



Published in the  
Sunny South News

APR 23 2013

# Picture Butte High School



## Grand Opening



### Palliser Regional Schools



**Palliser Regional Schools Board of Trustees  
and PBHS staff and students  
invite you to attend**

## **THE GRAND OPENING OF THE NEW PICTURE BUTTE HIGH SCHOOL**

**Thursday, May 2, 2013 at 1:00 p.m.  
Picture Butte High School Gymnasium**

**Join us for a program, presentations, light refreshments  
and a tour of the facility.**

**RSVP to 403-732-4404 or email  
crystal.nummi@pallisersd.ab.ca**



# School seeking reading volunteers

A small cluster of Grade 1 students gather around Carol Reid, greeting her and asking for a turn at her side.

Even with the excitement of recess waiting in the wings, the students are talking excitedly about reading.

It's just the reception Reid was hoping for when she started volunteering at Jennie Emery Elementary School in Coaldale just a few weeks ago.

Reid is what she calls "one of the Reading Ladies," a small group of volunteers who started devoting a half day a week reading with students at Westminster School in Lethbridge more than a year ago.

Reid and Pam Stewart have now expanded the program to Jennie Emery.

The women spend Wednesday mornings working with students from the four Grade 1 classes. They'd love to have more volunteers join them so they could reach more students each week.

When a student's turn comes up, the boy or girl picks the book of his or her choice and reads it aloud in its entirety. Along the way, Reid says, she takes time to talk with the student about the book, quickly learning the student's interests and personality.

"These children are full of joy and happiness and they love to be with a reader," Reid says. "It's a real thrill for them. . . They get to read a book, big or small, and you get to spend that time with them."

The students appear to love the one-on-one time, and the volunteers love it, too.

"I guarantee you will have the most

fun you have had in a long time," Reid says. "When you go home in the afternoon, you're just so full of stories and happiness."

Principal Dave Fender says there are plenty of computer programs on the market promising to help children learn to read, but there's no substitute for the interaction between two people sharing a love of reading.

He cited research by Marie Clay, dating back to the 1960s, that detailed "the power and importance of reading with kids one-on-one. In fact, that's one of the only proven things that actually does help improve a child's reading."

Fender described how one of the Reading Ladies spent time with a student, heard about what interested him and went out to buy him more books on that subject to help encourage his reading.

"You can get to know the student," Fender says. "You get to know their reading, how to help them, where to help them. You can build a relationship of trust with them. You can talk about things related to the story that encourage further reading."

Aside from the fun of spending time with children, Reid says it's gratifying to know the time spent is helping children develop one of the most essential skills for life.

"Reading is the most important thing, really," she says. "If you can't read, you can't do anything."

Anyone interested in volunteering is asked to call Jennie Emery Elementary at 403-345-2403.





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MAY 03 2013

# Firedamp hits the stage for Coalhurst Centennial

BY STEPHANIE LABBE  
COALHURST

It has been a long time coming for the three-act play hitting the stage again in late May for the Coalhurst Centennial.

*Firedamp* is a play depicting the 1935 Coalhurst mine disaster. The play is set against the political, social and economic context of the Dirty Thirties. With Coalhurst celebrating its centennial this year, the committee felt it would be perfect to have this play return to the stage.

The play was written by Arlene Purcell, a Coalhurst High School teacher. It was first staged in 1998 and hasn't been seen since. Purcell says she did extensive research and interviews with people to get the story right the first time.

*Firedamp* was decided as the name of the play, because it is another term for flammable methane gas, which happened to be what triggered the explosion.

Purcell has been teaching at Coalhurst for more than 20 years. She knew there used to be a mine in Coalhurst, about the disaster in 1935 and was always kind of interested in it.

"It's a fantastic story," says Purcell.

Because Purcell is a drama teacher, she felt a play was a logical way to tell this historic story. She wasn't expecting much enthusiasm or interest in it, but as



Students rehearse scenes from *Firedamp*, set to hit stage at the end of May in Lethbridge. The play depicts the real story on the Coalhurst Mine disaster in 1935.

she got into her research, people began getting excited to see the finished product.

Many people have been asking about this play and wanting it back on stage for people to see.

Purcell was also approached by the centennial committee to re-stage it this year.

"The hope this time is that it won't catch me by surprise how it's received and that there will be a legacy," says Purcell.

It was decided last spring to do this play for the centennial. Purcell started organizing the cast and had all in place by September 2012. The play has been in rehearsal since the beginning of December with its 22 cast members.

All the cast are Coalhurst students in grades 9-12. As well, there are two students from Chinook High School in Lethbridge.

"We're a very small school, so we know our students very well and so we went around approaching students. It's a big commitment for them, so I gave them time to really consider and think about it and to make sure what they were getting into," says Purcell.

She feels it's important to include this play in the Coalhurst centennial celebrations, because it tells the story of the town.

"Well, quite frankly, this is the ... story of the town. It's the story of a town that was vibrant, it was built as the centre of the Lethbridge Northern Irrigation District," explains Purcell.

In 1936, when the mine shut down, people left and there wasn't much left of the town. It slowly built up over the years and is just now reaching the population it had back in the thirties.

"I think it's important to kind of know there's a history there of tragedy and triumph and picking up and moving on. This is their history, it's their story and there are many, many descendants throughout the Lethbridge area," says Purcell.

Coal mining built southwest Alberta. Purcell feels it's an important part of Lethbridge history, but also Canada's history.

"It's a story of people coming to this country from all over the world to get jobs," says Purcell.

The blast at the Lethbridge Collieries Imperial Mine killed 16 men on Dec. 9, 1935, leaving 11 widows and 42 offspring.

Purcell explains the Nord-Bridge Seniors Centre in



Photos submitted

The original *Firedamp* play hit the stage in 1998 and hasn't been seen since. At the end of May, it will return to the stage as part of the Coalhurst centennial celebrations.

Lethbridge is supporting the re-staged play to recognize the coal mining history of the city.

Many seniors at the Nord-Bridge centre had ancestors who were living during the mine disaster and it's close to their heritage.

The play will be directed by Purcell and Diane Pommen, who is also a Coalhurst High School teacher. The production will require efforts of more than 100 people.

The show will be May 25-29 and through June 1 at the Sterndale Bennett Theatre in Lethbridge. Evening performances will be May 25 and 29 through June 1. There will be a general matinee May 26 and student matinees May 27-28.

Tickets for the play can be purchased through the Enmax Centre Ticket Centre in Lethbridge or online at [www.enmaxcentre.ca](http://www.enmaxcentre.ca). Tickets are \$15 each and on sale.

Purcell says it's an expensive production with proceeds from the ticket sales being given back to the play. She predicts there will be minimal money raised for the play.

However, Purcell says she hopes any money that is made will be used to cover costs of the production as well as to an attempt to preserve the heritage of the play.

For more information on the production, visit the *Firedamp* 2013 page on Facebook.







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# ***Nobleford student to compete in Canada-Wide Science Fair***

**BY PALLISER REGIONAL SCHOOLS  
NOBLEFORD**

A Grade 9 student from Noble Central School earned a spot at the Canada-Wide Science Fair with an experiment that merged two of her key interests: science and writing.

Clara Kuk earned a medal at the Regional Science Fair, held at the University of Lethbridge April 12-13, and she will advance to the Canada-Wide Science Fair coming to Lethbridge May 11-18.

Her project was titled "Write to an A+," which demonstrated how expressive writing in the minutes before taking a test can reduce a student's stress and improve test scores.

Grade 8 and Grade 9 Noble Central students served as Kuk's test subjects.

Teachers had half the class sit quietly for five minutes before a test. The other half spent that time writing responses to three questions: "How are you



**CLARA KUK**

feeling?"; "Why do you feel this way?"; "What do you want your results to be?"

While the first two questions encouraged students to express their worries and stress, the third question was specifically designed to put students in a positive frame of mind, Kuk says.

When Kuk reviewed the results, she found more than 70 per cent of students who spent the time writing got a better mark than the students who didn't spend time writing. Thirteen per cent of the expressive writers had the same test results as the non-writers, and eight per cent scored lower.

"When they express their worries, and get those off their chest — they can focus better," she says. "Worry takes over your mind in a way. It prevents your working memory from doing the best that it can do."

Reviewing the samples of expressive writing, Kuk says she found the students who wrote longer answers tended to score better on the test. For example, one student might write that he/she felt

nervous. Another might express both nervousness and write his/her reasons for feeling that way.

Kuk also noticed some students drew pictures, and if she had the experiment to do over again, she might offer students other forms of expression that might appeal to students who don't enjoy writing any more than they enjoy tests.

She credited science teacher Justin Harper for sharing a magazine article that inspired the project, and math teacher Jodi Saad for encouraging her to enter the regional science fair.

Kuk is excited and nervous about that national competition. This is the fourth consecutive year a Palliser student has earned a spot at the Canada-Wide Science Fair, with Coaldale's Alison Lee competing previously.

Kuk says she met Lee at the regional event. She offered encouragement and some insider's advice about what to expect at next month's event.

"I'm really pumped for next year's science fair," Kuk says. "I'm already thinking about what I should do next year."





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# Vulcan band to open for Faber Drive May 10

**County Central High students  
are organizing, promoting and  
now performing at concert**

**BY PALLISER REGIONAL SCHOOLS  
VULCAN**

A May 10th concert in Vulcan by Canadian pop-rock band Faber Drive isn't just organized and promoted by high-school students. Vulcan high-school students are going to be on stage as the opening act.

Five students from County Central High School, collectively known as Pulse, recorded a demo and provided video of themselves in action to Faber Drive to prove they'd be a good fit to open for then band when it plays at the Cultural Recreational Centre in Vulcan.

"I think it's kind of amazing," says Grade 12 student Tayte Mitchell, a vocalist, pianist and percussionist with Pulse. "It is going to be quite an exciting event."

Fellow Grade 12 students Chelsea Inaba, a vocalist who also plays guitar and piano, and Josh Cookson, who plays rhythm guitar and bass, are joined by Grade 10 students Colin Bexte, lead guitar, and Rhys Kirk, bass guitar and percussionist, in Pulse.

The five have all been part of County Central's rock band program, with Mitchell, Inaba and Cookson dabbling on and off with their own band for more than three years.

When the three connected with Bexte and Kirk, Mitchell says, "We hit it right off the top. We all kind of clicked. There was definitely some chemistry."

Pulse will play a 30-minute set to open the show at 7 p.m., May 10 before Vancouver's ByStarlight takes the stage. Faber Drive is expected to hit the stage by 8:30 a.m.

Don't expect Pulse's set to run like some Vulcan version of Glee, rolling out covers of other artists' hits.

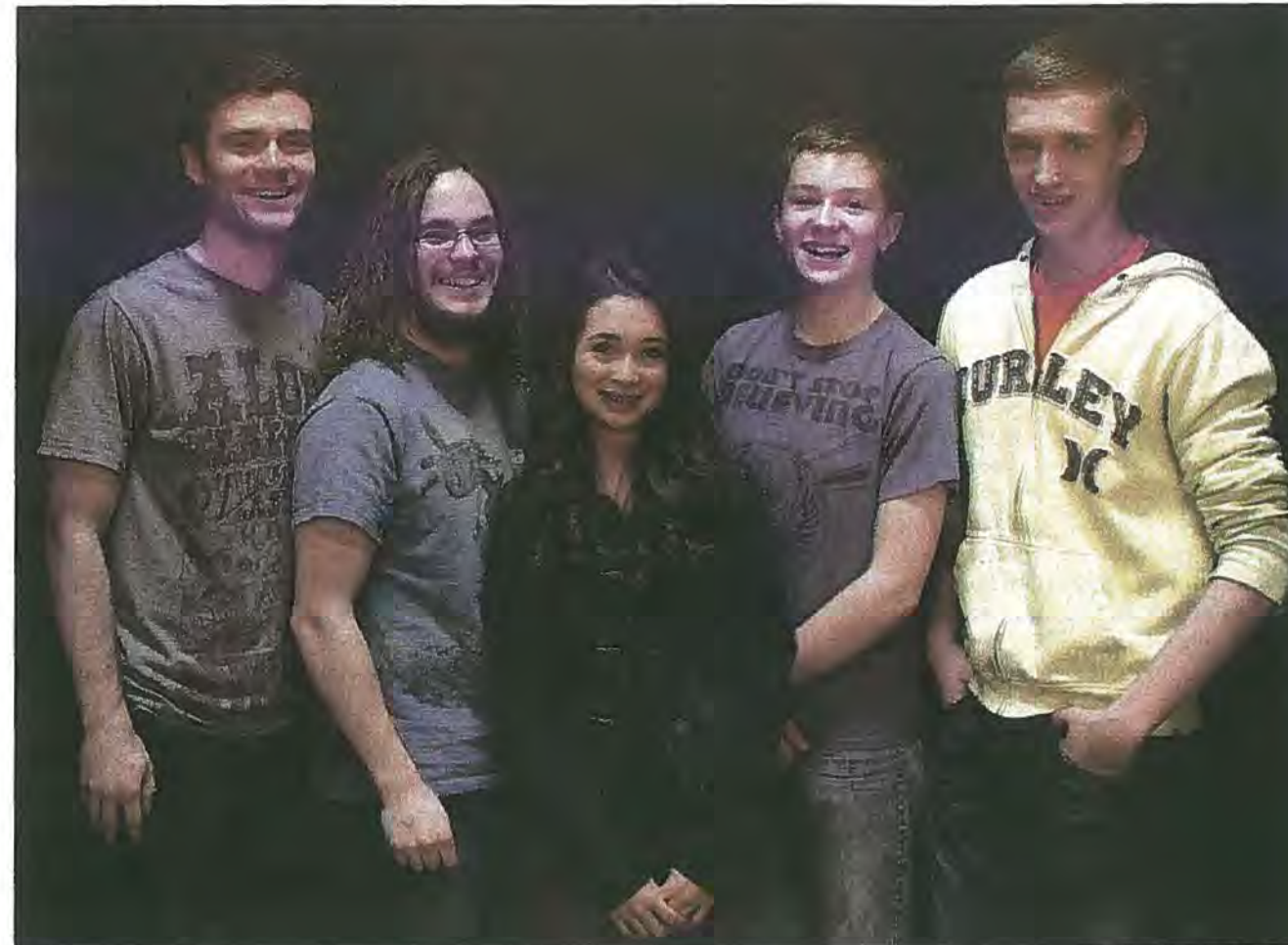


Photo by Bill Brandley

**The Vulcan band Pulse will be the opening act for Faber Drive when they perform May 10.**

The band plays original music, written collaboratively by the five with lyrics penned by Mitchell and Inaba.

"We do some funk, soft rock and pop as well,"

says Mitchell.

Pulse has played for the public before, including a gig during Vulcan's concert series. The crowd of 150 or so then will pale in comparison to the crowd expected for Faber Drive.

"It's going to be a much bigger crowd hopefully, with professional sound equipment and professional lighting," Mitchell says.

The whole concept of the local band opening for Faber Drive seems fitting considering the entire concert was driven by high-school students.

Wyatt Seitz and Paizlee Smith, Grade 11 students at County Central, spent months conducting market research and pitching bands before signing Faber Drive for its only southern Alberta stop during its *Lost in Paradise Tour*. Seitz and Smith gained the support of the CCHS school council which is sponsoring the event as a school fundraiser.

Tickets are \$40 and available online at [www.faberdrivecomestovulcan.com](http://www.faberdrivecomestovulcan.com).





Herald photo by Nick Kuhl

Palliser Regional Schools trustee Joe Watson and Picture Butte High School principal Sterling Paiha cut the ribbon to officially mark Thursday's reopening of the school following a \$13.4-million modernization project.

## Picture Butte High 'turns page' with \$13.4M renovation

**Nick Kuhl**

LETHBRIDGE HERALD — PICTURE BUTTE  
 nkuhl@lethbridgeherald.com

Bricks from the original 1949 building were sitting just steps from the new entry way at Picture Butte High School Thursday afternoon.

For some they brought back memories and became souvenirs, for others they signalled the official completion of a \$13.4-million modernization project — which was officially unveiled to the public during a ceremony in the new gymnasium.

"Welcome to a momentous occasion — the turning of a page for Picture Butte High School with our new, modernized building," PBHS principal Sterling Paiha said in his welcoming address to current and former students and staff of the school and town residents.

Although the project was listed as a priority by Palliser Regional Schools more than a decade ago, construction on the project only began in May 2010. Students and staff continued to attend during

the changes while some of the sports teams had to play only road games.

But they have now welcomed new classrooms and a new theatre area, in addition to the gymnasium, entryway and various other renovations — the first ones completed since 1967. The original wing of the school, built in 1948 and 1949, was also torn down in February.

Thursday's event featured a formal ribbon cutting, tours of the facility, performances by the school's junior high and senior high bands and senior high jazz band, as well as speeches from guests including Little Bow MLA Ian Donovan, architect Daniel Heaton, former principal Hank Heerze and school trustee Joe Watson.

Rick Casson, former Lethbridge MP and PBHS Class of '66 graduate, was also in attendance. He had his wedding reception in the old gym and made sure to grab a couple of the old bricks which were being offered to current students and alumni on their way out.

"It needed a good tune up and they've done a great job," Casson

said.

"I'm pretty proud of the place. A lot of us have come and gone through this institution so to see it in his kind of great shape right now really feels good. We're very, very pleased with what's happened here."

Picture Butte Mayor Terry Kerkhoff, whose wife Barb is a teacher at PBHS, said it was a big day for the community.

"For small towns it's hugely important to have focal points to attract people," he said. "When you have quality educational facilities in your town that really helps."

