



Canadian Mental
Health Association
Saskatchewan
Mental health for all

2022

CASH CALENDAR

\$40

365 CHANCES TO
WIN!

Together **WE ARE STRONG**

Dillan Lewchuk,
29, Regina, SK



Throughout the ups and downs of isolation, creativity was my saving grace. Creativity simultaneously provided an escape and the ability to process what was currently happening in the world. Together, my dogs and I used photography to connect to the present moment, become curious of our home and find laughter staging each photo. This experience has led me to wake up each day with the passion to create something new out of the unexpected.



JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1 New Year's Day
						\$100
2 ● New Moon	3	4	5	6	7	8
\$1000	\$100	\$100	\$100	\$100	\$200	\$100
9 ● 1st Quarter	10	11	12	13	14	15
Artwork	\$100	\$100	\$100	\$100	\$200	\$100
16	17 ○ Full Moon	18	19	20	21	22
\$100	\$100	\$100	\$100	\$100	Richardson Lighting Regina \$100	\$100
23	24	25 ● 3rd Quarter	26	27	28	29
Artwork	\$100	\$100	\$100	\$100	\$200	\$100
30	31	DECEMBER 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		FEBRUARY 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		
\$100	Capital Car Care Pkg. Regina, Rochdale \$100					



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Molly Ratt, 45, Lac La Ronge
Painting kept me from getting depressed. I felt so stuck because I couldn't leave my home and because my son's transition to the new group home was disrupted I felt like depression was creeping up on me. But being able to paint to get my mind off things was what kept me from deteriorating health wise. I'm proud to be able to paint landscapes.



A Lifelong Battle

I once thought there was
no other way to stop the pain.
After all it was killing me and, driving me insane.
I suffered in silence for so long.
Everyone who thought they knew me
was wrong.
I wasn't the happy outgoing girl they knew,
if only, that was true ...
Countless pills, months of hospitalization, and
years of therapy had no power against the
tears, overwhelming thoughts, and misery.
I had to go through pain
I wouldn't wish on my worst enemy.
I finally realized my self worth
and started working towards recovery.
With a combination of miracles,
the few professionals who didn't give up on me
and my own hard work and strength
I get to see my future.
Something that for far too long was unsure.
Never forget you matter and fighting
is worth it.
You can fight through the bad days as they hit.
You get a fresh start everyday.
I promise you
everything will be okay.

Tiana Keen, 18, Regina

I wrote this during my 4th hospital admission last year, to remind myself that as lonely, broken, and beyond help as I feel, I have not gone through all these years of suffering to give up now. I was given a second chance to live my life, which many people aren't given, and I plan to use it to help others who are struggling with their mental health.

FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2 Groundhog Day	3	4	5  New Moon
		\$100	\$100	\$100	\$200	\$100
6 \$100	7 \$100	8 \$100	9 \$100	10 \$100	11 \$500	12  1st Quarter
13 Artwork	14 Valentine's Day Sweet Heart Draw \$25,000	15 \$100	16 McCauley Agencies Moose Jaw \$100	17 \$100	18 \$200	19 \$100
20  Full Moon \$100	21 Family Day \$100	22 \$100	23 \$100	24 \$100	25 \$200	26 \$100
27  3rd Quarter Artwork	28 \$100	1	2	3	4	5
6	7	JANUARY 2022 S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		MARCH 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		



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Michelle Goulet, 54, Regina

I did these pieces as a tribute to the ceremony, feasts and Pow Wow's that are missing from 2020. It brings a calm to my mental health seeing them and know that these connections to all my relations will come again and gives me hope for 2021.



MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1 Pharmasave Swift Current \$100	2 ● New Moon	3	4	5 Klapwijk Family \$100
6 \$100	7 \$100	8 \$100	9 \$100	10 ● 1st Quarter	11 \$200	12 Wynyard Bakery \$100
13 Artwork	14 \$100	15 50/50 Darw \$100	16 \$100	17 St. Patrick's Day	18 ○ Full Moon	19 \$100
20 \$100	21 Pharmasave Melville \$100	22 Pharmasave Melville \$100	23 Pharmasave Melville \$100	24 Pharmasave Melville \$100	25 ● 3rd Quarter	26 Pharmasave Melville \$100
27 Pharmasave Melville \$100	28 \$100	29 \$100	30 \$100	31 \$100	1 April Fool's Day	2
3	4	FEBRUARY 2022 S M T W T F S 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		APRIL 2022 S M T W T F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		



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Destiny McPeek , 37, Coronach

"Who are you?"
I started taking some photos when I got back home from my mental health journey. This beautiful owl showed up in my barn and let me take pictures. I looked it up and it appears to be a Northern Saw-Whet owl



This Place

They tell me not to worry,
that the sun will always shine,
but what they do not know
is I'm trapped inside my mind.

It's not a place I want to be,
or a place I want to share,
it's a heavy stormy place,
where there is very little air.

A place of rainy days,
where nothing seems quite just right,
a place I often wonder,
Will the daylight break the night.

A place that makes my heart pound hard,
that sets my skin on fire,
a place that takes my sleep from me,
as I lay wondering what things may transpire.

This place is hard to leave behind,
it's tangles hard to escape,
all I wish and dream for,
is my freedom to take its shape.

This place it has a labelled name,
which gets stamped on it all,
they tell me this place I'm in,
is a place of carryall.

Carryall the burden, carryall the worry,
carryall the things in life,
and do so with great fury.

I'd like to leave this place very, very soon,
I'd like to leave this darkness,
before it all consumes.

I want to feel the sunshine,
like they say is on the other side,
but it's hard to feel the warmth of it,
When you're still cold as if you've died.

One day I know I will leave this place,
one day I'll see that sun,
I just hope so very much,
It happens before my life is done.

I want to find the joy in things,
live in the here and now,
I know it will happen,
one day, some way, some how.

Brooke Van Nes, 34, Hudson Bay

Writing is a really useful tool to help release thoughts and feelings from the mind into a positive form and really helps me reflect on what I'm going through at the time of writing. Having a creative outlet of emotion is when the best art is made.

APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 April Fool's Day ● New Moon Hipperson Construction Regina \$100	2 Hipperson Construction Regina \$100
3 Hipperson Construction Regina \$100	4 Hipperson Construction Regina \$100	5 Hipperson Construction Regina \$100	6 Hipperson Construction Regina \$100	7 Hipperson Construction Regina \$100	8 Wadena Bakery \$100	9 ☾ 1st Quarter Klapwijk Family \$100
10 Artwork \$100	11 \$100	12 \$100	13 \$100	14 \$100	15 Good Friday \$200	16 ☉ Full Moon \$100
17 Easter \$100	18 \$100	19 \$100	20 \$100	21 \$500	22 \$200	23 ☾ 3rd Quarter \$100
24 Artwork \$100	25 \$100	26 \$100	27 \$100	28 \$100	29 \$200	30 ● New Moon \$100
1	2	MARCH 2022 S M T W T F S 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		MAY 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		



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Sherry Morcom , 58, Regina

Nature has not changed as a result of COVID. It still brings joy to my life. These woodpeckers bring that same sense of calm in an environment that is very uncertain right now.



MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 \$100	2 \$100	3 \$100	4 \$100	5 \$100	6 \$200	7 \$100
8 Mother's Day ☾ 1st Quarter Mel - City Floral & Home (Melfort) \$100	9 \$100	10 \$100	11 \$100	12 \$100	13 Regina Visit \$415	14 \$100
15 Artwork	16 ☉ Full Moon \$1000	17 Pharmasave Swift Current \$100	18 \$100	19 \$100	20 \$200	21 \$100
22 ☾ 3rd Quarter \$100	23 Victoria Day 4 Season Sales Regina \$100	24 \$100	25 \$100	26 \$100	27 Shop Box Trailer Repair Regina \$100	28 \$100
29 Artwork	30 ☀ New Moon \$100	31 \$100	1	2	3	4
5	6	APRIL 2022 S M T W T F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		JUNE 2022 S M T W T F S 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		



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Audi Atcheynum, 36, Sweetgrass First Nation
Honouring Two Spirits
This piece is about inclusivity and honouring the two spirit people. I was asked to paint this piece and it was a privilege for me to be able to portray all ways of life through my artwork.



JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
			\$100	\$100	\$500	\$100
5 \$100	6 Maunula Electric North Battleford \$100	7 🌓 1st Quarter Maunula Electric North Battleford \$100	8 Maunula Electric North Battleford \$100	9 Maunula Electric North Battleford \$100	10 Maunula Electric North Battleford \$100	11 Maunula Electric North Battleford \$100
12 Maunula Electric North Battleford \$100	13 \$100	14 🌕 Full Moon \$100	15 \$100	16 \$100	17 \$200	18 \$100
19 Father's Day Artwork	20 🌑 3rd Quarter \$100	21 \$100	22 \$100	23 \$100	24 \$200	25 \$100
26 \$100	27 \$100	28 🌑 New Moon \$100	29 \$100	30 4 Season Sales Regina \$100	1 Canada Day	2
3	4	MAY 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		JULY 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

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Joy Flaman , Moosomin

Working with stones has had an amazing therapeutic effect on my anxiety and depression. Finding the right stone is quite mindful, the feel, the sound and earthy smell of the stones keeps me focused on my work. The healing this process has given me is amazing, I never knew I had this creativity in me!! My Creator guides my hands during the creation of each piece and each one is smudged before it leaves my home.



GORD STAIRMAN
2019

JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
26	27	28	29	30	1 Canada Day	2																																																																																				
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3	4	5	6 ☾ 3rd Quarter	7	8	9																																																																																				
Artwork	\$100	\$100	\$100	Co-op Gift Card \$100	\$200	\$100																																																																																				
10	11	12	13 ☉ Full Moon	14	15	16																																																																																				
Shop Box Trailer Repair Regina \$100	\$100	\$100	\$1000	\$100	\$200	\$100																																																																																				
17	18	19	20 ☽ 1st Quarter	21	22	23																																																																																				
Artwork	\$100	\$100	\$100	\$100	Capital Suprise Pkg \$125	\$100																																																																																				
24	25	26	27	28 ● New Moon	29	30																																																																																				
\$100	\$100	\$100	\$100	\$100	\$200	\$100																																																																																				
31	1	<p style="text-align: center;">JUNE 2022</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td></td><td></td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table> <p style="text-align: center;">AUGUST 2022</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>				S	M	T	W	T	F	S		1	2	3	4			5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
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Gord Stairmand, SK

This year I submitted three pieces, all of which have wildlife in them. I feel a sense of well being when I am in nature, so taking these pictures, then reproducing them on canvas gives me a sense of being connected to nature and wildlife. Its peaceful to meditate, and work on these pieces which provides me with the opportunity to maintain my mental health.



AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Civic Day 4 Season Sales Regina \$100	2 \$100	3 \$100	4 Richardson Lighting Regina \$100	5 🌑 1st Quarter \$200	6 \$500
7 \$100	8 \$100	9 \$100	10 Prairie Battery Regina \$100	11 🌕 Full Moon \$100	12 \$200	13 \$100
14 Artwork	15 \$100	16 \$100	17 \$100	18 \$100	19 🌑 3rd Quarter \$200	20 \$100
21 \$100	22 \$100	23 \$100	24 \$100	25 \$100	26 \$200	27 🌑 New Moon \$100
28 Artwork	29 \$100	30 \$100	31 \$100	1 \$100	2 \$200	3 \$100
4	5 Labor Day	JULY 2022 S M T W T F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		SEPTEMBER 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		



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Daryl Eberhardt, 66, Regina

My camera is always my go to when I need to deal with Life it makes me use a different perspective on my daily challenges. I was stuck out-of-country for eight months due to covid. Death came knocking in a huge way this past year taking both my parents, two life-long friends from covid and now both of my furry companions.

My faithful companion of 21 years, my cat Cyrano. All my life I have had cat companions who help me with daily stress by giving, affection, amusement, consolation, and purpose. They have kept me on the earth when I have felt ready to give up.



SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
This Month is Sponsored by Knight Archer Insurance Regina			31	1	2	3 ☾ 1st Quarter
				\$100	\$100	\$100
4	5 Labor Day	6	7	8	9	10 ☉ Full Moon
\$100	\$100	\$100	\$100	\$100	\$100	\$100
11	12	13	14	15	16	17 ☾ 3rd Quarter
\$100	\$100	\$100	\$100	\$100	\$100	\$100
18	19	20	21	22	23	24
\$100	\$100	\$100	\$100	\$100	\$100	\$100
25 ☾ New Moon	26	27	28	29	30	1
\$100	\$100	\$100	\$100	\$100	\$100	
2	3	AUGUST 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		OCTOBER 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		



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Rhonda Sandquist, 41, Estevan

Back To School
This painting was inspired by the joy and excitement of going back to school. After these past school years where students have spent a lot of time learning on line, children seem more excited than ever to return to the schools they've loved and missed. That big yellow school bus has become such a welcome sight!



OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1 \$100
2 ☾ 1st Quarter Artwork \$100	3 \$100	4 Medicine Shoppe 12 Ave. Regina \$100	5 \$500	6 \$100	7 \$200	8 \$100
9 ☉ Full Moon \$100	10 Thanksgiving Day \$100	11 \$100	12 \$100	13 \$100	14 \$200	15 \$100
16 Artwork \$100	17 ☾ 3rd Quarter \$100	18 \$100	19 Saskatoon Stay \$377	20 \$100	21 \$200	22 \$100
23 \$100	24 \$100	25 ● New Moon \$100	26 \$100	27 \$100	28 \$200	29 \$100
30 Artwork \$100	31 Halloween \$100	SEPTEMBER 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		NOVEMBER 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		



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Nicola Sherwin-Roller MA ccc rcAT, Steep Creek, RM of Prince Albert
The Dance of Distancing
Being away from family and friends. The physical distancing between us, not being able to reach out and hug has been a real struggle within the pandemic for many of us. This piece explored that for me, thinking around how we can connect even at distance.



NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31 Halloween	1 🌑 1st Quarter	2	3	4	5
		\$100	\$100	\$100	\$200	\$100
6	7	8 🌕 Full Moon	9	10	11 Remembrance Day	12
\$100	\$100	\$100	\$100	\$100	\$200	\$100
13	14 Crawford No Frills Regina \$100	15	16 🌑 3rd Quarter	17	18	19
Artwork		\$100	\$100	\$100	\$500	\$100
20	21 Barber Motors Weyburn \$100	22 Barber Motors Weyburn \$100	23 🌑 New Moon	24 Barber Motors Weyburn \$100	25 Barber Motors Weyburn \$100	26 Barber Motors Weyburn \$100
Artwork						
27 Barber Motors Weyburn \$100	28	29	30 🌑 1st Quarter	1	2	3
	\$100	\$100	\$100			
4	5	OCTOBER 2022 S M T W T F S 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		DECEMBER 2022 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		



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Helen Anderson, 71, Naicam
Spending time drawing esp-ecially during covid, filled lonely hours particularly in the winter months! It was a great escape for me for hours, kept me sane and gave me a reason to get up in the morning. Because of covid I tried new hobbies and ended up getting back to my art which I might never have done otherwise!



GC Pawliuk

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
				\$100	\$200	\$100
4 Artwork	5 \$1000	6 \$100	7 ☉ Full Moon \$100	8 \$100	9 \$200	10 \$100
11 \$100	12 \$100	13 \$100	14 Co-op Gift Card Regina \$100	15 \$100	16 🌓 3rd Quarter \$200	17 \$100
18 Artwork	19 \$100	20 \$100	21 \$100	22 \$100	23 🌑 New Moon \$200	24 Christmas Eve \$100
25 Christmas Day \$1000	26 Boxing Day \$100	27 \$100	28 \$100	29 🌒 1st Quarter \$100	30 \$200	31 New Year's Eve \$100
1	2	NOVEMBER 2022 S M T W T F S 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		JANUARY 2023 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		



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Gloria Pawliuk, Pense
Rounding the corner of the street, we were met by The Family.. It's the small things in life that can sometimes bring the most reassurance. While the world around us changes dramatically.

Kids Corner



Camdyn, 9 & Jagger Van Nes, 6, Hudson Bay

Painting makes me feel happy - Jagger
Painting is very satisfying - Camdyn



Grace Schreiner, 16, Tisdale

I painted this piece because I wanted to portray the comfort that music is to me. Through emphasis of the color in the guitar, I wanted to show the light music is to me in dark times. When I feel stressed, music is the way I cope.



Lexi Ifield, 5, Warman

Art makes me feel creative, happy, silly, focused and steady!



Jessie Wood, 15, Saskatoon

Throughout the pandemic, it is required that we wear masks to help protect ourselves and others. This painting is titled "Safety" (acrylic on canvas), shows a girl wearing her mask and represents the feeling of safety and protection that I feel when I wear my mask. It helps my mental health knowing that I am doing my part to help prevent the spread of Covid-19.

In the Kids Corner & Honorable Mentions pages, you will find art and poems to which our judges wanted to give special commendation for the impact they're sure to have on anyone who gets to see their work.

We are thrilled to see the talent in our province, and we are very proud of what we are able to showcase! Thank you to everyone for your submissions!!



David Hill (Tiny Twister), 9, Regina

I made a superhero named Covid-19 Man out of balloons that is able to fight Covid-19. He is wearing a mask, his cape is also a mask, and he has magic hand sanitizer (with a blinking multi-coloured light inside that can shoot hand sanitizer out of his hands) as his super powers. He was a fun balloon superhero to make to fight Covid-19 - even if just in my mind and for fun!



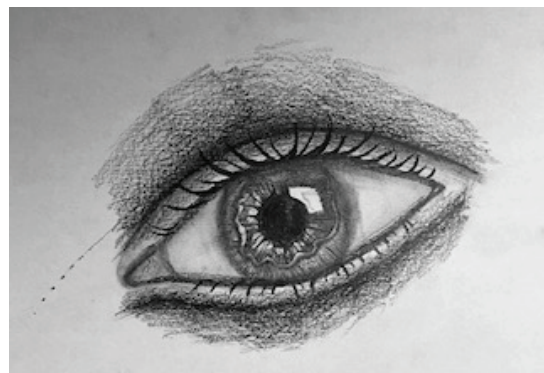
Olivia LePage, 17, Saskatoon

Equilibrium. This piece has a perfect balance of warm and cool. The heat of a nice summer day along with the breeze that follows. Both seem harsh alone but together are quite complementing. Just like the ups and downs of everyday lives, one does not come without the other.



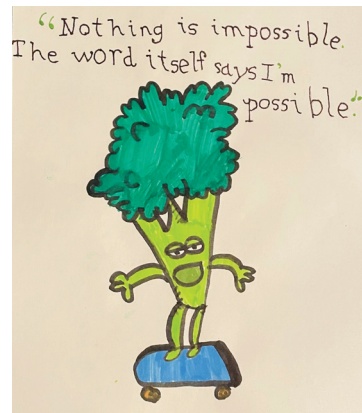
Ryder Granger, 9, Saskatoon

My mom and brother had gotten Covid-19. My day and I went to our cabin to isolate. There were some beautiful sunsets there, this is one.



Rylee Krupski, 13, Regina

See How Far I've Come. Drawing is a way for me to release my anxiety and stress. It calms me and I am always proud of what it becomes.



Rylee Morin-Boussahmine, 8, La Ronge

Art helps my mental health. I love to draw and color to express my feelings and ideas.

It's Okay To Not Be Okay

Do you have burdens to carry
On your shoulder day by day?
Have you grown weak and weary,
And you wanted to breakaway?
Hey, it's okay to not be okay.

You're lonely, your eyes are teary.
You want your sadness to go away.
There's no need for you to hurry.
Take a minute, an hour or a day.
Coz it's okay to not be okay.

Does being yourself feel so scary?
Are you afraid of people might say?
Only you who knows your real story.
And "nobody's perfect", is not a cliché.
So, it's okay to not be okay.

You keep pretending that you're cheery.
Yet inside your sky is nothing but gray.
Always have a poker face on, it's silly.
Stay strong, is that really your play?
But it's okay to not be okay.

