

Dignitaries serve up pancakes to Muenster students

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JOURNAL STAFF WRITER

Students at Muenster School were served up a pancake breakfast from local dignitaries, school board members, and Muenster School staff on March 18, as part of Breakfast for Learning, a program that raises awareness of school nutrition programs.

Kelly Berlinic, the provincial coordinator for Breakfast for Learning (BFL) and Saskatchewan Nutrition Advisory Council for Kids (SNACK), was on hand for the event and brought with her some local stakeholders to help promote the programs. Marlynn Rogstad, Horizon School Division trustee, Mark Danylchuk, director of education for Horizon School Division, Susan Dunne, constituent assistant for Donna Harpauer, and Brad Trost, Saskatoon-Humboldt MP, all came out to support BFL and SNACK.

Berlinic said the event is all about "promoting awareness about nutrition programs in education."

She felt it was important to get politicians and other stakeholders out to these types of events to get the message out regarding the positive link between nutrition and education.

The point of the BFL and SNACK programs is to give students the opportunity to practice healthy eating. Through the programs, students eat dairy, whole grains, fruits, and vegetables for breakfast, lunch, or a snack.

Each school involved in the program decides how to run it in order to tailor it to their school's particular needs.

BFL and SNACK provide some funding to schools and act as resources and educational support. They are a non-profit organization, Berlinic explained, that is run almost entirely by volunteers.

Berlinic feels strongly that there is a misconception about nutrition being a problem for inner city schools only. In rural communities, some children ride the bus for a long time before they get to school and may be hungry again when they arrive. Also, Berlinic said that most teenagers just don't eat breakfast.

BFL identifies five major reasons why children aren't going to school with a proper meal: poverty; children having to look after themselves due to busy parents; hectic morning schedules; lengthy commutes to school; and, lack of parental supervision during



Students and staff at Muenster School got a tasty start to their day when the Breakfast for Learning (BFL) program served up pancakes and juice for breakfast on March 18. Above, MP Brad Trost (right) serves up some pancakes to a couple of students.

photo by Jacquie Bergerman

meals. It is for these reasons that Berlinic feels the BFL and SNACK programs are so important.

"We need to get back to eating properly," she said.

A myth Berlinic is trying to bust is that poverty leads to obesity. She said that nutrition programs aren't solely about hunger issues, it's about getting children to eat right. In affluent communities, parents can afford to purchase convenience foods and to eat out and their children may not know how to eat well, she explained.

Nutrition is important "for all communities as well as inner city schools," said Berlinic.

BFL and SNACK have recently received a significant commitment from a business that is slated to be building in the area soon. BHP Billiton, a mining company, has committed \$150,000 a year for three years to the program. Berlinic said this donation is so significant it will mean the difference between being able to

fund Muenster School or not.

"I can't say enough about (BHP) — they're great," she smiled.

Founded in 1992 with the goal of addressing child hunger in Canada, BFL developed into an organization focussed on children's nutrition. With a network of 30,000 volunteers, BFL assists in the start-up and maintenance of school-based breakfast, lunch, and snack programs across Canada that provide healthy food to children. In 2007-2008, BFL helped to feed over 360,000 children and youth. The organization also backs research and education that highlights the link between healthy eating and learning.

In Saskatchewan, SNACK was formed in 2006 to administer nutrition grants handed out from BFL. Together, the two organizations fund school nutrition programs in the province that fed 15,650 children and youth in 2008-2009. BFL and SNACK have 119 nutrition programs running in Saskatchewan that run anywhere from two to five days a week, Berlinic said.



Poetry out loud photo by Jacquie Bergerman

Local book store Between the Pages hosted the first event of this year's Pelican Bay Arts Collective poetry festival on March 22. Poet and essayist Shawna Lemay of Edmonton read a few of her poems and an excerpt from one of her essays. Lemay has written four books and has a fifth coming out this spring. The poetry and literary festival continues until March 26.

R.M. OF HUMBOLDT NO. 370 PUBLIC NOTICE

Public notice is hereby given that the Council of the R.M. of Humboldt No. 370 intends to adopt a bylaw under *The Planning and Development Act, 2007* to amend Bylaw No. 10-2005, known as the Basic Planning Statement.

INTENT

The proposed bylaw will provide a maximum of two lakeshore residential subdivisions in developmental stages or three years (whichever comes first) at any point in time to be allowed in the Rural Municipality of Humboldt.

REASON

The reason for the amendment is to provide a fair opportunity for lakeshore residential development in the Rural Municipality of Humboldt.

PUBLIC INSPECTION

Any person may inspect the bylaw at the Rural Municipal Office, located at 919-14th Avenue, in the City of Humboldt, between the hours of 8:30 AM and 4:30 PM (closed between 12:00 PM and 1:00 PM) on Monday to Friday, excluding statutory holidays. Copies of the proposed bylaw are available at the Rural Municipal Office at cost of \$1.00.

PUBLIC HEARING

Council will hold a public hearing on April 14th, 2009 at 9:30 AM at the Rural Municipal Office to hear any person or group that wants to comment on the proposed bylaw. Council will also consider written comments received at the hearing, or delivered to the undersigned at the Municipal Office before the hearing.

Issued at the Rural Municipality of Humboldt this 18th day of March, 2009.

Corinne Nimegeers, Rural Municipal Administrator

Pet of the Week



Hi again... remember me? I am Skye. I am all better and ready to be adopted. I am a spayed female and for some odd reason, and I don't know why, I love to chase large trucks. Must be the thrill of it or something. I need a home with a fenced yard to keep me safe from my dangerous habit. I am very friendly with children and other animals.

ADOPT ME

My name is Tallon, I am a fixed and de-clawed cat who needs a home to go to. I must stay indoors because I have no claws.

SPAY & NEUTER KICK OFF!

You can donate to fix one of our pets and get your name up on a donation board for everyone to see as they walk in. It can be a cat or a dog. We need the help to get all our animals fixed and hope this will do it for us.

General Meeting the 2nd Wednesday of the month at the SPCA at 7:00pm.

Please come in to view
10464 Highway 5
Hours of operation:
Mon. to Fri. - 1pm to 5pm
www.humboldtspca.com

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Please call 682-5550
Leave messages with any concerns

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24x26 garage, large
garden area.
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