The Canadian Journal of Psychiatric Nursing Research is a peer-reviewed open accessed bi-monthly e-journal that reflects the increasing global influence of mental health care in all facets of modern psychiatric nursing. Articles from Canada and around the Globe will identify the Mental Health Nurse as a dynamic, innovative and inspiring member of the health care team.

Go to: [www.cjpnr.org](http://www.cjpnr.org)

The Journal is specifically designed to inform Canadian mental health nurses about National and International psychiatric nursing developments.

Articles are encouraged that describe critical analysis of the emerging trends and innovative models of practice. Clinical and research articles that deal with care issues at the level of individual, family, group, or community, as well as the relationship of these care issues to institutional, organizational, or public policy are desired.

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WE NEED YOUR STORIES!
We would like the RPNews to be both interesting and informative, not just of Association matters, but also of issues of interest to RPNs in many areas of practice.
You can inspire your fellow RPNs, province wide!
Please send your story submissions for the RPNews to:
carlabolen@sasktel.net

RPNAS CENTRAL OFFICE HOURS
Monday to Friday
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Tunnel of Trees
Photo Credit: Stu Cram, Regina
The focus of our efforts here at RPNAS is on the established ends of our association. This is reported on in full in each annual report. For this edition of the newsletter I will highlight some of the work being done, and our accomplishments so far this year.

The office has gone digital, thanks to the many skills of our staff members, and in part to the ability of us old timers to keep adapting to new ways of doing things and letting go of the old. This e-newsletter is an example, as well as having the majority of members on an email list(s). In December Council will make a decision about moving to online registration and if approved you should be doing your 2016 registration online.

New national entry level competencies for RPNs should be available soon, as the work is nearing final stages for publication. The Provinces regulating RPNs have collaborated on a nationally funded program to look at the mobility issue that RPNs face and the competencies will be a product of that project.

Registered Psychiatric Nurses of Canada (RPNC) no longer exists, and the Registered Psychiatric Nurse Regulators of Canada (RPNRC) has been incorporated. A new website and information will be forthcoming. The RPNRC is composed of the regulatory bodies for psychiatric nursing in Canada.

The National Nursing Assessment Service is operational and will ensure that internationally educated psychiatric nurses will receive timely accurate assessment of their applications in a single portal, which also serves RN and LPN applicants.

The World Congress for Psychiatric Nursing takes place in May 2015 in Banff Alberta. www.rpnc.ca. The RPNAS continues to work collaboratively with the SRNA and SALPN to refine and develop scope of practice documents and protocols that ensure all nurses can work to their full scope of practice. The staff mix decision making tool supports this process. http://cna-aiic.ca/~media/cna/page-content/pdf-en/staff_mix_framework_2012_e.pdf.

We continue to make the government aware of the need for additional education seats in psychiatric nursing, as evidence supports the shortage that will exist due to an aging membership. We are also concerned about the mentorship that will be lost if new graduates do not have RPNs available for this. An increase in education seats is critical to our profession.

We await the report of Dr. Fern Stockdale Windsor, the Commissioner appointed to review mental health in the province. The RPNAS participated in meetings and met with the Commissioner.

Finally, registration season is in full swing. Please renew your registration before November 31st to avoid being charged a late penalty.
Time does not stand still; it matters not if you are an individual or an organization. As I look over the past several months I can honestly say it has been a whirlwind of activity. The office staff has made numerous quality changes in the office and the office has never run as smoothly during these transitions. Kudos to Mike and Kim Clory for their dedication to our organization.

Our Executive Director, Robert Allen, and our Registrar, Candace Alston have each been busy with their respective portfolios, making things happen for the betterment of the people we serve as Registered Psychiatric Nurses.

June was a busy month. We hosted the RPNAS AGM in Regina this year. It was one of the better attended AGM’s in recent history. Whether this was because of the great speakers and RPN panel, or because of several modifications in the way the AGM was advertised, has yet to be determined. The guest speaker was Dr. Joyce Mikal-Flynn. She spoke of her near death experience and how it lead to her looking deeper into the human psyche. How do some people have the ability to get through horrendous life situations and others succumb? Dr. Joyce Mikal-Flynn developed a model that tries to answer that question. The model she developed is called Metahabilitation Model.