"It's been quite a journey and we have a lot of people to thank," added Palliser superintendent Kevin Gietz.

"You chose as a staff, as a community and ultimately the kids, to achieve at a high level. You need to very proud of that."

The PBHS 50th anniversary committee made a donation of more than \$4,800, which they want used 50 per cent for arts, drama and music and 50 per cent for sports, while the Picture Butte Lions Club also donated \$4,500 to purchase a new soundsystem.



# PBHS reopens its doors with community ceremony

By Hayley Tanner  
Sunny South News

For the past two years students at Picture Butte High School have endured dust, clutter, the loss of a gym, cafeteria and in some cases heat all so they could benefit from a massive modernization.

Since May 2010 the school has been a construction zone, complete with hard hats, hanging lights and constant noise, but still students, staff and parents endured for the future.

"We faced a trying experience this year when we lost the original contractor," explained school council president Linda Bexte. "But staff and students and Palliser persevered. The most unusual things are the ones we remember the most, I believe we will remember even more how we met these challenges."

Bexte went on to commend Ward Brothers Construction, and the other subcontractors for stepping in and finishing the project, "taking it all in stride."

"The Inside of our school demonstrates advances in technology. We have a modernized gym and update concession . . . It all works towards inviting our school and community to enjoy the new and updated facility," Bexte said.

The celebration invited members of the community, staff, students and parents to share in the completion of what seemed like never-ending construction.

Honoured guests for the event included: Mayor Terry Kerkhoff, MLA Ian Donovan, Palliser Regional Schools Superintendent Kevin Gietz, Principal Sterling Paiha and former Principal Hank Heerze, among many others.

PBHS alumni and former Member of Parliament Rick Casson also addressed the audience on behalf of all former grads, congratulating everyone who brought the school to the finished structure it is today.

Former Principal Heerze spoke to the audience of the posterity of the improved school and what a long journey this has been for everyone involved.

"The first meeting I attended for the project was in October 2007. The patience and perseverance of everyone in the school and community has been great," he said.



SUNNY SOUTH NEWS PHOTO BY HAYLEY TANNER

**FINALLY HERE:** Palliser Regional Schools Superintendent Kevin Gietz, left, Trustee Joe Watson, Robert Strauss, vice-chair of Palliser's board of trustees, Principal Sterling Paiha, former principal Hank Heerze, Little Bow MLA Ian Donovan and Architect Daniel Heaton take care of the ribbon cutting at PBHS Thursday afternoon.

"The whole image of the school just changed tremendously. Congrats to the community of Picture Butte and Palliser, may this newly renovated school serve its students and community for many years to come."

Musical stylings were provided by the high school, junior high and senior high jazz bands intermittently, director Curtis Perrin also donned a trombone and joined the students in playing "Blue Monk."

"I know the school and community has been very patient. I'd like to thank our principals as well,

Sterling and Hank who spent many nights on this. Projects like this don't happen on their own" said Robert Strauss, vice-chair of the Palliser board of trustees, adding that, "Palliser is and always has been proud of Picture Butte."

Mayor Kerkhoff agreed with Strauss and added that "this modernized and retrofitted Picture Butte campus will be an amazing and new journey for years to come."





## Principal apologies for oversight

Editor, the News;

In 1990, the movie "Field of Dreams" won the Oscar for Best Screenplay Based on Material from Another Medium. That other medium is the novel "Shoeless Joe" written by Canadian author W. P. Kinsella. In accepting the Oscar, the writer of the script, Phil Robinson, neglected to acknowledge Kinsella and the novel that the script was based upon.

Robinson soon realized his mistake and tried to rectify it by thanking and mentioning Kinsella at every opportunity. He even enlisted the help of Kevin Costner in his efforts to recognize Kinsella's contribution to the movie. Despite this, Kinsella never attained the level of fame and fortune that often comes with Oscar recognition.

Sometime later I attended a reading by Kinsella at the old Carol's Cafe in Lethbridge. I had the chance to speak briefly with the author and the topic of the Oscar snub came up. Kinsella was gracious and philosophical about the incident and bore no grudge toward Robinson. He is a true gentleman.

During my recent discussions about the Picture Butte High School Grand Reopening with Kathy Bly, I too forgot to mention someone very important and I offer my apologies to Joe Watson and the Palliser Board of Trustees for neglecting to give him and them credit in the modernization of the school.

Joe has been one of the most important players in the modernization of Picture Butte High School and is the

only Palliser person left, besides the rest of the Board, who has been there from the very beginning. He has dedicated countless hours to collaborating with the two principals involved in the project, has attended numerous meetings and has spent many hours on the phone speaking with practically everyone involved in the modernization.

He has fielded countless questions from community members, employees, education officials and other interested parties. Joe has been a tireless advocate for the school modernization and has battled fiercely to see that the interests of the students, staff and community are well represented. Without his energy and dedication to the project, it is safe to say that the school would not be the bold and beautiful facility that it has turned out to be.

Furthermore, the Palliser Board of Trustees, chaired by Don Zech, has always treated the modernization as a priority and has put in many hours to approve, vision and review the progress of the project. I have always felt their support and for that, I am grateful.

Although fame and fortune are not necessarily at stake here, Joe has been gracious and understanding of my snub of him in the Sunny South News. He too is a true gentleman. Once more, I offer my apologies for not giving Joe and the Board the credit that they are very much due in the modernization of Picture Butte High School.

*Sterling Paiha*

Principal, Picture Butte High School





SUNNY SOUTH NEWS PHOTOS BY HAYLEY TANNER

**MAYOR'S ADDRESS:** Mayor of Picture Butte, Terry Kerkhoff, addressed the guests, staff and students on the journey everyone has had to endure to make the school and community a better place.

## Grand opening a celebration

❖ *Continued from Page 1*

Since 2001 PBHS has been on the capital priority list for Palliser, while they continued to raise academic results over the years, said Palliser Trustee Joe Watson.

"The most important people are the kids, because that's what it's all about . . . And that's what this building is all about, achieving. It's all about being the best you can be and finding those passions in life," said Superintendent Gietz.

"We recently did a school review and had the opportunity to talk to students, staff and parents and students feel supported by their teachers and love their new building. To the students of today and tomorrow, just enjoy this place and keep achieving."

For Principal Paiha, his "dream come true" job has been a whirlwind of adventure and learning, all the while,







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# Educational success is the goal, no excuses

**O**ver the weekend, the Fraser Institute released its annual report card on Alberta's high schools.

The institute inevitably draws fire from critics who say the rankings give too much weight to the province's standardized exams and unfairly compare public schools to private ones, which can be selective about the students they enrol.

If you read the report card, you can learn parents' average income, percentage of students with special needs and the percentage to whom English is a second language.

These factors can be used to explain a lack of achievement and student success. The student comes from a poor family with fewer opportunities for life experiences that can enrich the child's learning. The student isn't doing well because English isn't spoken at home. The student has a disability that's a barrier to learning. The school's in a poor neighbourhood.

As superintendent, I've heard these excuses. The fact remains we have a responsibility to support student learning success.

This year Heritage Christian Academy was one of the top 10 ranked high schools in Calgary. At Heritage, nearly 14 per cent of students are ESL and just over one in five has special needs. Parents' average family income is \$76,600. The school's results are excellent.

Picture Butte High School made the report's top 20. Average income is under \$38,000, one in five students has special

needs, and the students are succeeding.

On the elementary school side, let's look at Coalhurst Elementary School, one of the most inclusive learning

environments I've ever encountered. Nearly 40 per cent of the students have identified special needs. The parents' average income is just \$47,000, and the school performs well above provincial average. In the most recent data from Alberta Education, we see nearly 96 per cent of students passed their provincial achievement tests and more than a third achieved the standard of excellence.

We've had parents wonder if we encourage some students to stay home on test day. No. We're proud of our participation rates, which range from 93 to 98 per cent for PATs.

Another school with high expectations for achievement that provides supports for

success is Huntsville School in Iron Springs. The vast majority of students are English Language Learners whose parents are Low German-speaking Mennonites. It's not uncommon for children to arrive knowing no English at all. But the staff has created an intensive program of supports so students learn the language skills they'll need in order to experience success in other subjects. In 2011-12, 88 per cent of students passed their PATs, and 32 per cent achieved a standard of excellence.

As educational leader Wayne Hulley says in his presentations: "Parents send us the best kids they have."

Whatever their issues or needs, it's our duty to ensure they achieve success at the highest level. No excuses.

*Kevin Gietz is the superintendent of Palliser Regional Schools.*



## EYE ON EDUCATION

**Kevin  
Gietz**

Each Wednesday superintendents from around our region offer insights and news on the school system.





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SUN TIMES PHOTO BY DAVID ROSSITER

Coalhurst High School students perform a scene from the play "Firedamp," the story of the Coalhurst mine disaster of 1935, for those attending "A Tribute to Miners" Memorial Banquet 4 at the Nord-Bridge Seniors Centre Wednesday.





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## Vulcan students promoting concert as fundraiser

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**Nick Kuhl**

LETHBRIDGE HERALD

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Wyatt Seitz and Paizlee Smith go to a lot of concerts, but always have to drive or get a ride to Calgary or Lethbridge.

So the pair of Grade 11 students at Vulcan County Central High School decided to organize and promote their own event, which will take place at the town's Cultural Recreation Centre Friday night. They even got Canadian pop-rock band Faber Drive to headline.

"The band was enthusiastic from the start," said Seitz, who was able to contact the group's management and researched information on how to book events and how to host a concert.

"They thought it would be a really cool idea to do this."

Seitz and Smith came up with

the idea after a trip into Lethbridge to see Marianas Trench last October. They then sent an offer to Faber Drive and the band accepted.

But the big moment of realization that the concert was happening, Seitz says, occurred when he sat in on a meeting between the school and the parent council.

"Every single person voted 'yes' to having this concert. That was probably my biggest, happiest moment," Seitz said.

"The most important part to us is that it is all a student-driven project. We proposed it to our principal and he was on board right from the beginning. He thought it was an awesome idea to have a concert that was for students and huge for our town."

Friday's concert will also feature Pulse, a band featuring five students from County Central. They sent Faber Drive a demo and a video of themselves performing

to prove they'd be a good fit.

"It's going to be quite an exciting event," said Tayte Mitchell, a Grade 12 student and Pulse band member along with Chelsea Inaba, Josh Cookson, Colin Bexte and Rhys Kirk. The band plays original music with funk, soft rock and pop styles.

"It's awesome to see guys you've played guitar with get to open for a band that you idolize," said Seitz, who has taken the school's rock band class with the band members. "We're really excited for that, and they get the chance to be noticed not only by a bigger audience but by a bigger band."

The concert will also act as a school fundraiser. Pulse will open the show, followed by a performance by Vancouver-based ByStarlight, then headliner Faber Drive. Showtime is 7 p.m. Tickets are \$40 and available at [www.faberdrivecomestovulcan.com](http://www.faberdrivecomestovulcan.com).





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MAY 10 2013

# Picture Butte High School celebrates grand re-opening

BY STEPHANIE LABBE  
PICTURE BUTTE

Picture Butte High School has been officially re-opened after a \$13.4-million modernization project.

The grand re-opening was held May 2 at the school to thank all those involved and showcase the new school to the community. Construction on the project began three years ago with some students completing their entire high-school experience in a construction zone.

Talk of the project began in 2001 and it didn't get a good push until about 2007.

"Boy, it's a lot of mixed emotions. It's been really quite a journey to get to this point," says Sterling Paiha, principal of Picture Butte High School.

Being a former student of the Picture Butte High School and now to be principal gave Paiha a bittersweet feeling as he saw the new school go up and part of the old building being demolished. He has many memories in the old school and is happy to see the improvements, but sad to see the old school demolished.

"As a principal, I am so proud of the people in the building," says Paiha.

"They gain a building that's a lot more functional. Although it's a little bit smaller, it's designed with a purpose in mind. We were operating out of spaces

that were functional, but not to the degree that we needed."

Paiha says the project came slightly under budget and he is happy with the results.

The only new additions to the building are the library and the main area with a theatre section and an eating area. Everything else was just modernized. The entire building was gutted and redone to meet new standards.

Smart boards were placed in every classroom including the teachers' lounge and the library. New band and drama rooms were added. The area where the theatre used to be is now a courtyard.

The gym is the original gym as well, but a new floor was put in. With a cost of around a quarter of a million dollars for the floor, the construction workers dug about six or seven feet down and rebuilt the floor.

"We lived in a shoebox situation for such a long time. For quite a while, we were housed in the old building that's since been torn down and the atmosphere just was not very positive. The staff kept it going, but it was tough," says Paiha about how glad he is to be maximizing their space.

"To be in this space is just great, it's like the weight of the world off our shoulders."

Paiha never realized how important it



Photos by Stephanie Labbe

Daniel Heaton (left), the architect for the modernization project, presents a memento to the school with assistance from the principal Sterling Paiha (right) during the grand re-opening of the Picture Butte High School May 2.

was for a teacher to have a space to call his or her own with a classroom until the construction began and teachers were constantly being shuffled around. It's a great relief for all the teachers to finally have their own spaces.

Throughout the entire construction process, the staff and students were still in the current building.

While certain areas of the school were being worked on, other areas were being used to house the staff and students.

Near the end of the project, Paiha says the staff and students moved almost entirely into the old building, so the newer part of the building could be completed.

With a large project like this, there are issues which arise and Paiha says they had their fair share.

Western Construction was the original company that was contracted to do the project. Partially through the company was forced to quit. Their parent company went into receivership, part way through the project. Construction was completely shut down.

"The process of restarting is not that easy, because not only is there bankruptcy proceedings, but you're dealing with a government agency and they have to go through all of their matters and then the school board has to go through all of their matters to make sure that all the (parties involved) are protected," says Paiha.

The project was shut down between eight and 11 months due to the construction company issues.

Ward Brothers Construction stepped up to complete the project.

Ian Donovan, the MLA for Little Bow,



Grade 10 student Chance Hoffarth shows the new bulletin boards in the school to those on a tour of the new Picture Butte High School.

looks forward to the future of Picture Butte and area due to the new school. He believes doing a project such as this one brings many people to the area.

"This is really exciting to have a re-modernized school like this for the future of Picture Butte and area, because it just goes to show how awesome rural Alberta is and how vibrant it is," says Donovan.

"When you have great schools like this put together and new schools, people are excited to come and move into rural Alberta to continue their lives here."

Daniel Heaton, the architect for the project doesn't take all the credit for the modernization. He believes it was a team effort and the team got the job done well.

"Yes I am the architect, I am the project manager, but this doesn't happen without the great deal of other people involved," says Heaton.



The Jazz band at Picture Butte High School plays a song May 2 during the grand re-opening of the school.





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MAY 11 2013

# 'Firedamp' returning to stage

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**Dawn Sugimoto**  
PALLISER REGIONAL SCHOOLS

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A three-act play depicting the Coalhurst mine disaster of 1935 and set against the social, political and economic context of the Dirty Thirties will return to the stage this spring as part of Coalhurst's Centennial Celebrations.

Written by Coalhurst High School teacher Arlene Purcell and first staged in 1998, "Firedamp" is the culmination of extensive research including interviews with people who grew up in Coalhurst and were familiar with the deadly mine explosion. The play's name is the term for flammable methane gas, which triggered the explosion.

The blast at Lethbridge Collieries' Imperial Mine Dec. 9, 1935, killed 16 men. The miners left behind 11 widows and 42 offspring. The funeral was the largest ever held in Lethbridge.

The play is being restaged with support from Nord-Bridge Seniors Centre in Lethbridge, in recognition of the coal mining history of the city, and in partnership with the Coalhurst Centennial Committee.

Directed by Purcell and Diane Pommen, another Coalhurst High teacher, the play will feature performances by 22 students from Coalhurst and Lethbridge.

The production will require the efforts of more than a hundred individuals, organizations and businesses.

Purcell said there have been repeated requests since 1998 to bring the play back to audiences, and she's pleased the drama will be part of the town's centennial celebrations.

Evening performances are planned May 25 and May 29 through June 1 at Sterndale Bennett Theatre in Lethbridge. A general matinee is planned May 26, with student matinees May 27-28. Tickets are \$15 each and are available from the Enmax Centre Ticket Centre, [www.enmaxcentre.ca](http://www.enmaxcentre.ca).

For more information on the production, go to the Firedamp 2013 page on Facebook.



# Kate Andrews *Pride* girls claim *home tournament*



SUNNY SOUTH NEWS PHOTOS BY HAYLEY TANNER

**YOU'RE OUT:** The Kate Andrews Girls Pride junior varsity softball team took on Lethbridge's CCH during a bout in Saturday's Pride Slo-Pitch Tournament in Coaldale. The Pride's No.9 Cassidy Vandenberg gets the tag.

The Kate Andrews Senior Pride Slo-pitch team captured their second tournament of the season, downing Cardston 26-6 in the final of their home tournament on Saturday.

Lead-off hitter Lexy McAulay had four hits in the final with Bailey Blanchette, Caitlin Bechard, Kobi Harker and Kelcey Neufeld all collecting three in support of winning pitcher Jordy Unger.

The Pride advanced to the final by downing Milk River 20-0 in the semi-final. Sara Kloot had four hits to lead the offense, while Unger and Myriah Marino each had three hits, including home runs. Nicolletta Roelofs also homered for the Pride.

The Pride opened the tournament with a 17-2 victory over the KA Junior Pride. Roelofs was the winning pitcher and helped herself at the plate, getting three hits including a homer. Kloot had a pair of homeruns as part of her four hit game and Bechard went three for three.

