

BRIEFS

Police ask for public's help

Shellbrook RCMP are hoping the public can help them solve a robbery reported Nov. 10, 2009.

There have been a few leads that have been followed up, said police, but the people responsible have not been identified.

At around 7 a.m. on Nov. 10, 2009, two men entered a residence situated about 1 1/2 kilometres south of Sturgeon Lake First Nation. The elderly resident of the home was assaulted and tied up. A wallet with money and identification was taken. No vehicle was not seen and direction of travel not known.

Both men are estimated to be around five-foot-eight. One wore a bunny hug, the other had a scruffy looking face and a darker coloured jacket. Both are believed to be of aboriginal descent, said police.

The victim was shaken up and not taken to hospital for treatment.

An investigation does continue, said police, and anyone with information is asked to help.

If you have any information, call Shellbrook RCMP at (306) 747-2606 or, if you wish to remain anonymous, Saskatchewan Crime Stoppers at 1-800-222-8477, *8477 on SaskTel Mobility, text TIP206 plus your tip to CRIMES (274637) or online at www.saskcrimestoppers.com.

Balloon release set for support group

The ninth annual balloon release for the Lost Angels Pregnancy and Infant Loss Support Group is set for Oct. 15 at noon at Memorial Gardens.

The Lost Angels is a support group for families who lost an infant through miscarriage or early death.

Balloons are released each year in memory of the lost children. For more information, contact Trena at 763-8807.

Petroleum, gas rights net province \$34.5 million

The October sale of petroleum and natural gas rights netted the province \$34.5 million, bringing total land sale revenue for 2010 to \$406 million, well ahead of the \$83 million in revenue for this time last year, Saskatchewan Energy and Resources said Thursday.

Energy and Resources Minister Bill Boyd noted this is only the second time in history that land sale revenue has topped \$400 million. "So with one sale to go, 2010 is proving to be a great year indeed for the industry and for the people of Saskatchewan."

October's sale included 19 petroleum and natural gas exploration licences that sold for \$20 million and 183 lease parcels that attracted \$14.5 million in bonus bids.

The Weyburn-Estevan area received the most bids with sales of \$25.5 million. The Kindersley-Kerrobert area was next at \$4.9 million, followed by the Lloydminster area at \$2.4 million, and the Swift Current area at \$1.7 million.

The highest price on a per-hectare basis was \$9,344. Aldon Oils Ltd. bid \$1.2 million for a 130-hectare lease parcel near Radville.

The next sale of Crown petroleum and natural gas rights will be held on Dec. 6.

Writer reveals secrets of Saskatchewan's folk healers

HANNAH ZITNER
HERALD STAFF

As someone who prefers to live off the beaten path, Jacqueline Moore has always been interested in people who "do it a bit differently."

"There are so many ways to move through this world and perceive what's happening around us," she said from her home in Saskatoon. "I'm interested in people's beliefs and how they live their lives."

After repeatedly hearing stories of folk healers in remote areas of Saskatchewan, Moore surrendered to her curiosity and spent two years searching for these legendary healers, mystics and diviners.

"Initially, I was just going to write seven stories, but over time I gathered more material and it became a bigger project."

Four years, \$4,000 in Saskatchewan Arts Boards grants and a handful of personal insights later, Moore presents her award-winning stories in *The Saskatchewan Secret: Folk Healers, Diviners and Mystics of the Prairies*.

Nominated in four Saskatchewan book award categories, including book of the year, and winner of a first- and second-place literary award from the province's writer's guild, *The Saskatchewan Secret* not only tells the stories of 13 healers, but also takes the reader on Moore's personal expedition as she discovers secrets about herself.

"I'm writing from my own point of view, so it also became my own healing journey. Healers are intuitive and inevitably there were certain points when things got personal."

Moore remembers feeling nervous before visiting a First Nations palm reader in Moose Jaw. With an admittedly unhealthy preoccupation with death after watching her father suddenly die when he was just 45, Moore was sure the healer would tell her death was imminent.

"Instead, she just told me of some genetic weaknesses."

After repeatedly hearing from the healers that death does not necessarily mean the end of everything, she got over her fear and now accepts it as "just another experience."

Not only is Moore no longer scared of dying, she said she's also experiencing ongoing discoveries about herself.

"You walk away from an experience and you know something's happened, but it sometimes take a while to excavate down to those layers and see how you've changed."

Although *The Saskatchewan Secret* is Moore's first book, she's been writing for various publications, including the now defunct Saskatoon Free Press, since obtaining a journalism diploma from Langara College in Vancouver.

She moved to the West Coast as an open-minded 21-year-old looking for new experiences. After living for seven years in the city she describes as "eye candy, but with no soul," she realized there's just no place like home.

"Saskatchewan is a wonderful place to live ... there's a depth and soul here that I didn't find in other places."

Jacqueline Moore will read from her book Tuesday, Oct. 12 at 7 p.m. at Cuelenaere Public Library, 125 12th St. E.

