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No time for nutrition?

A little preparation can go a long way.

Canadians are busy people. Between work or school, activities and errands, many of us don't have much time each night to prepare fresh, healthy homemade meals. It can be tempting to pick up a frozen pizza or go to the closest drive-through for takeout, but neither option is particularly healthy or cost-efficient. A great solution is to prepare meals for the week in advance. It can help save time and money, while ensuring you eat nutritious food.^[1] Preparing a whole week's worth of meals may sound a bit daunting but spending a few hours batch-cooking or preparing ingredients for a few different meals will make your weeknights easier. If you schedule some time during the weekend to prepare, cook and store your food, your belly and wallet will thank you later. **Here are some tips to get started.**

- Plan and organize – write out a weekly menu for breakfasts, lunches and dinners, then prepare your grocery list accordingly.
- Dedicate time in your calendar each week to buying groceries and making your meals.
- Keep it simple. Prepare meals you know you like – you wouldn't want to make a big batch of a recipe you haven't tried before and end up not enjoying it.
- If meal prepping for an entire week sounds somewhat overwhelming, start with just one recipe. Or simply prepare the ingredients so they are easy to throw together later.
- Use coupons and look for sales. Check out the local farmer's market if you are lucky enough to have one near you. You'll be able to stock up on enough supplies to last you the week for a fraction of the price. Plus, you can't get fresher than local produce.
- Save more money by forming your meal plan around ingredients that are in season or on sale and by using what you already have. In winter, apples will be cheaper and tastier than out-of-season peaches.

- Instant Pot and slow cookers are great ways to batch-cook hearty soups and stews that you can eat all week long. The best part is that these appliances are so easy to cook with.
- Make the prep time enjoyable by listening to music or putting your favourite show on in the background. This way it'll be an activity that you look forward to each week.

Bon appétit!

Meal prep can be easy, delicious and nutritious. Here are some make-ahead meal ideas you can customize to suit your needs.

EASY EGG MUFFINS

These grab-and-go muffins are a quick and healthy breakfast option for busy workdays. All you need are eggs, cheese and whatever fillings you want (such as mushrooms, spinach, peppers or ham). Just distribute the cheese and other fillings in a greased muffin tin. Beat the eggs together with salt and pepper and pour over top, then pop into a preheated oven. Bake at 350°F until set (about 20 minutes). They're great for reheating, and you can store them in the fridge for five days and in the freezer for up to three months.^[2]

INSTANT POT PEANUT SOUP

Combine sweet potatoes, kale, peanuts, peanut butter, coconut milk, fire-roasted tomatoes, garlic, jalapeño and cilantro together to make a tasty soup or stew. The recipe is suitable for vegans, but chicken or shrimp can easily be added. Throw the ingredients into an Instant Pot for 20 minutes and you are good to go. This dish also goes great over a bowl of quinoa or rice.^[3]

SIMPLE ROAST CHICKEN

This is one of the easiest dishes to make. It only takes about 20 minutes to prepare and an hour to cook – then you're all set for a delicious meal that can last the week.

- Pat dry a whole, three-pound chicken with a paper towel. Make sure the bird is dry both outside and inside to produce the least amount of steam in the oven. This makes the skin extra crispy.
- Mix 2–3 tablespoons of salt, 1 tablespoon each of pepper, garlic powder and thyme together, then sprinkle outside and inside the

chicken. You want to use enough salt that it creates a crust when roasted. Don't use olive oil or anything that can produce more steam.

- Place the chicken on a baking pan lined with parchment paper. Truss the chicken's legs with twine and tuck the wings neatly under the breasts.
- Bake the chicken at 450°F for an hour. You may need to add on a few more minutes for a bigger bird. Let it rest for 15 minutes, then check to make sure the meat is at 165°F using an instant-read thermometer. Chicken can be cut in serving-size pieces and refrigerated in airtight containers for up to five days.^[4]

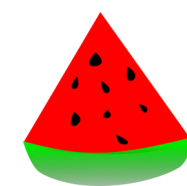
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^[1] www.hsph.harvard.edu/nutritionsource/2017/03/20/meal-prep-planning

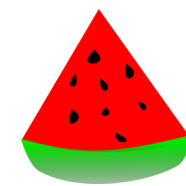
^[2] <https://asassyspoon.com/healthy-egg-muffin-cups>






^[3] <https://pinchofyum.com/sweet-potato-peanut-soup>

^[4] www.epicurious.com/recipes/food/views/my-favorite-simpleroast-chicken-231348



July 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 JULY 1st  Canada Day	2	3	4
5	6	7 Museum Meeting 7 o'clock. Recycling 	8	9	10	11
12	13	14 Garbage 	15	16	17	18
19	20	21 Recycling 	22	23	24 Community Calendar Deadline	25
26	27	28 Garbage 	29	30	31	

Town of Rocanville

July, 2020



HAPPY CANADA DAY

Driveway Finishing ?

