FORREST MELROY HETLAND grew up in the Naicam district where he attended public and high school. In 1946 he graduated from the School of Agriculture at the University of Saskatchewan. Besides classes he is alleged to have spent his time as a member of the Husky hockey team.

After graduation he returned to the farm where he has been a registered seed grower. He is a director of Saskatchewan Seed Growers and is their delegate to the Saskatchewan Federation of Agriculture. He was a municipal councilor for seven years and received a Master Farmer award in 1970. Forrest is the founding president of the Rapeseed Growers Association of Saskatchewan and was given a life membership in the association. He was appointed to the Canada grain Commission in 1971 and appointed to the Canadian Wheat Board as a commissioner in 1976.

Forrest and Doris were married in 1952. They have two daughters, Betty-Jane and Barbara and one son Bill.