"The offense was really solid all week but I am really happy with how our defense is coming together," said Coach Kevin Holland. "With Myriah at shortstop and Amy Mudri covering a lot of ground at second, we rarely give up a big inning."

The Senior Pride went into the tournament on a high after sweeping Vauxhall last Thursday in league play. Senior

Brandi Reck returned from injury with a two-run homer in the 19-2 game one victory. Ashley Bodie and Stephanie Martin each went three for three in game two, helping the Pride rally from a 10-2 deficit in a hard fought 16-12 victory.

The Junior Pride split a pair of league games in Bow Island last week. The JV Pride dropped the opener 20-10 with Apryl Regier and Devany Holland collecting three hits apiece. Aleesa Gurr and Holland each tripled in the loss.

Game two saw the Pride score four times in the bottom of the seventh to earn a 13-12

victory. Cassidy Vandenberg's third hit of night scored Julie Pirot from second with the winning run. Winning pitcher Bailey Parkinson knocked out a pair of doubles and Miranda Janzen hit a two-run homer for the Pride.

The Junior Pride went winless in the Senior Tournament on Saturday but they are gaining valuable experience each time out.

"They are young, really improving, and hopefully having fun. As a group, their defense was shaky and that is something we really need to work on as a team," said Holland.



**FIELD WORK:** Kate Andrews junior varsity players Amanda Halverson and Brittia Tonin scramble for an outfield ball before throwing it to Bailey Parkinson in an attempt to stop the first base runner from reaching second.



# Local duo off to Provincial Skills Canada

Four students from Palliser Regional Schools will be competing in the Provincial Skills Canada competition May 15-16 at the Edmonton EXPO Centre after earning medals at the regional event in Lethbridge last month.

Moving on to provincial competition are: Cole Vavra Peacock from Picture Butte High School, competing in welding; Miriam Deitz, County Central High School, Vulcan, competing in photography; Megan Lavoie, Kate Andrews High School, Coaldale, in baking; and Kody Humphrey, County Central High School, Vulcan in cabinet making.

Palliser students also won a number of bronze medals at the regional event: DaLeaka Menin and Julia Yuan of County Central High, Vulcan, in the culinary arts; Carrie Wall, Kate Andrews High School, Coaldale, in the junior category of the hair competition; Alyssa Taylor, County Central High, Vulcan, in photography; and Brayden Kluss and Carson Young, from Kate Andrews High School, Coaldale, in the TV/video production event.

For Vavra Peacock, the gold-medal-winning welder, the regional event was a great opportunity to see the technology available at Lethbridge College, and continue to hone skills he expects to use for life.

"I want to own my own shop and run my own business," says the Grade 11 PBHS student, who first tried welding at the age of six, under the watchful eye of his father.

For the past two years, he's worked at a machine shop in Picture Butte, part-time while he's in school, and full-time in summer. The hours count toward his pursuit of his journeyman's ticket.

In addition to winning a cash prize, Vavra Peacock won a welding helmet for his school.

He says he was "a little nervous, but I just focused and tried my best" at the regional event. Given four hours to create what looked like a computer and keyboard out of pieces of metal, Vavra Peacock completed the task in under two hours.

He's now looking forward to the provincial event in Edmonton, where hundreds of competitors will be working at more than 40 trades. He understands the task there will be a vertical welding project with competitors being given six hours to complete it.

Megan Lavoie, a Grade 12 student at Kate Andrews High School, is facing an eight-hour challenge in the provincial baking event, more time than competitors had at regionals to create 15 dinner rolls, two dozen cookies, cream puffs, eclairs and one fully iced and beautifully decorated cake.

"It was pretty busy," Lavoie says. "I was exhausted. The next day I pretty much did nothing."

Lavoie says she was fortunate to have access to the commercial kitchen at the Readymade Community Centre, where she practiced a trial run before regionals.

Lavoie's love of baking came from her mother, who worked at Dairy Queen at Megan's age decorating ice cream cakes. Lavoie grew up having beautifully decorated, homemade cakes for every occasion.

In addition to a gold medal finish, Lavoie won a cookie press, cake decorating set and Japanese chef's knife for her efforts. She'd love to win gold in Edmonton to earn a place on Team Alberta in the national skills competition in Vancouver.

Baking is a hobby and stress reliever for Lavoie, who has been accepted to the University of Alberta where she'll study chemical engineering this fall.

"I'll come home, make supper and then back muffins or whatever," she says. "It's a creative outlet. I can't draw worth anything, but I can bake."

Miriam Deitz, a Grade 12 student at County Central High, may have taken photos of some of the other Palliser medalists without even realizing it. Competing in the regional photogra-



**BAKING SKILLS:** Kate Andrews High School student Megan Lavoie took a gold medal in the recent Skills Canada competition at the regional level and now travels to Edmonton for the provincials. Photos submitted.

phy event, she had to capture four images fitting the theme "In the Moment," with at least one shot taken outdoors.

Her gold-medal-winning entry included a stunning shot of a welder surrounded by sparks and smoke. A link to her competition photos can be viewed on Career Transitions' website. Deitz says she's always loved photography, and she considers herself fortunate to have accomplished photographer Bill Brandley as a teacher.

The competition tests the photographers' skills in composing and capturing a raw image as well as their ability to manipulate the image in PhotoShop.

Brandley once gave Deitz an opportunity to assist with a photography workshop he was leading. The student served as teacher to workshop participants as they learned to use photo editing software.

Next year, Deitz plans to attend the University of Calgary, pursuing a degree in engineering, but she expects photography will be a hobby as well as a part-time job.

The expensive camera she purchased a few years ago has paid for itself as people hire her to take their portraits.

She's looking forward to the provincial event which will include photos being framed and displayed. A printer problem during the regional event precluded the full presentation of students' work.

Kody Humphrey, a Grade 12 student at County Central, will compete at provincials after having earned a silver medal in cabinet making.

Humphrey won a nailer and compressor, which he expects he'll put to good use.

"I'll do it as a hobby," he says. "I enjoy it. At the end of the day you make something that looks really cool."

In Edmonton, the task will be building an entry table. At regionals, he made a box that featured intricate hand tooling on the top.

He said he enjoyed seeing how other wood workers created the end product.

"It's interesting to see how people went about it," he says.

Humphrey, who intends to pursue a career as a paramedic, has been working part-time for a Vulcan cabinetmaker. His latest cabinetry project is a massive entertainment centre of oak and glass that he plans to keep for himself.



**WELDING MEDAL:** Picture Butte High School's Cole Vavra Peacock took gold at the regional Skills Canada competition and travels this week to Edmonton for the provincial competition.





SUNNY SOUTH NEWS PHOTO BY HAYLEY TANNER

**KNOCK OUT:** Eric Davies, No.16 of the Picture Butte Sugar Kings knocks one to the centrefield before heading to first base during last Thursday night's game against the Raymond Comets at the Spitz Stadium in Lethbridge.

### Kings finish on a win

## Pride third in tournament play

The Kate Andrews High School Pride placed third in the Big League Tournament in Lethbridge over the weekend.

After downing Magrath Zeniths 10-8 on Thursday night, they met the Raymond Comets on Saturday morning. The Prides failure to catch the ball in a seven run Raymond fourth inning cost them the game. That inning was the difference as the final score was 15-9 for the Comets. Nathan Parker took the loss on the mound.

In the tournament's third place game, Dustin Yanke pitched the Pride to a 5-2 victory over the LCI Rams.

In the Magrath match Coaldale's winning pitcher was Austin Gurr, striking out 12 in a complete game effort. The Pride fell behind 8-6 due to some shaky fielding, but rallied to score four in the sixth inning to seal the victory. Doug Lapointe doubled to drive in three runs in the decisive sixth inning.

In league action the Pride edged the Claresholm Cobras 10-9 in Tier II baseball action last Tuesday night. Parker was the winning pitcher. Yanke earned the save as he left the bases full in the last inning. The Pride offense as led by Gurr who went three for four with a homer and six RBI's. Andrew Gauthier and

Alex Hlas-Ross each drilled two hits and scored twice. Next action for the Pride is at home on tonight, May 14 against the Cardston Cougars. Game time is 5:30 p.m.

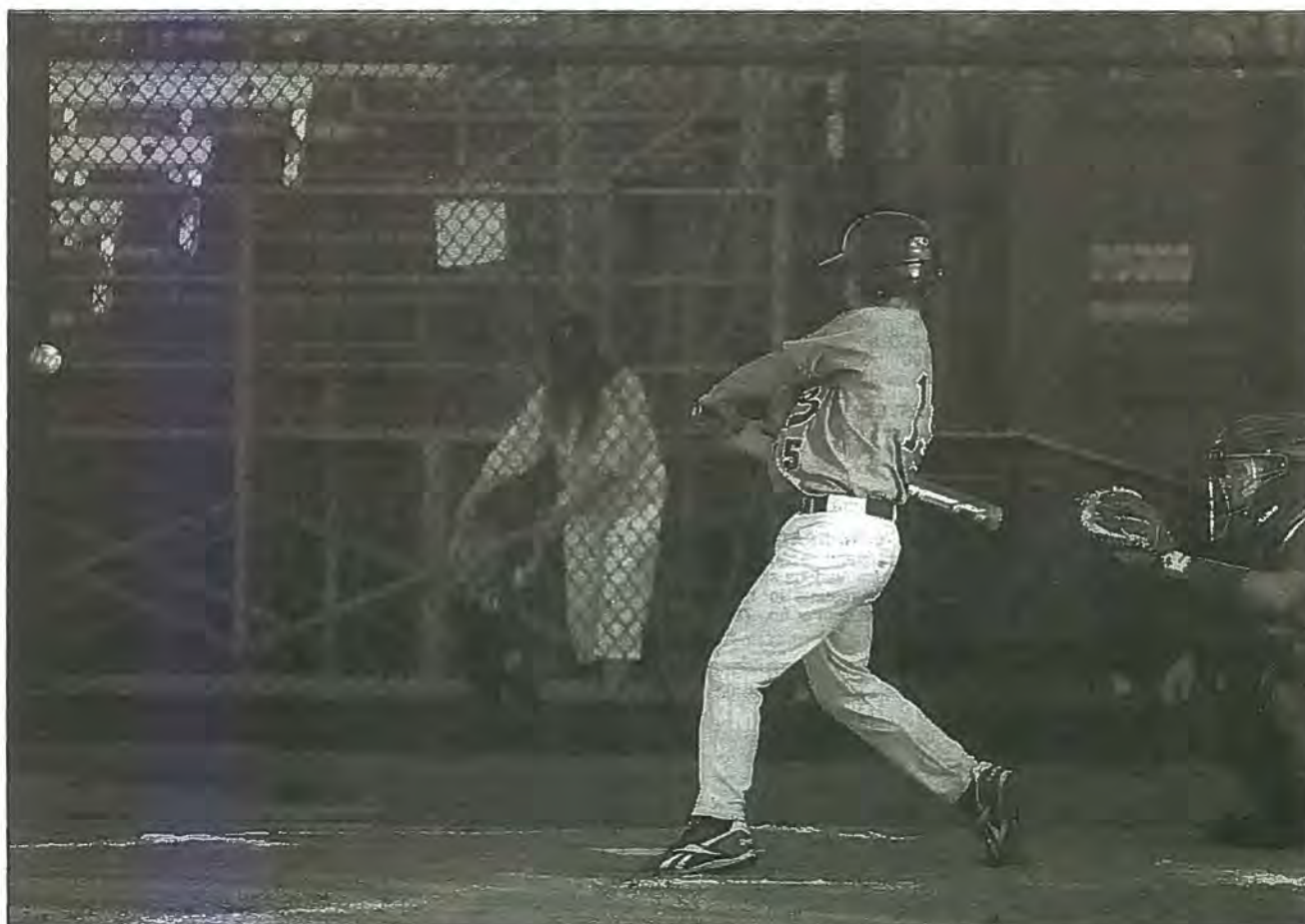
The Picture Butte Sugar Kings beat Cardston 28-10 in league action last Tuesday evening and then finished seventh in the Big League Tournament. The Kings opened their tournament play against Raymond with a 6-4 loss. The Kings then took a second loss to Magrath 8-3 and then beat Nelson 15-8.

Ryan Kiczula, Eric Davies and Mark Fillier all had very good starts on the mound for Picture Butte.

In junior varsity action it was another rough outing for the KAHS Pride JV squad last Thursday night as they took a 12-2 shellacking from the Chinook Coyotes. Colton Ball gets tagged with the loss in a that saw the JV Pride's bats struggle to get going. The lone bright spot on offense was David Hlady going two for three with two doubles.

In earlier play the JV Pride were thrashed last Wednesday by Chinook H.S. Coyotes 16-3. The Pride ran out of pitching and the game was ended by the 10-run "mercy rule".

Blake Thompson was the losing pitcher. He and four others managed one hit apiece on offense.



**ALMOST THERE:** Tysen Sushelnitski, No. 15 of the Sugar Kings prepares for the pitch thrown by the Raymond Comets during last Thursday night's game in Lethbridge at the Spitz Stadium. The Kings and Coaldale's Kate Andrews Pride were both part of the Big League Tournament.





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# Palliser educator a finalist for Early Childhood Services award

**BY PALLISER REGIONAL SCHOOLS  
SOUTHERN ALBERTA**

A long-time Palliser employee with a passion for early child development was named a finalist for a provincial award.



**ISABELLE  
PLOMP, a  
finalist for the  
Early Learning  
and Child Care  
Professional  
Awards of  
Excellence.**

Isabelle Plomp was one of 40 finalists announced for the 2013 Early Learning and Child Care Professional Awards of Excellence, and one of just five in the Early Childhood Services category.

The awards program is co-hosted by Alberta Education and Alberta Human Services.

A 30-year veteran teacher who has served as Palliser's early intervention specialist for the past several years, Plomp says she's humbled and honoured by the acknowledgement which recognizes her commitment to the development and well-being of children, and her compassion and support of children with complex health needs and their families.

She says she has drawn inspiration from families she's met over the years, such as the mom with four children, two of whom had serious metabolic disorders. The parent managed to put herself through college to become a physical therapist, helping others deal with their own health challenges.

"It puts your own problems in a much better light," she says. "There are people who face so much adversity, but they still come out as contributing people with so much to offer. It's really inspirational."

In addition to enjoying the opportunity to support families, Plomp says she loves working with the youngest children in the education system.

"I think, first of all, they're fresh and unspoiled," Plomp says of the children in kindergarten and early learning programs. "Their creativity and spontaneity has always been intriguing to me."

Over the years, Plomp has witnessed a shift in appreciation for the importance of early childhood education and early intervention. Research into brain development shows how important the first four or five years of life are to an individual's healthy development, and a growing body of evidence suggests investing in supports for very young children pays off significantly larger returns than dollars invested later in life.

"Most people in early childhood have believed it all along," Plomp says. "Our hope is that people who are making decisions really understand the value of what's

going on (in those early years).

"All the research is showing that it's a pivotal time to setting that (child's) trajectory. Do you want it to shoot low or shoot high? We have the ability to change that."

Plomp, a graduate of Noble Central School, earned her bachelor of education degree majoring in early childhood education. This summer, she'll complete her master's degree focusing on early learning.

Among Plomp's achievements, she was one of the first two educators in Canada trained in the Hanen Programs for early language development and intervention. Previously, this training had been reserved for speech language pathologists. Today, Plomp has shared that language development expertise with Palliser teachers, early learning educators and learning assistants.

As a finalist, Plomp was invited to a celebration banquet May 10 in Calgary.



# Coalhurst mine disaster play returns

By Kathy Bly  
Sunny South News

A production almost six months in the making will take to the stage next week to spotlight the story of the Coalhurst mine disaster.

The three-act play depicting the 1935 disaster was first performed in 1998 and returns this month, in part, to recognize the town's Centennial. Playwright Arlene Purcell is co-directing the production with fellow Coalhurst High School teacher Diane Pommen.

"It's three steps forward, two steps back," Purcell jokes of juggling the demands of working with a cast and crew of 26 students from both Coalhurst and Chinook high schools.

"I kept saying no," she said of requests to put the demanding production on stage again. In the end she said requests from the Nord-Bridge Senior Citizens Association and the chance to do it in honour of the town's centennial finally had the planets aligning and she agreed. Now with support of the high school, the seniors and the Coalhurst Centennial Committee the production is ready to take to the performance stage.

Overall she said the experience of putting on the production again has been incredible exciting. She praises her "amazing cast and crew" who she noted have a passion for telling a story from Coalhurst's history. Due to the positive reputation the first production gained she has received a lot of support for the return of the play.

"They keep us going," she added. "We're trying to leave a legacy."

In fact the production has both a website and a Facebook page and hopes to develop a following which will keep the history of the community alive. They can be found on the web at [www.firedamp.org](http://www.firedamp.org) and on Facebook at Firedamp 2013.

"All these people have come on board and made it an absolute joy"

She said there is huge community involvement in the production which opens this Saturday, May 25 at the Sterndale Bennett Theatre in Lethbridge.

"It's all volunteer."

At each of the performances special members of the audience including original cast members and descendants of those who called Coalhurst home in the 1930s will be recognized.

The cast has been hard at work on the production since late 2012.

"We did three weeks before Christmas break," said Pommen.

Rehearsals have been held Monday through Thursday generally from 4 to 9 p.m. each evening. At times the directors worked with small groups on specific areas of the show as the had to work around sports and job commitments the students have to juggle with their regular school work. Beginning in April they added in weekend rehearsals and both directors



SUNNY SOUTH NEWS PHOTOS BY KATHY BLY

**DANCE TUNE:** Dylan Everson plays guitar while Katherine Anderson listens during a rehearsal of *Firedamp* at Coalhurst High School last week.

agree the show has really come together beautifully.