We are compiling a list of residents who want our paving contractor to provide an estimate to pave, recap or seal their driveway. Please note that we **cannot guarantee** that the contractor will bring sealing equipment. Call OR email the Town Office with your name, address and telephone number.

Transfer Station Open:

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

Town Office Telephone:

306.645.2022
Fax 306-645-4492
Email:
rocanville.town
@sasktel.net

TOWN COUNCIL

Mayor
Daryl Fingas

Councillors
Stan Langley
Ed English
Irene McLean
Ron Reed
Marcel Gagnon

Town of Rocanville 2020 Budget Items

REVENUES

Revenue Sharing	\$197,404	Potash Share	\$160,931
MEEP	\$124,038	Gas Tax Share	\$50,917
Grant-in-Lieu's	\$87,025		

EXPENDITURES

Street Repairs	\$215,000	Loraas Collections	\$95,000
RCMP	\$40,800	Fire Protection	\$43,500
Projects	\$435,000	Street Lights	\$22,000

TOWN OFFICE

Please note that the Town Office is open to the public for those wishing to conduct business or pay invoices. We do ask that you respect the social distancing rules if someone is already at the counter.

July council meetings will be held at the Town Office on the
Wednesday's of 8th and 22nd at 7:00 p.m.

CORE
INDUSTRIAL SERVICES L.P.

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



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Hotshot Services Site Mechanical Steamer & Pressure Washing
Primus Line Installs

www.coreindustrial.ca email: sales@coreindustrial.ca

New shop now located at Rocanville, SK
Head Office: 609 Main ST, Esterhazy, SK S0A 0X0



Welcome to Rocanville!

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

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

COURTESY OF OUR LOCAL BUSINESSES!!!



PINKS LAWN CARE SERVICE

2020

LAWN CUTTING
EAVES TROUGH CLEANING
GENERAL YARD WORK



CALL FLOYD FERGUSON

306-645-2617

PLEASE LEAVE A MESSAGE



ROCANVILLE RUNNING CLUB

ROCANVILLE VIRTUAL RUN/WALK CLUB

Let's stay active with Rocanville's Virtual
Running/Walking Club.

Just track how far you can go in a week. Run's can be
tracked on a fitness tracker such as a Fitbit or Garmin.
Or download the Strava app on your smart phone to
track your run.

Runs can be submitted to Monique Campbell @
Monique.Campbell@secpsd.ca or 306-728-7020 to
have your name entered in for our weekly prizes.

Thank you to Rocanville Borderland Co-op and Nutrien
for sponsoring our weekly prizes.

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

Museum is now
open!!!

Our summer hours
are
Monday to Saturday
10-5
and
1-5 on Sundays.



Rocanville Dial-A-Van

Due to the unsettled times from the pandemic the board of the Dial-A-Van has decided we will not be operating until our Harvest Tour in September. Ridership in summer is usually very sporadic due to different scenarios. It makes for a long day for drivers to sit around waiting for calls that never come in. As it is, we could use a few more drivers starting in the fall as we now have only five regular drivers. Please consider driving for a couple days per month. We are in need of more riders so we can continue to offer our seniors this service. Have a good summer and we will see you in September.



To the Residents of the Town and RM of Rocanville:

On behalf of the Rocanville Fire Brigade, I am writing this letter to inform the residents of Rocanville and area about our intent to sell the Command Post/ Rescue Truck bought in July of 1991.

When I label it as the Command Post/ Rescue Truck you may not know which truck I am talking about. That is because it is more commonly known as the First Responder Unit. This truck was purchased with the intent of being a local ambulance without being able to call it an ambulance. For years now, the health district has had rules in place that state we are not allowed to transport "clients" (the health districts word not mine) with this vehicle. The health district also states that our local first responders are not even allowed to respond to a medical emergency call in this truck. If you have an issue with this, you are not alone. The members of the fire brigade think that this is ridiculous, to put this kind of red tape up on small towns that just want to serve their community members.

