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MAGAZINE | FALL 2019

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Saskatoon keeps setting the pace

Saskatoon has made the maps internationally on the New York Times and USA Today designation lists as one of their 52 places to go in 2018, been part of the reason Saskatchewan boasted record hits on Province's website, and been given a progressive label given by the wife of James Cameron. Now the Gordie Howe Sports Complex is generating a lot of enthusiasm by creating something unprecedented in Western Canada, maybe even nationally and internationally.

When construction of the master plan is complete in 2020, the world-class complex will attract young children just learning to play a sport, older athletes, international competitors, and professionals like the Saskatchewan Roughriders, along with their supporters.

Equally exhilarating is the long-list of sports to happen there: track and field, softball, baseball, football, speed skating, Nordic and cross-country skiing, skating, soccer, lacrosse, varied secondary school sports, and ultimate frisbee. With the addition of a training and rehabilitation centre, which provides year-round opportunities for all sports, the number of visitors to Gordie Howe Sports Complex is expected to climb to 175,000+ each year. That's a big leap. The complex now attracts 25,000 athletes, coaches, officials, volunteers and fans annually to local, provincial, national and international events. (Friends of the Bowl).

Amazingly, it wasn't that long ago, that Good Ol' Howe Bowl was being designated for non use. Some city counsellors and others then, deemed it too expensive to upkeep and only usable for some athletes. I remember lamenting the negativity surrounding the Howe Bowl controversy with Kelly Bowers, when some high school football games were beginning to be transferred to the Sasktel Sports Centre. We both dreaded the loss of The Bowl, its history of being part the high school experience for everyone, its unique bowl shape setting-rare for amateur sports, and its part in making the city a community. Even Saskatoon Police Services gave it the safe approval for high school gatherings and games. I could also tell talking to Kelly that he wasn't going to give up the fight for supporting Howe Bowl. That was then, Thanks to "Friends of the Bowl, this is now." *When construction of the master plan is complete in 2020, the world-class complex will attract young children just learning to participate in a sport, older athletes, international*

competitors, professionals like the Saskatchewan Roughriders, and world class events along with their supporters. Regular users of the present complex come from numerous Saskatchewan communities including Allan, Blaine Lake, Colonsay, Dalmeny, Davidson, Dinsmore, Duck Lake, Dundurn, Hafford, Hague, Hanley, Humboldt, Langham, Martensville, Muenster, North Battleford, Outlook, Perdue, Prince Albert, Radisson, Waldheim, Warman and Watrous. "This project is for anybody and everybody," says Bryan Kosterosk (Friends of the Bowl).

Also beneficial is the economic impact from sports tourism. Events at Howe Bowl will attract teams, coaches and athletes from local, national and even international events. Hotels, restaurants, malls etc, all benefit from sporting events, including businesses along routes to and from Saskatoon. Even further, as sport participation, events and memberships grow, so does the economic spinoff and tax revenue. Everyone benefits, especially the athletes of all ages. Howe Bowl has lifted Saskatoon to the International stage and a leader on the national stage. As one visiting executive from a rival city, speaking of the renovated football stadium at a Hilltops' game said to me, "How in the world are we going to compete with this? Athletes are going to want to come here to train."

It all began with "The Friends of the Bowl."

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LOOK TO THE DAIRY SECTOR FOR Sustainable food systems

In global terms, we understand that the changing global demographics and environmental challenges means the need to supply more food, more efficiently. The dairy sector has long recognized that sustainability encompasses various elements, including the environment, socio-economic aspects, and nutrition. It is not just about feeding the world a certain number of calories, it is about nourishing people with nutrient-rich food, like milk and dairy, that encourages optimal growth and performance.

Dairy is one of the basic building blocks of a sustainable diet in most countries. Dairy foods provide many essential nutrients, including high quality protein; they are accessible, convenient and affordable. Moreover, dairy cows convert often inedible or less nutritious foodstuffs and by-products from other food production into highly nutritious food that helps people to thrive.

In addition to being a regular source of nutrition to 6 billion consumers around the world, with 150 million dairy farms globally, the UN estimates that 1 billion people rely on the dairy sector to support their livelihoods and to sustain their local communities.