"The kids are ready, they're looking good," said Purcell.

She said *Firedamp* is a complicated play, very technical and it demands a lot of rehearsal time. One of

the big challenges will be the one-day set up to move from their rehearsal space in the Coalhurst High School gym to the theatre. The show runs at 8 p.m. on May 25 and 29th through June 1. There is a 2 p.m. show on Sunday, May 26 and there will also be two school matinees on May 27 and 28.

Purcell said the school showings are open to any school in the region who wants purchase tickets to share the production with their students.

The Town of Coalhurst has purchased tickets for seniors in the community to see the show.

The three-act play depicts the mine disaster

along with the social, political and economic scenes of the Dirty Thirties. Purcell wrote the play following extensive research including interviews with people who grew up in the town and were familiar with the deadly mine explosion which killed 16 men, leaving behind 11 widows and 42 children. The funeral was the largest ever held in Lethbridge.

Tickets are \$15 each and the show is already over 40 per cent sold. Tickets are available at the Enmax Ticket Centre, online at [www.enmaxcentre.ca](http://www.enmaxcentre.ca) or by phone at 403-329-7328.



**EMERGENCY RESPONSE:** Mackie Weiss-Higbee, in character, responds to a late night fire in Coalhurst as part of the *Firedamp* production preparing to take to the stage this weekend.





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## High flyer



SUNNY SOUTH NEWS PHOTO BY CASSI PIERSON

**CLOSE MARK:** Coalhurst High School student Maddie Fazio competes in a high jump event during the school's annual track meet last week. Top competitors in the school event will now advance to the county-wide competition this Thursday at the University of Lethbridge and compete against athletes from school throughout the region.



# School principal receives provincial leadership award

**SUBMITTED BY PALLISER  
REGIONAL SCHOOLS  
HUNTSVILLE**

The principal of Huntsville School in Iron Springs received a Distinguished Leadership Award in acknowledgement of excellence in her creative, innovative and effective leadership.

Sherrie Nickel, a teacher with 24 years of experience, received the award at a gala in Edmonton May 15. The award is sponsored by the Alberta Teachers' Association Council for School Leadership.

Nickel says she's accepting the award on behalf of her entire school team and the outstanding people who led the school before her.

"I never got into this profession for accolades," she says. "You don't expect them to come. I just find so much joy from doing the work I do.

"I love kids and this is a way I could earn a living and have a satisfying career doing something I love."

Three years ago, when she entered school leadership as principal of Huntsville School, a new career passion came to light — caring for the adults in the school, too.

"I love being on a journey with them," she says.

Huntsville School has about 100 students K-9, as well as an early learning program. The vast majority of students come from Low German-speaking Mennonite families. Many arrive at school not knowing any English.

"It is a school where every single person in the building is passionate and committed to every individual child," Nickel says of her 12 teachers and support staff. "They care about the progress of the student and they are professional in their delivery of

education. Above all else, the staff care about each other and the children there."

The school has a family feel, with students from all grade levels working together on projects such as this year's focus on the works of Dr. Seuss.

For younger children, the project might involve working on rhyming words in Seuss tradition, while older students might take on environmental projects, inspired by *The Lorax*.

Nickel says part of the school's success is owed to something mundane — scheduling.

"Our timetable is established so every single child is getting language arts instruction at the same time every single day," she says. "Rather than being pigeonholed with their age-levelled peers, students are grouped according to similar reading levels. They work in smaller groups with targeted instruction."

The groups are fluid with groupings changing frequently as students master skills and move on to others. Once a student tastes success, it motivates them for more. This is individualized programming at its finest, with assessment of the individual student's learning needs guiding the instructional plan.

The flexible groupings have been proven to be quite successful and Nickel says a similar approach to math will be adopted school-wide next year.

Palliser Regional Schools Superintendent Kevin Gietz describes Nickel as a driven school leader whose high expectations bring out the best in her staff and her students.

"She identifies challenges her students face and she's been willing to experiment and innovate in order to help them overcome those challenges,"

Gietz says. "Not only is she an outstanding principal, she's an excellent teacher, one of the best in the system."

Nickel says the Huntsville staff makes "very conscious decisions" every day to support learning of science, math and social studies concepts even before reading skills are mastered.

In classrooms, "there's very little sit and get," she says. Instead, students are up and moving, doing a lot of talking and group work, with teachers delivering content and concepts in ways that don't require reading.

She says teachers and support staff share a vision they all had a part in developing.

"If there was even one person that wasn't on board, it would be a struggle," she says.

The school has also been successful at building community support, with Low German-speaking Mennonite parents taking on leadership roles in school council. Last year, the school used a wellness grant to create a coffee club for moms who had access to presentations by experts on nutrition and other healthy living information. This year, the participating moms started holding regular volleyball sessions at the school. With spring weather, the school now has a walking club.

"It's an opportunity for moms to have some time to themselves" Nickel says.

Before becoming a school principal, Nickel spent one year seconded to an Alberta Initiative for School Improvement project. Working from Palliser's central office, she developed online resources related to the new

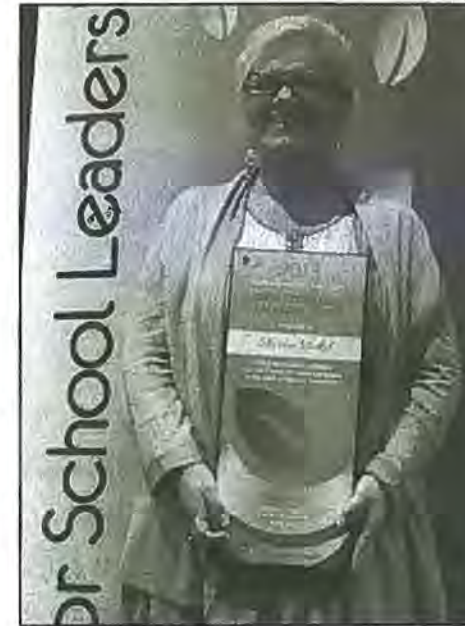


Photo by Pat Rivard/Palliser Regional Schools  
**Sherrie Nickel received a Distinguished Leadership Award from the Province. She also won an opportunity to attend the 11th World Convention of the International Confederation of Principals in Cairns, Australia July 1-4.**

social studies curriculum. She also spent one year seconded to the University of Lethbridge where she supervised education students during their practicums. In 2010, she completed her master's degree, focusing on curriculum design, at the University of Lethbridge.

"I have had opportunities for such great variety of experiences," Nickel says. "I've loved every step of this journey."



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# Nobleford student earns bronze at nation-wide science fair

BY STEPHANIE LABBE  
NOBLEFORD

A Grade 9 student from Nobleford combined her knowledge in sociology and science with her project at the Canada Wide Science Fair (CWSF) May 11-18 at the University of Lethbridge.

Clara Kuk's project reflected on whether or not writing about emotions helps students improve their test scores by reducing the stress and anxiety they feel while writing the tests.

She earned a bronze medal for her efforts in the intermediate division.

Kuk was born in South Korea and then moved to Canada when she was three and a half. She moved to Nobleford about six or seven years ago.

"Every time a class took a test, I divided them into Group A and Group B. Group A wrote, Group B didn't write and Group A had to answer three simple questions," says Kuk.

The three questions she asked Group A were, "how are you feeling; why are you feeling the way you do; and what is a positive result you want from the test?" After Group A wrote for five minutes right before the test, both groups received the same amount of time to write the test.

Kuk found more than 70 per cent of the time the people who did write about their emotions received a higher score than those who didn't, 13 per cent tied and only eight per cent of the students who wrote about their emotions received a lower score than those who didn't.

Kuk's science teacher in Nobleford showed her an article that was published in *Time Magazine* about how two scientists carried out an experiment that was similar to Kuk's. They tested college and Grade 9 students. They had them write about the test for 10 minutes.

"I was inspired by these scientists. They're professors at the University of Chicago I believe and I was

inspired by them to carry out this experiment," explains Kuk.

She entered her project into the regional science fair in Lethbridge where she received gold for Grade 9. Kuk had wanted to enter into last year's local science fair, but she found out about it too late and couldn't come up with a suitable project, so waited until this year to enter for the first time.

Science is a large interest for Kuk and she loves the questions she can attempt to answer.

"I just think that science is so interesting and there's a never-ending amount of questions to be answered and after you answer them there's even more questions. Then just knowing, especially with this kind of thing like sociology, psychology, things like that, neuroscience, I just love how people function (and) why they function that way."

Kuk realized she had a love for science last year when her previous science teacher encouraged her to enter in the science fair. There was a science expo at Kuk's school last year where each student had to choose a project. She struggled finding a project for the science expo, but was able to come up with a study about whether writing with your non-dominant hand increases memory. That's when she realized she liked sociology, psychology and neuroscience.

Kuk feels privileged to have been able to qualify for the CWSF this year and is grateful for the people she has been able to meet in the process.

"This whole event, even right now, it's just so surreal for me. It was my first year entering the science fair and so I'm very honoured. I'm very surprised and I'm very excited that I got the opportunity to meet so many great people and (see) so many wonderful science projects and wonderful ideas."

Following high school, Kuk plans on attending university, but isn't sure what she wants to study. She also has a passion for music and plays the piano. She's not sure if she will go into a science or music program.

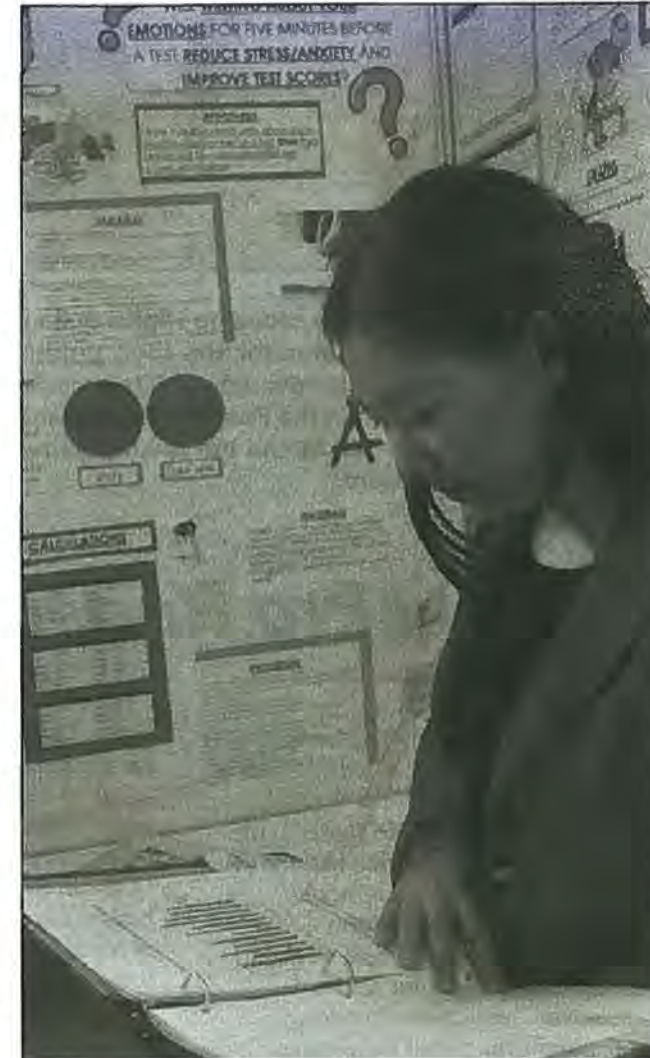


Photo by Stephanie Labbe

Grade 9 student, Clara Kuk of Nobleford looks through her notes while waiting to talk to people about her science project during the Canada Wide Science Fair at the University of Lethbridge.





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# Success tastes oh so sweet

COALDALE TEEN'S DEFT BAKING TOUCH WINS  
PROVINCIAL SKILLS CANADA EVENT IN EDMONTON AND  
QUALIFIES HER FOR NATIONALS IN VANCOUVER

Katie May

LETHBRIDGE HERALD

[kmay@lethbridgeherald.com](mailto:kmay@lethbridgeherald.com)

She's set on a career in chemical engineering, but in her spare time, Megan Lavoie practises a yummiest kind of chemistry.

With scientific focus, she concocts prize-winning cookies, cakes and pastries.

The Grade 12 student from Coaldale's Kate Andrews High School recently took first place in a baking contest at the provincial Skills Canada trades competition in Edmonton and will soon test her sweets on the national scale.

"It was an amazing feeling. I don't

know how to describe it. It's almost unreal to be standing on the top of the podium and looking out over the crowd," said Lavoie, who got involved in the competition for the first time this year.

For her gold medal, Lavoie scratch-made a fully-decorated sponge cake, a dozen round dinner rolls, braided bread, free-form bread, six cream puffs, six eclairs, a fruit flan and 18 cookies. She did it all in two four-hour sessions and her baked goods were judged the best out of 19 entries.

The teen has been baking with her mom "since before I can remember," first trying her hand at a batch of gingersnap cookies — still one of her favourite things to bake.

She already bakes two to three times

per week and pulls out all the stops creating desserts for her family, but Lavoie said she isn't cooking up any plans to become a pastry chef. She's set to graduate high school this year and she's already been accepted into the University of Alberta to study chemical engineering.

"Chemistry is mixing stuff together, and same with baking," she said. "For baking, it's an emotional release for me. It gives me something to do that I just love to do so much that I don't have to worry about anything else. And chemistry — I've always liked all the sciences and chemistry's been my favourite."

At the national competition in Vancouver June 5 to 8, Lavoie must bake everything she did for the provincial competition, plus an additional 18 cookies and another dozen buns.

"I just focus on getting the end



After winning first place in a provincial baking competition, Grade 12 student Megan Lavoie from Coaldale is set to move on to the national Skills Canada Competition in Vancouver next month.

Submitted photo

product the best I've ever made. I don't really think about anything else. My mind goes clear. It's just a time I get to focus on nothing but the baking," Lavoie said.

Other local first-place provincial skills competition winners include Coalhurst's David Grisnich (landscape gardening), Monarch's Ken Howe (plumbing) and Picture Butte's Daniel Dekok (sheet metal).





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MAY 30 2013



Herald photo by Ian Martens

## LEGGING IT OUT

Madeline Szabo, of St. Francis races ahead of Megan Clark from Chinook and Madison Wright from Coaldale Kate Andrews in the juvenile girls 100-metre final during the Lethbridge Schools Athletic Association's junior high city track meet Wednesday at the University of Lethbridge Stadium.





Photos by Stephanie Labbe

(Above): The Picture Butte High School, winning team check out their master piece while waiting for their turn to test their wind turbine in the wind tunnel, May 17 at the Kidwind Challenge at the University of Lethbridge.



(Above): Katie Sullivan, a substitute teacher at Gilbert Paterson created her own mini wind turbine during the second annual Kidwind Challenge, May 17 at the University of Lethbridge.



(Above): Grade 12 students Braeden Kiers (left) and Vincent Pastink test out their wind turbine in the wind tunnel for generated energy. (Below): Students from local schools were able to create their own mini wind turbines while touring the Kidwind Challenge.



## Students test their wind turbine design skills in annual competition

BY STEPHANIE LABBE  
SOUTHERN ALBERTA

High-school students from across southern Alberta showcased their wind energy talents by building their best two-foot high wind turbines, May 17 at the University of Lethbridge.

It was the second annual BMO Kidwind Challenge hosted by the Lethbridge College's International Wind Energy Academy (IWEA) for grades 9-12 student teams.

The event ran from 9 a.m. until noon where the student teams brought in their wind turbines, tweaked them the best they could and tested them out in the wind tunnel to see how much energy they could produce.

This event was already being held in the U.S. for quite some time with close to 100 events over the years.

Kris Hodgson, the project manager at the Lethbridge College for the IWEA, says a fellow team member had travelled to Colorado last year to train on how to hold these events in Canada.

That team member started holding an event in Alberta.

There were eight teams at the Kidwind Challenge event including three rural schools — two from St. Michael's school in Bow Island and one from Picture Butte High School.

Each team had two months to build a wind turbine from a generator kit they all received with a small

generator and the other necessary parts to build a wind turbine.

Parts they used to build the turbine could include recycled materials or wood, metal or plastic.

The four-foot by four-foot wind tunnel was manufactured specifically for this event to test each of the teams' wind turbines.

The wind tunnel is connected to a laptop where Hodgson uses a program to detect the amount of energy generated by each turbine.

Messages and phone calls were sent to all schools in southern Alberta prior to the event to give students the opportunity to register. The event was free for participants.

"Very successful, yeah it was amazing just to see the ideas and the natural engineering that these students have to create something like this," says Hodgson about last year's Kidwind Challenge, adding there were eight teams last year as well.

Hodgson says this year they had 11 teams signed up, but due to the event being held on the Friday before the long weekend only eight teams competed.

"We tried and we sent the contacts out to everybody in southern Alberta and eight was what we came up with," says Hodgson.

Awards are given out to the Top 3 wind turbines. Hodgson says they look at who produces the most energy in the wind tunnel, but as well they have representatives from Vestas, TransAlta, Acciona, Stantec, Park Place Mall, Energy Smart and Greener

homes who go around to each team and ask the students what they learned about wind energy when they were doing the entire project.

There's also a chance for each team to go around to other teams and see how they did with their wind turbines and whoever guesses the closest for who is going to be first second and third receives a prize.

A lot of items were donated by different wind energy companies for the winners.

Some of the prizes included table-model turbines, tours of wind farms for the students' classes, a tree, LED light bulbs, calendars and water bottles.