Someone's listening, so do not worry.
Ask and reach out, help is on the way.
Your life is precious, you are worthy.
Go ahead, look in the mirror and say,
"It's okay if I'm not okay."

Jammie Trinidad, Regina

Sometimes, it's hard for us to admit that we are not doing fine. We wear a mask to hide what's truly we feel. It's even harder to ask for other people's help, but always remember that at the end of the day, the most important things are our well being and our mental health.

**Canadian Mental
Health Association**
Saskatchewan
Mental health for all

Division Office
2702 12th Ave. | Regina, SK | S4T 1J2
Phone: (306) 525-5601
Toll free 1-800-461-5483
contactus@cmhask.com
www.sk.cmha.ca

Forever Lost Happiness

How did these days become so dreary
How did these nights become into years
Why did I keep it in, should have let out the tears
How did the Truth turn into Fear
How did all my questions become so clear
How did my life become so bleary
How did my Happiness Just Disappear

Arjun Brar, 13, Saskatoon

This poem reminds me how everyone has to go through a time like this at least once in their lifetime. It reminds me however you are hurt you should not give up.

Honourable Mention

the heart
reminds us
of who we
love and why,
this
"Pop Art Heart"
bears joy and hope



Cheryl Ring, 54, Prince Albert

Title: Pop Art Heart



Donna Muller, 60, Mont Nebo

Title: Hiking Encouragement



Joyce Wirachowsky, 72, Biggar

Title: Live like someone left the gate open



Stacey Yolande Settee, 39, Rosetown

Title: There is Beauty in the Quiet Darkness



Tracy Kerestesh, 58, Melville

Title: Lean On Me



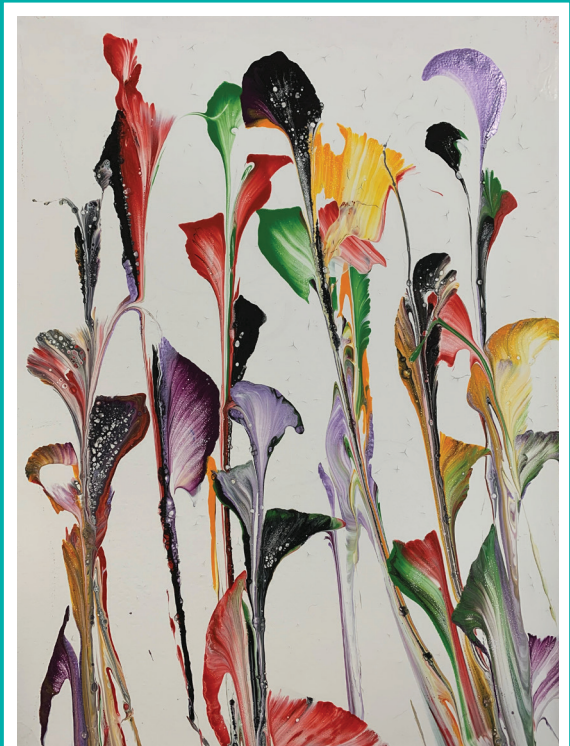
Tracy Mischuk, 37, Martensville

Title: Solitude



Barry Styre, Weyburn

Title: Iron Horse



Jennifer Morin, Weyburn

2022 Cash Calendar Proposed Prize Structure

Draws will commence on January 31, 2022, for each day of the calendar year 2022. Each subsequent draw will be made daily or weekly. The location of the draws will be at the CMHA Division Office, 2702 12th Ave, Regina. The following comprises the prize structure of the proposed lottery:

Days	Draw Date	Type / Description	Prize Value	Total Prize
289	Daily \$100 draws	Cash	\$100.00	\$28,900.00
35	Weekly \$200 Friday draws	Cash	\$200.00	\$7,000.00
6	February 11, April 21, June 3, August 6, October 5, November 18	Cash	\$500.00	\$3,000.00
6	January 2, March 17, May 16, July 13, December 5, December 25	Cash	\$1,000.00	\$6,000.00
1	February 14	Cash - Sweetheart Draw	\$25,000.00	\$25,000.00
22	Artwork draws on following dates: January 9 & 23rd, February 13th & 27th, March 13th, April 10th & 24th, May 15th, & 29th, June 19th, July 3rd & 17th, 31st, August 14th & 28th, October 2nd, 16th, & 30th, November 13th & 20th, December 4th & 18th	Limited Edition Artwork	\$200.00	\$4,400.00
1	January 31st	Lube, oil and filter change from Capital GMC - Nth Regina	\$100.00	\$100.00
1	May 13th	Regina Stay	\$415.00	\$415.00
1	June 22nd	Capital GMC Surprise Pkg - Nth Regina	\$125.00	\$125.00
1	July 7th	Co-op Gift Card	\$100.00	\$100.00
1	October 19th	Saskatoon Stay	\$377.00	\$377.00
1	December 14th	Co-op Gift Card	\$100.00	\$100.00
Calendars to be sold			Cash Only Draws	\$69,900.00
Price for each			Cash Sponsorship Draws	\$6350.00
Maximum revenue			Artwork Draws	\$4,400.00
50/50 Tickets to be sold			Prize Draws	\$1,217.00
Price for each			Total Cash Calendar Value	
Maximum revenue			\$81,867.00	
Monthly prize value				

I Suffer In Silence

I tell people "I'm not feeling well"
because that's what they understand.
I can't say, My heart is broken, Im broken.
I suffer in silence because they look at me,
mixed confusion and pity.
I smile because people don't want to see tears
without seeing the pain.
I sit in a dark room with the blinds drawn to block out the sun.
Tired to tired, to load this Russian roulette gun.
The sun shines light onto my scars
and I don't want to see them today.
Stereotypes fall and crush me, stupid, drunk, lazy.
So I suffer in silence
because the world doesn't want my pain.
Who has time for a broken soul
when we all have our living to do.
Who has time to put me back together again,
with some kind of magic glue
When all the kings horses and all the kings men
left me laying in the ditch, or in the lion's den
So I suffer in silence, and I tell them
"I'm not feeling well, I'll call you tomorrow then"
And then it's back to my room where the monsters hide,
I'm waiting for the light inside.

Raven Reid, 44, Regina

Sometimes, it's hard for us to admit that we are not doing fine. We wear a mask to hide what's truly we feel. It's even harder to ask for other people's help, but always remember that at the end of the day, the most important things are our well being and our mental health.



