HEALTH OFFICIALS ENCOURAGE RESIDENTS TO KEEP VACCINATIONS UP-TO-DATE

National Immunization Awareness Week is April 23 - 30

www.gov.ca - Health officials are reminding residents of the important role vaccines play in keeping them healthy and preventing the spread of diseases.

“Vaccines help protect you and those around you against many serious infectious diseases,” Saskatchewan’s Chief Medical Health Officer Dr. Saqib Shahab said. “Being up-to-date on immunizations is important for people of all ages, especially for children, who are particularly vulnerable to complications from such diseases.”

Saskatchewan offers publicly-funded routine childhood immunizations for tetanus, diphtheria, pertussis (whooping cough), polio, haemophilus influenza type b, rotavirus,
measles, mumps, rubella, varicella (chickenpox), meningitis and streptococcal bacterial diseases. Human papillomavirus vaccine is offered to girls in Grade six.

Saskatchewan was the first province to provide publicly-funded vaccinations for hepatitis A for all children born on reserve, and among the first to introduce a whooping cough booster for adults in 2011. Since 2010, the province has been offering flu shots free of charge to Saskatchewan residents six months and older.

“The recent increase in whooping cough cases and measles outbreaks in Canada and around the world underscore the importance of being immunized against vaccine-preventable diseases,” Dr. Shahab said. “Vaccination protects the person being immunized and those around them who cannot be vaccinated because they are too young or have certain medical conditions, so make sure you and your family are up-to-date on vaccinations.”

In 2015, Saskatchewan introduced the first two modules of a new, electronic integrated public health information system called Panorama. The immunizations module is a record of all immunizations administered in the province in a single database, creates a single client record for a person no matter where they receive immunizations in the province, and helps remind individuals and families when they are due for an immunization.

The vaccine inventory module tracks vaccine use and availability, ensures supplies are ordered in a timely manner and allows the province to move vaccines quickly to areas of need.

For details on provincial immunization programs, schedules and vaccine information, visit www.saskatchewan.ca/immunize or call HealthLine 811.

Contact your public health office at www.saskatchewan.ca/residents/health/understanding-the-healthcare-system/saskatchewan-health-regions/regional-public-health-offices if you want to make an appointment for an immunization or obtain your immunization records. To help keep your immunization records safe and organized, you can use the free app ImmunizeCA at www.immunize.ca/en/app.aspx.
FRENCH CREPES

1 cup all-purpose flour
1 teaspoon white sugar
1/4 teaspoon salt
3 eggs
2 cups milk
2 tablespoons butter, melted

Sift together flour, sugar and salt; set aside. In a large bowl, beat eggs and milk together with an electric mixer. Beat in flour mixture until smooth; stir in melted butter.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 2 tablespoons for each crepe. Tip and rotate pan to spread batter as thinly as possible. Brown on both sides and serve hot.
**Garage Sale Season is Here!!**

**Here are 20 Garage Sale Finds Worth Buying**

It’s hard to know exactly what is worth buying secondhand, but these garage sale finds should be snapped up if you see them! (Watch this page for the next few days for the rest of the list)

**Fishing Rods**

Bamboo rods and reels are non-mainstream antiques that some collectors will shell out major bucks for, according to former host of PBS’ Collect This! Aaron LaPedis in an interview with financial site Mint.com. If you see these rare items on the cheap, either keep them for yourself or take them to eBay. Talk about a great garage sale find!

**Silverware**

Odds are you can pick up a stylish silverware set for cheaper than what you can find new at most stores, plus you’re likely to hear a cool back-story to boot. There’s also a chance that what you’ve got is actual silver. How can you tell? On the back of silver-plated items there will be markings that can include the company name, the country in which it was made, a product number, and the E.P. (electroplate) marking. Don’t miss this garage sale find!

**Bicycles and Scooters**

Bikes can be a great garage sale find, but it’s important to take them for a test drive before you commit to the purchase. Hardcore bargain-hunters might consider bringing a wrench to adjust the seat and get a real feel for how it rides. Ask the seller the right questions: Do you store it outside? When’s the last time you replaced the tubes? What’s the status of the brake pads? For kids’ bikes, the owner’s children might not have used the item much before they outgrew it, but ask. With scooters, if the frame is solid you can often replace missing or worn parts (handlebar covers, brakes, wheels) for much less than the cost of a new one. Check the maker’s website when you get home.

**Bike Accessories**

Lights, bells, baskets, all great garage sale finds! Try to talk the seller down if you’re buying bulk—maybe she’ll throw in reflectors for free? However, do not risk buying helmets second-hand, even for kids who might outgrow their headgear soon. Sometimes damage for the casing isn’t visible, even though the integrity is compromised.

