

#### MESSAGE FROM THE ACTING DIRECTOR



Dr. Niels Koehncke, Acting Director, Canadian Centre for Health and Safety in Agriculture; Specialist in Occupational Medicine, Network Faculty Advisor

It has been another busy year for the Network. Trade shows, workshops, division meetings and clinics continue to keep our Network staff busy, springing off of a busy Anniversary year last year.

In June of 2013 the Network held a strategic planning session together with representation from SARM, the Ministry of Agriculture, the Network Steering Committee, CCHSA, and other partners. It was a full and productive day of discussions around key elements of the Network including funding and partners, reach and visibility, activities, and effectiveness. Out of that arose a document outlining a 1-2 and 3-5 year plan to help the Network to move forward towards greater success, more visibility and capacity, and increased growth. Included in the planning document were results of surveys that highlighted the value and importance of the Network to member RMs and producers and the need to continue to look for new ways of delivering messages, clinics, and other services.

CCHSA and the Network also moved into our new home in the new Health Sciences E-Wing on the University of Saskatchewan campus in October of 2013. The Network has a beautiful new

office and considerably more space for resources, staff and students. Combining our 5 year strategic plan with a new home that gives us the infrastructure and space to support these activities with room to grow is something we have been looking forward to for a long time and are very excited about.

We are always very grateful for the continued support from our member RMs, SARM, and from the Ministry of Agriculture towards the continued success of the Network. It always amazes me how much is accomplished by such a small team of committed people. Thank you once again to our Network staff for their continued dedication and hard work. From our new home and with exciting plans on the horizon, I am very much looking forward to our next year.

Sincerely,

Dr. Niels Koehncke, Acting Director

## The Agricultural Health and Safety Network

### **Membership & Recruitment**

#### **History**

The Canadian Centre for Health and Safety in Agriculture (CCHSA) partnered with the Saskatchewan Association of Rural Municipalities (SARM) and six Rural Municipalities in 1988 and founded the Agricultural Health and Safety Network with the mission to improve health and safety on the farm through education, service, and evaluation research. This organization is now in its 26th successful year, and now providing occupational health and safety services to 208 RMs that are members of the Network. The Network continues to grow with a list of over 29,000 farm families. This steady increase attests to the viability and success of an agricultural health and safety program that is unique to Saskatchewan.

Current membership is 208 RMs. These RMs pay an annual fee of \$3.75 per active farm family to benefit from the Network resources and services. The maximum Network membership fee continues to be capped at \$1200 per RM. These partnerships act as the foundation of the Network and provide leverage to draw in additional resources to better serve Saskatchewan farmers, their families and their workers.

The Network sends out an annual recruitment package to non-member RMs, as well as visits council meetings to encourage and promote membership as a valuable opportunity for the farm families in their community.

# Canadian Centre for Health & Safety in Agriculture - CCHSA Research and the Network

CCHSA was founded in 1987 and celebrated its 25th Anniversary in 2011. The Network began shortly after when research indicated that respiratory hazards on the farm needed to be addressed. Research guides the Network's focus on various safety concerns. CCHSA's extensive research on the respiratory effects of exposures that Saskatchewan farmers may face regularly guides the Network's outreach regarding respiratory safety and hazards. Recent research findings at CCHSA also illustrate that farm families are at risk for the following reasons:

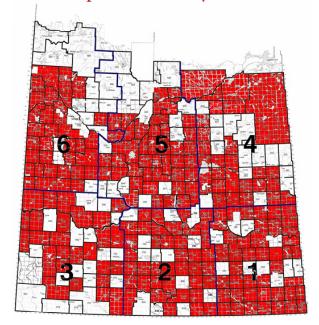
- · Long work hours and fatigue
- The physical environment
- The aging process puts older farmers at a higher risk
- Children and teens are at a higher risk while parents cope with long work hours

The Network is CCHSA's avenue to provide resources and services that consider the above, and other related concerns to best serve Saskatchewan farm families. The Network's resources and services reflect the issues originating in current CCHSA research.

