

PUT THE COFFEE ON MARCH 2022

PHONE-IN SPEAKERS SERIES



Rob Carnie

Feature personality, CHAB Radio

'Experiences as a Radio Personality, Sports Commentator, and Agriculture Reporter'

Wed, March 2

10 am



Christie Whelan

Farmer/Rancher & Pilot

'How I Deal with Stress'

Wed, March 9

10 am



Della Ferguson

Grief Support Group Facilitator

'When It's Next Year Country'

Wed, March 16

1 pm



Catherine Livingstone

in conversation with Dr Tom Robinson

'Is Your Brain Like a Tractor?'

Wed, March 23

10 am



Rustie Dean

Radio Host

'Role and Evolution of Women in Farming'

Tues, March 29

10 am



Dr. Tom Robinson

Psychologist

'Adapting to Big Life Changes'

Wed, March 30

1pm

TO REGISTER:

Email: SeniorsWithoutWalls2021@gmail.com
or phone 306-631-4357 (NO TEXTING PLEASE)

SEE OUR WEBSITE FOR MORE INFORMATION:
scwwmoosejaw.com

Participants must be current or retired farmers or ranchers

Saskatchewan Farmer and Rancher Mental Health Initiative



ROB CARNIE

FEATURE PERSONALITY, CHAB RADIO

WEDNESDAY, MARCH 2
10 AM



"EXPERIENCES AS A RADIO PERSONALITY, SPORTS COMMENTATOR, AND AGRICULTURE REPORTER"

Rob will talk to us about 800 CHAB and the fact the radio station will be celebrating 100 years in 2022. He'll also take us back to the start of his career in the media which began when he was a high school student at the Moose Jaw Times-Herald, the daily newspaper that ceased operations in December of 2017.

Rob will also talk to us about his experience as an agriculture reporter - a real eye opener for a city boy from Regina / Moose Jaw!

ABOUT ROB CARNIE:

Rob has been at CHAB since the summer of 1986 and has performed a number of duties, including morning news anchor, news and sports director and spent 15 years calling Moose Jaw Warriors games on the radio (1986 through 2001). He currently hosts The Rob Carnie Morning Show on CHAB, playing the Greatest Hits of All Time, and the all new, all-request show, The Electric Lunch.

CHRISTIE WHELAN

FARMER/RANCHER & PILOT

WEDNESDAY, MARCH 9
10 AM



"HOW I DEAL WITH STRESS"

Stress, both as a pilot and farmer, has been a constant part of Christie's life with a few very stressful periods or events interspaced throughout.

Christie will talk about how he uses "The Grind" of bearing down with hard work, such as increasing your exercise, when you first start to feel you are having signs of depression.

ABOUT CHRISTIE WHELAN:

Christie has been involved in farming his whole life: first on his father's beef farm in Ontario, and later taking over his father-in-law's land in Saskatchewan, as a multi species cropping and organic production farmer. He is a retired Air Force pilot, having served for 27 years, part of which was spent as an instructor in Moose Jaw. Christie has also worked for WestJet for a number of years as a pilot.

DELLA FERGUSON

GRIEF SUPPORT GROUP FACILITATOR

WEDNESDAY, MARCH 16

1 PM



"WHEN IT'S *NEXT YEAR COUNTRY*"

How do we deal with the disappointments, discouragements and devastations of loss in farming? As a farmer's daughter, Della heard her Dad say "It's Next Year Country" many-a-time.

As a grief support worker, let's look at how to face those times while being aware of our physical, mental and spiritual wellbeing.

ABOUT DELLA FERGUSON:

Della grew up on a small farm near Mortlach, and is currently a Funeral Celebrant and Grief Support Group Facilitator for W.J.Jones & Son Funeral Home in Moose Jaw. Since her career in this field began in 1998, she has had the privilege of "walking with" people at a very difficult and vulnerable time in their life. She volunteers with numerous associations throughout the city of Moose Jaw, currently including Journey to Hope Moose Jaw, Heartland Hospice Moose Jaw, Square One Community Moose Jaw, Moose Jaw Women Who Care and more.

DR TOM ROBINSON & CATHERINE LIVINGSTONE

CHATting ABOUT BRAIN HEALTH

WEDNESDAY, MARCH 23
10 AM



"IS YOUR BRAIN LIKE A TRACTOR?"

Increase brain health understanding in this lively and lighthearted conversation about the ways our brains work like everyday items. How is your brain structured like a tractor, and how can you keep it running in great condition now – and in the future?

This will be a great way to increase your health literacy and have some fun at the same time!

ABOUT THE SPEAKERS:

Catherine is an advocate for care partners and people living with dementia. She is passionate about merging creativity with social justice, inclusion and health literacy, especially in terms of cognitive and brain health. Currently based in Manitoba, she spent many happy summers at her family's farm in Grey County, Ontario.

Catherine will be talking with Dr Robinson, a Regina-based psychologist whose interests include rehabilitation and health, persistent pain, trauma, and occupational stress.

RUSTIE DEAN

RADIO HOST

TUESDAY, MARCH 29
10 AM



"ROLE AND EVOLUTION OF WOMEN IN FARMING"

Rustie is excited to share some time discussing the role and evolution of women in farming. From a media standpoint: you don't often write or hear about the roles the wives and families provide to the operation on the farm in everyday media.

She hopes to shine a light on the importance of women on the farm and the value they add even behind the scenes.

ABOUT RUSTIE DEAN:

Rustie was born and raised on a livestock farm near Caronport. She began her Media career, just down the road, in Moose Jaw, SK with Golden West Radio and later worked on the Global Regina Morning Show, and as Weather/Traffic Anchor on both the Morning and Evening News. In 2017, Rustie stepped away to start a family. She resides on a grain farm near Lang with her husband and two young sons. Currently, Rustie works with Golden West, a home studio, hosting radio shows in Kindersley, Moose Jaw and Weyburn.

DR TOM ROBINSON

PSYCHOLOGIST

WEDNESDAY, MARCH 30
1 PM



"ADAPTING TO BIG LIFE CHANGES"

Psychologist Dr Robinson will speak about our personal identity: how we develop a sense of self, what happens when life changes (like retirement!) can result in changes in how we see ourselves, and how we adapt.

ABOUT DR TOM ROBINSON:

Dr. Robinson is a Regina-based psychologist, recently retired after over 26 years at Wascana Rehabilitation Centre, and now working in private practice. His areas of interest include rehabilitation and health, persistent pain, trauma, and occupational stress. He grew up on a farm near Pincher Creek, Alberta with two older brothers and two older sisters.

Most of his work has involved people who had sustained physical and/or psychological injuries. He is married and his wife is also a psychologist; they have a 19 year-old son and two dogs.