The dairy sector has an established record of embracing new practices and is an active participant in implementing innovative solutions to feed the world. As stewards of the planet, dairy farmers are constantly seeking ways to efficiently produce better food while reducing environmental impacts, caring responsibly for their animals and making the land better for the next generation.

On a Canadian level, we are proud to say that dairy farming in Canada is efficient, productive, sustainable, and continues to innovate. In fact:

- Milk production per cow has nearly tripled since 1973;

“Dairy cows convert often inedible or less nutritious foodstuffs and by-products from other food production into highly nutritious food.”

- Cows produce 13% more milk in 2018 than in 2012;
- It takes 11% less land to produce the feed needed to produce a litre of milk in 2016 vs 2011. Canadian dairy farmers have achieved these efficiencies in part due to adopting advanced farm practices, precise land management, and improved cow genetics, feed, and comfort.

Also, the Canadian dairy farming sector has one of the lowest environmental footprints in the world:

- Each litre of milk produced in Canada emits about one-third of greenhouse gas emitted on average by dairy production in the world;
- Greenhouse gas emissions from the production of a litre of milk in Canada decreased by 23% between 1990 and 2016, and the carbon footprint of a litre of milk produced in Canada decreased by 7% from 2011 to 2016. Canadian dairy production uses only a small part of

Canada's natural resources, consuming 0.02% of the freshwater supply of the southern part of Canada, using less than 3% of agricultural land despite being one of the largest agricultural sectors economically, and accounts for only 1.3% of all of Canada's greenhouse gas emissions. Also, Canadian dairy production is responsible for about 1% of Canada's total GHG emissions. This is minimal compared to other important sectors, such as road transportation (20.3%), energy used in homes (5.5%) production of electricity and heat (11.9%) or manufacturing (6%). Saskatchewan dairy farmers strive to adopt best practices and invest in new technology to improve productivity, reduce environmental impact, and improve the sustainability of our farms.

“Our dairy industry's carbon footprint is among the lowest in the world. Protecting our environmental legacy is important to Canadian dairy farmers. Doing more with less means improving productivity, reducing waste, and managing resources responsibly.”

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DISCOVER THE HEALING PROPERTIES OF CANADA'S DEAD SEA – LITTLE MANITOU LAKE, SASKATCHEWAN

Two great communities—one fantastic travel destination! Located in the heart of Saskatchewan. Whatever your pace or your desire, you can find it in Watrous and Manitou Beach. Come for a visit and stay for a lifetime!

The following are the results of the study completed by Dr. William Last, Department of Geological Sciences, University of Manitoba, 1997.

Magnesium 9,505.0 milligrams/litre

Magnesium is an essential mineral with 70 percent of the body's supply located in the bones and 30 percent in the soft tissues, and body fluids such as the lymphatics. Magnesium helps to maintain water balance in the cells and regulates the acid/alkaline (PH) necessary for proper functioning of the nerves and muscles. It also helps to regulate the body's temperature. Magnesium is a natural skin toner, tightener, refresher, allergy fighter and moisture retainer.

Carbonate 180.0 milligrams/litre Sulphate 39,577.0 milligrams/litre

Helps to maintain the body's balance, meaning it regulates the distribution of fluid on either side of the cell walls. It works with potassium to preserve the alkalinity of the body's fluid and aids in keeping the skin healthy. It also maintains health of the nervous system, muscular system, blood and

lymph systems. Sodium is a natural cleanser and rehydrater.

Potassium 430.0 milligrams/litre

Preserves the proper alkalinity of body fluids and aids in keeping the skin healthy. Potassium is a mineral salt used for its antibacterial and astringent effect in natural deodorants and antiperspirants.

Mineral Salts

Natural ingredients that stimulate the skin to perform functions such as oil production and hydration. As the skin sags with age, mineral salts help bring blood and oil to the skin's surface. Mineral salts aid hydration which helps firm the skin by balancing moisture beneath the surface. It keeps mucous membranes moist and increases cell regeneration, giving skin greater elasticity. In addition, mineral salts boost the immune system by penetrating into the skin, strengthening blood vessel walls.