### **Funding**

The Network receives funding from RM fees, the Saskatchewan Ministry of Agriculture and other grants.

#### NETWORK Membership Map Updated: February 2014



#### **Network Team**



The Network team is comprised of CCHSA faculty and staff. These individuals spend all or a portion of their time on Network projects. Their various areas of expertise and experience ensure that the Network has a solid foundation to work with.

Niels Koenhcke	Acting Director, CCHSA, Associate Professor, Dept. of Medicine
Donna Rennie	Professor, College of Nursing, Network Faculty Advisor
Cheryl Leuschen	Registered Nurse
Kendra Ulmer	Network Registered Nurse, currently on maternity leave
Bonita Mechor	Knowledge Translation Specialist
Anna-Marie Mechor	Network Administrative Assistant
Sueli de Freitas	Communications Coordinator
Louise Hagel	Saskatchewan Injury Surveillance
Iris Rugg	Network Finances

#### **Steering Committee**

The Steering Committee is an advisory group composed of RM councilors and a Saskatchewan Ministry of Agriculture representative. These committee members represent the voices of Saskatchewan farmers, their families and their workers to provide direction and feedback on programs delivered in the Network. Their support and input are invaluable to the Network. The members of the Steering Committee are as follows:

Division 1	Stanley Lainton	RM of Coalfields #4
Division 2	Duane Filson	RM of Wood River #74
Division 3	Floyd Thunstrom	RM of Coteau # 255
Division 4	Brenda Zemluk	RM of Elfros #307
Division 5	Eugene Matwishyn	RM of Prince Albert #461
Division 6	Gary Hoppe	RM of Glenside #377
Ministry of Agriculture	Cole Warren	

#### **Students at the Network**

With our new facility (Knowledge Translation Lab) the Network is able to host university students who are doing practica and various work placements. They assist Network staff with writing articles, updating resources, helping at trade shows and attending clinics.



Emily Wilson, CCHSA Student at the Crop Production Show

#### **Partnerships**

The Network works to develop community partnerships and relationships with local RMs and various organizations to increase awareness of farm health and safety. The Network also continues to partner with other organizations to increase the effectiveness of the program.

The Saskatchewan Alliance for Safety and Health in Agriculture (SASHA) is a provincial group that meets once a year to provide collaborative opportunities for the organizations that participate. It is an opportunity to work with other organizations that are also interested in farm safety, to prevent overlap of services and resources, and to best use our financial resources. CCHSA hosted this meeting in 2012 at the Saskatchewan Abilities Council in Saskatoon. There was no meeting in 2013, but CCHSA will continue hosting these annual meetings to ensure that all provincial farm safety organizations have the opportunity to build strong partnerships with each other. The next meeting will be in April of 2014.

#### **Network Newsletters**

This resource is delivered twice a year and mailed to Saskatchewan farm families that are enrolled in the Network by their RM. Currently over 29,000 farm families receive this farm safety reminder that includes current opportunities, scholarship information, farm safety tips and contact information in their mailbox.

#### **Network Mailing List**

This list is updated twice a year before the mail outs to be as accurate as possible, to prevent overlap, and to prevent unnecessary expenditure for both the Network and the RMs.

There are a significant number of people who still prefer paper copies of newsletters, resources, etc. We continue to provide farm families with this service as well as providing electronic access to resources.

#### Winter Issue 2013:

This issue introduced our new location. It discussed the Network's strategic planning, the Canada farm safety record, awareness of Hantavirus, and included CCHSA research updates.



#### 25<sup>th</sup> Anniversary Commemorative Edition 2013

This issue celebrated the Network's 25th anniversary year. It displayed a timeline, explained the founding of the Network, and discussed what the Network has become. It also talked about the long term CCHSA health and safety initiatives and research at CCHSA.