With not being able to transport patients and not being allowed to respond in this truck, the Rocanville Fire Department will be selling this truck. We are aware that the sale of this truck may cause concern throughout the community. When this truck was purchased, 50% of the purchase price was covered by the federal JEPP program. The other 50% came from many local donations from members of the community. The sale of this truck doesn't mean those donations now go to waste. We are always trying to improve our fleet of trucks to respond to all types of emergencies as quickly and efficiently as possible. The proceeds from the sale of the truck will be turned into other upgrades for our department.

With the First Responder Unit off the books, it does not mean we lose our First Responders. At this time, we have 20 fire fighters and 1 first responder. That first responder will now respond in his own personal vehicle with a jump bag, filled with the required supplies, as per health region recommendations. He will still have the required equipment to serve the community the same as he has in the past. In the event that we get more volunteer First Responders, we will get those individuals jump bags as well. The cost of a bag full of supplies is roughly \$300.

We will be doing a sealed tender sale for the First Responder Unit.

We will have a \$5000 reserve bid. Anyone wishing to put in a bid can mail/deliver their offer to the Rocanville Town Office before 4:00 PM July 9th, 2020.

If anyone has any questions or concerns with what we are planning to do please feel free to call me at 306.435.9596 and I will try my best to answer any issues you may have.

If you would like to view the First Responder Unit prior to making a bid on it, please call me and we can set up a date and time to take a look.

Thank You,

Owen Wilson
Chief of the Rocanville Volunteer Fire Department

JULY 2020



ST. PAUL'S UNITED CHURCH
Rocanville, Sask.



Rev. Barbara Wilkins

Wishing you a fun summer while keeping safe and well.

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

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

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

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

*Psalm 96: 11-12 – "Let the heavens be glad, and let the earth
rejoice; let the sea roar, and all that fills it; let the field
exult, and everything in it. Then shall all the trees
of the forest sing for joy..."*

St. Thomas Anglican Church

"Anglicans Serving the Community Since 1883"
201 Carlton Street

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

***All in-person services and functions are cancelled until September.
If prayers or other pastoral activities are needed, please call
306-645-4285 or 306-645-0203.***

***If you would like to be a part of our Sunday services by Zoom, please
[contact us.](#)***

"Jesus Christ loves us and has freed us from our sins by his
blood."~Revelation 1:5

July Services

July 5~Morning Prayer Service.

July 12~Holy Communion Service with Rev.Delta Kelly at 11 am.

July 19~Morning Prayer Service at 11 am.

July 26~Morning Prayer Service at 11 am.

****Watch for our annual PEACH fundraiser!! Coming this summer!****

SUNDAY SCHOOL is on break for the summer!

For further information call 306-435-6156.

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

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



We specialize in all aspects of the residential, commercial and agricultural
concrete industry.

Serving Rocanville and surrounding areas.

This includes; slabs, floors, sidewalks, drive ways, grade beams, bin pads, ICF,
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Phone:

306-435-0125


306- 434 - 9601

Email:

parkconcrete@gmail.com

Website:

www.parkconcrete.ca

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

Kitchens – Bathrooms

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House, Garage, Shop and Shed Packages



We're more than just metal

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

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

HILLCHAR SEED FARM

Various blends of lawn grass seed available.

CALL ERNEST AND DAWN HOLLAND
306-645-4223

Rocanville Pentecostal Church

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

1002 RAILWAY AVE

PASTOR NICHOLAS ALMEIDA:

306-434-9536

NICHOLAS.ALMEIDA@V-MAIL.CA

PASTOR BETHANY ALMEIDA:

306-434-5104

BETHANYDJALMEIDA@GMAIL.COM

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

SUNDAY SERVICES NOW HAPPENING AT THE
CHURCH.

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

CHECK OUT OUR NEW WEBSITE!
ROCANVILLECHURCH.COM

YOUTH WORSHIP NIGHTS WEDNESDAY
7-9PM



CONCRETE RESTORATION CANADA

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

Marty DeCorby

Box 731 Rocanville, SK S0A 3L0

306-645-2777 (office) 306-435-0900 (cell)

Email: marty@concreterestore.ca

Web: www.concreterestore.ca





Alberta	Kelowna	Ontario	StJohns
Banff	London	Ottawa	Sydney
British Columbia	Manitoba	Peterborough	Toronto
Calgary	Moncton	PrinceAlbert	Vancouver
Charlottetown	Montreal	PrinceEdwardIsland	Victoria
Churchill	NewBrunswick	Quebec	Whitehorse
Edmonton	NewfoundlandAndLabrador	QuebecCity	Windsor
Fredericton	NorthwestTerritories	Regina	Winnipeg
Halifax	NovaScotia	Saskatchewan	Yellowknife
Iqaluit	Nunavut	Saskatoon	Yukon