Sodium (Table Salt) 6,138.0 milligrams/litre

Chloride 8,969.0 milligrams/litre

Calcium 480.0 milligrams/litre

Used in the treatment and

prevention of sunburn in addition to providing protection against the effects of sun damage such as redness and subsequent peeling. It also protects against sun-caused skin cancers and helps skin to remain healthy. The combination of Vitamin A and calcium are good protection for the skin. Calcium is naturally antiallergenic. Oxide of Iron and Aluminum 4.0 milligrams/litre Iron is necessary for hemoglobin and myoglobin formation. A deficiency of iron results in paleness of the skin. Aluminum is used in foil, deodorants, and baking powder as an emulsifier, in some processed cheeses and as a bleaching agent to whiten flour. There are no known beneficial effects of aluminum.

Silica 9.9 milligrams/litre

Plays an important part in the formation of bones, nails, teeth and connective tissue. Some of the highest levels of silica are found in cartilage, tendons, and blood vessels. Silica is a natural skin toner and tightener.

Sulphur

Often called "Nature's Beauty Mineral" because it keeps the

hair smooth and glossy and the complexion clear and youthful. Sulphur is stored in every cell with the highest concentration found in the joints, hair, skin and nails. It is reabsorbed by the skin and hair and stabilizes a too-strong sebaceous

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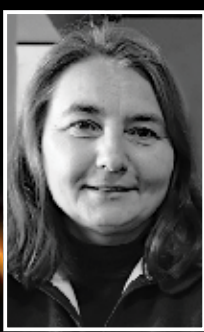
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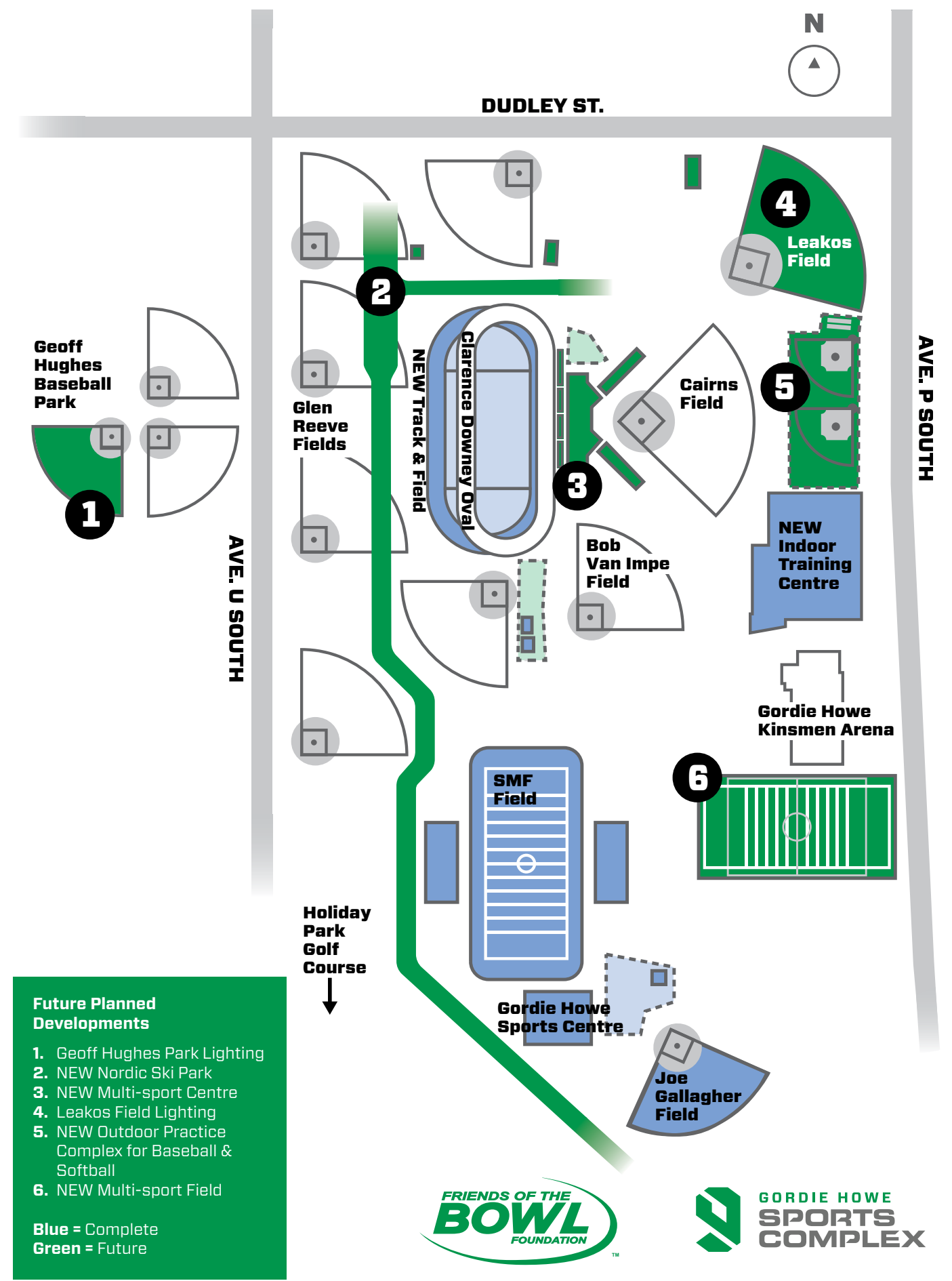
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- Volunteered... HERE
- Positively impacted young lives ...HERE
- Made a difference ...HERE