Our Executive Director and I had a meeting in Vancouver June 11 and 12, 2014 regarding the Registered Psychiatric Nurses of Canada (RPNC) developing new bylaws and continuance under the Federal Not For Profit Act. The bylaws are now newly passed and accepted, the RPNC is also newly named. It is now known as the Registered Psychiatric Nurses Regulators of Canada (RPNRC), which better describes what they are about.

The RPNAS Council met June 19 and 20, 2014 for our retreat and Council meeting. In our day of retreat we had new member orientation and a governance review. Day two was a regular Council meeting, where the new members on council were able to see the Carver Model of Governance utilized. As is with every new council member it can be a bit overwhelming, but at each council meeting the governance model becomes clearer.

August was exciting with the National Nursing Assessment Service going live for all internationally educated nurse applications. This means that across Canada, any application from internationally educated nurses go through one portal for verification of credentials instead of each provincial body having to do this.

In August I received a call from Danielle Chartier, Opposition Health Critic. Danielle was interested in meeting with Council to discuss our perspective on Mental Health in Saskatchewan, things that have been done well, and any shortfalls we see. Our meeting date was set for September 20, 2014 at our council meeting. We had a good conversation with Danielle about what we saw as the short falls and high points of mental health service provision in the province.

On October 22, 2014 Council has a very important meeting scheduled with Saskatchewan Union of Nurses (SUN). The purpose of meeting is work out issues the RPNAS sees as requirements to be able to work collaboratively with SUN, but there will also be the issues around the SALPN proposed by-law changes and ebola protocol to talk about.

I hope you all had a nice Thanksgiving holiday with your families. In closing a poem by Enia celebrating the fall season:

**WELCOME FALL**

Fall has just begun
As summer ends
The color of the leaves gleaming in the sun
Jumping in leaves with friends
As they tumble down
Forming a quilt on the ground
Hearing the crinkle as you jump in
Twisting and turning in the air
Feeling of the brisk air blowing in your face
The warm and delightful smell of grandma’s pumpkin pie
This is fall
Now that autumn has begun, I must say I am grateful for the fact that most of Saskatchewan is able to hold onto summer right to the end. Since I am not a huge fan of winter, each day that the temperature is above the seasonal average is a good day in my books.

Registration Renewal is well under way. Mike and Kim are busy processing forms and printing licenses. It would speed up the process by insuring that the forms are filled out properly and that all the information is correct. The data dictionary provided is a guide to assist members to accurate and consistent data for Canadian Institute of Health Information (CIHI) reports.

August 12th, 2014 the National Nursing Assessment Service went on line. This is the agency that provides a single point of entry for all internationally educated nurses wishing to work in Canada to have their credentials assessed.

Once again, I was invited to speak to the first year Psychiatric Nursing Students. I take this opportunity to inform them about the Association and the Council, the rights and privileges of membership in a self-regulating profession, and their responsibility to practice in a safe and competent manner.

I would like to formally thank Jill Thompson for inviting me to speak with the students. The excitement that they generate as they enter this profession is heartwarming.

It is always encouraging to speak to the first year student psychiatric nurses. They seem so eager to make a meaningful contribution to the profession, asking many questions and showing great interest in the activities of the Council.

The fifth class of psychiatric nursing students will graduate in December 2014. They will be preparing to write the Registered Psychiatric Nurses of Canada Examination in January and they are hoping to work as RPN's in agencies throughout the province.

We salute you for your ongoing dedication and commitment to the profession of psychiatric nursing and the people you care for. Your efforts contribute to the quality of life and mental health care within the province and impact the education of our psychiatric nursing students.

SIAST offers flexible learning opportunities for career advancement. SIAST continuing education programs are available on a full or part-time basis through distance education allowing you to maintain employment and family responsibilities while furthering your education.
2014 RPNAS AGM & Education Day
June 5 & 6
Regina, Saskatchewan

The CARE Panel, facilitated by Dr. Joyce Mikal-Flynn (far left) with Angie Craig (clinical practice); Marion Reiger (administration); Karl Mack (research) & Jerry Fitzgerald (education)

Regina Branch AGM Planning Committee
Sheila Moore, Angie Craig, Caroline Hoffart, Roberta Jors, Sue Myers, Kathy White & Susan Field

Key Note Speaker
Dr. Joyce Mikal-Flynn

SIAST students attend the AGM

Attendees enjoying the key note speaker
Kim Clory, RPNAS Office Administrator welcoming guests to the Awards Banquet

The Minister of Health, the Honorable Dustin Duncan, speaking at the Awards Banquet about the importance of mental health services

First Nations Dancers from the Rainbow Dance Troupe put on a spectacular performance!