Brenda Wagner,
44, Battleford

Title: Awaken

Our 2022 Sponsors:





Canadian Mental Health Association
Saskatchewan

2020 CMHA Cash Calendar Winners

January

Jan 1	Donalda Ashdown	Fort Qu'Appelle	\$100.00
Jan 2	Karen Hiebert	Gronlid	\$1,000.00
Jan 3	Michael/Arlene Hankewich	Kindersley	\$200.00
Jan 4	Sylvia Pasman	Regina	\$100.00
Jan 5	Frank MacBean	Swift Current	\$100.00
Jan 6	Bill Sherven	Wilcox	\$100.00
Jan 7	Agnes Obriggewitch	Unity	\$100.00
Jan 8	Ed Wagner	Shaunavon	\$100.00
Jan 9	Anna Sudom	Regina	\$100.00
Jan 10	Eileen Hanson	Birch Hills	\$200.00
Jan 11	Myrna Hauta	Eston	\$100.00
Jan 12	Randy Padfield	Moose Jaw	Artwork
Jan 13	Dr. Lauren Straub	Regina	\$100.00
Jan 14	Natalie Rowley	Tisdale	Evening Out Bridge City
Jan 15	Annie Francis	Humboldt	\$100.00
Jan 16	Audrey Moser	Brock	\$100.00
Jan 17	Muriel Elsner	Star City	\$200.00
Jan 18	Annette Brosinsky	Denzil	\$100.00
Jan 19	Charles McKay	Saskatoon	\$100.00
Jan 20	Bryan Huber	Wilkie	\$100.00
Jan 21	Bonnie Wheelers Transport	Rocapine Plain	\$100.00
Jan 22	Alma Ducharme	Pocanville	\$100.00
Jan 23	Dallas Oberik	Regina	\$100.00
Jan 24	Louise Durnford	Regina	\$200.00
Jan 25	Meghan Krahn	Shaunavon	\$100.00
Jan 26	Roxana Tiefenbach	Leader	Artwork
Jan 27	Victoria Young	Punnichy	\$100.00
Jan 28	Valerie Cawood	Kenosee Lake	\$100.00
Jan 29	Linda Mackie	Prince Albert	\$100.00
Jan 30	Robyn Berezuk	Wadena	\$100.00
Jan 31	Kathy Krahenbil	Qu'Appelle	\$200.00

February

Feb 1	Tracy Greier	Earman	\$100.00
Feb 2	Patricia Delorme	Cowessess	\$100.00
Feb 3	Sharon Wilde	Earl Grey	\$100.00
Feb 4	Jeff McAuley	Melfort	\$100.00
Feb 5	Bernard Slugoski	Yorkton	\$100.00
Feb 6	James Marr	Gainsborough	\$100.00
Feb 7	Debbie Banman	LaRonge	\$200.00
Feb 8	Dan Lubkiwski	Regina	\$100.00
Feb 9	Bryan Abtowsay	Saskatoon	Artwork
Feb 10	Wendy Gehl	Fillmore	\$100.00
Feb 11	Yvonne Vany	North Battleford	\$100.00
Feb 12	Nancy Costley	Moose Jaw	\$100.00
Feb 13	Patricia Banks	Battleford	\$100.00
Feb 14	Penni Clarke	North Battleford	\$30,000.00
Feb 15	Patricia Lundy	Melfort	\$100.00
Feb 16	Vern Huard	Unity	\$100.00
Feb 17	Theresa Gallant	Regina	\$100.00
Feb 18	Irene/Denis Lacoursiere	Unity	\$100.00
Feb 19	Kathy Bieber	Wolseley	\$100.00
Feb 20	Lana Centazzo	Marwayne	\$100.00
Feb 21	Darrel Athmer	Watson	\$200.00
Feb 22	Stephen J. Kloster	Macklin	\$100.00
Feb 23	Bob Barkman	Saskatoon	Artwork
Feb 24	Gil Sander	Saskatoon	\$100.00
Feb 25	Jim Pratt	Swift Current	\$100.00
Feb 26	Colleen Elias	Melville	\$100.00
Feb 27	Linda Greiner	Emerald Park	\$100.00
Feb 28	Karen Hiebert	Gronlid	\$500.00
Feb 29	Jack Kinnear	Lumsden	\$100.00

March

Mar 1	John Kinuschuk	Lloydminster	\$1,000.00
Mar 2	Judy Jones	Bjorkdale	\$100.00
Mar 3	Lynn Anderson	Swift Current	\$100.00
Mar 4	Diana Crawley	Hudson Bay	\$100.00
Mar 5	Audrey Reid	Battleford	\$100.00
Mar 6	Sharon Olson	North Battleford	\$200.00
Mar 7	Brenda Cochlin	Prince Albert	\$100.00
Mar 8	Maris Bzowy	Saskatoon	Art Work
Mar 9	Bob McFadden	Regina	\$100.00
Mar 10	Eva/James Meville	Moose Jaw	\$100.00
Mar 11	Lauient Dupuis	Cutknife	\$100.00
Mar 12	Glen Bartel	Watrous	\$100.00
Mar 13	Luelle Friesen	Lloydminster	Let's Go Fishing
Mar 14	Roger Weir	Regina	\$100.00
Mar 15	Robert/Margaret Henderson	Watson	\$100.00
Mar 16	Joan McMaster	Moose Jaw	\$100.00
Mar 17	Jennifer/Andrew Miller	North Battleford	\$100.00
Mar 18	Laurie Dubois	Maymont	\$100.00
Mar 19	Gerry Salter	Swift Current	\$100.00
Mar 20	Andrew/Bonnie Huculak	Craven	\$200.00
Mar 21	Ken/Chris Meier	Saskatoon	\$100.00
Mar 22	Mary Muirhead	Fort Qu'Appelle	Artwork
Mar 23	Bernice Halpape	Quill Lake	\$100.00
Mar 24	Tanya Wur	Saskatoon	\$100.00
Mar 25	Val Nugent	Craven	\$100.00
Mar 26	Darlene Stakiw	Yorkton	\$100.00
Mar 27	Dan Toews	Lampman	\$200.00
Mar 28	Darrell/Geide Kolla	Cudworth	\$100.00
Mar 29	Roseanne Antoniuk	Sturgis	\$100.00
Mar 30	Veryl Coghill	Prince Albert	\$100.00
Mar 31	Becky Krumm	Stoney Beach	\$100.00