His was the voice that boomed into the night during high school football season ...HERE.

Kelly was a game changer, and he will be missed at the Gordie Howe Sports Complex.

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Aerial photo courtesy: Louis Christ

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Cattle on the Land and Beef on Your Plate More than Just a Protein Choice

Saskatchewan is often referred to as the “bread basket” of Canada. With more than 40% of the fields growing Canada’s cereals, oilseeds and other grains it is easy to understand this characterization. What is often forgotten, and lately it seems ignored, is the significant contribution cattle production makes to the province’s agricultural landscape.

“Hay and grasslands are habitats for much more than livestock.”

In Saskatchewan, the biggest crop is the roughly 19 million acres of hay and grassland. There are more acres of hay and grass in the province than are used to grow canola or all types of wheat (both around 12 million acres per year). Most of that hay and grassland is not suited for growing much else and would otherwise be wasted if not for cattle. A large share of these lands are delicate perennial grasslands and part of an endangered landscape. The hay and grass produced here is harvested by beef cattle and fostered by the farmers and ranchers caring for those cattle.

Saskatchewan is home to the second largest cow herd in the country. Our neighbour, Alberta, gets fair recognition for its cow herd and feeding industry but a lot of that “Alberta Beef” starts out as Saskatchewan calves. The same can be said for Ontario corn fed beef and plenty of our livestock find their way south to the United States. Saskatchewan

exports most of its cattle as feeders and fat cattle because processing capacity is very limited in the province.

Having cattle on the land is a great story and many times we neglect to tell the best parts. Crops in Canada are grown for people for the most part. Cattle eat by products and about 9% of crops are grown specifically for cattle feed. We grow crops for people for the most part (think canola oil, malt barley, pulses, oats etc.).

Hay and grassland are an environmentally great story and an often missed one in considering beef and cattle. Hay and grasslands are habitats for much more than livestock. Wildlife, birds and many more species share this land with cattle. Wetlands and riparian areas (the area along creeks and rivers) are also a feature of many grazing areas. These areas benefit from cattle production as cattle producers value the water sources for their livestock and for the grass and hayland.

“What about carbon?”...is something that some people are asking about cattle lately. Next time you think about that try to figure out the source of carbon emissions in the agriculture sector. The carbon that cows burp up as methane comes from enteric fermentation which is simply the process of digesting grass and the plant fibres that people cannot. This grass grows in a nutrient process known as the carbon cycle. The portion the cows eat is only part of what is growing with those plants. The



“When it comes to beef on your plate, the nutritional punch that beef brings is unparalleled.”

rest is growth below ground and is pulling a portion of the greenhouse gasses from the atmosphere and sequestering carbon. Any accounting that does not credit sequestering of carbon is missing half of the story. And usually this half of the story is left out as the loudest shouters about this issue want to take beef off your plate.