#### **Annual Package**

The winter issue of the Network News was delivered to over 29,000 Saskatchewan farm families with the Save Your Breath: Respiratory Safety in Agriculture resource tucked into the centre fold. The Network discovered that placing the booklet inside in that manner resulted in a large financial savings. We will continue to distribute our annual resources in this manner where appropriate (see the description of this resource on the next page).

#### Other Publications

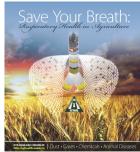
The Network provides health and safety articles for other magazines and newsletters. This is a valuable opportunity to promote the Network and provide outreach beyond our membership. It also gives nonmembers a chance to see what they are missing by not being a member of the Network. The Network contributes an article to each Rural councilor (SARM's publication with a readership of 2,000) as well as to the Farmers with Disabilities publication (5,000 readers).

#### Resources

#### **Respiratory Safety Resource**

The Save Your Breath: Respiratory Safety in Agriculture resource was created as a complement to the previous year's respiratory Safety DVD which is available both on the web-

site as well as hard copies from the Network. CCHSA research recognizes that respiratory hazards on the farm are a major concern for the agricultural industry, and continues to focus on farming related health issues including respiratory disease, as well as chemical and environmental exposure in the workplace.



#### **Updated Resources**

In order to keep our information for farm families up to date, periodically certain resources are revamped and updated. This year the Rabies Factsheet and the Hantavirus Factsheet were updated.

#### **Tradeshows**

Tradeshows are a venue for promotion of the Network and awareness of current safety concerns. They let us distribute resources to many people and connect with the general agricultural community. The Network had booths at the annual Crop Production Show in Saskatoon from January 7-10, 2014 and the annual SARM convention.

March 21 2013	Saskatchewan Conservation and Development Association Conference
November 3 2013	Lake Alma Community
November 6, 7 2013	SARM Midterm Convention
January 14, 15, 16 2014	Saskatoon, Crop Production Show
March 10, 11, 12 2014	Regina, SARM Convention Trade Show

#### **June 2013 SARM Division Meetings**

June 18	Division 6	Battleford	
June 19	Division 5	Saskatoon	
June 20	Division 4	Kelvington	
June 25	Division 1	Kipling	
June 26	Division 2	Moose Jaw	
June 27	Division 3	Swift Current	

#### Workshops

October 22 2013	Buchanan	Farm Safety Walkabout
November 3 2013	Lake Alma	Farm Safety Walkabout
November 13 2013	Assiniboia	Farm Safety Walkabout
November 14 2013	Ogema	Farm Safety Walkabout
November 26 2013	Turtleford	Farm Safety Walkabout
March 26 2014	Ituna	Farm Safety Plan

#### **Other Presentations**

April 18	Muenster	Agriventure Young and New Workers Safety
October 16 2013	Saskatoon	SCATE (Ministry of Ag) Promotion of the Network
November 16 2013	Humboldt	First Responder Promotion of the Network
January 16 2014	Yorkton	Ministry of Agriculture Young and New Workers Safety
February 6 2014	Saskatoon	APAS Promotion of the Network
March 19 2014	Carrot River	Rate Payers' Meeting Promotion of the Network

#### **Hearing & Respiratory Clinics**

#### **CLINIC PARTICIPANTS WILL:**

- 1. Complete a hearing health questionnaire
- 2. Participating in audiometric (hearing) testing
- 3. Have personal copy and interpretation of test results for own record
- 4. If necessary referral for follow-up to their physician
- 5. Instruction will be given on proper use and care of hearing protection for the work

**Hearing Clinics** are provided in a format similar to the Respiratory Clinic. Trained staff work with farmers and their families in their local community to increase awareness of noise hazards on the farm, develop methods to reduce their exposure to harmful noise and show

how they and their physician can monitor the effects of hazardous noise on their hearing.

