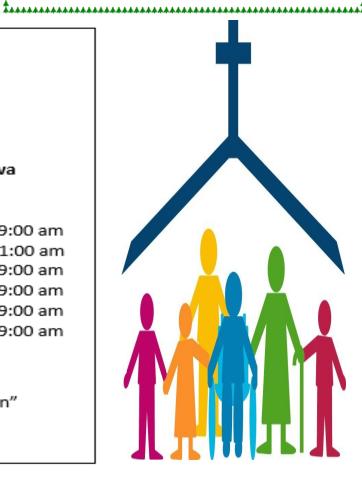
Celebrant – Father Franklin Emereuwa

- Jan 01 Solemnity of Mary, the Holy Mother of God Jan 02 - The Epiphany of the Lord Jan 09 - The Baptism of the Lord Jan 16 - 2nd Sunday in OT Jan 23 - 3rd Sunday in OT
- Jan 30 4th Sunday in OT Weekday celebration on Wednesdays at 5:00 pm

"O come let us worship and bow down" (Psalm 95:6)

	JANUARY 2022 HAPPY NEW YEAR							
and	ST. PAUL'S UNITED CHURCH Rocanville, Sask. WELCOMES YOU! Regular Church Services 11:30 A.M.							
<u>lll.</u> s in the all	Church Office 306-645-2942 or Rev. Barbara Wilkins home 306-645-0201							
my	Rev. Barbara Wilkins is in the office Wed. 9 – 12 a.m.							
	Sun. Jan. 02 – Anglican-United Church Service.							
am.	Sundays 09, 16, 23– Regular Church Services at St. Paul's at 11:30am.							
	Sun. 30 – No Church Service.							
	Bible Study and Choir Practise cancelled till further notice.							
h	Psalm 40: 5 – Thou has multiplied, O Lord my God, thy wondrous deed and thy thoughts toward us; None can compare with thee! Were I to proclaim and tell of them, they would be more than can be numbered.							

9:00 am 11:00 am 9:00 am 9:00 am 9:00 am 9:00 am



The Rocanville Rec Office has

Snowshoes

available in a variety of sizes

If you would like to borrow some

please contact the

Rec Office at 306-645-2164

Rocanville Recreation Walking Club

Currently the Rocanville School Band is using the hall for daily band practice. If you wish to walk at the hall we recommend calling (645-2164) ahead to see what availability is like.

Times that seem to be best for walking would be first thing in the morning, lunch hour and between 3:20 & 4:00pm.

Please note that these times are not guaranteed and the safest option is to call the Rec Office before you head out.



Rocanville Skating Rink



Public Skate:

Sunday - 3:30-4:30pm Monday - 3:30-5:45pm Wednesday - 4:30-5:15pm Friday - 3:45-4:30pm

\$2/skater Season passes available

Shinny:

Sunday - 4:30-5:30pm Tuesday - 3:30-5:15pm Wednesday -3:45-4:30pm Thursday – 3:45-5:30pm Friday - 4:30-5:30pm



Preschool/Adult Skate: Wednesdays and Fridays - 1:30pm-3:30pm

Schedule can change to accommodate hockey games and rentals. Please visit <u>www.rocanville.ca</u> to view the most up to date schedule.

Rocanville Public Library Branch January 2022

Programming:

- Basic Percussion Makerspace Kit: Come on in to try some percussion instruments! Month of January.
- Flurries 'n' Fun Literacy Program, KidsFirst folks will be coming to the library! Come on out with your kiddos for a morning of fun with the various activities they will be bringing! January 5 @ 10am-12pm.
- Story Time: Wednesdays at 10:30-11:30 a.m. Bring your kiddos out for a story or two and a craft to follow. January 12, 19, 26.
- Knit Night! Come on out for an evening of 1/ knitting, crocheting, drawing, embroidery, or any project you would like to bring to work on. January 13 @ 7pm.



Board Game Afternoon! Come on out for an afternoon of playing board games! We have some games at the library, or bring your own! January 20 during regular hours.



 Music & Arts Night! Come enjoy an evening jam session. Bring an instrument of your choice if you would like to partake. Refreshments will be provided. January 28 @ 7pm.

Rocanville Public Library Branch

218 Ellice Street Rocanville, SK SOA 3LO Phone: 306-645-2088 Open Hours Wednesday: 9 a.m.-12 p.m., 1:30-5:30 p.m. Thursday: 1:30-5:30 p.m.