When it comes to beef on your plate, the nutritional punch that beef brings is unparalleled. Anyone looking to keep their calories in check, live supplement free and to get their protein requirements along with much needed iron can do no better than beef. Anyone wondering about the other aspects of beef such as environment or economy are not always getting that story. A simple diet of unprocessed foods can include beef and people choosing Canadian beef should not be worrying about environmental impacts. You can see driving around Saskatchewan that your cattle producer neighbours are doing a great job.

Finally, there are the economics. For every \$1 million in sales of cattle there are 22 jobs in the economy according to research from the University of Saskatchewan. The Saskatchewan Cattlemen’s Association sees a vital cattle sector in Saskatchewan as key to the economy, environment and health of the province and its people. If you ever have questions, reach out to us via info@saskbeef.com.



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WHY WE ARE THE BEST!



We have been open for 18 years and Lorna Phillips (the owner) has been grooming in Saskatoon for 30 years. In 2006 we learned about Dog grooming competitions that were held across the world. She closed the shop and all the staff went to Vegas to see what all the fuss was about. We found a massive pet trade show and competition rings with seminars. In 2007 we started competing ourselves and haven't looked back since. In 2017 Lorna competed for the Canadian team in Belgium competing against 22 countries. We have travelled to Europe, States and in Canada and we don't plan on stopping anytime soon. These are pet grooming competitions they differ from traditional dog shows. You are judged on your transformation correctness of the profile, balance and a smooth even finish.

We also attend seminars when we are at these competitions, seek out new products from the trade show booths and make connections across the world in the grooming industry.



Lorna hosted a grooming competition in Saskatoon from 2011-2013 called Sask Finest, it was held in a Saskatoon curling rink with International judges and speakers. We have a Facebook page for Sask groomers and she is also on the board for Groom Team Canada. We had a great turnout of Sask and Alta

groomers attending. Lorna has both brought in other industry professionals to teach grooming seminars and has also taught seminars herself. She has been hired to speak in Alberta, Nova Scotia and this Nov in Niagara Falls. Lorna and her daughter Taylor will be speaking at a seminar in England Oct 2020.



What does all of this have to do with the clients you ask?

We bring the skills we learn and the best products on the market for your pet back to the salon. We are very passionate about our careers and that shows through our compassion and expertise for your pet. Look for us on Facebook It's a Dogs Life Pet Spa to find out how you can enter upcoming contests and training evening for our clients (nail clipping, how to properly care for your pets coat between grooming). Our groomers are Lorna Phillips, Taylor Phillips, Laura Ash, Liz Mabbs and our administrative assistant is Angela Banman.

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Smoke Alarms Save Lives



Investigations into home fire deaths very often find that a smoke alarm did not sound. It may have been disconnected or not in working order. The batteries may have been dead, or someone may have taken them out.

Many fatal fires start at night. Smoke alone won't necessarily wake you up. In fact, the fumes could put you into an even deeper sleep. Often, victims never wake up. Only a working smoke alarm can save your life.

The Canada Safety Council advises all Canadians to make sure their smoke alarms are working. A dead unit is worse than none at all — it can give you a false sense of security.

Smoke Alarm Basics

You need a smoke alarm on every level of your home. Single level homes and apartments should have

smoke alarms near the kitchen and all sleeping areas.

You need a smoke alarm on every level of your home.

Test your alarm monthly by pushing the test button. Once a year, use a smoldering cotton string, cigarette or incense until the smoke makes the alarm sound. If the alarm is battery-powered and doesn't sound, replace it with a new battery and try again. If it's electrically connected to household circuits and doesn't sound, check the fuse and try again. In either case, if the alarm still isn't working, replace the entire unit.

Replace the batteries twice a year, or when you hear intermittent beeping. Don't use rechargeable batteries. Unlike regular batteries, they lose

their charge without emitting any warning signal.

Smoke alarms can be electrically powered, battery powered or a combination of both. Whatever kind you have, remember they don't last forever. Err on the side of safety — replace them every five years with new ones.

Make sure everyone in your home recognizes the sound of the alarm and knows what to do in case of a fire. Know two ways out of every room and have a prearranged meeting place outside. Practice your home fire escape plan regularly. Once out, stay out, and call the fire department from the nearest phone. Never go back into your home until the fire department says it is safe.

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"We Bring People and Nature Together"



At Wild Birds Unlimited Nature Shop we're dedicated to helping you turn your yard into a habitat that not only benefits wild birds and the environment, but also brings song, color and life to your home. Our staff are well trained to answer your backyard bird questions. We are a locally owned, family run business.