"In our energy mix right now in Alberta we have 1,100 megawatts of wind energy being produced and so that equates to about eight per cent of our electricity generation coming from wind, so that's pretty phenomenal and that can only get better over time," says Hodgson.

Lethbridge College has a wind turbine technician program and Hodgson hopes some of the high-school students participating in this event will later come to the college to take that course.

The program graduates about 60 students every year and the success for those students finding jobs is in the 90 per cent rate.

The Picture Butte High School team ended up taking home first place at this year's Kidwind Challenge with Immanuel Christian High School (Lethbridge) in second and St. Michael's School from Bow Island placing third.





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Submitted photo by Dawn Sugimoto, Palliser Regional Schools

## PLANS FOR NEW PLAYGROUND

Lethbridge-East MLA Bridget Pastoor talks to Dorothy Dalglish School students about the design of their new playground. From left, the students are Kirsten Fremstad, Cameron Hillaby and Tallulah McKevey. At a special assembly May 23, the MLA presented a Community Facilities Enhancement Grant of \$40,000; County of Lethbridge Councillor Morris Zeinstra presented a \$17,000 grant from the Land Trust Reserve Fund; and Ray Schlamp, representing Richardson Pioneer, gave a \$10,000 gift toward the playground project. In the past year, the Public School Betterment Society of Picture Butte has raised \$97,500 to replace an old wooden playground on site. The new playground will be built Aug. 9-10, and the school is looking to sign up volunteers to help with construction and other needs on those two days. Call the school at 403-732-5636 if you can help.



# Picture Butte playground set to be upgraded this summer

**BY STEPHANIE LABBE  
PICTURE BUTTE**

A little over a year of fundraising has resulted in an upcoming replacement project of the Dorothy Dalglish Elementary School playground in Picture Butte.

Dorothy Dalglish serves 180 students up to Grade 6.

The current playground's wood portion of the structure located at the north end of the school was not up to code anymore. Therefore school officials were told they had to take it down.

"There's a lot of grants and things out there. You just have to hunt and apply ... We were really happy how fast (we could do it). It was just over a year. We raised \$97,500," says Sandra Fremstad, a parent.

The value of the playground is going to be \$120,000. However, the school has the money needed to build. Fremstad says some of the materials are being donated including concrete.

As well, the school is in need of at least 30 volunteers to help build the playground on Aug. 9-10.

"I was shocked to find out how much they (playgrounds) are," says Fremstad.

When they began fundraising, organizers were unsure they would be able to get the money needed for the new playground. However, when they received their first grant for \$17,000 it gave them the boost to keep going.

"Fundraising was going really well," adds Fremstad.

The Public School Betterment Society of Picture Butte and the Home and School for Dorothy Dalglish School are the groups spearheading the replacement playground project.

The two committees worked a casino shift to raise some money for the playground, applied for many grants and held a celebration.

Fremstad mentions there's a portion of the old playground that's still up to code. Therefore, they will tear down the wooden part, but the rest will remain in place with the replacement added on to the structure.

"Our playground is kind of the hub of the community. The soccer games all happen here; the baseball diamond is nearby; the campground is nearby, so it's not just the kids of this school that are going to benefit — it's children of the whole community."

Fremstad says she is grateful for the money they received and glad they didn't give up in the beginning when things weren't looking so bright.

"It's pretty exciting, because we didn't think we were going to be able to do it. We thought it might be a two- or three-year process, so it's very exciting to see it all come together," says Fremstad.

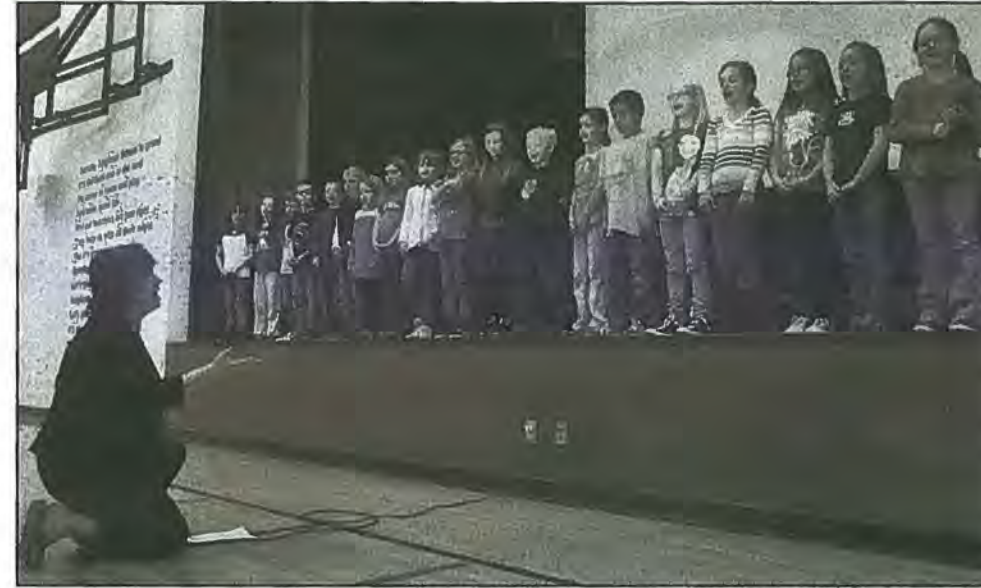
BDI Play Designs Inc., from the Lethbridge area, will supply the equipment for the playground. Officials are excited to be involved in this project.

"(It's) really good, especially because it's so close to home," says Tanya Van Hierden with BDI Play Designs.

The school held an assembly May 23 to receive the final grants and donations.

There was \$40,000 donated by the Community Facilities Enhancement Program presented by Bridget Pastoor, the Lethbridge-East MLA. Ray Schlamp, from Richardson Pioneer Ltd. in Nobleford presented \$10,000 while Morris Zeinstra from the County of Lethbridge presented \$17,000 from the Land Trust Reserve Fund.

The new playground will include barrier-free areas to benefit students with special needs. As well, the playground will be built by community volunteers.



Photos by Stephanie Labbe

Above, Dorothy Dalglish Elementary School Grade 2 students sing a thank you song at a special assembly May 23 to those who have given money to build their new playground in Picture Butte this summer. Below, students accept a grant of \$40,000 from Lethbridge-East MLA Bridget Pastoor. The grant money was from the Community Facilities Enhancement Program.



Representatives were in attendance at the assembly to give their support for the new playground build.

Anyone wishing to donate their time can do so by contacting Sandra Fremstad at 403-757-2119 or Kelly McLeod at 403-643-2573.







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# Pride shines through

Dylan Purcell

LETHBRIDGE HERALD

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It's been a long time coming for the Coaldale Kate Andrews Pride baseball team. The Pride won the Southern Alberta high School Baseball League's Tier 2 title with a 10-8, extra-innings victory over the Taber W.R. Myers Rebels in Coaldale Thursday night.

The core of the Pride team has been together for a long time, coached for most of those years by Dennis King.

King was managing in the dugout again, watching the swan song for many of his players, as they went down 7-2 in the second inning and needed to find a way out.

"I've been coaching these boys a long time," he said of the nine Grade 12 players on the Pride. "Since junior, since Little League when they were 12, 13 years old I've been working with most of them.

"I've had them all through high school. They weren't much as a JV team but look at them now."

The Pride settled down after the opening jitters and started climbing back into the game. They played error-free baseball down the stretch, and scored two runs in the seventh inning to force extras.

They dug yet another hole, and went into the eighth down 8-7. But for a team that came from nothing and became a perennial championship contender, one run was nothing.

Cole Parkinson's single scored two after Doug LaPointe scored what would prove to be the game-winning run, but it was a stellar pitching performance from Alex Hlas-Ross which won the day for Kate Andrews.

Ross earned the win, after taking over from Dustin Yanke in the first inning. He went six and two-thirds and allowed just two runs, calming down the team and himself in process.

"We had a kid who threw a bat and his helmet after striking out but then the old principal voice came out," said King, a former principal in the Palliser School Division. "We made sure it wouldn't happen again, and I put him on the mound and he was great for us. Pitched the rest of the way except for the last inning and really played well."

Hlas-Ross struck out four but kept any contact from getting too far from the infield and the defence picked up the rest of the slack. He gave way to Austin Gurr, who struck out the first two Taber batters looking before retiring the final out and securing the title for the Pride.

"They came through, once the bats got going, they played really well," said King.

Justin Bourk had a hit and three runs scored, walking three times while Parkinson had a pair of runs batted in, scored twice and had two hits. Gurr was 3-for-3 as well as earned the save on the mound and had two RBIs.

**NOTES** — It was the second win on the diamonds for Kate Andrews, after the Pride girls won the high school slo-pitch title on Tuesday. . . . On Saturday in Medicine Hat, the Medicine Hat McCoy Colts won the Tier 1 title with a 13-3 decision over the Catholic Central Cougars.



JUN 11 2013

## Provincial play



SUNNY SOUTH NEWS PHOTOS BY HAYLEY TANNER

**TOUCH AND GO:** Above, Austin Gurr, No. 20 of the Kate Andrews Pride baseball team slides into third, just barely staying safe as Taber W.R. Myers third baseman Brody Knouse, No. 3 just misses a tagging opportunity. Below, second baseman, Pride player No. 3 Matt Clark, just misses Rebels player No. 25 Jordan Olsen as he slides safely into second during last Thursday's championship baseball game at the Quad fields in Coaldale. See story and additional picture on Page 9.







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JUN 11 2013

## Carnival action



SUNNY SOUTH NEWS PHOTO BY KATHY BLY

**INCHING ALONG:** Alexander Pauls, at Jennie Emery Elementary School in Coaldale, uses his body to move himself forward in a race during the recent carnival themed, Skip-A-Thon.



**FUN DAY:** With a carnival atmosphere, Jennie Emery Elementary School students enjoyed participating in this year's Skip-A-Thon fundraiser. Above, there was always an eager line-up for the inflatables while at left, Amara Reid makes racing on a bath mat look like the best event.





**DOUBLE BANNER:** It was a banner year on the diamond for Kate Andrews High School in Coaldale as both their girls slo-pitch and boys baseball captured titles. The girl Pride took the High School Girls League championship while the boy Pride took the Tier II provincial title. Photo submitted.

## Pride double up on championship titles

By Kathy Bly  
Sunny South News

It's not often a small town can lay claim to a championship title, let alone two in the same season.

Kate Andrews High School in Coaldale has done just that. The Girls Pride captured the Southern Alberta High School Slo-pitch League title last Tuesday after defeating Catholic Central 4-2.

The Boys Pride took the Tier II Baseball Provincial title, defeating Taber's W.R. Myers 10-8 in an extra inning Thursday evening.

Defense was the key to the girls' victory as Coach Kevin Holland said their strength on the bats this season was not as evident in the final.

Solid team defense was the key to their defeat of Catholic Central after they allowed the team to load the bases in the bottom of the seventh with only one out.

Holland said the Pride played skilled ball and kept CCHS from capitalizing on their strong base position.

Up until last week the girls have been swinging their bats well but Holland said he has always stressed that defense and good base running would be the key to victory, and he was right.

This is the first championship banner for the slo-pitch program at the high school. The team made it to the final last year and has previously made it into the semi-final for eight or nine years but 2013 proved to be the Pride's season.

There are no tiers in high school slo-pitch so teams from schools of various enrolment have to face each other in the championship rounds.

"We don't play them in any other sports."

This is year three of the junior program at the Coaldale high school and Holland said it seems to be paying off for the senior program.

"A lot of these players started in Grade 9."

"It shows the benefits of running the two teams."

This year the slo-pitch program had 14 seniors, 15 juniors and 12 players who joined in for the Tuesday night house league.

"They'd rather play than practice," he said of his decision this year to replace one of the weekly practises with a house league and involve more players in the program.

In getting to the final the Pride defeated Bow Island

14-4 in the opening round with Grade 12 player Brandi Reck's pinch-hit, three-run double one of the key's to the win. Out with an injury for most of the season, Holland said she came off the bench and broke the game open.

In the second game the girls defeated Chinook 3-2 and defense was again the key to the victory.

Brooklynn Gathercole had a triple and two hits, the only Pride to notch two hits in the game.

Boys Pride Coach Dennis King credited a team effort for Coaldale's provincial title victory.

"Along the way everyone contributed."

He said the key to the win over Taber was Alex Hlas-Ross' five innings of relief work on the mound.

In the championship game the Pride made no errors after the second inning.

"They played beautiful ball."

As a retired teacher and principal, King admits he was one of the people who didn't want to see KAHS change its name to the Pride for its sporting teams. Now having witnessed the boys' Pride run to the provincial title, he's changed his tune.

"You could tell they lived up to their team name."

Even down 5-0 they team didn't give up. When they came back to a 7-2 score and then 7-4 they just kept at it, proving they wanted the title.

Even when they tied the game at 7-7, King said the coaches kept quiet and allowed the players to lead on and off the field.

The Pride scored three in the extra inning and Austin Gurr came in to shut down Taber and finish the game.

With eight returning players this season and one new to the program, King said the Pride were in good shape to excel. The same group has pretty much been together since senior little league and their friendship and team commitment paid off.

"It was hard to crack that line-up."

King said their veteran attitude paid off.

"They never did quit."

The Pride defeated Picture Butte's Kings 5-3 in last Wednesday's semi-final after spring rains washed out the previous week's playoffs.

Gurr was the winning pitcher, striking out 11 while allowing only three hits - none after the second inning. Cole Parkinson had three of the Pride's six hits.





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## Sunnyside School celebrating 60 years

LETHBRIDGE HERALD

**J**oin the students and staff at Sunnyside School, east of Lethbridge, for a Night of Nostalgia, as they celebrate 60 years of service to the community with a public celebration Tuesday, June 25.

The public is invited to tour the school starting at 5 p.m. as students share blasts from the past from 1953 when the school opened, as well as a glimpse of what the school offers today. The Gem of the West Museum, Prairie Tractor and Engine Museum and Galt Museum will be sharing artifacts reflecting 1950s rural life.

A brief formal program is scheduled for 6 p.m., with a barbecue to follow at 6:30 p.m.

All former staff, students and public are welcome to attend. RSVP for the dinner by 4 p.m. June 20 by calling the school at 403-327-9214 or emailing [sunnyside60yr@gmail.com](mailto:sunnyside60yr@gmail.com).

Sunnyside School serves about 90 students from ECS through Grade 6 and is located about 1.5 kilometres east of Lethbridge, 6.4 km north of Highway 3.



## MVP honours



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SUNNY SOUTH NEWS PHOTO BY KATHY BLY

**TOP ATHLETE:** Picture Butte High School's Megan Bezooyen accepts her MVP award for Queens volleyball from coach Jalayne Clegghom during last Thursday's athlete awards hosted by the school. The event is one of two awards nights hosted by the school with the academic awards slated for later this month. For photos and full results turn to Page 8.





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JUN 25 2013

# Kate Andrews recognizes 2013 top athletes

By Kathy Bly  
Sunny South News

As the school year winds to a close, athletic achievement was spotlighted at Kate Andrews High School.

The school handed out its athletic awards during a special afternoon assembly in front of family, friends and the student body.

Among the top awards were Athlete of the Year honours which were presented to the trio of Brooklynn Gathercole, Sara Kloot and Aaron Hernandez.

Hernandez was also named a Career Athlete along with Max Hall and Myriah Marino for their contribution to athletics at the school over the years they have attended KAHS.

Awards were also presented by sport.

**Football:** Rookie of the Year – Connor Chartier, Most Improved – Paul Dyck, Most Dedicated – Max Hall and Most Valuable – Aaron Hernandez.

**Volleyball:** Gr. 9 Girls – Most Improved – Tori Lutz and Most Dedicated – Brittia Tonin. Jr. Girls – Most Improved – Sarah Reiersen, Most Dedicated – Jayden Fraser and Rookie of the Year – Bailey Parkinson. Sr. Girls – Most Improved – Cassidy Vandenberg, Most Dedicated – Brooklynn Gathercole and Most Valuable Player – Sara Kloot.

**Basketball:** Gr. 9 Boys – Most Improved – Patrick Larson and Most Dedicated – Jackson Kasko. Jr. Boys – Most Improved – Ian Ringleber, Most Dedicated – Steven Schaaf and Rookie of the Year – Joey Hinton. Sr. Boys – Most Improved – Brayden Kluss, Most Dedicated – Jordan Laturnus and Most Valuable Player – John Hinton. Gr. 9 Girls – Most Improved – Caitlin Cooper and Most Dedicated – Skylar Nikkel. Jr. Girls – Most Improved – Laura Lavoie, Most Dedicated – Julie Pirot and Rookie of the Year – Bailey Parkinson. Sr. Girls – Most Improved – Jordyn Unger, Most Dedicated – Myriah Marino and Most Valuable Player – Ashley Bodie and Sara Kloot.

**Track & Field:** Individual Recognition- Aaron Hernandez – ASAA Zone Sr Boys Class Aggregate. 1st – Long Jump(New Record), Triple Jump(New Record), 100 Meters. Aaron Hernandez –ASAA Provincials- 1st – Long Jump, Triple Jump(New Record), 3rd - 100 Meters.



SUNNY SOUTH NEWS PHOTOS BY KATHY BLY

**TOP HARDWARE:** At the Kate Andrews High School Athletic Awards Brooklynn Gathercole, left, and Sara Kloot both claimed Athlete of the Year honours, along with Aaron Hernandez, middle, who also took home Career Athlete honours along with Myriah Marino and Max Hall.