#### **CLINIC PARTICIPANTS WILL:**

- 1. Complete a respiratory health
- 2. Measurement of height, weight, and blood pressure
- 3. Review appropriate respiratory personal protection
- 4. Perform a lung function (spirometry) test
- 5. Receive personalized health teaching
- 6. If necessary referral for follow-up to their physician

**Respiratory Clinics** are an educational and respiratory screening service provided to rural residents in the Network RMs. A registered nurse works with farmers and their families in their local community to increase awareness of health and safety risks associated with respiratory hazards on the farm, develop methods to reduce their exposure and show how they and their family physician can monitor the effects such hazards have on their respiratory health.

### **Hearing Clinics for Farmers and RM Employees**

June 20, 2013	Hearing - RM 96	Fillmore
July 10, 2013	Hearing - RM 142,232,171	Richmound
July 16, 2013	Hearing - RM 349	Kelfield
July 17, 2013	Hearing - RM 277	Wishart
February 12, 2014	Hearing - RM 404	Waldheim
March 20, 2014	Respiratory - RM 155	Wolesley

#### AGRICULTURAL HEALTH AND SAFETY NETWORK STRATEGIC PLANNING

The Canadian Centre for Health and Safety in Agriculture (CCHSA) is conscientious of the need for agricultural health and safety programming in rural Saskatchewan. This report reflects the results of the survey that was distributed at the June Saskatchewan Association of Rural Municipalities (SARM) Division meetings. 195 Reeves, Councilors, and Administrators responded and we want you to know what we heard. This survey is part of a strategic plan to provide Saskatchewan Farm Families with an effective health and safety program in their community. An electronic survey emailed out to RMs will also be considered within the strategic planning.

Developing a strategic plan for the Agricultural Health and Safety Network (The Network) will ultimately serve your farming community better. We want to return the results of the survey to you, and increase your awareness of services available. Please don't hesitate to contact us with any further feedback you may have.

Here are the questions that were asked: How would you prefer that we deliver safety messages? What topics would you like more information about? Do you have a formal farm safety plan in your operation? Do you read the Network News? We also asked you to comment on how we can improve our service to your RM.

#### **Survey Response Discussion**

#### **Safety Message Delivery**

Responses clearly indicated an appreciation for the printed newsletter, although a clear interest in electronic safety messages was also apparent followed by workshops, and radio advertisements. The Network will continue to publish the newsletter as we build our electronic database and rural internet improves.



#### **Safety Topics**

Some people chose everything! Machinery and healthy lifestyles were the most chosen topics, however there was almost as much interest in safety for children, older

farmers, farm safety plans and respiratory safety. Everyone has a different focus demonstrating why the need for the Network to continue to provide a variety of services and resources to address the needs of all farm families in Saskatchewan.

#### **Farm Safety Plans**

According to FCC in 2008, 15% of Canadian farmers had Farm Safety Plans. Our survey shows that 22% of Saskatchewan farmers have a Farm Safety Plan. If you are interested in a Farm Safety Plan workshop in your community, call us!

#### **Network Newsletter**

With the high cost of mailing, the Network News has often been targeted as a potential budget cut to save funds by eliminating it all together or going with an electronic newsletter. 67% of people surveyed said that they read the newsletter. Note: Some of participants in this survey do not receive the newsletter because they belong to non-member RMs.

### **Strategic Planning Meeting**

CCHSA held a Strategic Planning Meeting June 28, 2013 to address the future planning and direction of the Network. In attendance were Consultants, representation from the Network Steering Committee, The Ministry of Agriculture, the Saskatchewan Association of Rural Municipalities (SARM), the Agricultural Health & Safety Network and Canadian Centre for Health and Safety in Agriculture (CCHSA).

The results of this meeting were used to develop the formal five year plan that will guide Network activities.