April

Apr 1	Brenda Gerski	Melfort	\$100.00
Apr 2	Robert Tremblay	Melfort	\$100.00
Apr 3	Cheryl Ewart	Redvers	Paddle Board
Apr 4	Ann Knelson	Moose Jaw	\$100.00
Apr 5	Kevin/Diane Ell	Regina	Artwork
Apr 6	Kyla Seebach	Regina	\$100.00
Apr 7	Natasha Blaisdell	Regina	\$100.00
Apr 8	Anna Niessen	Saskatoon	\$100.00
Apr 9	Myrna Roth	Regina	\$100.00
Apr 10	Natalia Nykiforuk Peter Gibbon	Battleford	\$200.00
Apr 11	Don Martin	North Battleford	\$100.00
Apr 12	Yvonne Bednar	Warman	\$100 Gift Card - Richardson Lighting
Apr 13	Magnum Industries	Shaunavon	\$100.00
Apr 14	Patricia Brockman	Humboldt	\$100.00
Apr 15	Hazel Rowland	Pangman	\$100.00
Apr 16	Lynn Lesperance	Willow Bunch	\$100.00
Apr 17	Lorraine Thalheimer	Melfort	\$200.00
Apr 18	Loreen Boha	Cupar	\$100.00
Apr 19	Martin Hovind	Craven	Artwork
Apr 20	Darrell Amon	Shaunavon	\$100.00
Apr 21	Doug Bowie	Saskatoon	\$500.00
Apr 22	Voula Danakas	Regina	\$100.00
Apr 23	James/Doreen Volk	Denzil	\$100.00
Apr 24	Wayne Satre	Weyburn	\$200.00
Apr 25	Joanne Phillips	Regina	\$100.00
Apr 26	Don Wiberg	Fillmore	\$100.00
Apr 27	Danielle Gibson	Heward	\$100.00
Apr 28	Catherine Gunderson	Kinistino	\$100.00
Apr 29	Susan Dekkar	Melville	\$100.00
Apr 30	Jay-Leena	Prince Albert	\$100.00

May

May 1	Erin Hamilton	Battleford	\$200.00
May 2	Ted/Janet Miller	Eatonia	\$100.00
May 3	Betty Kessler	Coronach	Artwork
May 4	Evelyn Marshall	Regina	\$100.00
May 5	Bob Randall	Regina	\$100.00
May 6	Yvonne/Trevor Kimpinski	Regina	\$100.00
May 7	Roger Paulhas	Prince Albert	\$100.00
May 8	Emil Rusitch	Melville	\$200.00
May 9	Lois Sanders	Regina	\$1,000.00
May 10	Norma Knuth	Regina	Mother's Day Package
May 11	Alissa Sullivan	Regina	\$100.00
May 12	Helen Moffat	Regina	\$100.00
May 13	Jerome Kuntz	Regina	\$100.00
May 14	Agnes Chabun	Regina	\$100.00
May 15	Val/Dan Robichaud	Yorkton	\$200.00
May 16	Shirley Kettlewell	Brownlee	\$100.00
May 17	Rori Lee	Regina	Artwork
May 18	Andrea Fisher	Bulyea	\$100.00
May 19	Myrna Babbings	Glen Ewen	\$100.00
May 20	Jackie Leach	Prince Albert	\$100.00
May 21	Fred Reekie	Saskatoon	\$100.00
May 22	Laurie Wilson	Buchanan	\$200.00
May 23	Scott Robertson	LaRonge	\$100.00
May 24	Marlene Heskin	Norquay	\$100.00
May 25	Eva Moskal	Vregin	\$100.00
May 26	Signe/Beattie Garden	Pilot Butte	\$100.00
May 27	Joyce Bethune	Regina	\$100.00
May 28	Derrel/Judy Skjerven	Wynyard	\$100.00
May 29	Ashton Puttick	Moose Jaw	\$200.00
May 30	Lacey Moore	Spy Hill	Picture
May 31	Alberta Reiber	Luseland	Artwork

June

Jun 1	Eleanor Smith	Kindersley	\$100.00
Jun 2	Terri Prete	Meadow Lake	\$100.00
Jun 3	Dennis Sentes	Regina	\$100.00
Jun 4	Aaron Chicoine	Prince Albert	\$100.00
Jun 5	James Adair	Moosomin	\$200.00
Jun 6	Jean Reinhart	Kindersley	\$100.00
Jun 7	Conner Hassman	Regina	\$100.00
Jun 8	Wayne McLaren	Balcarres	\$100.00
Jun 9	Dennis Riach	Swift Current	\$100.00
Jun 10	Shirley Wisniewski	Regina	\$500.00
Jun 11	Wilfred/Cathy Giroux	Esterhazy	\$100.00
Jun 12	K-Bottling & Water Supplies	Hafford	\$200.00
Jun 13	Vern Ermel	Assiniboia	\$100.00
Jun 14	Chad Gelsing	Regina	Artwork
Jun 15	Betty Harrison	Regina	\$100.00
Jun 16	Glen Cook	Fort Qu'Appelle	\$100.00
Jun 17	Phyllis Cherkas	Regina	\$100.00
Jun 18	Paula Swanson	Edenwold	\$100 Co-Op Gift Card
Jun 19	Jan Rogers	Moose Jaw	\$200.00
Jun 20	Jeannette & Pierre Kernalguyen	St. Brieux	\$100.00
Jun 21	Laura Milligan	Carrot River	Father's Day Pkg \$595.78
Jun 22	Rhoda Marshall	Quill Lake	\$100.00
Jun 23	Lynnette Pappenfus	Annaheim	\$100.00
Jun 24	Janey Goertzen	Regina	\$100.00
Jun 25	Evelyn Lowes	Moosomin	\$100.00
Jun 26	Sharon Jeeves	Wolseley	\$200.00
Jun 27	Vicki Laird	Yorkton	\$100.00
Jun 28	Linda Davenport	Whitewood	\$100.00
Jun 29	Sharon Schmidt	North Battleford	\$100.00
Jun 30	Shirley Luchynski	Lloydminster	\$100.00

July

Jul 1	Elsie Sawatzky	Cutknife Rough Rider Pkg	
Jul 2	Brenda Lu Roberts	Regina	\$100.00
Jul 3	Nicole Yee	Regina	\$200.00
Jul 4	Patty Stables	Weyburn	\$100.00
Jul 5	Courtney Reitmeier	Luseland	\$100.00
Jul 6	Sharon Protz	Yorkton	\$100.00
Jul 7	Charlene Schnook	Moosomin	\$100.00
Jul 8	Marlene / Norman Covey	Preeceville	\$100.00
Jul 9	Verna Sittler	Wilkie	\$100.00
Jul 10	Ken / Diana Nordick	Saskatoon	\$200.00
Jul 11	Lionel Godbout	North Battleford	\$100.00
Jul 12	David Boan	Regina	Artwork
Jul 13	Rod O'Byrne	Regina	\$1,000.00
Jul 14	Gerry Goozee	Regina	\$100.00
Jul 15	Michele Hooker	Regina	\$100.00
Jul 16	Kurt / Deb Borgeson	Battleford	\$100.00
Jul 17	Alissa Sullivan	Regina	\$200.00
Jul 18	Kim Martin	Regina	\$100.00
Jul 19	Denise / Willy Krueger	Lloydminster	\$100.00
Jul 20	Lynda Campbell	Lloydminster	\$100.00
Jul 21	Barry / Ann Marie Smith	Saskatoon	\$100.00
Jul 22	Bryan Schultz	Weyburn	\$100.00
Jul 23	Susan Hylkema	Hague	\$100.00
Jul 24	Dauna Beaton	Kindersley	\$200.00
Jul 25	Russell Miller	Glenbain	\$100.00
Jul 26	Heather Schaffer	Regina	Artwork
Jul 27	Helen Korol	Saskatoon	\$100.00
Jul 28	Darlene Fisher	Manor	\$100.00
Jul 29	Margaret Carr	Arcola	\$100.00
Jul 30	Sharon Binetruy	Moose Jaw	\$100.00
Jul 31	Roland / Kathleen Love	Melville	\$200.00