**Softball:** Jr. Girls- Most Improved – Apryl Regier, Most Dedicated – Chrissy Hachowski and Rookie of the Year – Aleesa Gurr. Sr. Girls- Most Improved – Nicoletta Roelofs, Most Dedicated – Alexis McAuley and Most Valuable – Brooklynn Gathercole and Myriah Marino.

**Baseball:** Jr. Boys- Most Improved – Brock Boutilier and Most Dedicated – Steven Schaaf. Sr. Boys- Rookie of the Year – Andrew Gauthier, Most Improved – Doug Lapointe, Most Dedicated – Cody Nelson and Most Valuable – Alex Hlas-Ross.



**MOST DEDICATED:** For the Kate Andrews High School Pride baseball awards, Cody Nelson accepts Most Dedicated from Coach Dennis King.



**MOST IMPROVED:** Nicoletta Roelofs accepts her Most Improved award for girls slo-pitch from Terry Hanna during the Kate Andrews High School Athletic Awards.



# PASS+ celebrates Class of 2013



Published in the  
Sunny South News

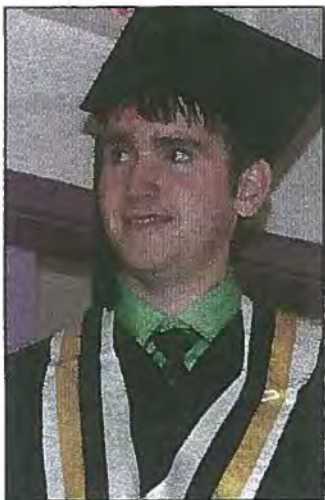
JUN 25 2013



**PALLISER MEDAL:** Esther Willms, trustee for Palliser Regional Schools' school board, presents valedictorian Jeremy Van Hierden with the medal commissioned by the regional division to honour the valedictorian in each graduating class.



**CLASS OF 2013:** Above, Justin denBok sits beside fellow graduates Danielle McCarthy and Jeremy Van Hierden as they take part in the 2013 graduation ceremony for PASS+ last Friday. Missing is Hannah Ropp. At right, Amber Darroch, Director of Learning for Palliser Regional Schools, addresses the 2013 grads as the guest speaker.



**BIG DAY:** At left, Justin denBok, recipient of the ATA Scholarship Award for completing 14 courses with an average of 83 per cent, patiently awaits his turn to receive his diploma from Vice Principal Joe Buckler while, at right, Danielle McCarthy, graduate of PASS+ Class of 2013, awaits her turn to accept her diploma.



**Photos by  
Hayley  
Tanner**



## A Huge Thank You!

**Coaldale-Lethbridge  
Community Foodgrains and  
MCC Relief Sale & Bazaar  
would like to thank  
Perlich Bros. Auction Team  
for the incredible job as  
auctioneers for the  
MCC Relief Sale & Auction  
&  
Food Grains Auction  
at Coaldale Sportsplex  
on June 7 & 8.**

## Congratulations!

**Pass+ Class of 2013**  
Theme: "Step Into Your Future"  
Valedictorian: **Jeremy Van Hierden**  
*Inhouse Photos*



**Justin denBok**

**COALDALE**  
A Wine Choice



**Danielle McCarthy**

**Sunny South News**



**Hannah Ropp**



**Palliser Regional  
Schools**



**Jeremy Van Hierden**



**Windows  
&  
Doors**





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# SUNNYSIDE 60 YEARS LATER

Caroline Zentner

LETHBRIDGE HERALD

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**W**hen Sunnyside School first opened in 1953 small schools were the hub of community life for miles around.

While large schools have become more the norm Sunnyside has retained its status as the core of the community. Tuesday staff and students, present and former, gathered to celebrate the school's 60th anniversary.

"It's a really incredible little community and they have so much history with the school. We've got third generation families here," said Jill McIntyre, a teacher who helped organize the celebrations. "There's so much history here in the area and the families have all known each other for years and years. They're very community-minded so the school becomes a focal point for them."

Celebrations started shortly after noon for students with a presentation by a Galt Museum staffer about coal mining in the area. Agriculture and the rural way of life are also a big part of the community so students learned about different grains, had the chance to feel a sheepskin, see old dairy equipment and learned how to tie a quilt. Life in the '50s wasn't all work so students tried their hands at old-style games like jacks and marbles.

School and community artifacts from the Prairie Tractor and Engine Museum and the Gem of the West Museum were on hand, including student desks, pen nibs, an old globe and maps and a strap. Other items included an antique tractor, flat irons and a pair of vintage exercise shoes.



Herald photo by David Rossiter

Sunnyside School Grade 2 student Hudson Procee, front, and other students from his school sit in old wooden desks, complete with vintage ink wells and pens during the school's 60th anniversary celebrations Tuesday.

"They're heavily weighted shoes. They look like old roller skates with straps across but it's just like a block of metal underneath," McIntyre said. "They're also going to make ice cream with the proper old-fashioned ice cream maker."

Students got a couple of hours off after school before they became tour guides for the evening festivities.

Former staff, including a couple of the first teachers at the school when it opened in 1953, and students and community members toured the school, attended a general assembly, sang the school's new song and enjoyed a barbecue.

McIntyre has been teaching at the school for six years and she describes it as a school like no other.

"Sunnyside is different than any school I've ever taught at. It's like a family; it's a pretty special place," she said.

The school currently has 93 students and offers preschool to Grade 6. In the early years it was a Grade 1 to Grade 9 school and had between 150 and 200 students. Kindergarten was added in 1974. As student numbers declined over the years, the school, part of Palliser Regional Schools, has faced a few threats of closure.

"The community always rallies and fights and gets in there. This is their school, too," McIntyre said.

Parents pitch in to recruit new students to the school so several families with children at the school don't live in the area. Other parents outside the area have found the school on their own.

"We have some families that have done research on what school they thought would be the best one to send their kids to and this is the one they chose," she said.





ALTA NEWSPAPER GROUP, LP PHOTOS BY STEPHANIE LABBE

**OLDEN TIMES:** Sunnyside School students pretend being in a 1950's classroom on June 25 during the schools' 60th anniversary event.

## Sunnyside celebrates six decades

By Stephanie Labbe  
ALTA Newspaper Group, LP

Celebrating 60 years was enjoyable for everyone from the students to the teachers at Sunnyside School June 25.

Built in 1953, the school has only had a few physical changes over the years including; an addition of two classrooms in 1955, renovations in 1984, renovations to the offices in 1995 and the ceilings were lowered between 1984 and 1986.

Sunnyside School houses Kindergarten to Grade 6 with a separate building on site for pre-kindergarten classes as well.

To celebrate the 60th anniversary the staff got together and chose eight different stations the students would take part in to learn about different things that were done in the 1950s. They wanted to ensure the students were involved in the celebration and were able to understand the passage of time.

"It's so much fun ... the best part about this whole thing is that we're giving the kids experiences that they could have had back in 1953 when the school was opened and it's just, because this is the kind of school where all the little ones and the older ones are together and they're happy together and they get along and it's just a lot of fun," says Jill McIntyre, the Grade 1 teacher at Sunnyside elementary.

The different stations included agriculture, quilt tying, marbles and jacks games, school memorabilia with old school desks from the Prairie Tractor and Engine Museum Society, a dairy group making butter with the history of dairy in the area, ice cream making, the Prairie Tractor Society also had an antique and new tractor on display and a community artifacts room.

Each of the volunteers at the different stations had some connection to either the school or just the area. A representative from the Gem of the West Museum in Coaldale showed the students different artifacts from the 1950s.

Kathy Thiessen, who did the quilt for one of the stations, is also one of the bus drivers for Sunnyside School. She got each student to draw a picture on fabric with felt markers. She took those pictures and sewed them together. As part of the station on June 25, the students were taught how to make ties in the quilt.

"We just tried to pick things that were prevalent in the area at the time and then kind of stood the test of time ... things that they would have done a long time ago," says McIntyre.

One of the volunteers teaching the students how to play marbles and jacks, went to Sunnyside School when it opened in 1953 and now has grandchildren who attend the school.

"This school is rich with history. There's so many (with) community spirit ... we have third generation families here," says McIntyre.

There are currently at least five, third-generation families at the school.

"There's a lot of that family kind of feeling to the school," adds McIntyre.

Sunnyside School is more than just a school to the students and staff, it's like a family for them. McIntyre says the anniversary event went amazing. It was running behind a bit, but she says that wasn't a large issue for them. She says the students seemed to love the activities they did throughout the afternoon.

All of the students were engaged, happy and learn-



**SWEET TREAT:** Brant Allen, a grade two student puts his hands to work making some ice cream the old fashioned way, June 25, during the Sunnyside Elementary Schools' 60th anniversary event.

ing, says McIntyre. Throughout the afternoon, the students went from station to station to learn different things about the 1950s. In the evening, parents and other guests attended the school where the students do the tours and explain what they learned during the afternoon.

The students talked to the guests in the evening about six of the eight stations they took part in earlier in the day.

McIntyre says it's very important for the students to get a good feel and understanding of time and how things have changed over the years.

She says the best way to teach that to the students is with hands-on activities. Most of the students who attend Sunnyside School live in the rural area.

"This is more of a gathering place ... because kids don't have an opportunity to do that where they live, so it's not just a gathering place for them, but for the parents as well and for the whole community really. It's kind of a centre," says McIntyre about how Sunnyside elementary is different from other elementary schools in the area.

The school has memorabilia of several students that used to go to the school up on the walls. One display shows jackets and shirts from two girls who attended the school together and were friends when they were in the same grade. Now those two ladies' daughters are in Kindergarten together at Sunnyside school.

McIntyre was pleased with how the anniversary event went and was happy the students had as much fun as they did taking part in 1950s activities.





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## ***Coaldale student does well at national SKILLS competition***

**BY PALLISER REGIONAL SCHOOLS  
COALDALE**

Kate Andrews High School student Megan Lavoie, earned a fourth-place finish in the Skills Canada National Baking Competition in Vancouver last month.

Lavoie was one of 62 members of Team Alberta competing at the national event.

During the two-day competition, Lavoie spent six hours a day baking, proving herself one of the best young bakers in all of Canada.

"It was an amazing experience," she said. "It was the time of my life."

Lavoie encourages all high-school students to consider competing in regional skills competitions to hone their crafts and vie for the opportunity to compete provincially and nationally.

"It was like the provincials, but better," she said of her time at B.C. Place Stadium. "I knew I was at the next level and I was competing against the best in Canada."

"It really proved to myself that I am a really good baker. If I wanted to, I could make a career

out of baking."

Lavoie says her one regret is that she knows she made a small mistake in her éclairs and cream puffs, items that are normally her strength.

"It probably cost me a medal."

Lavoie said she had the opportunity to get to know other members of Team Alberta, and the experience of competing provincially and nationally has helped bring her out of her shell — a skill she'll need as she prepares to move on to university where she has her sights set on an engineering degree.

The Grade 12 student credits her Careers and Technology Studies teacher Angie Roelofs for encouraging her to enter the skills competition. Without that encouragement, Lavoie said she would have missed out on the experience of a lifetime.

Roelofs, who attended the competition, said Lavoie represented Kate Andrews High School, Palliser Regional Schools and Alberta exceptionally well. The showcase of talent was a life-changing opportunity to experience personal growth, high-level competition and success, Roelofs said.



Photo submitted

**Megan Lavoie, from Coaldale, earned fourth in the national SKILLS Canada competition.**





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JUL 09 2013

# Coaldale's Hernandez setting his sight on Nationals in Quebec

By Kathy Bly  
Sunny South News

Coaldale athlete Aaron Hernandez will be busy this summer training for the Junior Nationals in Quebec, hoping to make the Canadian National Team for the Junior Pan American Games in Columbia come August.

Hernandez, who just graduated from Kate Andrews High School at the end of June, was named Junior Athlete of the Year in April by the Alberta Sport Development Centre. He was singled out for the award based on his success on the track but he is also known locally for his success on the football field where he has quarterbacked the Kate Andrews Pride for the last two seasons.

Along the way he collected division MVP and Most Outstanding awards as quarterback, punter and kicker.

"I definitely didn't see it coming," he said of the athlete of the year honour but he thought it was cool to be recognized by the sporting community.

In middle school and high school, Hernandez competed in track and field meets but it wasn't until last summer that he began taking track seriously, joining the Lethbridge Track Club. He excelled in his competitions this spring and won the triple jump at the ASAA High School Provincials, setting a new provincial record with a 14.86M jump. He also won the long jump with a 6.9M jump and came in third in the 100M.

He competed in the Junior Nationals last summer in PEI and won silver in the triple jump.

"It's good I've gotten one Nationals under my belt."

Now he knows what to expect this month as he competes in Quebec at the 2013 Junior Nationals.

He competes in the winter in indoor events which wrap up in February when he makes the switch over to outdoor training and competitions. At the end of May he competed in the high school zones and broke both zone records in long and triple

jump, both previously set in 1980.

Not known for racing, he decided at the last minute to enter the 100M and won it as well.

He has signed on with the University of Lethbridge this fall under a track scholarship and will be competing as a member of the U of L track team.

As for his class focus, he plans to go into education or business.

"It's always nice to be at home," he said of his decision to attend the local university rather than move away in the fall.

He credits his years playing soccer for giving him the base for building up his track abilities. He said playing soccer really helps to build up leg muscles but if he hadn't made the decision to join the track club he doesn't feel he'd be having the same success he is now having.

"You can only go so far with athletic ability."

He also credits jump coach Jamie Thomas, who works with the track club and the U of L team, for helping him to improve as a jumper.

Hernandez trains every day, three hours a day. This year he also changed his eating habits, which he also credits with helping him to improve. Previously his diet was what he calls "typical teen" with fast food, pop, chips and chocolate bars. Now he works at eating healthier.

"It's definitely helping."

Since he made the switch at the start of the new year to healthier choices he has seen an improvement in his jumping distances.

He also credits his girlfriend Ashley Bodie, who will enter her senior year at Kate Andrews this fall, for keeping him away from the junk food.

Family support has also been huge for Hernandez.

"They never want to miss a meet."

His parents, Stuart and Nancy, along with his two sisters, Kathleen and Sian, have always been big supporters but his biggest fan is his grandma, Susan Hurlbut.

Sponsorship from C.V. Benefits has also helped him



**BIG JUMP:** Coaldale's Aaron Hernandez, recently named Junior Athlete of the Year in Alberta, competes at the Golden Bear Open in Edmonton. Photo submitted.



**FOOTBALL FEVER:** Eager to share his love of the game, Coaldale's Aaron Hernandez helps out at a football camp earlier this spring working with young players. The Kate Andrews High School graduate has quarterbacked the Pride football team for the past two years. This summer his focus is on jumping as he prepares for the Junior Nationals in Quebec, competing in triple and long jump.

this year to cover costs of attending meets.

"They are big in supporting local athletes."

He said whatever he needs to get to the next level of

competition, they are there to help with. This summer promises to be a busy one as he juggles training and working. "I'm looking forward to it."



# Sunnyside School celebrates its 60th anniversary

BY STEPHANIE LABBE  
SOUTHWEST ALBERTA

Celebrating 60 years was enjoyable for everyone from the students to the teachers at Sunnyside School June 25.

Built in 1953, the school has only had a few physical changes over the years including an addition of two classrooms in 1955, renovations in 1984, renovations to the offices in 1995 and the ceilings were lowered between 1984 and 1986.

Sunnyside School houses students in Kindergarten to Grade 6 with a separate building on site for pre-kindergarten classes as well.

To celebrate the 60th anniversary the staff got together and chose eight different stations the students would take part in to learn about different things that were done in the 1950s. They wanted to ensure the students were involved in the celebration and were able to understand the passage of time.

"It's so much fun ... the best part about this whole thing is that we're giving the kids experiences that they could have had back in 1953 when the school was opened and it's just, because this is the kind of school where all the little ones and the older ones are together and they're happy together and they get along and it's just a lot of fun," says Jill McIntyre, the Grade 1 teacher at Sunnyside elementary.

The different stations included agriculture, quilt tying, marbles and jacks games, school memorabilia with

old school desks from the Prairie Tractor Club, a dairy group making butter with the history of dairy in the area, ice cream making, the Prairie Tractor Club had an antique and new tractor on display and a community artifacts room.

Each of the volunteers at the different stations had some connection to either the school or just the area.

A representative from the Gem Of The West Museum in Coaldale showed the students different artifacts from the 1950s.

The woman who did the quilt for one of the stations is one of the bus drivers for Sunnyside School. She got each student to draw a picture on fabric with felt markers. She took those pictures and sewed them together. As part of the station on June 25, the students were taught how to make ties in the quilt.

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"This school is rich with history. There's so many (with) community spirit ... we have third-generation families here," says McIntyre.

There are currently at least five third-generation families at the school.

"There's a lot of that family kind of feeling to the school," adds McIntyre.



Photos by Stephanie Labbe

**Brenda Vangaalen (right) shows Grade 1 student, Claire Ghapnan how to make a tie in the quilt during the Sunnyside Elementary School's 60th anniversary event June 25.**

Sunnyside School is more than just a school to the students and staff, it's like a family for them.

McIntyre says the anniversary event went amazing. It was running behind a bit, but she says that wasn't a large issue for them. She says the students seemed to love the activities they did throughout the afternoon.

All of the students were engaged, happy and learning, says McIntyre. Throughout the afternoon, the students went from station to station to learn different things about the 1950s. In the evening, parents and other guests attended the school where the students did the tours and explained what they learned during the afternoon.

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the best way to teach that to the students is with hands-on activities.

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The school has memorabilia of several students that used to go to the school up on the walls. One display shows jackets and shirts from two girls who attended the school together and were friends when they were in the same grade. Now those two former students' daughters are in Kindergarten together at Sunnyside school.