#### **SARM Scholarship**

History: In 1995, the Saskatchewan Association of Rural Municipalities (SARM) auctioned off the first copy of its history book "The Building of a Province: Commemorating the 90th Anniversary of the Saskatchewan Association of Rural Municipalities." This auction netted the sum of \$2,600 which the SARM Board of Directors contributed to the Canadian Centre for Health and Safety in Agriculture (CCHSA). These funds initiated the SARM 90th Anniversary \$1,000 Student Scholarship in Agricultural Safety & Rural Health. The Founding Chairs Program at CCHSA maintains the scholarship.

This year two scholarships of \$1500 were awarded to grade 12 students, Bevan Jensen from the RM of Milden and Hannah Friesen from the RM of Laird. They submitted essays about (a) The importance of safety and health on our farm or (b) safety and health hazards on our farm.



Bevan Jensen RM of Milden # 286

"In time, I hope that statistics will be able to report a much lower number of fatalities and injuries related to the agriculture industry. I believe this will only happen as each farm takes on the responsibility to provide a safe and healthy work environment for everyone concerned."



Hannah Friesen RM of Laird # 404

"So you see, it is hard work that makes us, both tractors and farmers, who we are. But it is safety, I think, which keeps us around, year after year, producing food for all the world and handing down our responsibilities to the newest of generations."

#### **Electronic Education**

Member RMs receive periodic emails to keep them up to date with coming events, and opportunities that they may have through their Network membership.

#### Website



The Network website provides our resources electronically. We are building an online video collection. Our website continues to receive over 7,000 hits permonth.

#### **Phone**

The Network phone lines continue to be a place to call for agricultural health and safety information even though we also now receive many requests by email.

#### **Facebook**

Social media is a way for people to connect and be heard, as well as a new way to learn. The Network will link you to educational safety resources that are relative to your farming operation.



To address the numerous requests that we receive to increase our electronic opportunities, we have included a Facebook page. It is our goal to provide Saskatchewan farm families with current health and safety information at their fingertips.

#### \*\*New: Webinars

The Network did one webinar on Communication and Farm Stress with the Ministry of Agriculture on December 11. This is an electronic form of education that we will continue using to make our reach as far as possible. Look for more of these in the upcoming year.

If you would like to be on an email list to keep you connected to the Network throughout the year, please provide us with your email address.

## AGRICULTURAL HEALTH AND SAFETY NETWORK THEME FOR 2014/2015

# SAVE YOUR BACK Prevention Of Agricultural Related Back Strain And Injury Preparing Your Back For The Agricultural Workplace

This project is a comprehensive back safety campaign. The benefit of this project is that it is usable information directed at Saskatchewan farm families and workers as well as the agricultural industry by keeping farmers working rather than tending to injuries and strain. It will provide tools for farm families and their workers to encourage safe farming practices and protect their backs.

The goals of this project are:

- Back strain and injury prevention
- Improvement of the quality of life
- Reduced costs due to injury and time off work

The following topics will be included:

- Hazard reduction
- Older farmers
- Exercise
- Slips, trips, and falls
- Lifting
- Posture



By: Greg Pender, The Starphoenix

Dr. C. Trask, CCHSA

#### **Project Background**

**Current CCHSA Research: Farm Injury Prevention Study** 

The Canadian Centre for Health and Safety in Agriculture has a history of over 25 years of health and safety research. Dr. Catherine Trask, assistant professor with CCHSA, will lead a new five-year study examining how to prevent aches and pains from developing into more serious, long-term injuries for farmers and agricultural workers in Saskatchewan.

The study will examine the following questions:

- 1. What is the prevalence and degree of low back disorder-related pain and disability experienced by Saskatchewan farmers?
- 2. Are farmers able to access health care?

The study will also assess work exposures and determine patterns of vibration, awkward posture, and manual handling. She also wants to learn about self-made preventative measures that are used in farming, and what other opportunities there are for prevention, and ultimately develop easy-to-use, affordable strategies that can prevent back and other musculoskeletal injuries.