August

Aug 1	Craig Winterholt	Battleford	\$100.00
Aug 2	Kelsey Karius	Melville	\$100.00
Aug 3	Sharon Hanus	Battleford	\$100.00
Aug 4	Margaret Sieben	Saskatoon	G/C 100
Aug 5	Thomas Wasilewski	Battleford	\$100.00
Aug 6	Julie Paquette	Martensville	\$100.00
Aug 7	Christine Blyth	Wynyard	\$500.00
Aug 8	Jessica / Vern Schulz	Unity	\$100.00
Aug 9	Richard Gyorfi	Raymore	Artwork 200
Aug 10	Dena Weiss	Maple Creek	\$100.00
Aug 11	Daniel Fraser	White City	Bridge City Getaway \$391.50
Aug 12	Pius Schachtel	Macklin	\$100.00
Aug 13	Robert Burton	Regina	\$200.00
Aug 14	Colleen Cowan	Stoughton	\$100.00
Aug 15	Steven Kritzer	Swift Current	\$100.00
Aug 16	Ambrose Brecht	Creighton	\$100.00
Aug 17	Donna Serwatkeiwich	Fort Qu'Appelle	\$100.00
Aug 18	Carol A. Nelson	White City	\$100.00
Aug 19	Dorothy / Raymond Hagel	Saskatoon	\$100.00
Aug 20	Brian Dunk	Grenfell	\$200.00
Aug 21	Shirley Clark	Estevan	\$100.00
Aug 22	Terry/Corry Miller	Moose Jaw	Artwork 200
Aug 23	Joanne Freeman	Lloydminster	\$100.00
Aug 24	Frank Garrity	Saskatoon	\$100.00
Aug 25	Roberta Strickland	Smeaton	\$100.00
Aug 26	Denise Watt	Spiritwood	\$100.00
Aug 27	Patti Highsaw	Mankota	\$200.00
Aug 28	Nancy Robertson	Swift Current	\$100.00
Aug 29	Jason / Michaela Kraft	Regina	\$100.00
Aug 30	Mary Letkeman	Rosthern	\$100.00

September

Sept 1	Terry Ruf	Yorkton	\$100.00
Sept 2	Celestine Lefebvre	lloydminster	\$100.00
Sept 3	Emil Rusitch	Melville	\$100.00
Sept 4	Candy Goodwin	Prince Albert	\$200.00
Sept 5	Jody Chmelnik	Battleford	\$100.00
Sept 6	Ann Conrad	Estevan	Artwork
Sept 7	Ruth Kenney	Meadow Lake	\$100.00
Sept 8	Milton Zimmer	Luseland	\$100.00
Sept 9	Heather Rose	Unity	\$100.00
Sept 10	Raymond Trew	Govan	\$100.00
Sept 11	John Smith	Consul	\$200.00
Sept 12	Lorraine Wettstein	Regina	\$100.00
Sept 13	Gary Badiuk	Lipton	\$100.00
Sept 14	Marlene Galbraith	Vancouver	\$100.00
Sept 15	Odarka Kudeba	Canora	\$100.00
Sept 16	Linda/Richard Zurowski	Regina	\$100.00
Sept 17	Reigert Dwayne	Buffalo Narrows	\$100.00
Sept 18	Jennifer Gilbert	Regina	\$200.00
Sept 19	Water World Industries	Wadena	\$100.00
Sept 20	Angeka Dumont	Prince Albert	Artwork
Sept 21	Catherine Jeffries	Prince Albert	\$100.00
Sept 22	Larry/Pam Hopfner	Wymark	\$100.00
Sept 23	Janaya Hanley	Regina	\$100.00
Sept 24	Elfreida Senger	Regina	\$1,000.00
Sept 25	Jim Brass	Regina His/Her pckg	200
Sept 26	Phyllis Cherkas	Regina	\$100.00
Sept 27	Maureen Weisgarber	Regina	\$100.00
Sept 28	Anne Shumay	Yorkton	\$100.00
Sept 29	Carl/Patricia Nicholls	Biggar	\$100.00
Sept 30	Anderson Mitchell	Regina Beach	\$100.00

October

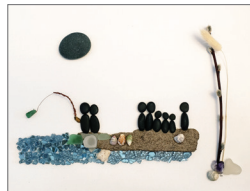
Oct 1	Donald Kehrig	Tisdale	\$100.00
Oct 2	Rita Dreher	Tyvon	\$200.00
Oct 3	Caroline Hupaelo	Blaine Lake	\$100.00
Oct 4	Daniel Dusyk	Montmartre	Artwork
Oct 5	Donna Gidluck	Biggar	\$500.00
Oct 6	Kyla Shabatura	Yorkton	\$100.00
Oct 7	Betty Luchak	Spalding	\$100.00
Oct 8	Gertrude O'Dell	Swift Current	\$100.00
Oct 9	Medical Pharmacy (Kevin Meyer)	P.A.	\$200.00
Oct 10	Nola Sanderson	Maple Creek	\$100.00
Oct 11	Lorraine Thalheimer	Melfort	\$100.00
Oct 12	Dorothy Knoch	Stoughton	\$100.00
Oct 13	Wesley Biette	Moose Jaw	\$100.00
Oct 14	Lisa Cugnet	Weyburn	\$100.00
		(Sherwood Coop)	
Oct 15	Roberta Knoll	Yellow Grass	\$100.00
Oct 16	Eugenia Kennedy	Preeceville	\$200.00
Oct 17	Deanna Nilson	Moose Jaw	\$100.00
Oct 18	Von/Charles Yarshenko	Maple Creek	Artwork
Oct 19	Pat Lavallee	Meadow Lake	\$100.00
Oct 20	Andre Perras	Montmartre	\$100.00
Oct 21	Douglas Shea	Surrey, BC	\$100.00
Oct 22	Pearl Beland	Ceylon	\$100.00
Oct 23	Lionel Godbout	North Battleford CMHA	\$100.00
		Surprise	\$278.25
Oct 24	Lori Ziola	Yorkton	\$100.00
Oct 25	Eleanor Smith	Kindersley	\$100.00
Oct 26	Kevin Moen	Swift Current	\$100.00
Oct 27	Ken Pattyson	Trossachs	\$100.00
Oct 28	Jessie Fink	Regina	\$100.00
Oct 29	Gerald Borstmayer	Saskatoon	\$100.00
Oct 30	Doris McKenzie	Melfort	\$200.00
Oct 31	Audrey Mokry	Moose Jaw	\$100.00