McIntyre was pleased with how the anniversary event went and was happy the students had as much fun as they did taking part in 1950s activities.



**Sunnyside Elementary students pretend they are in a 1950's classroom.**



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# NCS honours students for academic and athletic achievement

**By Kathy Bly**  
**Sunny South News**

Noble Central School wrapped up the 2012-13 school year at the end of June with a presentation of academic and athletic awards.

The Highest Average awards were presented for Language Arts to Hayden O'Brien, Brynn Wobick and Clara Kuk. For English 10-1 went to Annie Giesbrecht, English 20-1 to Dallas Van Dyk and English 30-1 to Austin Plomp.

The Social awards went to Hayden O'Brien, Brynn Wobick, Clara Kuk, Kaven Many Shots, Nathan Kooy and Austin Plomp. The Science awards went to Hayden O'Brien, Brynn Wobick, Clara Kuk and Annie Giesbrecht.

The Biology 20 and 30 awards both went to Nicholas Oudshoorn who also won the Physics 20. The Physics 30 award went to Nathan Kooy.

The Math awards were won by Hayden O'Brien, Allison Feenstra, Clara Kuk, Amber Christiansen, Joseph Martens, Kaiden Stewart, Joseph Martens and Taylor Seiller.

The Chemistry 30 award went to Raegan Plomp who also won the English 30, Social Studies 30-1, the Palliser ATA Award of Excellence and the Max Pharis Memorial Scholarship.

Clara Kuk won the Palliser ATA Grade 9 Citizenship Award and Riley deBoer won the Art Bareham Memorial Award.

The Legion Remembrance Day awards were presented to Kasey Groenenboom for first in Intermediate Black and White Poster, to Samantha Conarro for first in Intermediate Colour Poster, to Lena Neufeld for second in Intermediate Colour Poster, to Hayden O'Brien for first in Intermediate Essay, to Clara Kuk for first in Intermediate Poem, to Tyson Dorchak for second in Intermediate Poem, Kaiden Stewart for first in Senior Poem, Nathan Kooy for second in Senior Poem and Brooke Groenenboom first in Senior Essay.

Most Improved Awards, presented by the Nobleford Ag Society, went to Dominick Jones, Nathan Fudge, Colten Gurr, Ainsley Newton, Lee Heather and Lisa van Rhee.

Cooperation, Concern and Respect Awards, presented by the Barons Legion Ladies Auxiliary, were presented to Makayla Hofer and Annie Giesbrecht. The Barons Elks presented the Top Distance Education award to Maria Neufeld and the Jr. High

Complimentary Courses award to Kyle Gurr.

The Noble Central School award for 110 per cent went to Lloyd Sandford.

The Top Academic Student awards, based on the 2011-2012 school year, were presented to Brynn Wobick, Clara Kuk, Amber Christianson, Nathan Kooy and Maria Neufeld.

For the 2012-2013 school year the awards went to Hayden O'Brien, Brynn Wobick, Clara Kuk, Amber Christianson and Nathan Kooy.

The Governor General's award for the 2011-2012 school year went to Raegan Plomp.

The senior high athletics awards were also presented during the evening. For wrestling the Ladell Friesen Memorial Award for junior high went to Colten Gurr and the senior high to Kaiden Stewart.

For volleyball the JV boys MVP was Joseph Martens, the 110 per cent to Jakey Siemens and Most Improved to Kelton Schlamp. The JV girls MVP was Taylor Holtorf.

For Senior Varsity boys the MVP was Tyson Pariseau while the 110 per cent awards went to Nathan deBoer and Logan Schlamp. For the Senior Varsity girls MVP was Bailey Coutu, 110 per cent was Aimee Sherman and the Most Improved was Dallas VanDyk and Ainsley Newton.

For the junior high athletes the awards for volleyball were presented for Jr. Boys to Lane Roggensack as MVP, Bryce Segboer for 110 per cent and to Kevin Froese for Most Improved.

For Jr. Girls to MVP Selina Barnett, for 110 per cent to Hayden O'Brien and Most Improved to Hannah McIntyre.

For Sr. Boys to Kelton Schlamp for MVP, for 110 per cent to Colten Gurr and Most Improved to Charles Mabie and for Sr. Girls to Brynn Wobick for MVP, 110 per cent to Mikayla Potterton and Clara Kuk and Jayme Holtorf for Most Improved.

For basketball the Jr. Boys MVP was Dominick Jones, the 110 per cent to Bryce Segboer and Most Improved Garritt Van Voorst.

The Jr. Girls MVP was Selina Barnett, the 110 per cent to Kayla Oostlander-Cole and Most Improved Lena Neufeld.

Sr. Boys the MVP was Kelton Schlamp, 110 per cent to Frank Neufeld and Most Improved to Richard Van Voorst.

For the Sr. Girls the MVP was Jessica Fudge, 110 per cent was Brynn Wobick and Most Improved was Jayme Holtorf.



JUL 23 2013

# Moore learns new appreciation for Canadian freedoms

By Kathy Bly  
Sunny South News

When Picture Butte's Megan Moore took off on flight bound for South Korea she had no idea what to expect on the other end.

The University of Lethbridge student in bio-chemistry studies graduated from Picture Butte High School in 2010.

This spring she learned about a program for grandchildren of Korean War veterans and she applied.

"It was very fast," she said of her acceptance and the few weeks she had to prepare for the trip while juggling university and working.

She admits she was nervous because she had no way of knowing what she was going to experience when she arrived.

"I had to travel halfway around the world by myself."

She flew Calgary to Vancouver and then to Seoul - the last leg of the flight was 11 hours. In all she was traveling for 21 hours.

If that wasn't challenging enough she left the day after the flooding in Calgary and had to go up the night before to make sure she would be able to get to the airport as Deerfoot was set to close overnight.

"It was the craziest day of my life."

She had to write two final exams, turn in three assignments then zip home to pack and drive up to Calgary.



**MILITARY MAN:** Megan Moore, posing with a South Korean general, got an opportunity to spend a day training with the South Korean military branch, Ghost Recon during a trip to the country. As a granddaughter of a Korean War veteran she was invited to the country to be part of the 2013 Youth Peace Camp. At right, at the demilitarized zone between North and South Korea, she joins her group for a photo op.

She left the next morning for South Korea.

Moore said once she was on the plane it really hit her that she was going to Korea.

"I hadn't had time to focus on that because of school."

She was invited to spend the week in South Korea as part of the 2013 Youth Peace Camp as a guest of the South

Korean government. She only had to pay for half the cost of her flight in order to participate.

The peace camp was developed in 2008 to bring grandchildren of the veterans to South Korea to foster peace. Moore's paternal grandfather, John, served in the Canadian military during the Korean War as a Leading Seaman assigned to the battleship, Her Majesty's The Crusader.

He passed away in 2006 at the age of 74 and it wasn't until a few years after that Moore learned he was a Korean War veteran.

"My whole family has been military."

She has six years of Cadets to her credit and plans to join the Canadian Forces after she is done her university education in 2015.

"I hold our vets in the highest esteem."

She said she feels honoured to be following in her grandfather's footsteps in service with the Canadian

military. It was this background and respect for the service of Canada's veterans and her personal connection that led her to apply for the camp in the first place.

"It was such a learning opportunity."

In all there were 14 Canadians who went, Moore being the lone Albertan. They were joined by grandchildren of veterans from other parts of the globe.

In all there were 100 international youth and 100 South Korean youth involved in the camp.

They spent a lot of time on tours, getting to see the country and learning about the culture and the impact of the Korean War.

With it being the 60th anniversary of the signing of the armistice to end the Korean war, the government had also invited veterans of the war to visit at the same time as the grandchildren of the veterans were in country.

❖ Turn to **YOUTH, 14**



**VET CONNECTION:** Picture Butte's Megan Moore stops for a photo with two Canadian veterans in South Korea during her visit to the country at the end of June. Photos submitted.



# Nickel claims Distinguished Leadership Award

By Kathy Bly  
Sunny South News

The principal of Huntsville School in Iron Springs has been honoured with a Distinguished Leadership Award in acknowledgement of excellence in her creative, innovative and effective leadership.

Sherrie Nickel, a teacher with 24 years of experience, received the award at a gala in Edmonton in May. The award is sponsored by the Alberta Teachers' Association Council for School Leadership.

As part of the evening, Nickel won an incredible professional development opportunity. She went to the 11th World Convention of the International Confederation of Principals in Cairns, Australia July 1 to 4.

Nickel says she feels she'll be accepting the award on behalf of her entire school team and the outstanding people who led the school before her.

"I never got into this profession for accolades," she says. "You don't expect them to come. I just find so much joy from doing the work I do."

Nickel says she pursued teaching because "I love kids and this is a way I could earn a living and have a satisfying career doing something I love."

Three years ago, when she entered school leadership as principal of Huntsville School, a new career passion came to light - caring for the adults in the school, too.

"I love being on a journey with them," she says.

Huntsville School has about 100 students K-9, as well as an early learning program. The vast majority of students come from Low German-speaking Mennonite families, and many arrive at school not knowing any English.

"It is a school where every single person in the building is passionate and committed to every individual child," Nickel says of her staff of 12 teachers and support staff. "They care about the

progress of the student and they are professional in their delivery of education. Above all else, the staff care about each other and the children there."

The school has a family feel, with students from all grade levels working together on projects such as this year's focus on the works of Dr. Seuss. For younger children, the project might involve working on rhyming words in Seuss tradition, while older students might take on environmental projects, inspired by "The Lorax."

Nickel says part of the school's success is owed to something mundane - scheduling.

"Our timetable is established so every single child is getting language arts instruction at the same time every single day," she says. "Rather than being pigeonholed with their age-levelled peers, students are grouped according to similar reading levels. They work in smaller groups with targeted instruction."

The groups are fluid with groupings changing frequently as students master skills and move on to others. Once a student tastes success, it motivates them for more. This is individualized programming at its finest, with assessment of the individual student's learning needs guiding the instructional plan.

The flexible groupings have been proven to be quite successful and Nickel says a similar approach to math will be adopted school-wide next year.

Palliser Regional Schools Superintendent Kevin Gietz describes Nickel as a driven school leader whose high expectations bring out the best in her staff and her students.

"She identifies challenges her students face and she's been willing to experiment and innovate in order to help them overcome those challenges," Gietz says. "Not only is she an outstanding principal, she's an excellent teacher, one of the best in the system."

Nickel says the Huntsville



**LEADERSHIP AWARD:** Sherrie Nickel, principal at Huntsville School in Iron Springs was recently honoured with a Distinguished Leadership Award. Photo courtesy of Palliser Regional Schools.

staff makes "very conscious decisions" every day to support learning of science, math and social studies concepts even before reading skills are mastered. In classrooms, "there's very little sit and get," she says. Instead, students are up and moving, doing a lot of talking and group work, with teachers delivering content and concepts in ways that don't require reading.

She says teachers and support staff share a vision they all had a part in developing.

"If there was even one person that wasn't on board, it would be a struggle," she says.

The school has also been successful at building community support, with Low German-speaking Mennonite parents taking on leadership roles in school council. Last year, the school used a wellness grant to create a coffee club for moms who had access to presentations by experts on nutrition and other healthy living informa-

tion. This year, the participating moms started holding regular volleyball sessions at the school. With spring weather, the school now has a walking club.

"It's an opportunity for moms to have some time to themselves," Nickel says.

Before becoming a school principal, Nickel spent one year seconded to an Alberta Initiative for School Improvement project.

Working from Palliser's central office, she developed online resources related to the new social studies curriculum. She also spent one year seconded to the University of Lethbridge where she supervised education students during their practicums. In 2010, she completed her master's degree, focusing on curriculum design, at the University of Lethbridge.

"I have had opportunities for such great variety of experiences," Nickel says. "I've loved every step of this journey."





# PASS+ students win nutrition award

"The shared meal elevates eating from a mechanical process of fueling the body to a ritual of family and community, from the mere animal biology to an act of culture." - Michael Pollan author of "In Defense of Food: An Eater's Manifesto"

A new program at PASS+ School in Coaldale this past school year is giving students at the outreach program more than a lesson on food preparation and nutrition.

It's building bridges through the breaking of bread.

Since January, the school has been encouraging healthy eating by introducing Wellness Wednesdays, a day for students to experience new fruits and vegetables, as well as offering a monthly hot lunch, prepared by students.

Students also regularly make muffins for themselves and others in the community. The effort has earned PASS+ a Nutrition Innovation Award valued at \$1,000 from Alberta Milk.

"I like bringing out the food," says student Amy Dyck, one of four chefs who helped prepare soup for the most recent hot lunch day.

"I like when they eat all of it because when I feel like, 'Oh, I made something good.'"

This day, the menu featured chicken noodle, turkey vegetable and peppered chicken soups, the latter a recipe invented by student Christian Kicey. Fruit and bread fresh from the school's new breadmaker were also available.

"I cook at home all the time," Kicey says. "I cook. I bake. . ."

"He makes a really good ice cream cake," Amy says.

Kicey's peppered chicken soup recipe was made completely from scratch. It



**MILK AWARD:** From left, PASS+ students Lisa Dyck, Christian Kicey and Amy Dyck pour soup they made for fellow students and staff as part of a new hot lunch program. Photo by Dawn Sugimoto

had a spicy kick, though next time, "I think a Cajun chicken would be better."

David Fehr and Lisa Dyck helped make the meal as well, much to the enjoyment of students and staff alike. Students are encouraged to share their feedback on the foods they've tried on comment sheets circulated following the meal.

Over the past several months, the students have tried a number of foods, including avocado, star fruit and spaghetti squash.

Each new food is accompanied by information about the price of the item and the nutritional value.

"The star fruit was really good," recalls Lisa.

For Fehr, the big hit was avocado. "It had been a while since I tried them, and I really liked them," he says.

School secretary Deb Coolidge says the program has been helped along by donations and discounts from Coaldale

Food Market and the Coaldale United Church, which donated the leftover turkey that became Wellness Wednesday's soup.

In return, students have shared their baked goods with their supporters as a show of thanks, says Andrea Hertz, a learning assistant at the school.

She says when students first made muffins, they questioned her use of whole wheat flour. By the end of the school year they were modifying recipes to incorporate fresh fruit, they're conscientious with their use of nuts should someone have allergies, and they're adding ingredients like hemp hearts to boost the nutritional value.

With money from the Alberta Milk award, Coolidge says the school will purchase a better set of knives for their budding chefs, as well as a small fridge for keeping juice and milk on hand.

With the school's proximity to a convenience store, the fridge might entice students to make a beverage choice healthier than a pop or slushy drink.

The program has also encouraged teamwork, with students sharing cooking and cleanup duties. The high school program, located in the same building as John Davidson School in Coaldale, gives students the opportunity to complete high school courses at their own pace in a flexible schedule.

That means the students come to PASS+ from a variety of backgrounds and schools. They often don't know each other.

Hertz says the lunch program has helped build a better sense of community among the students.

Throughout history, breaking bread has been important to building bonds in families and communities, remarks

teacher Bruno Castello, as he makes his way from table to table, talking with students about the excellent soups and their courses.

Teacher Jennifer Giles says students made a hot breakfast one day to be enjoyed by a guest from the Coaldale Health Centre who made a presentation on volunteer opportunities. It's just one example of how the nutrition program is building bridges between the school, the students and the larger community.

Over this year, nearly 140 students have taken courses through PASS+. More than half of the 93 students currently completing credit courses are also students at Kate Andrews High School.

They may be picking up courses they just can't fit into their KAHS schedule.

Others at the outreach may have jobs or other commitments that make the flexibility of the outreach program a necessity. Still others may simply prefer working at their own pace.

Coolidge says she's seen students come out of their shell over the hot lunches, and she credits school Principal Danny Roberts for his unwavering support of the program that meets students' needs on so many levels.

A formal presentation of the Alberta Milk Nutrition Innovation Award was part of PASS+ graduation ceremony on June 21.

**"I cook at home all the time."**

**— Christian Kicey**





SUNNY SOUTH NEWS PHOTO BY IAN MARTENS

**HANDS ON:** Tasha Overeem handles the controls next to fellow Grade 10 student Taylor Holtorf as they work with one of the harvester training simulators set up at Noble Central School.

## Simulator offers insight into forestry equipment

**By Kathy Bly**  
Sunny South News

Nobleford is known as an agriculture-based community, but 27 Noble Central High School students received training in another field this year.

All of Noble Central's Grade 10s, most of the Grade 11s and two Grade 12s participated in simulated instruction on forestry equipment as part of a five-credit program delivered as a collaboration with the Alberta Distance Learning Centre (ADLC).

The students learned how to operate the large equipment used in forestry, such as feller bunchers, processors, forwarders and excavators, to create career awareness and assist the industry in evaluating future machine operators.

The simulators, which create a safe and low-cost alternative to actual equipment training, were provided by Woodland Operations Learning Foundation (WOLF) in a partnership pilot project with the ADC.

"As a small, rural school, we would definitely not have this access otherwise," said Sylvia Van Egmond, distance education coordinator at Noble Central.

"It is absolutely amazing and the kids are really buying into it. They're really having a good time with it. Within the first day, there were about three students that right away said 'wow, I think I'm going to think about this as a career choice.'"

"There aren't a lot of trees around

Nobleford, so to have an opportunity to learn about careers in forestry at our school is really unique," said principal Broc Higginson. "This is the type of experience that is only available to a small rural school like Noble Central through distance learning."

Students learned about biomass and nanotechnology and how they are applied into forestry, had to complete two courses before being able to use the equipment and have to then log six hours on the simulators to earn the credits.