Products Designed by Experts

More than 30 years of knowledge helps make our products the highest quality bird feeding supplies on the market.

Trusted Local Advice

Our goal is to help you better enjoy this wonderful hobby by providing the best local advice and bird feeding products to meet your needs. We want you to have the best bird feeding experience possible. After all, it's the most relaxing, fulfilling, educational and exciting hobby that anyone, young or old, can enjoy.

The Best Bird Food In Town

Regardless of the season, birds need foods high in protein and fat. These provide extra energy and help birds during nesting, raising their young and molting their feathers in the spring and summer. These foods, along with stored body fat,

are the primary energy supply that fuels a bird throughout fall migration and during long, cold winter nights. We can help you attract the most variety of birds with our



No-mess Blends. Our exclusive 'BIRDA-CIOUS BARK BUTTER' has attracted 127 different bird species and is also available in bricks, bits and plugs. We also have a large selection of tidy and convenient bird seed cylinders and suet.

The Largest Selection of Bird Feeders

We offer 'Lifetime Guarantee' Tube Feeders, Finch Feeders, Hopper Feeders, Fly-Thru Feeders, Platform Feeders, Window Feeders, Eco-Clean Feeders, Dinner Bell Feeders, Cylinder Feeders, High Perch Hummingbird Nectar Feeders, Oriole Feeders, Suet Feeders, Tail Prop Feeders, Chickadee Only Feeders, Squirrel Proof Feeders and cages to allow small birds.

The Advanced Pole System (APS)

Our Patented Advanced Pole System (APS) is the foundation for successfully attracting birds to your backyard. Comprised of interchangeable hardware, the APS lets you create and change your customized setup in minutes. All parts are powder-coated to prevent rusting and

it's hot, birds will use birdbaths to keep cool and replenish fluids. In winter, clean feathers help birds stay warm. We offer a variety of bird baths for all seasons.

We also specialize in the following Nature products

- Window Alerts (prevent bird collisions)
- Bat Houses
- Garden Accents
- Great selection of Nature Books and Field Guides including local authors
- Butterfly Feeders and Houses
- Solitary Bee Houses
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Coming Full Circle

A Retrospective Exhibition of Alice Hanlin's Art work

Article by Trea Jensen and Alice Hanlin

This month an Art Exhibition and Sale will take place as a tribute to Alice Hanlin. The exhibition will feature work which she has created since 1946 to present day.

Alice's work will show the journey she has been on since she was a child, the wonder and the observation of her environment, putting it down on paper and canvas, using different media to communicate what she sees and feels. This exhibition contains examples of art work from different stages, depicting her lifelong passion for art.

Returning home to her roots, in the SW Corner of Saskatchewan, there has been an emotional realization in recognizing the things Alice has experienced before. Many of these returning circles are depicted in her artwork that will be on display at: **McClure Place 4025 Taylor Ave E**
The Show will run from Oct 25th 6-9 pm.
And Oct 26th 1-4pm.

Dainties Coffee and Tea supplied. Please join us to give this final tribute to Alice celebrating her journey as an artist.



The following is narrated by Alice Hanlin
Fifteen years ago in 2004 in an art workshop in San Miguel de Allende Mexico, I became aware of the presence of circles. A circle is a symbol of so many things: changing seasons, day and night, cycles that repeat. Circles are everywhere.

Later that same year, (not an Eastend resident yet) I was given the opportunity to spend 3 weeks in the Stegner House in Eastend. Determined to become immersed in community culture and activities, my husband John and I went to the Cowboy Poetry Festival in Maple Creek. I felt like a foreigner..... until I looked at a Maple Creek History book on a display table and saw a photograph of myself as a baby in my father's arms. This poem reflects a circle that I recognized then.

'Roots'

Returning to roots...
Another circle...one a bit unfamiliar.
I have almost forgotten
My early years
In Cowboy Country....
Merry Flat
Battle Creek
Fort Walsh
The Coalmine...
Seeing my baby picture
In the Maple Creek History book
Has made me realize the truth
That this is a place of my roots.

by Alice Hanlin, Sept 18 2004



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