The Silent Auction raised over $2,000 for the Canadian Mental Health Association, Regina Branch, plus scholarships for SIAST students

Various attendees at the Awards Banquet
Make a difference.

Make your pledge today at:
www.SkChangeDay.com

If you work in health care, receive health care, or care about health care: Pledge to do one small thing to improve the care or service you provide or receive, or to improve your workplace or yourself.

You can do it by yourself, or with friends, colleagues, or a team. The only rule: your pledge has to be meaningful to YOU. Pledge, share your commitment, act on your pledge, and celebrate this province-wide movement on November 6th, 2014.

Registration Renewal Reminder!!

Registration Renewal Forms (including those of prepaid members) not received by November 30th will be subject to late and/or reinstatement fees as follows:
- Registrations for Practising Licenses received in Central Office after November 30th but before December 31st will be subject to a late fee of $25.00.
- Registrations for Practising Licenses received in Central Office after December 31st will be subject to a fee of 10% of the annual fee.
- Registrations for Non Practicing Licenses received after November 30th will be subject to a late fee of $10.00.

Bylaw VI Section 3 (4) states: Members who have not paid the annual licensing fee and other fees prescribed by council by December 31 shall cease to be members of the association.

Continuing Professional Development Credits

Remember, in order to qualify for registration for 2015, you must have accumulated at least 10 credits for the current (2014) year.

This chart outlines the categories of Continuing Professional Development (CPD) credits.

As you can see, there are MANY ways to accumulate credits including informal study; contributions to knowledge; formal study; professional and community involvement; and presentations to others.

You can access more information on CPD credits at:

RPN Day Contest Winners!

Thank you to our valued members for your ongoing commitment to the profession of Psychiatric Nursing in Saskatchewan. Look forward to more contests in the future!

For RPN Day, which was designated by Minister of Health, the Honourable Duncan Dustin on May 10, 2014, the RPNAS held a contest for our membership, which was

1st: Jen Denton, RPN – RPNWear Clothing

“Love my job and the ability to make a difference in someone’s life. Seeing someone get what’s happening to them or change how they have done things in past to improve their future based on the work I’ve done with them is very rewarding...”

2nd Prize: Wanda Fowler, RPN - $50 Gift Card

“The last thing I ever wanted to be was a nurse, of any kind. I had had minimal, less than positive experiences with Sask Hospital Weyburn, but I wanted a different job than waiting tables. I got a job as an aide (with a great deal of trepidation) and by the third day I was hooked! Every day thereafter was another reason I wanted to be psych nurse. Repeatedly through the years I have held some excellent jobs that were outside my scope of expertise, but not my skill set! Our training was comprehensive and the support and guidance were beyond any other profession. I don't want to retire!”

Third Prize: Vance Gabion, RPN – RPN Swag Bag

“Psych nurses deal with the unquantifiable, the human spirit.”
More RPN Day Contest Entries!

Carol Funk, RPN
“The people! The clients and colleagues I have encountered during my career have enriched my life and taught me so much.”

Catherine Warson, RPN
“I have worked in long-term care for 40 years and we NEED RPNs in this field. The complexities, physical, emotional, social, mental, of our residents need the specific qualifications of the RPN in the multi-disciplinary nursing team to provide the total care needed by our residents. I am thrilled that the RPN nursing program is alive and well and expanding because our society needs qualified, well educated RPNs now and for the future. I am proud to be an RPN and know that there will be young RPNs taking up my position when I retire!”

Laura Nordgulen, RPN
“I enjoy making a difference in peoples’ lives, advocating for them when they are not able to.”

Terri McMillan, RPN
“I love the diversity of employment opportunities being an RPN has brought me. I’ve been an RPN since 1994 and I’ve worked in an acute mental health centre, a large psychiatric rehab hospital as a ward nurse and a facility in charge nurse, a continuing care educator, a quality of care coordinator and accreditation coordinator, and I’m now a long-term care educator. I loved each and every job that I held and the one that I hold now, because they all let me focus on making sure that my clients/patients/residents/elders receiving the highest level of care that is holistic and delivered compassionately. I can honestly say that after almost 20 years, I STILL LOVE BEING AN RPN! Happy RPN Day!”