Friday: 1:30-5:30 p.m.









Announcements

2022 Library Card Challenge! Each time you come to the library, present your library card, and have your name entered in to a draw for a prize near the end of each month! Winners will be announced on Facebook and in the Community Calendar!

Did you know ?! You can borrow Book Club in a Bag kits for if you want to start your own book club! For more information, check out our regional website here: https:// southeastlibrary.ca/. This item is under "Services".

COVID-19 update: At this time, masks are mandatory in the library. We are not requiring proof of vaccination or a negative COVID-19 test.

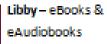
Free e-Resources



Hoopla - Movies. hoopia music, TV Shows audiobooks & eBooks, comics



Creativebug Online arts & crafts classes





Press Reader-Newspapers & magazines



AudioBookCloud-Audiobooks



TumbleBooksnteractive. Children's Books

WWW.SOUTHEASTLIBRARY.CA



Rocanville Community Thrift Store

January 2022

Store Hours

Monday, Wednesday & Friday—1pm—4pm

Thursday—6pm-8pm

Mon. Jan. 3 – Jean Howie, Paul Bunz, Barbara Wilkins, Marie Nixon Wed. Jan 5 – Pam Botterill, Eva Swanson, Christina Kim, Phyllis Harper Thurs. Jan. 6 – Willa Clarke, Marilyn Hickie, Deb Selby Fri. Jan, 7 – Denise Callin, Joyce Surridge, Irene Ruhland, Tammy Lalonde Mon. Jan. 10 – Linda Bock, Anna DeCorby, Terry Fletcher, Sylvia Magnusson Wed. Jan. 12 – Penny Yung, Therese Fafard, Brenda McLoed, Eva Swanson Thurs. Jan. 13 – Paul Bunz, Barbara Wilkins, Sandra Maki, Bev Casemore Fri. Jan. 14 – Irene Norton, Christina Kim, Marie Nixon, Tammy Lalonde Mon. Jan. 17 – Denise Callin, Jean Howie, Marilyn Hickie, Terry Fletcher Wed. Jan. 19 – Willa Clarke, Irene Ruhland, Therese Fafard, Eva Swanson Thurs. Jan. 20 - Penny Yung, Pam Botterill, Deb Selby Fri. Jan. 21 – Linda Bock, Sylvia Magnusson, Joyce Surridge, Anna DeCorby Mon. Jan. 24 – Paul Bunz, Marie Nixon, Christina Kim. Tammy Lalonde Wed. Jan 26 – Jean Howie, Brenda McLoed, Irene Ruhland, Terry Fletcher Thurs. Jan. 27 – Linda Bock, Barbara Wilkins, Sandra Maki, Bev Casemore Fri. Jan. 28 – Irene Norton, Denise Callin, Marilyn Hickie, Joyce Surridge Mon. Jan. 31 - Penny Yung, Eva Swanson, Anna DeCorby, Phyllis Harper Wed. Feb. 2 – Willa Clarke, Christina Kim, Sylvia Magnusson, Therese Fafard

714 Railway Ave, Rocanville





ALL PERFORMANCES AT MOOSOMIN COMMUNITY THEATRE

Due to a personal family matter, the Royal Wood concert scheduled for Tuesday, January 18th in Moosomin has been postponed. Moosomin & District Arts Council will be presenting the concert May 10th. **Please watch for further details.**

Dial-A- Van Announcement:

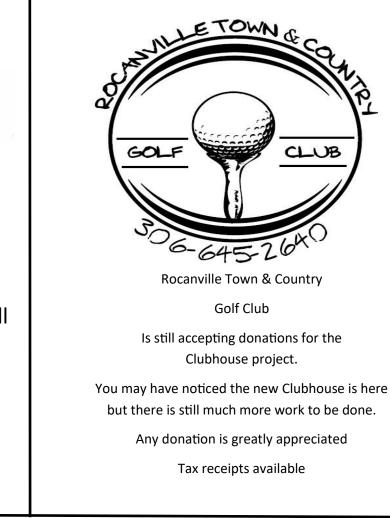
Thank you to all the riders who used the bus in November and December, but unfortunately our ridership is still very low so we are trying a new plan.

Effective **January 1, 2022** we will have new times and days when we will be operating. We will be operating every Wednesday and Friday from 9a.m. until 4p.m. If you'd like a ride one of theses day, you will have to call the dispatcher before 11:00a.m. the day you wish to ride. This will be in effect until May 1, 2022, at this time we will make a decision on further plans for the Dial-A -Van. Any trips to Moosomin Hospital will require a caregiver with no exceptions due to liability issues.