## WATCH FOR OUR "SAVE YOUR BACK" PROMOTIONS AND RESOURCES IN THE UPCOMING YEAR!

# NETWORK MEMBERS

208

R.M. of Argyle No. 1 R.M. of Mount Pleasant No. 2 R.M. of Enniskillen No. 3 R.M. of Coalfields No. 4 R.M. of Estevan No. 5 R.M. of Cambria No. 6 R.M. of Souris Valley No. 7 R.M. of Lake Alma No. 8 R.M. of Surprise Valley No. 9 R.M. of Hart Butte No. 11 R.M. of Storthoaks No. 31 R.M. of Reciprocity No. 32 R.M. of Moose Creek No. 33 R.M. of Browning No. 34 R.M. of Benson No. 35 R.M. of Cymri No. 36 R.M. of Lomond No. 37 R.M. of The Gap No. 39 R.M. of Bengough No. 40 R.M. of Willow Bunch No. 42 R.M. of Waverley No. 44 R.M. of Mankota No. 45 R.M. of Glen McPherson No. 46 R.M. of White Valley No. 49 R.M. of Antler No. 61 R.M. of Brock No. 64 R.M. of Tecumseh No. 65 R.M. of Griffin No. 66 R.M. of Weyburn No. 67 R.M. of Brokenshell No. 68 R.M. of Norton No. 69 R.M. of Excel No. 71 R.M. of Lake Of The Rivers No. 72 R.M. of Stonehenge No. 73 R.M. of Wood River No. 74 R.M. of Auvernge No. 76 R.M. of Grassy Creek No. 78 R.M. of Wawken No. 93 R.M. of Fillmore No. 96 R.M. of Scott No. 98 R.M. of Caledonia No. 99 R.M. of Elmsthorpe No. 100 R.M. of Terrell No. 101 R.M. of Lake Johnston No. 102 R.M. of Sutton No. 103 R.M. of Gravelbourg No. 104 R.M. of Glen Bain No. 105 R.M. of Whiska Creek No. 106

R.M. of Carmichael No. 109

R.M. of Moosomin No. 121

R.M. of Piapot No. 110

R.M. of Martin No. 122

R.M. of Silverwood No. 123 R.M. of Kingsley No. 124 R.M. of Chester No. 125 R.M. of Montmartre No. 126 R.M. of Francis No. 127 R.M. of Lajord No. 128 R.M. of Bratt's Lake No. 129 R.M. of Redburn No. 130 R.M. of Shamrock No. 134 R.M. of Swift Current No. 137 R.M. of Webb No. 138 R.M. of Gull Lake No. 139 R.M. of Enterprise No. 142 R.M. of Spy Hill No. 152 R.M. of Elcapo No. 154 R.M. of Wolseley No. 155 R.M. of Indian Head No. 156 R.M. of Edenwold No. 158 R.M. of Pense No. 160 R.M. of Moose Jaw No. 161 R.M. of Caron No. 162 R.M. of Chaplin No. 164 R.M. of Morse No. 165 R.M. of Excelsior No. 166 R.M. of Pittville No. 169 R.M. of Fox Valley No. 171 R.M. of Langenburg No. 181 R.M. of Fertile Belt No. 183 R.M. of Grayson No. 184 R.M. of North Qu'Appelle No. 187 R.M. of Lumsden No. 189 R.M. of Dufferin No. 190 R.M. of Marquis No. 191 R.M. of Eyebrow No. 193 R.M. of Enfield No. 194 R.M. of Churchbridge No. 211 R.M. of Saltcoats No. 213 R.M. of Cana No. 214 R.M. of Stanley No. 215 R.M. of Tullymet No. 216 R.M. of Lipton No. 217 R.M. of Cupar No. 218 R.M. of McKillop No. 220 R.M. of Craik No. 222 R.M. of Huron No. 223 R.M. of Victory No. 226 R.M. of Lacadena No. 228 R.M. of Miry Creek No. 229 R.M. of Happyland No. 231