Abigail Karpluk, RPN
“It was my dream to work in psychiatry since high school. Mental health is my passion and it truly is an honor to be able to help and work with people living with mental health conditions. I am proud to be an RPN! I learn as much from my patients as they do from me!”

Kyla Bereti, RPN
“I love being a RPN because I feel I truly make a different in my residents' lives. I work full time in geriatric care, and casual on acute psychiatry. I genuinely love going to work each and every day while working in long term care and know that I am part of one big family. When my residents remember my name and know who I am, I know I am making a difference. I also pride myself on advocating for this population because many do not have a voice of their own, and need someone to stand up for their wellbeing. I focus on what is best for my clients every day I am at work.”

Claire Lajeunesse-Lewko, RPN
“My psychiatric nursing training has given me the tools to effectively communicate with people regardless of wellness level! I am forever grateful to my profession for preparing me for life and to treat ALL people with the respect and dignity that they deserve!!”

Deborah Dyer, RPN
“Over the years I have done other things but I always come back to psychiatric nursing; I often tell people it is because I am easily bored and psychiatric nursing is anything but boring. Of course this is only partly true - being an RPN is also challenging and rewarding and there are so many opportunities to grow personally and professionally in such a wide variety of interesting jobs.”
World Congress in Banff - May 2015

The Registered Psychiatric Nurses of Canada (RPNC) is proud to sponsor this 2015 World Congress for Psychiatric Nurses where knowledge, skills and information can be shared among those people dedicated to working in the mental health field. We hope that you will join us May 20 - 22, 2015 in Banff, Alberta, Canada.

Please stay tuned for information and updates that will be posted to this website as they become available. Go to: www.worldcongress.rpnc.ca

Be Part of the Program! Our Call for Abstracts Has Been Extended!

In order to ensure that everyone interested in submitting an Abstract has the opportunity to do so, we have extended this year’s Call for Abstracts poster and/or oral presentation at the 2015 RPNC World Congress for Psychiatric Nurses until Monday, November 17, 2014.

Keynote Speakers
We are delighted to announce our Keynote Speaker, Augusten Burroughs, (New York Times bestselling author of the ground-breaking Running with Scissors) and are excited for the return engagement of comedian and motivational speaker Big Daddy Taz, the "Bi-Polar Buddha".

Send us YOUR Stories!

As you can see from the RPN Day Contest entries, pride in being an RPN abounds in this province!

We are always looking for content for this newsletter, stories from you about your work as an RPN. Perhaps you have a touching story, or something else that would remind us all about why we love being RPNs.

Stories about implementing best practice, or innovative practice are always welcome.

Send your story ideas to: carlabolen@sasktel.net
Shirley Bedford: the art of nursing
By Jayne Foster
News-Optimist Staff Reporter

Shirley Bedford has always aspired to ascend, not to the science, but to the art of nursing.

The past president of the Registered Psychiatric Nurses Association of Saskatchewan is inspired to live her professional life according to a quote by an American nurse practitioner, Karen Bugaj. In part, it reads: to practice the science of nursing, requires a nurse who can perform a thorough and accurate physical assessment by inspecting, palpating, percussing and auscultating the patient’s body. The ascent to the art of nursing, requires a nurse willing to perform a thorough and accurate assessment of the person, via inspection of the character, palpation of the mind, percussion of the heart and auscultation of the soul.

“I think this quote really speaks to psychiatric nursing being focused on the essence of humanity,” says Bedford, who graduated from training at the Saskatchewan Hospital in North Battleford as a psychiatric nurse in 1972.

At last year’s Champions of Mental Health Awards held in North Battleford, Bedford, who in fact helped establish the awards as a way to recognize people in the community who are supportive of the mentally ill, was given a special award. Presenting the award, which was a surprise to Bedford, executive director of RPNAS Bob Allen described Bedford as a person who has touched and continues to touch the lives of many people. Her life, he said, has been spent in the service of others, giving selflessly to others and going above and beyond.