Jacqueline Moore



The Saskatchewan Secret: Folk Healers, Diviners and Mystics of the Prairies

Jacqueline Moore will read from her book *The Saskatchewan Secret: Folk Healers, Diviners and Mystics of the Prairies* Tuesday, Oct. 12 at 7 p.m. at Cuelenaere Public Library. Submitted photo

Statistics project depression may be second-leading cause of disease by 2020

PAMELA COWAN

SASKATCHEWAN NEWS NETWORK

Unless people with mental illness come out of the shadows and seek help, Dr. Dhanapal Natarajan worries projected statistics will become a deadly reality.

Natarajan, a board member of the Canadian Psychiatric Association, refers to the World Health Organization's prediction that by 2020 depression will become the second leading cause of disease worldwide.

"In developing countries like Canada, it will be the leading cause," said the Regina psychiatrist.

Many people don't ask for help because of the stigma associated with the disease, Natarajan said.

"One in five people have a diagnosable mental illness, but when we look at how many people are actually getting help, it's less than one-third," he said. "They are ashamed and try to hide their symptoms. It is so important that everyone realizes that the earlier people get help, the better the outcome."

About 4,000 Canadians commit suicide each year. Mental illness is a factor in most suicides and is the most common cause of death for people aged 15 to 24.

Natarajan noted that of the 10 leading causes of disability, five are mental disorders: major depression,

bipolar mood disorder, schizophrenia, alcohol and substance abuse and obsessive compulsive disorder.

This week — Mental Illness Awareness Week — was established by the Canadian Psychiatric Association in 1992 to raise awareness of the level of mental illness in Canada.

Early signs of mental illness include: marked personality changes, an inability to cope with prob-

If you think you have a mental health issue, do not keep it to yourself.

Dr. Dhanapal Natarajan, Canadian Psychiatric Association

lems and daily activities, strange ideas or delusions, excessive anxiety, prolonged sadness, marked changes in sleeping or eating patterns, thinking or talking about suicide, extreme highs and lows, alcohol or drug abuse, irrational fears, excessive hostility and violent behaviour.

"If you think you have a mental health issue, do not keep it to yourself," Natarajan stressed.

The family doctor should be the first stop, he said.

Dave Nelson, executive director of the

Saskatchewan Division of the Canadian Mental Health Association, agrees that the incidence of mental illness will rise.

"Therefore we need to have a plan and resources, but there is no commitment to mental health in this province," he said. "Resources are woefully inadequate."

He said people must be extremely ill before they can be seen at the mental health clinic.

As baby boomers age, there will be a sharp increase in the need for mental health services to treat conditions such as depression, Nelson said.

"Those resources aren't there either and that's a tremendous demographic who is going to need this," he said.

He said the Regina Qu'Appelle Health Region is working on a system to provide services earlier and prevent mental illness from getting worse "or in some instances, prevent it from happening at all."

But changes won't happen overnight.

"What we really need is a provincial plan," Nelson said. "If new resources were made available, what would be the first, second and third priority and how could we reconfigure things so people can get timely and appropriate attention as well as resources for beds and hospitals?"

Don't spill the wine



Jenna Leib (R) and Patty Gourgaris (hand only) during the Gourmet & Glass event at Evarz Place in Regina last week. Maximilian Riedel who is a 11th generation glassmaker demonstrated to the audience how a wine glass changes the taste of the wine. The event was in support of the Children's Justice Foundation.

SNN photo by Don Healy

Resident alarmed by erosion of land into Lake Diefenbaker

(Saskatchewan News Network) — Watching some of the shoreline at Elbow Harbour crumble into Lake Diefenbaker has local resident Bill Nike on high alert.

The rate of erosion alone the northwest shoreline of the harbour peninsula in recent weeks is unprecedented, claims Nike, who says high water levels and persistent winds are causing "huge amounts" of material to be removed.

"The concern is that while we are familiar with the effects of high water levels and wind generally causing erosion damage around all shorelines of Lake Diefen-

baker, this most recent experience is unique insofar as the rate at which the erosion has occurred," said Nike, who has been urging the provincial government to commit to addressing the shoreline issue as soon as possible.

The harbour area, which houses a marina, is often frequented by tourists, he said.

Greg Murphy associate deputy minister with the Ministry of Tourism, Parks, Culture and Sport, said the ongoing erosion is on the government's radar, although it's difficult to pinpoint when remedial work will be done.

Building permits up in province

REGINA (Saskatchewan News Network) — Busy activity in the non-residential sector helped Saskatchewan post an overall increase in building permit activity, according to the latest Statistics Canada data released Thursday.

The statistics indicate building permits with a value of \$164.7 million were

issued in Saskatchewan in August.

That August figure represented a 16.6 per cent increase compared to August, 2009 and a 2.7 per cent increase in a one month comparison between July and August of this year.

While building permit values were up by 11.4 per

cent nationally compared to a year ago, they were down by 9.2 per cent across Canada in a one month comparison between July and August of this year.

Building permits were down in metropolitan Saskatoon, by 7.9 per cent compared to 12 months ago and by 44 per cent in August compared to July of this year.