R.M. of Deer Forks No. 232

R.M. of Calder No. 241

R.M. of Wallace No. 243

R.M. of Garry No. 245 R.M. of Ituna Bon Accord No. 246 R.M. of Kellross No. 247 R.M. of Last Mountain Valley No. 250 R.M. of Big Arm No. 251 R.M. of Arm River No. 252 R.M. of Loreburn No. 254 R.M. of Coteau No. 255 R.M. of Snipe Lake No. 259 R.M. of Newcombe No. 260 R.M. of Chesterfield No. 261 R.M. of Sliding Hills No. 273 R.M. of Good Lake No. 274 R.M. of Insinger No. 275 R.M. of Foam Lake No. 276 R.M. of Emerald No. 277 R.M. of Mount Hope No. 279 R.M. of Wreford No. 280 R.M. of McCraney No. 282 R.M. of Rosedale No. 283 R.M. of Pleasant Valley No. 288 R.M. of Kindersley No. 290 R.M. of Milton No. 292 R.M. of Keys No. 303 R.M. of Buchanan No. 304 R.M. of Elfros No. 307 R.M. of Big Quill No. 308 R.M. of Prairie Rose No. 309 R.M. of Usborne No. 310 R.M. of Morris No. 312 R.M. of Lost River No. 313 R.M. of Dundurn No. 314 R.M. of Montrose No. 315 R.M. of Harris No. 316 R.M. of Marriott No. 317 R.M. of Mountain View No. 318 R.M. of Winslow No. 319 R.M. of Oakdale No. 320 R.M. of Prairiedale No. 321 R.M. of Antelope Park No. 322 R.M. of Preeceville No. 334 R.M. of Sasman No. 336 R.M. of Lakeview No. 337 R.M. of Lakeside No. 338 R.M. of LeRoy No. 339 R.M. of Wolverine No. 340 R.M. of Viscount No. 341 R.M. of Colonsay No. 342 R.M. of Blucher No. 343 R.M. of Corman Park No. 344 R.M. of Vanscoy No. 345 R.M. of Perdue No. 346

R.M. of Biggar No. 347 R.M. of Grandview No. 349 R.M. of Progress No. 351 R.M. of Heart's Hill No. 352 R.M. of Kelvington No. 366 R.M. of Spalding No. 368 R.M. of St. Peter No. 369 R.M. of Humboldt No. 370 R.M. of Bayne No. 371 R.M. of Grant No. 372 R.M. of Aberdeen No. 373 R.M. of Glenside No. 377 R.M. of Rosemount No. 378 R.M. of Reford No. 379 R.M. of Grass Lake No. 381 R.M. of Eye Hill No. 382 R.M. of Hudson Bay No. 394 R.M. of Pleasantdale No. 398 R.M. of Lake Lenore No. 399 R.M. of Hoodoo No. 401 R.M. of Fish Creek No. 402 R.M. of Rosthern No. 403 R.M. of Laird No. 404 R.M. of Great Bend No. 405 R.M. of Buffalo No. 409 R.M. of Round Valley No. 410 R.M. of Senlac No. 411 R.M. of Star City No. 428 R.M. of Flett's Springs No. 429 R.M. of Blaine Lake No. 434 R.M. of Redberry No. 435 R.M. of Douglas No. 436 R.M. of Cut Knife No. 439 R.M. of Hillsdale No. 440 R.M. of Manitou Lake No. 442 R.M. of Arborfield No. 456 R.M. of Connaught No. 457 R.M. of Birch Hills No. 460 R.M. of Prince Albert No. 461 R.M. of Turtle River No. 469 R.M. of Paynton No. 470 R.M. of Eldon No. 471 R.M. of Wilton No. 472 R.M. of Moose Range No. 486 R.M. of Nipawin No. 487 R.M. of Torch River No. 488 R.M. of Garden River No. 490 R.M. of Buckland No. 491 R.M. of Parkdale No. 498 R.M. of Mervin No. 499 R.M. of Frenchman Butte No. 501 R.M. of Britannia No. 502

#### **Contact Information**

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