"These simulators were built to train their own new employees. It's almost like a video game type of idea in that they are watching themselves cutting down trees, stripping the limbs, loading them - it's quite complicated," Van Egmond said.

"We've learned a lot of very interesting things about the forest industry. In an agricultural area like we have here, most of these kids don't even realize how big the forest industry is in Alberta. It really is amazing the amount of jobs that are available and the wages that they pay."

Fred Jack, ADC's Lethbridge regional services co-ordinator, said the ability to offer this type of educational experience in classrooms is groundbreaking for Alberta students.

"Immersing students in Nobleford for a week with forestry simulators is a unique opportunity that may open up career possibilities down the road that the students may not have considered before," he said.



# Local rugby athlete key part of Team Canada's historic Nations Cup victory

➤ DaLeaka Menin, 18, competed on U20 squad in England and returned home last week

**Simon Ducatel**  
Reporter

A local rugby athlete was part of the U20 Team Canada's historic win at the Nations Cup in England.

"It's actually the first time in history Canada's ever won, so it was really exciting," said DaLeaka Menin, 18, last week.

Canada played a total of

four games, three of which were won by dominating scores.

Canada won its first game, which was against the U.S. on July 11, by a score of 25-15. On July 14, Canada beat England 43-15.

That victory took England out of contention for the final.

"That's never happened," said Menin.

Team Canada went on to win its third game, which was played July 17 against South Africa, by a score of 37-0.

The final came down between the U.S. and Canada, and Canada recorded a resounding 27-3 win. England beat South Africa by the same score to finish third.

"We were really happy just

to make it to the finals 'cause no one expected us to," said Menin, adding that winning was an "amazing moment."

Having never before played rugby at such a high level made the experience that much better, she said.

Everything panned out "far better than I thought," said Menin.

"We all got along really well from the start," she said about Team Canada.

There were moments of tension, but the squad had gelled and become close friends by the end of it all, said Menin.

Early in July, she flew out to Toronto, where Team Canada spent about a week practising before heading out to the

Nations Cup. On July 7, the team crossed the Atlantic.

The first few days were spent adjusting to jet lag, said Menin.

The team stayed at Trent College in Long Eaton, near Nottingham.

"It was actually really sunny and warm the whole time we were there," said Menin, adding that despite expecting rain, hardly a drop came down.

Playing on a national stage against teams from around the world "was really nerve-racking," said Menin, who was selected to start in the first game.

"It's a really big deal to be picked to go on the field first," she said. "When I found out I was starting in the first game, I was freaking out."

She admitted being a bit nervous at every game, but that didn't stop her from performing well. She ended up starting in all the games and even played in the entire 80-minute games against South Africa and in the final against the U.S.

"Because we were so focused," there wasn't much time for distractions like sightseeing, but the team did get a chance to see Nottingham and visit the castle, said Menin.

"We were free to walk around wherever when we weren't practising," she said.



**Submitted photo**

DaLeaka Menin, back row to the left, posed for some victory shots with teammates from the western provinces after winning the Nations Cup trophy in England. It was the first time Canada won Nations Cup.

So she took the opportunity to see the local architecture and even spent some time at a local watering hole.

After two weeks in England, Menin came home on July 22.

While she'd gladly play with the squad again next year, she said athletes must first be invited.

"It's been an amazing experience, but I don't know what's to come," she said.

The young athlete said she appreciated the community's support, without which she would not have been able to go to the Nations Cup. The community contributed donations to help cover the cost of the trip.



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JUL 02 2013

# County athlete trains for Commonwealth event

By Kathy Bly  
Sunny South News

It promises to be a busy summer for 16-year-old Merel Krosse as she juggles her summer job and training for the Commonwealth Lifesaving Championship.

Krosse found out last week she had been selected for the Canadian development team to compete in lifesaving at the championship, to be hosted Sept. 4 to 8 in Canberra, Australia. She was the first alternate after competing in the nationals in Quebec in June but was notified two weeks ago she had made the team.

"It was exciting," she said when she saw the email and learned she would be part of the Canadian lifesaving team.

"I was not expecting the call at all."

At Nationals Krosse swam in 10 events, made it into 9 - A finals and set six personal best times. She won silver in the line throw with teammate Alex Sura and also took silver in the 100m Carry with Fins event.

When she was selected as a first alternate she was told to keep training just in case she was called up to compete for Canada.

"I was shocked at first," she said because it was so unexpected and she had just returned home from writing one of her final exams at Picture Butte High School.

Krosse will be entering Grade 12 this fall at PBHS and will miss 10 days of school in order to make the trip to Australia to compete. She plans to do work ahead on some of her studies and they play catch up when she gets back.

Given her age she is required to travel with a chaperon so her mom will be joining her on the trip and since they are traveling so far, they will be extending their trip for a few days in order to see more of the country before coming back to their home in the



**WINNING FORM:** Merel Krosse, a resident of the County of Lethbridge, competes in Nationals in Quebec in June. She is now in training for the Commonwealth Lifesaving Championships in Canberra, Australia this September. Photo by Renet Krosse.

County of Lethbridge near Diamond City.

To prepare for the competition Krosse will continue to train six days a week throughout the summer at the University of Lethbridge. She alternates her days between working out in the gym on cardio and working out in the pool.

She will be joined by another 16 year old, Teran Hancock from Lethbridge, who was also originally chosen as a alternate but found out last week he will also be representing Canada.

❖ Turn to **BUSY, 2**



# Busy summer ahead for Krosse

❖ Continued from Page 1

"He just got told yesterday he is going, it's pretty exciting," she said last Wednesday.

She is especially pleased she won't be the only 16 year old on the team.

Krosse has been competing in the sport of lifesaving for the past five years in Canada but started competing in Holland at the age of six. She likes the challenge of lifesaving because of the various skills it requires her to learn and put to use during competitions.

"It's something different, it adds a little flavour."

She did take part in competitive swimming one year but found she liked the lifesaving competitions better than straight swimming events. She still trains with other competitive swimmers but saves her competing for lifesaving events.

"It's not just fast swimming."

There are 10 events in lifesaving and she competes in them all. She has excelled at the provincial and national level, winning various medals this year. She also competed last September at the Dutch Open and now she hopes to make the long trip to Australia to compete against some of the best in the world in the sport of lifesaving.

Her ultimate goal is to compete at the Worlds. Rescue 2014: World Lifesaving Championships will be hosted in France next year, Sept. 13-26. All of the events come under the sanction of the Royal Life

Saving Society.

Being that she is only 16, Krosse still has a few years to compete at a national and internationally level, increasing her chances at competing at Worlds.

Now with her spot secured on the Canadian team

her focus is split between training and fundraising for the trip. She has to raise \$4,500 and will be working all summer as a lifeguard to help raise some of the funds. She will also be seeking sponsorships and donations to help offset some of the costs.

She became a certified lifeguard last November but has been a swimming instructor since last August. This summer will be her first working full time as a lifeguard, assigned to the Stan Siwik in Lethbridge.

"It's really nice, I love it."

She not only loves being able to work at the pool but also being able to put her lifesaving training and skills to a practical use.

She admits sometimes she doesn't even consider it a job.

"It's something I love to do."

She is also exciting to be sharing the experience with her mom.

"She seems pretty excited about it."

Anyone who wants to follow her progress can go to [www.merelkrosse.jimdo.com](http://www.merelkrosse.jimdo.com) where they can also learn about how they can help sponsor her for the Australian competition.



**TEAM SILVER:** Sporting her silver medal, Merel Krosse and teammate Alex Sura celebrate their achievements at the lifesaving Nationals in June. Photo submitted.

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Call the Town Office to book a table.  
Limited tables available.



## Visualizing Vulcan in the future



**Stephen Tipper** Vulcan Advocate

Clarissa Losey, who's going into Grade 11 at County Central High School (CCHS) this fall, paints a blimp on a mural on a wall at the side of the vacant building at 118 Centre Street, on June 26. Another CCHS student, Edrienne Deitz, as well as CCHS teacher Michael Shain and local artist Kim Fortin, also painted the mural, which represents a vision of Vulcan in the future.



JUL 31 2013

Arrowwood cowgirl competes in Canadian high school rodeo finals



**Sheena Read**, Contributor

Arrowwood's Darby Wilkinson rounds the second barrel, finishing with a time of 16.474 seconds, in the barrel racing during the Canadian Jr. and Sr. High School Rodeo Finals at the Nanton Agri-Park on July 25. It was the first day of the three-day finals, and Wilkinson was competing in the senior high school rodeo.



## Champion School helps flood victims



### Submitted photo

During the last week of school, staff and students at Champion School collected donations for the Red Cross as well as monetary donations to purchase cleaning supplies and toiletry items to assist flood victims. A total of \$1,830 was given directly to the Red Cross, while close to \$3,000 was collected to purchase items. Thanks to the very savvy couponing skills of a local parent, the school was able to purchase more than \$14,000 in items to be donated to those who were affected by the flood. Here, Champion School student Kelso Cross helps pack up the items, which were then taken to the evacuation centre in Vulcan.





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*Photo courtesy of Kathy Bly, Sunny South News*

**O**n May 23rd, Councillor Morris Zeinstra presented students Erin Baines (left) and Addisyn Currie (right) at Dorothy Dagleish School, a cheque for \$17,000. The funds will go towards the construction of a new \$120,000 playground replacement project slated for construction in August 2013. The Public School Betterment Society of Picture Butte was one of the recipients who qualified under the Land Trust Reserve Fund in 2012.





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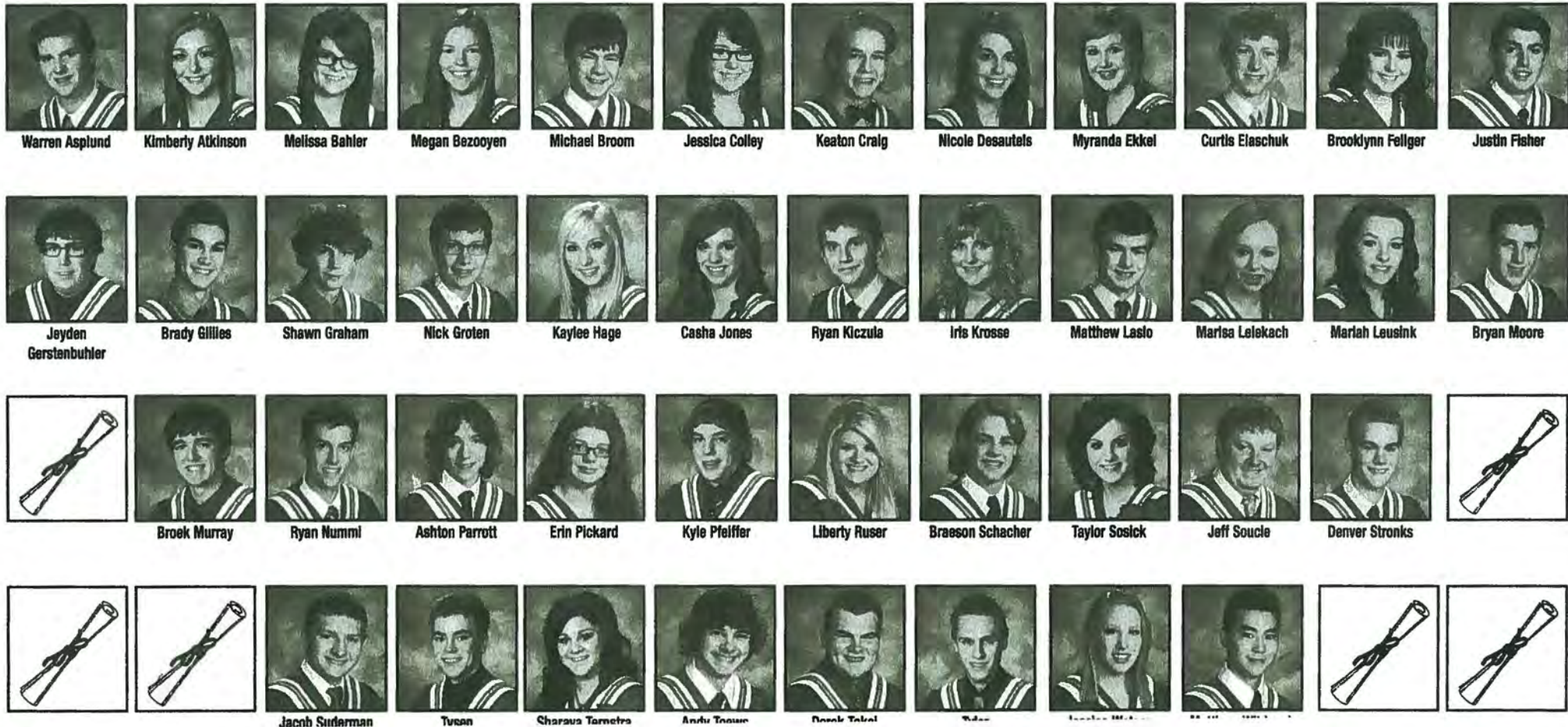
# Picture Butte High School

Photos courtesy of Lifelouch



Congratulations to the Graduating Class of 2013. Completing high school is an important milestone in life. It is something you're worked hard for and something you should be proud of. Now as you go on to bigger and better things in post-secondary or in the work world, we hope and pray that you will have even greater success and satisfaction. Always remember what you learned at Picture Butte High School: integrity, respect, empathy, trustworthiness, perseverance, tolerance and kindness. These are the PBHS Virtues and they will serve you well in life. Continue to work hard and try to make the world a better place. We wish you all of the best and hope that you will drop by for a visit from time to time.

- Sterling Paiha, Principal  
Picture Butte High School





There are turning points in each person's travel through life – points where we have to make significant decisions about where to go next and how to get there. While your graduation from Kate Andrews marks the end of one portion of your trip, it also marks the start of a new and exciting time in your travels. The staff at Kate Andrews congratulates you on your achievements to date and wish you every success as you continue your journey.

-Mr. Danny Roberts







# Coalhurst High School

Photos courtesy of Chris Yauck

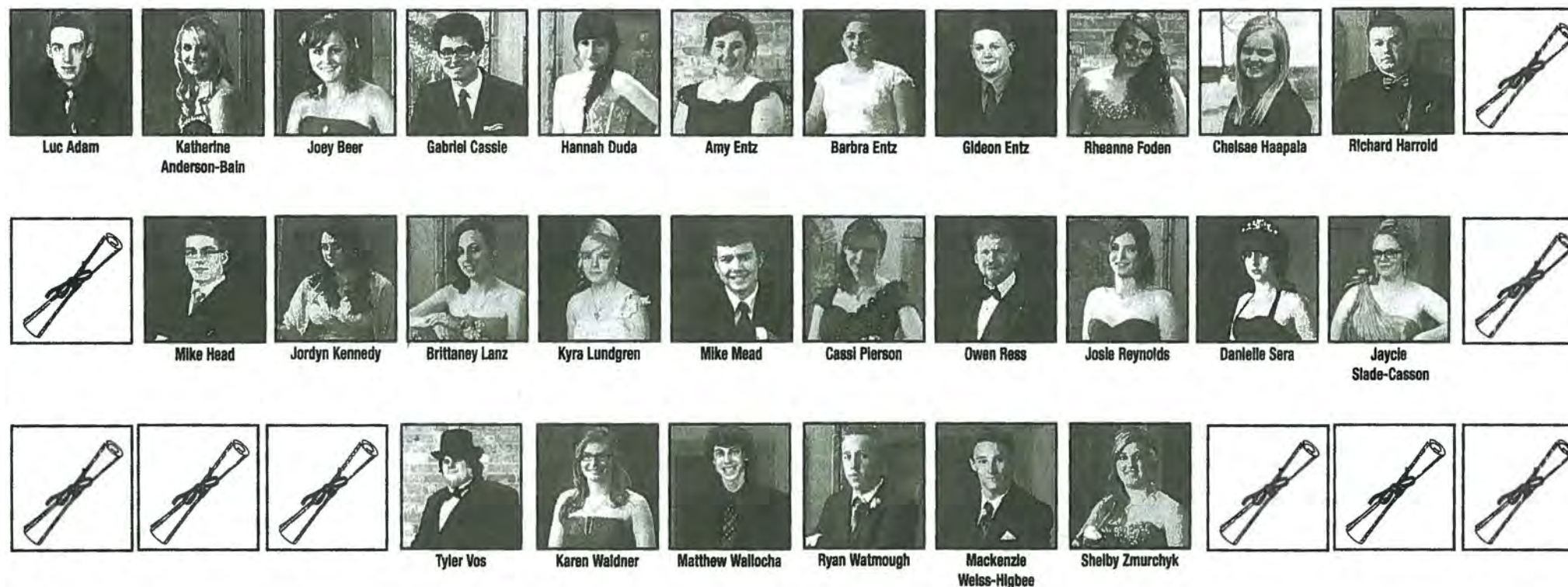


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Congratulations to our 2012-2013 graduates! Our grade 12 students have been a tremendous asset to our school and will serve our communities well. Their high achievement, participation in leadership endeavors including our Student Council, experiences in international travel, dedication to excellence in athletics, and of course their show stopping performances in Firedamp have given them the tools they need to be contributing citizens. On behalf of CHS staff and the community of Coalhurst I want to wish all of our graduates the best of luck as they move into post-secondary.

- Mr. McIntyre, CHS Principal



## Congratulations, Class of 2013

Best wishes to students of Coalhurst High,  
Kate Andrews High, Noble Central, PASS+  
and Picture Butte High School

*Together we will ensure learning success for all students  
to develop their unique potential as caring citizens in a changing world.*