Please use this service so we can make it more viable for the community.



306-645-4352



Driving around town you may notice our towns new speed signs. The speed signs were purchased through the Government of Saskatchewan's Provincial Traffic Safety Fund Grant.

We hope these new signs will encourage motorists to slow down and pay attention to the speed they are traveling within town.

> Thank you to the Government of Saskatchewan for funding this project.

> > Saskatchewan 💋

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PILATCS CLASSES

JOIN KELSEY IN PLOWING THROUGH CONTROLLED CORE BUILDING AND PULL BODY EXERCISES BY CANDLE LIGHT. PLEASE BRING A YOGA/PILATES MAT AND WATER

8 60 min classes 📼

\$100/Set

15\$ DROP IN Rocanville Nutrien Hall Mondays & Wednesday at 7:30

January 10 - Feb 2



Rocanville Community Calendar

These days there are so many ways to get information out to the public. We would like to know what platform works best for you. Please take a minute to fill out this quick survey or send us an email (rocanville@sasktel.net) and simply tell us how you like to be informed as to what is going on within the community.

Please check which box (s) apply the most to you and return to Box 576 Rocanville or email back to rocanville@sasktel.net.

Community Calendar

Facebook

Instagram

Flyers and posters

Block Talk

Other	

FEBRUARY 5, 2022 DOORS OPEN AT 7 PM • RACES START AT 8 PM ROCANVILLE NUTRIEN HALL



Tickets available from pool board members Rocanville Rec Office • Rocanville Remedial Massage

Ever dream of going to the races? We are going to bring the races to you! Get dressed up, place some bets, have some fun and support the Rocanville Aquatic Centre's new pool!

Proof of vaccination / Negative test to attend • All Covid protocols will be followed

A NIGHT AT THE RACES

TICKETS PRESALE - \$15 • DOOR - \$20

ROCANVILLE FOOD SHARE

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

Rev. Paul Bunz 434-5375 Roseanne Kelly 434-9484 Faith Bachman Jean Howie **Barbara Wilkins** Jane Fahlman

FOOD OR CASH DONATIONS APPRECIATED CHEQUES MADE PAYABLE TO THE TOWN OF ROCANVILLE RECEIPTS FOR INCOME TAX AVAILABLE UPON REQUEST

Food Share

Rocanville Senior's Centre

Rocanville Senior's Centre is open for rentals in keeping with all Covid - 19 rules in place.

Phone Mel Strong @306-645-4412 or Linda Bock @ 306-645-4287 for rental bookings.

The Centre is open for cards on Thursdays from 1:00 to 3:30 every week.

Memberships are now due and can be paid to Penny Yung, chairperson of the membership committee.





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January Hours: Tues - Thurs 10:00-3:00 or By appointment Text: 306-434-8861

Mew Agear !

