



**Canadian Mental Health Association**  
**Fundraiser:**

**SEABUCKTHORN DAYS**

**September 23-24**

**Saskatoon Farmers' Market**

**Speakers: Dr. Raju Soolanayakanahally, Sara Williams, Forrest Scharf, Kalli Youngstrom, Betty Forbes, Canadian Mental Health**

**Certification: GACP (Good Agriculture and Collection Practices) Program**

Note: All seminars are free to the public, but space is limited, so pre-registration is required and donations to Canadian Mental Health appreciated.

**Sunday 11:30-1:00**

**Chefs Supporting Mental Health with Healthy Eating**

**People's Choice Award for Chef's Cook-Off**

**(each part of the menu has to have seabuckthorn as one of the ingredients)**

**Gourmet Luncheon: seabuckthorn borscht, an appetizer, three entrees and a dessert with seabuckthorn tea all for \$35 for a great cause. Limit of 125 tickets sold.**

Teaser: here is what Executive Chef Scott Torgerson from the Radisson is doing:  
Vanilla Butter Poached Shrimp with Seabuckthorn, Amaranth, Red Vein Sorrel, and Celeriac

For more information contact Betty Forbes: (306) 955-2319 or [betty@nvigorate.ca](mailto:betty@nvigorate.ca)  
or check out the Saskatoon Farmers' Market Facebook.

## Speakers at Ideas Inc.

**Registration required for all sessions! Registration limited to 25;  
GACP course limited to 20.**

### SATURDAY

	SPEAKER		Title
8:00-9:00	Betty Forbes	In 1998, Betty and her family planted a seabuckthorn orchard. Her father called the company Northern Vigor Berries and since then Betty has worked with other growers in promoting the berry while working on developing value-added products under the brand name nvigorate. For more information go to: <a href="http://www.nvigate.ca">www.nvigate.ca</a>	My Orchard, my Prickly Business
9:00-10:00	Dr. Raju Soolanayakanahally	<b>Dr. Raju Soolanayakanahally</b> is a research scientist at Saskatoon Research and Development Centre in Saskatchewan, Canada. His research focuses on the development and evaluation of new trees and shrubs for environmental services within agroforestry context. Recent efforts include selection of seabuckthorn varieties better adapted to Canadian climates; popularization of seabuckthorn berries for nutraceutical and functional food uses. At AAFC, he and his colleagues look at innovative land management within agricultural systems to provide land owners the economic benefits while achieving agricultural sustainability.	Seabuckthorn: Emerging Opportunities & Health Benefits
11:00-2:00	Connie Kehler	<b>Connie Kehler</b> is the lead trainer in Canada for the good agriculture and collection practices program. She also managed the Canadian On Farm Food Safety Working group in Ottawa that was the overarching industry government working group for all of agricultures on farm food safety programs. She is known for being an entertaining trainer that makes learning fun!	GACP (Good Agriculture and Collection Practices) Certificate Course

	<p>She has trained over 800 participants across the country!</p> <p>“I have taken the training and have found it invaluable in terms of making me think about all steps of my operation so that very safe food goes into the marketplace. Connie is extremely knowledgeable and a delight.”</p>
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## SUNDAY

	SPEAKER		Title
10:00-11:00	<p>Canadian Mental Health:</p> <p><b>Shauna Altrogge</b>, Director of The Gambling Awareness Program</p> <p><b>Brenda Beaudry</b>, Mental Health Worker, Mental Health First Aid Facilitator, Canadian Mental Health Association: Saskatoon Branch</p>	<p>The Gambling Awareness Program (GAP) is a province-wide, free, community based prevention education program, offered through the Canadian Mental Health Association (CMHA) SK Division.</p> <p>GAP offers information on current gambling and gaming trends, and can help people make informed choices about gambling to help protect themselves against risky gambling behaviour. The GAP team is fun, non-judgmental and can deliver free presentations, workshops, and share resources during health fairs, or other community events through their interactive display programming.</p> <p>There will be a GAP display, and a brief presentation on Sunday, starting at 10 am.</p> <p>Brenda Beaudry will be speaking about Mental Health in general, services CMHA provides and also what is available in the community, the formal system, and how to reach out for help.</p>	<p>Gambling Awareness Program</p> <p>Good Mental Health</p>
11:00-12:00	<p><b>Dr. Raju Soolanayakanahally</b></p>	<p><b>Dr. Raju Soolanayakanahally</b> is a research scientist at Saskatoon Research and Development Centre in Saskatchewan, Canada. His research focuses on the development and evaluation of new trees and shrubs for</p>	<p>Seabuckthorn: Emerging Opportunities &amp; Health Benefits</p>

		<p>environmental services within agroforestry context. Recent efforts include selection of seabuckthorn varieties better adapted to Canadian climates; popularization of seabuckthorn berries for nutraceutical and functional food uses. At AAFC, he and his colleagues look at innovative land management within agricultural systems to provide land owners the economic benefits while achieving agricultural sustainability.</p>	
12:00-1:00	Sara William	<p><b>Sara Williams</b> is undoubtedly one of the best-known and most highly respected horticulturalist on the Canadian prairies. For well over a decade she has been educating, entertaining and enlightening us with her newspaper columns, books and presentations. With Bob Bors, she has recently co-authored 'Growing Fruit in Northern Climates'. She wrote the chapter on Seabuckthorn.</p> <p>As a volunteer Sara developed and worked in a horticultural therapy program for people living with Alzheimer's disease and with mental illnesses. Sara initiated Gardening at the Zoo (a horticultural education program), a partnership of the Saskatchewan Perennial Society and the City of Saskatoon. Sara's awards include the Saskatchewan Centennial Leadership Award, 2005; several awards for program excellence from the Canadian Association for University Continuing Education; two Saskatchewan Book Awards for Creating the Prairie Xeriscape; and the Distinguished Extension Award, Canadian Society of Extension.</p>	Seabuckthorn: An Introduction
1:00-2:00	Forrest Scharf	<p>Forrest Scharf has been the Provincial Fruit Specialist with the Saskatchewan Ministry of Agriculture based in Regina for the past 10 years.</p> <p>Prior to being the Fruit Specialist; he worked for the Government of Alberta at the Crop Diversification Centre South in Brooks Alberta as a Special Crops Technologist, and as a Research Assistant at the University of Saskatchewan's Fruit Research Program in Saskatoon.</p>	General Management Recommendations for Fruit Crops in Saskatchewan; including soils, irrigation, fruit crop nutrition, integrated pest management, and crop-specific cultural practices.

		<p>Most fruit-related pest or industry issues eventually find their way to Forrest's desk.          If you have fruit plant-health concerns, please consider attending Forrest's talk.</p>	
2:00-3:00	Kalli Youngstrom	<p><b>Kalli Youngstrom</b> is a weight management specialist and personal trainer who focuses on helping clients to achieve sustainable healthy lifestyles through customized nutrition and training. With a background in psychology and athletics (competing as a professional bodybuilder as well as world level powerlifter) Kalli is able to assist clients in meeting their health and fitness goals with a focus on both mental and physical well-being.</p>	<p>The newest "trend" in Dieting, the Ketogenic Diet. Kalli will explain what a ketogenic diet is, the pros and cons of this style of dieting, and who this type of dieting is best suited to.</p>