“I first met her in 1969 or so when we were students at Saskatchewan Hospital. She graduated and became an RPN in 1972. She continued to advance her education in hospital administration and has been a continual champion of professional development, serving wherever the work needed to be done.”

He said she has been continually involved on a volunteer basis with the RPNAS in many capacities locally, provincially and nationally.

“Our archives are full of her work on committees and it is impossible to list all of her contributions,” said Allen. She faces life with a tremendous sense of humour is always ready to help others face life’s difficulties and challenges, he said.

“She is the consummate professional and exemplifies those qualities we admire in others. In a profession that is quite misunderstood by most, she intuitively knows what we are there for.”

Indeed, Bedford says in a YouTube video posted by the Saskatchewan Union of Nurses as part of the “Making the Difference” initiative, “I’m the road map and if you start to move through some of these directions, you will reach your destination.”

While she is well known and sometimes outspoken, she is not one to blow her own horn. The horn she prefers to blow is that of the psychiatric nursing profession.

From a paper prepared by Horatio, the European psychiatric nurses’ organization, she picks out a particular paragraph stating what her colleagues do: “Apply a wide range of medical, psychological and psychosocial interventions, adapted to suit the functions of the nursing therapeutic relationship and the individual requirements of each patient.”

It’s the ability of psychiatric nurses to draw on a variety of skills to fulfill their roles, which are varied, that Bedford points to as underlining their value. continued on next page….
“We still struggle with health authority perception that we can’t do what regular nurses do, which is certainly not true,” says Bedford. “Our younger nurses are being educated in all the physical nursing that we need … we have to find out [our patients’] physical history, everything that could interact, and work with all those aspects and with mental health as well.”

For example, said Bedford, they have to understand medications, and what might be contra-indicated if their clients are using medication for other conditions. There might also be times when what might appear to be a mental illness is actually the result of an acute illness, and a psych nurse’s training can help with that assessment.

“We have to have that knowledge,” she says. “We have the knowledge and skill base, it’s just where we choose to do use the skill base.”

As for Saskatchewan’s Patient First Review that recommended the health system make patient- and family-centred care the foundation and principle aim of health care, Bedford says that’s always been part of the psychiatric nursing philosophy.

“It’s not new for us.”

Bedford hit her retirement formula a number of years ago, but continues to work, as many nurses do after retirement. She works two days a week in the Heartland Health Region, commuting from North Battleford to Unity. Heartland, she says, covers a huge geographical area, with the equivalent of six and a half psychiatric nurses to do the community work. That translates to 12,000 people per person.

“We are really wide spread so we really have to make an extra effort for support and communication,” says Bedford. Fortunately, she adds, “our community services head Marlene Weston is very supportive of her community workers.”

Bedford also works casual at the Mental Health Centre in the Battlefords, her pre-retirement place of work. Sometimes, depending on the need for casual shifts, she is as busy as before her so-called retirement.

She intends to keep working as long as she is healthy.

As a psych nurse, Bedford reaches out to help others. But working with other psych nurses has also helped her through a difficult time. When her husband Eldon passed away with cancer just under three years ago, her colleagues were there for her, she says.

“For me, being able to stay at work helped me survive Eldon’s death,” she says. “It helped me get through that.”

Eldon was a supportive husband who, after their daughter had been born and when his wife was about 27, encouraged Bedford to follow her dream of becoming a nurse. They were living in North Battleford, having been transferred here from Saskatoon because of Eldon’s job with the provincial highways department. Information she saw in the newspaper prompted her to follow a dream she had always cherished, and she began training at the Saskatchewan Hospital.

Bedford doesn’t remember a time when she didn’t want to be a nurse.

“I played nurse with my dolls when I was a little, little girl and I don’t remember even having access to nurses,” she says. “I’d put a pin in lipstick to sterilize it and inject the doll. I had a doll with red dots all over its butt,” she laughs.

Originally, she had hoped to take nursing at Medicine Hat General Hospital, but because she graduated high school at 16 she was too young to be admitted to the program.

“They wouldn’t even look at me until I was 18, she says, so she worked at other jobs until the Saskatchewan Hospital opportunity opened up.

continued on next page.....
“Eldon was supportive whatever I wanted to do,” she said. “I took the training at Saskatchewan Hospital, and from there on there was no looking back.”