November

Nov 1	Pat Horner	Creelman	Artwork
Nov 2	Donna Breton	Regina	\$100.00
Nov 3	Orest Schiller	Regina	\$100.00
Nov 4	Angela Reddekopp	Regina	\$100.00
Nov 5	Millie Strueby	Manitou Beach	\$100.00
Nov 6	Hailee Farnden	Kipling	\$200.00
Nov 7	Sandra Thorburn	Abbey	\$100.00
Nov 8	Gizella/Morris Elfenbaum	Regina	\$100.00
Nov 9	Joe / Fran Rogers	Meadow Lake	\$100.00
Nov 10	Lil Kolke	Melfort	KalTire G/C & John's Place G/C
Nov 11	Leopold Monseler	Saskatoon	\$100.00
Nov 12	Howard Prince	Melfort	\$100.00
Nov 13	Viv Robertson	Unity	\$200.00
Nov 14	Emelia Patenaude	Saskatoon	\$100.00
Nov 15	Lana Hart	Wadena	Artwork
Nov 16	Wendy Trapp	Rosetown	\$100.00
Nov 17	Margaret Tosh	Saskatoon	\$100.00
Nov 18	Irwin Sieben	Denzil	\$100.00
Nov 19	Catherine Gunderson	Kinistino	\$100.00
Nov 20	Cal Michel	Prince Albert	Pamper Yourself Pkg \$562.50
Nov 21	Rod/Andrea Sternig Precision Denture Clinic	North Battleford	\$100.00
Nov 22	Jules Lalonde	Meyronne	\$100.00
Nov 23	Dee (Denielle) Golding	Osler	York City Taxi (Yorkton) \$100.00
Nov 24	May Hume	Carlyle	\$100.00
Nov 25	Brent Kowalchuk	Regina	\$500.00
Nov 26	Judy Husby	Kyle	\$100.00
Nov 27	Debbie Busse	Swift Current	\$200.00
Nov 28	Andrea Kessler	Saskatoon	\$100.00
Nov 29	Kenda Owens	Moose Jaw	Artwork
Nov 30	Shirley / Denis Firkola	Esterhazy	\$100.00

December

Dec 1	Marilyn Mark	Lloydminster	\$100.00
Dec 2	Sherry McKay	Regina	\$100.00
Dec 3	Theresa Niekamp	Humboldt	\$100.00
Dec 4	Brenda Raiwet	Oxbow	\$200.00
Dec 5	Cindy Hovind	Regina	\$100.00
Dec 6	Debbie Bodnaryk	Wadena	\$100.00
Dec 7	Claire Setrum	Coronach	\$100.00
Dec 8	Bill Cronin	Regina	Roughrider pic/ Kal tire G/C
Dec 9	Trina Ilchuk	Kisbey	\$100.00
Dec 10	Meagan / Cyrille Gaudet	Prince Albert	\$100.00
Dec 11	Eileen Sword	Unity	\$200.00
Dec 12	Glenna Curry	Regina	\$100.00
Dec 13	Kyla Dedecker	Kipling	Artwork
Dec 14	Rachael Fenrich	Wilkie	\$100.00
Dec 15	Brian Chambers	Prince Albert	\$100.00
Dec 16	Keana McKechnie	Saskatoon	\$100.00
Dec 17	Linda Carson	Saskatoon	\$100.00
Dec 18	Bruce Bakken	Archerwill	\$100.00
Dec 19	James Cornet	Air Ronge	\$100.00
Dec 20	Brent / Christena Laturnus	Luseland	\$100.00
Dec 21	Marilee Hornung	Melville	\$100.00
Dec 22	Sheila Bartley-Smith	Battleford	\$100.00
Dec 23	Verna Reed	Kisbey	\$100.00
Dec 24	Tammy Guse	Aberdeen	\$100.00
Dec 25	Marge Nishnick	Kenossee Lake	\$1,000.00
Dec 26	Sherry Welygon	Melfort	\$100.00
Dec 27	Karen Bester	Regina	Artwork
Dec 28	Shelley Schoenthaler	Regina	\$100.00
Dec 29	Heather Broderick	Sceptre	\$100.00
Dec 30	Henry / Loise Gobeil	Weyburn	\$100.00
Dec 31	Kathy Krahenbil	Qu'Appelle	\$100.00



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Saskatchewan
Mental health for all

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 Toll free 1-800-461-5483
 email: contactus@cmhask.com
 Web Site: www.sk.cmha.ca

A charitable organization dependent on SK Lotteries, the United Way, donations, memorial gifts and bequests.



CMHA Saskatchewan's success is due to our committed staff and volunteers, government support, financial help from community agencies, and most importantly, the support and generosity of donors like you. The Canadian Mental Health Association is one of the oldest and largest community-based human service organizations in Saskatchewan.

Our Vision

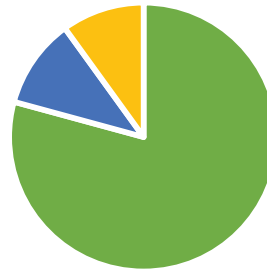
Mentally healthy people in a healthy society

Our Mission

CMHA (Saskatchewan Division) Inc. is a volunteer-based organization which works in partnership with communities and CMHA National, to support and promote the rights of persons with mental illness to maximize their full potential; and promote and enhance the mental health and well-being of all members of the community.

Where does the money go when you support CMHA Saskatchewan Division?

- Programs and Services 79.23%
- Management and Administration 10.81 %
- Fundraising 9.96%



- Charitable Programs
- Management & Administration
- Fundraising

Taken from the Canada Revenue Agency website, T3010 Registered Charity Information Return

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 Phone 446-7177 Fax 445-7050

Estevan Branch

1201 - 2nd Street
 Estevan, SK S4A 0M1
 Phone: 634-6428 Fax: 634-8535

Melville Branch

Box 3625
 Melville SK S0A 2P0
 Phone: 728-4556

Moose Jaw Branch

Phone 692-4240

Prince Albert Branch

1322 Central Avenue
 Prince Albert, SK S6V 4W3
 Phone: 763-7747 Fax: 763-7717

Regina Branch

1810 Albert Street
 Regina, SK S4P 2S8
 Phone: 525-9543 Fax: 525-9579

Rosetown Branch

Box 1376 (#52 - 1005 Main St)
 Rosetown, Sk S0L 2V0
 306-882-1232

Saskatoon Branch

1301 Avenue P North
 Saskatoon, SK S7L 2X1
 Phone: 384-9333 Fax: 978-5777

Swift Current Branch

176-4th Avenue
 Swift Current, SK S9H 0T6
 Phone: 778-2440 Fax: 773-0766

Weyburn Branch

404 Ashford Street
 Weyburn, SK S4H 1K1
 Phone: 842-7959 Fax: 842-3096

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