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**Your Daily Horoscope**

**For Tuesday, April 26, 2016**

**Aries**

(March 21 to April 19)

Do whatever you can to break up your daily routine, because you have a strong desire for adventure and freedom today. However, postpone major purchases until tomorrow.

**Taurus**

(April 20 to May 20)

This is a strong time for you with the Sun and Mercury in your sign; however, today is a loopy-gooey day. Avoid decisions about inheritances and shared property.

**Gemini**

(May 21 to June 20)

Go with the flow, because the Moon is opposite your sign and it’s in a fuzzy position. Avoid purchases other than food and gas. Make no promises.

**Cancer**

(June 21 to July 22)

Your efficiency at work might suffer today. Expect shortages and delays. Just carry on as usual with routine work, and don’t begin anything new.

**Leo**

(July 23 to Aug. 22)

This is a creative day for you! If you work in the arts, the entertainment world or the hospitality industry, you’re in the zone! Enjoy goofing off.

**Virgo**

(Aug. 23 to Sept. 22)

Adrift though you have a desire to travel now, today in particular, you might want to hunker down at home. It will feel good to be among familiar surroundings.

**Libra**

(Sept. 23 to Oct. 22)

This is a poor day to make important decisions or to sign documents. It’s also a poor day to make promises or commit to anything. Wait until tomorrow. However, writers can be creative today.

**Scorpio**

(Oct. 23 to Nov. 21)

Remember to get more sleep in the next few weeks, because you need this. Be careful with your money today! Don’t shop for anything other than food or gas. Postpone important financial decisions until tomorrow.

**Sagittarius**

(Nov. 22 to Dec. 21)

It’s all about you, because three planets are in your sign. This is why you’re pumped with energy. Today, however, you feel indecisive and wishy-washy; therefore, do as little as possible.

**Capricorn**

(Dec. 22 to Jan. 19)

Tap into your artistic talents today so that you can express your creativity. Enjoy social events, playful times of children and sports. Fun city!

**Aquarius**

(Jan. 20 to Feb. 18)

This is a great day to schmooze with others, because people are friendly. Spend money on food, gas and social situations, but that’s all. Postpone shopping until tomorrow.

**Pisces**

(Feb. 19 to March 20)

Personal details about your private life might be made public for some reason. If so, this will be out of your control today. Just be aware of this.

**You Born Today** You are stoic and independent. You love to create new systems and run them. You also value offering a service to others. This is a year of choice. You likely will make an important decision. In the first half of the year, reduce your overhead expenses so that you are financially strong later in the year. Happiness is having alternatives.

Birthdate of: Riley Voelkel, actress; Carol Burnett, comedian/actress; Channing Tatum, actor.
An avid duck hunter was in the market for a new bird dog. His search ended when he found a dog that could actually walk on water to retrieve a duck. Shocked by his find, he was sure none of his friends would ever believe him. He decided to try to break the news to a friend of his, the eternal pessimist who refused to be impressed with anything. This, surely, would impress him. He invited him to hunt with him and his new dog. As they waited by the shore, a flock of ducks flew by. They fired, and a duck fell. The dog responded and jumped into the water. The dog, however, did not sink but instead walked across the surface of the water to retrieve the bird, never getting more than his paws wet. This continued all day long; each time a duck fell, the dog walked across the surface of the water to retrieve it.

The pessimist watched carefully, saw everything, but did not say a single word. On the drive home the hunter asked his friend, "Did you notice anything unusual about my new dog?"

"I sure did," responded the pessimist. "He can't swim."
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COMING EVENTS

You are invited to a 90th birthday party for Pauline Rapley on Saturday, April 30th at 2:00 pm at the Shaunavon Senior’s Center. Your presence is your gift. 41203507/25-29APp.

Centre United Church will be presenting the 9th Annual Memorial & Celebration Hymn Sing, Sunday, May 1st at 2:00 pm. Join us for music, fellowship, remembrance and celebration along with special guests. To obtain request forms call 306-297-3344 or 306-297-2901. 41250360/tn/29APc.

Bridal shower in honour of Lennae Gronhovd, bride-elect of Steve Wiens. Saturday, April 30th at 2pm at the Centre United Church. 41203502/18-29APp.

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John’s Second Hand Store will be OPEN Wednesdays, Thursdays, Fridays and Saturdays from 10am - 5pm. 41250363/19AP-29APp.


YARD/GARAGE SALES

Yard Sale Saturday, April 30th 9am - 2pm “Weather permitting” Backyard at 412 1st Street West. 41250351/25-29MYp.

I don’t think these photographs you’ve taken do me justice. You don’t want justice - you want mercy!
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