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

Community Calendar Advertising Rates:

\$5 - small ad

\$20 - 1/4 page ad

\$40 - 1/2 page ad

\$80 - full page ad

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

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

ROCANVILLE FOOD SHARE

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

**Darlene Williams 645-2921
Rev. Paul Bunz 434-5375
Roseanne Kelly 645-4561
Betty Mills 645-2102**

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



LOT FOR SALE **REDUCED IN PRICE**

316 Ellice Street
75' frontage X 120'
deep.

Large, flat, serviced lot
& centrally
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\$23000 OBO

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

Are you interested in
running for Mayor of
Rocanville
or for a position on
council??

***November is election
month for Rocanville
Town Council.***



ROCANVILLE COMMUNITY THRIFT STORE SCHEDULE – JULY 2020

Due to Covid-19 our store hours will be less for the month of July.

STORE HOURS – Monday & Thursday – 1-4 P.M.

July 6 – Linda Bock, Marjorie Thompson, Joyce Surridge, Sylvia Magnusson

July 9 – Willa Clarke, Marie Nixon, Phyllis Harper, Therese Fafard

July 13 – Irene Norton, Marilyn Hickie, Christina Kim, Terry Fletcher

July 16 – Penny Yung, Denise Callin, Eileen Etherington, , Irene Ruhland

July 20 – Linda Bock, Eva Swanson, Sylvia Magnusson, Joyce Surridge

July 23 – Irene Norton, Terry Fletcher, Marie Nixon, Anna DeCorby

July 27 – Willa Clarke, Marjorie Thompson, Phyllis Harper, Marilyn Hickie

July 30 – Penny Yung, Eileen Etherington, Christina Kim, Eva Swanson

School Community Council (SCC)'s Open Letter to Rocanville School Teachers and Support Staff

Dear Rocanville Teachers and Support Staff,

The 2019/2020 school year will be memorable for years to come. With Covid-19, we experienced school closures across the country in March. In Saskatchewan, the closure extended to the entire school year and there is still so much uncertainty about how we will return to school in September.

The South East Cornerstone Public School Division (SECPsD) responded with co-ordinated efforts to move learning online or offer supplemental learning from home. Distance learning became the new normal. The SCC was pleased to hear from the school board that there are no plans for any lay-offs.

With the school year drawing to an end, the SCC, on behalf of all school parents, would like to express our appreciation and gratitude to the teacher and support staff at Rocanville School for your flexibility, creativity and positivity in dealing with these changes.

Like many of us, we know that teachers and support staff are also parents/ caretakers/ guardians working from home with their children and struggling to strike a balance between work, family life and sanity!

The SCC would like to highlight and acknowledge some of the important work that took place behind the scene:

- Teachers and support staff:
 - Directly contacting parents via the phone or email to communicate the new distance learning plan
 - Conduct lessons, provide and assess assignments and communicate with students AND parents online or via the phone
 - Adjust, modify and sometimes create from scratch learning material for online delivery
 - Researching and sharing free online resources with parents
 - Extended work hours (maybe nothing new here) - i.e. Teams meetings after hours to accommodate parents' work hours, marking assignments when their own kids have gone to bed
- Admin assistants and educational assistants preparing and printing supplemental learning materials for students without internet access
- Admin assistants co-ordinating the mail out of learning material and upcoming kindergarten registration, answering emails and phone calls from home and continuing administrative tasks to end the school year and plan for the fall
- Learning Support Teachers, EA's and classroom teachers creating resource packages and individual Teams meetings for students identified with high needs
- Dedicated one-on-one literacy support through Rtl teachers and Lexia
- Maintenance and upkeep of school building and grounds including extra sanitization and painting by caretakers and upgrades often rushed to fit in the summer months such as new ceilings and lights by Facilities
- Bus drivers delivering supplemental learning material to homes
- Organising and participating in the town wide parade in May to lift the community's spirit
- Facebook write ups of our grad profiles to celebrate their achievements
- Movie stars! We love the Facebook video!

THANK YOU Rocanville School Teachers and Support Staff, for all that you do! We appreciate you!



Borderland

ROCANVILLE C-STORE

306.645.0557

HIGHWAY 8 | ROCANVILLE, SK



New!
Fruit & Veggie Trays

AVAILABLE AS OF
MONDAY JUNE 29, 2020

**Co-op
Water**

12 Pack • 500 mL

2 for \$6

**Aquafina
Water**

12 Pack • 500 mL

2 for \$7