

# Reno Reader



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Eve ■ Debra ■ Laurel ■ Trista

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## The Only New Year's Resolution You'll Ever Need

by Thomas Hills, PhD - professor of psychology at University of Warwick  
(<https://www.psychologytoday.com/us/blog/statistical-life/201901/the-only-new-years-resolution-youll-ever-need>)

New Year's resolutions are a tricky business. They are obligations we put on our future selves to behave. You probably don't like people telling you what to do. You probably especially don't want to hear from that young immature version of yourself who did such a bad job with last year's resolutions.

So scrap all your resolutions. Just throw them all away.

From now on, all you need is one resolution.

This resolution is scientifically proven to make you a better person and to help you achieve your goals.

That resolution is this: Make lists of your goals. Write down what you need to do to achieve each one, in as much detail as you can (what, where, and when). And do this everyday, or as often as you can.

The science behind this is called *implementation intentions*. It is behind books like 'Eat That Frog' and 'The 7 Habits of Highly Successful People.' It is probably the only habit worth worrying about, because it encompasses all the others (being pro-active, beginning with the end in mind, get some learnin', blah blah blah).

*Just tell yourself what you are going to do, how you are going to do it, and when.* Then let the magic do its work.

Highly successful people claim to do it everyday. I don't consider myself highly successful, but I manage to get to this list fairly often, with predictably good results. One year I did it almost everyday, and I have never been more productive. The next year I shelved the idea, and I've never felt more disorganized. I've been back on my lists since then, and I can feel the wind on my face as I motor through my little dream-world.

It's also a well-justified reason to get yourself a new journal and then learn the art of making to-do lists, about which there are many helpful websites and YouTube videos.



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## coming events

It's Bingo Bake Sale Time! **Reno Multiple 4H's Annual Bingo & Silent Bake Sale** will be held on **January 14<sup>th</sup>** at the Consul Hall. Bingo starts at 7 p.m. Come in and have some fun! Everyone Welcome!

**Rock & Roll Bonspiel!** A fun, 12-hour, open bonspiel in Consul featuring 6-end games accompanied by music! **Saturday, January 25<sup>th</sup>**. Starts at 11:00 a.m. Beer gardens! \$80 entry fee. Enter by Monday, January 20<sup>th</sup>. Call or text Jodi (662-7072) or Heidi (662-8095) to enter. \*Exact starting time and length of games may change slightly based on the number of entries.

**Consul Ladies Bonspiel** will be held January 29<sup>th</sup> to February 1<sup>st</sup>, 2020. Please call or text entries to Debra at 306-299-7741 or Peggy at 306-299-7766. Entry deadline is Friday, January 24<sup>th</sup> at 9 p.m. Come out and have some fun!!



## notices

**EASY COMPUTER HELP** 311- 5th Avenue Maple Creek (306) 662-3665  
Ken Smallenberg Personalized computer setups. Clean-ups. Virus/spyware removal.  
Printer setups. Program setups. Call ahead for same-day service.

## thank you

Consul Curling Club would like to thank Ed and Sharon Sandor for their donation.

## THANK YOU



to Megan Blakley who will step in & be editor of the Reno Reader for the next two issues while Susan is on vacation. Email ads to the usual address, [consulmuseum@gmail.com](mailto:consulmuseum@gmail.com). Reach Megan by phone at 306-299-7044.

# DOUG STEELE

## Saskatchewan Party MLA for Cypress Hills



Saskatchewan has a Growth Plan for the next decade. The plan is a roadmap for a growing province of 1.4 million people and a strong economy with 100,000 more jobs.

The purpose of growth and our government's Growth Plan is to build a better quality of life for Saskatchewan people – to build strong communities and strong families – and to grow a stronger Saskatchewan now, and for the next decade.

Over the next decade, business and investment growth will create stronger communities, while adding value to the products we export around the world will support the growth of new industries and new investment in our province.

Technology and innovation will be a catalyst for growth in our core economic sectors and growing diversification of our economy. Growth will create new jobs and more opportunities for young people to realize their future in our province, while attracting skilled and entrepreneurial newcomers from around the world.

These are just some of the benefits of a growing province over the next decade.

Since 2007, the benefits of population and economic growth in the province have provided the ability to make substantial investments in infrastructure and services that Saskatchewan people expect in their communities. Strong growth has also provided the means to invest in better supports for seniors and vulnerable people across the province while reducing taxes and making life more affordable for Saskatchewan families.

While growth brings challenges, it also provides new opportunities to build on the investments that have been undertaken since 2007. Recognizing the importance of ensuring investments are affordable within a balanced budget, the Government of Saskatchewan will continue to invest in our communities and families to improve their quality of life as the province and economy grows over the next decade.

### 20 Actions for the 2020s

- Growing our population by keeping more young people in Saskatchewan and increasing immigration to the province;
- Maintaining a competitive tax environment and undertaking SaskFirst new growth tax incentives;
- Growing Saskatchewan exports and core exporting sectors, such as manufacturing;
- Engaging internationally to secure access and expand international markets for Saskatchewan products;
- Growing Saskatchewan's agricultural economy;
- Adding value and increasing Saskatchewan-based processing of the province's agricultural products;
- Growing Saskatchewan's oil, gas and natural resource economy;
- Promoting the quality and sustainability of Saskatchewan's agricultural and natural resource exports;
- Creating opportunities by reducing interprovincial barriers to trade;
- Growing Indigenous participation in the economy through the growth of Saskatchewan's natural resource industries and labour market development;
- Expanding Saskatchewan's export infrastructure;

*continued on page 4...*

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### Reno Reader Contact Information

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**NEXT ISSUE: JANUARY 23<sup>RD</sup>**

**DEADLINE FOR ADS**  
**Monday, January 20<sup>th</sup> at noon**

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- Supporting the transformation of Saskatchewan's economy through innovation and technology and the growth of Saskatchewan's technology sector;
- Developing Saskatchewan's labour force;
- Growing small businesses and reducing government red tape for businesses;
- Delivering on Saskatchewan's climate change plan to reduce carbon emissions;
- Reducing carbon emissions in electricity production and advancing the development of zero-emission small modular reactor technology using Saskatchewan uranium;
- Keeping the province's finances strong and the budget balanced;
- Building strong communities by investing in infrastructure;
- Delivering on the purpose of growth by ensuring growth builds a better quality of life for Saskatchewan families and communities; and
- Always standing up for Saskatchewan.

You can learn about The Next Decade of Growth in Saskatchewan online at [saskgrowthplan.ca](http://saskgrowthplan.ca).

### RM of Reno Recreational and Community Funding Grant

The RM of Reno is now accepting applications for the Recreational and Community Funding Grant. The purpose of this grant is to compensate local institutions for decreased revenue in the community.

Not-for-profit organizations needing extra funding may submit a letter of application to the Municipal Office by January 31, 2020.

To qualify, applicants must be based within the RM of Reno, have a functioning board of directors, and be serving needs of our community. Applications must include need and purpose for the grant.

For more information please contact the Municipal Office.

RM of Reno No. 51  
Box 90  
Consul, SK S0N 0P0  
306-299-2133



**New  
Hours  
2020**

### **New RM of Reno No. 51 Office Hours**

Monday to Friday  
8:30am to 4:00pm

Effective January 2, 2020



*A new look for the  
Reno Reader  
for the new decade...  
HAPPY NEW YEAR!*