She liked the physical part of nursing, but it was the community work aspect that really inspired her.

“Some people aren’t built for it,” she says, but it resonated with her.

She recalls, “Two weeks before I started training, I got a phone call from a cousin in the States.” She was shocked when he called because, “I knew he was single and had a drinking problem, but I hadn’t seen him since I was six.” After catching up a bit, he said he’d heard she was going be taking psychiatric nursing training. Then he said, “I hope that when you run into people like me you will have some compassion.”

“Two weeks later he shot himself,” says Bedford. “It was surreal.”

None are immune, whether it’s family, friends or coworkers, she says.

“Throughout the early part of my career,” she adds, “Some of us ran into situations which would now be considered post traumatic stress disorder. We saw things and coped with things that were pretty horrendous, and every now and then you still get the reminder and you have to keep it compartmentalized or otherwise you couldn’t function.”

Bedford’s passion for psychiatric nursing has led her to advocate for clients and fellow nurses by becoming active with the RPNAS. She was president of the association for two years, recently handing over the gavel to Marion Palidwor, a fellow psychiatric nurse from North Battleford. As an association, RPNAS confers the designation of registered psychiatric nurse, but it also has an advocacy role. It advocates for better mental health services for its members’ clients and for its profession.

Bedford says her focus as president was to see a degree program for psychiatric nursing put in place. The Saskatchewan Institute of Applied Science and Technology received authorization to grant a new Bachelor of Psychiatric Nursing in July of 2013. There has been a diploma course in place for most of the years since the position of psychiatric nurse was legislated into existence in 1948. Now, says Bedford, many diploma psychiatric nurses are taking the degree program.

The main difference between diploma and degree courses, in addition to length of the course, is in the administrative and leadership roles, says Bedford. It’s the same basic education with more concentrated learning in terms of theory and practice, like a teachers degree might compare to a masters level, she explains. There isn’t really a difference in pay unless someone gets an administrative job. Psychiatric nurses who are members of the Saskatchewan Union of Nurses working in inpatient nursing units see little difference in money, Bedford says.

Going for the degree is more about the extra training and wider career opportunities which, if one moves into management or heading up programs can mean more money. She adds not all psychiatric nurses are covered by SUN. Some are members of the Health Sciences Association Saskatchewan or the Canadian Union of Public Employees.

As president of RPNAS she was pleased the degree program has finally been achieved and 30 seats have been allotted, although she notes 30 more were promised but have not yet materialized.

Another one of Bedford’s goals as RPNAS president was to work toward the designation of psychiatric nurse practitioners.

“We were blown out of the water over the psychiatric nurse practitioner, which was really disappointing,” says Bedford.

But she will continue to advocate, despite that particular setback.

“I tend to get assertive, and I would like to see this and like to see that,” laughs Bedford. “It doesn’t hurt to ask.”

continued on next page.....
Bedford does have a reputation for pulling no punches when discussing mental health issues with politicians, including suggesting schools could have better early intervention if they had psychiatric nurses on staff. Or that mental health and addictions warrants having its own ministry.

Bedford’s staunch work ethic and belief in education, she says, comes from her parents, who emigrated from Lithuania in the 1930s. She and her sister certainly learned to respect the freedom their parents sought, she says.

Her parents first came to Estevan, where her dad worked in the coal mines. Then he got on with the railroad, says Bedford. They lived in various small communities across southern Saskatchewan and Alberta.

She was born in Gull Lake. When she was 12, they moved to the Leader area, where her future husband’s father was her teacher.

When, because she was “kind of a smart kid,” she graduated too young to immediately embark on her dream of becoming a nurse, she worked in a drug store locally, then moved to Saskatoon with her husband where she worked for A.A. Murphy and Sons CFQC in Saskatoon.

Here in North Battleford, in addition to being known for her work, she is also known as a mother and grandmother of two, a devoted pet owner and dog rescuer. At times, she’s even been known as a bellydancer.

And when being seen helping some neighbourhood kids catch their escaped pet rabbit in the back alley, prompting neighbours to exclaim, “Oh, Bedford, are you ever crazy!” she laughs, “Leave me alone, I enjoy every minute of it.”

Thank you to Jayne Forster, News-Optimist Staff Reporter for giving us permission to use this story in its entirety.