Workshops Coming soon: Alcohol Ink Fimo Bead making Beach Tray Beach Canvas

LOT FOR SALE

REDUCED

IN PRICE

316 Ellice Street

75' frontage X 120' deep. Large, flat, serviced lot & centrally

> located in Rocanville. \$22000 OBO

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

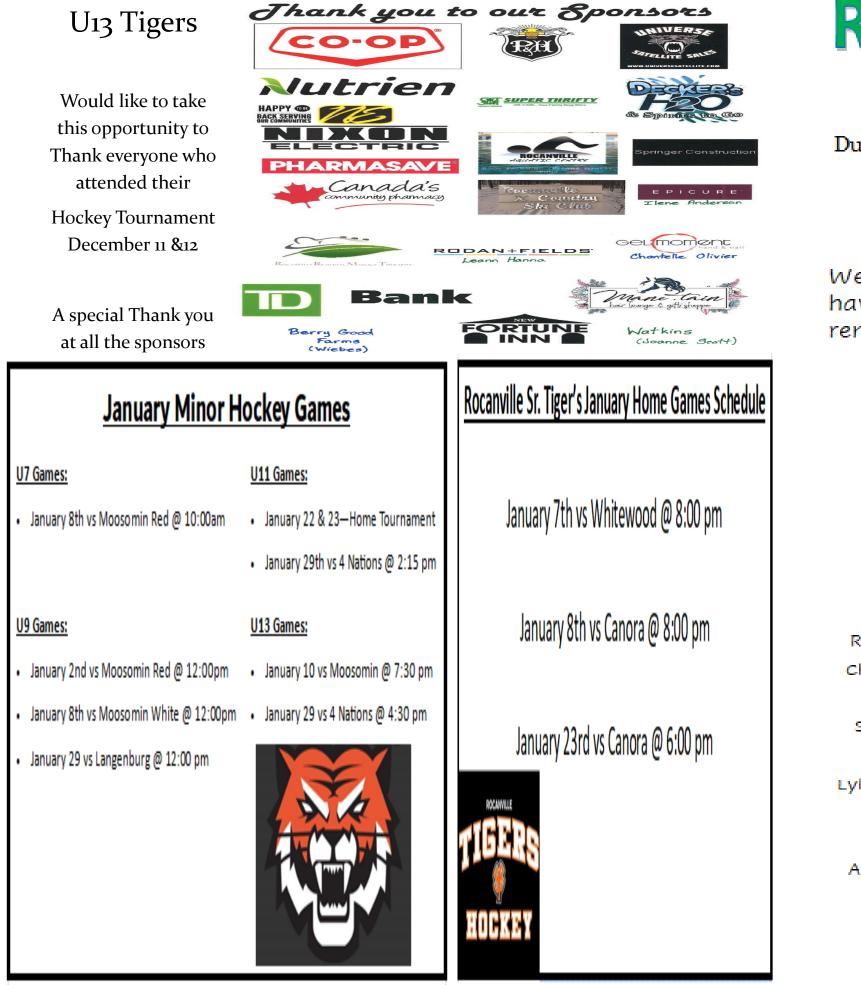
Visit me on Facebook to stay informed : Darsart Rocanville

Paint Sets in Acrylic & Water Color, Assorted Brushes, W/C Paper, Craft Projects and Art Lessons



This beautiful 1520 Sq. Ft. home is on lot G (67.5 ft lot) and is ONLY \$225,000.00 plus taxes. It has 3 bedrooms and 2 bathrooms. Gas fireplace, fridge, stove and dishwasher. It has large laundry room and a pantry. Call 306-645-2669 and ask for Tanis to book a viewing.

		Rocanville	School Janua	ry 2022		K
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Happy New Year
2	3 Day 6	4 Day 1	5 Day 2 Pizza Day 🕬	6 Day 3 Kindergarten	7 Day 4 Sr. Girls B'ball Moosomin Tourney	8 Sr. Girls B'ball Moosomin Tourney
9	10 Day 5 Milk Contest order link will be emailed Kindergarten	11 Day 6	12 Day 1 Pizza Day	13 Day 2 Pre-orders for the Milk Contest due.	14 Day 3	15
16	17 Day 4	18 Day 5 Kindergarten	19 Day 6 Pizza Day	20 Day 1 Milk Contest	21 Day 2	22
23	24 Day 3 Kindergarten	25 Day 4	26 Day 5 Pizza Day Gr. 10 – 12 Final Exams Kindergarten	Family Literacy Day	28 Day 1 Gr. 10 – 12 Final Exams Kindergarten	29
30	31 PD DAY (No school for students)		kindergarten			



Rocanville Aquatic Center UPDATE

Due to product supply renovations to the Rocanville Aquatic Center are not likely to begin until late spring or summer. Please stay tuned to the Rocanville Aquatic Center Facebook page for more updates.

We want to send a heartfelt thank you to all of those who have already contributed to the Rocanville Aquatic Center renovation project. We greatly appreciate your support!!

Platinum

Nutrien

Gold

Rocanville Thrift Store Johnston's Grain NSC Minerals

Bronze

Bumper to Bumper Rocanville Motel & RV Park Cherrie and Dennis Thiessen Cindy Gossling Scott and Heather Norton Twin Star Farms Lyle and Vivian Sveinbjornson Alan and Penny Yung Harvey Hack Anthony and Roseann Kelly Bruce's 4 Season's Herb and Della Park George Williams



Sponsor

Gertrude Franklin Rick and Deenie Goulden Ben and Wylda Rushton Connie Green Grant and Shelly Chase

Donor

Eileen Etherington Sandra and Kent McCutcheon Jesse Johnston

Club

Raymond Petays and family *Memory of Dianne Eckersley Rick and Brenda Hancock Darwin and Terry Crumly Fredrick and Cheryl Odgers Cathy Johnston

