

# Suddenly Saskatchewan

MAGAZINE | FALL-WINTER 2020



Equal Learning  
at Saskatoon  
Public Schools

Saskatchewan's  
large adoption  
community has  
a Provincial  
Adoption  
Support Centre



Get Active...  
Stay Active

Feeding birds  
in winter

Staying safe  
at home

*Nutrien*  
**WONDERHUB**

What will you discover today?

## WELCOME TO MULBERRY'S!

Mulberry's Restaurant & Catering is a local family owned & operated business that has been serving Saskatoon for over 40 years. We are excited about our move to our new location at 2326 B Millar Ave in January 2020, and look forward to maintaining our quality dining for you in our bright and cheery environment.

Whatever your taste, Mulberry's is sure to have something for you; whether it is early morning breakfast, fresh baked bread, late night parties and catering for your gatherings.



Stop in on your way to work for the tasty daily breakfast special and excellent coffee, served 'til 11a.m. A treat awaits you with **3 different kinds of incomparable home-made cinnamon buns**, fresh homemade pies and other baked goods made available daily. Fresh from the oven are **10 varieties of bread** made in Mulberry's to choose from. It is baked daily and freshness is guaranteed!

Mulberry's is also known for their daily lunch specials, with a choice of **two delicious home made soups served daily**, available through dine-in or take out.

Early supper dine-ins are also accessible or try the family style dinners for pickup on your way home; Visit our website [www.mulberrys.ca](http://www.mulberrys.ca) for appetizing choices—all served with soup or salad, fresh baked homemade dinner buns, and dessert.

[www.mulberrys.ca](http://www.mulberrys.ca)



**We Are Excited to be on Millar Avenue!**

You can ALSO have Mulberry's delicious food come to you! Our Catering Menu is available on the website <http://www.mulberrys.ca> to help you plan your next gathering.

For that monitored menu and small meeting we have a **COVID 19-FRIENDLY BOXED CATERING MENU**. If you are looking at a full day event that requires food service for the entire day, check out our FULL DAY MEETING MENU/ All meals will come individually boxed. Check out our website and see us on facebook.

If you are looking at a full day event that requires food service for the entire day, you may want to check out our Full Day Meeting Menu.



### Visit us at our New Location!

2326 B Millar Avenue (beside Prairie Meats)  
(306) 664-4911  
[mulberrys.catering@gmail.com](mailto:mulberrys.catering@gmail.com)

Our Hours:

Monday – Thursday 7:30am to 5:30pm  
Friday – 6am to 5:30 pm  
Saturdays – 7am to 2 pm  
Closed Sundays and Holidays  
– Dine in or Take Out –

## Nutrien WONDERHUB



## Whether you're 2 or 92

Nutrien Wonderhub is filled with dynamic discovery. Come explore, create, learn something new and make memories as a family!

To read more about the playful learning opportunities at Nutrien Wonderhub, check out pages 12-15.

**(306) 249-3574**  
**950 Spadina Crescent E Saskatoon, SK**  
**Wonderhub.ca**

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## FRAMING

- needlework
- jerseys
- posters
- photos
- objects
- anything that needs to be displayed and preserved



Cover photo courtesy:  
Nutrien Wonderhub

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**Nutrien**  
**WONDERHUB**  
What will you discover today?



What  
will you  
discover  
today?

Nutrien Wonderhub is Saskatchewan's Children's Museum, providing a unique and welcoming space for children to learn and express themselves through hands on exploration and playful learning.

Our mission is to foster creativity, curiosity, and a lifelong love of learning for the children of Saskatchewan and their adults. We fill a unique role in the community by being a bridge between the intimate home learning environment and that of the curriculum directed school by combining play with specific learning objectives, in an informal and developmentally appropriate setting. We support intergenerational learning and independent discovery in a safe space for children of all ages, backgrounds and abilities to explore, experiment and interact with the natural and built world.

## Our Exhibits

Wonderhub's location in the historic Mendel building on the South Saskatchewan river helped to form the overall concept of the museum's exhibits to truly reflect Saskatchewan. Our 25,000 square feet of space includes 11 permanent exhibits plus a classroom, 3 party rooms and a multipurpose Performance Hall.

**Toon Town** – An ever evolving and changeable townscape that comes to life through imaginative and collaborative play.

**Northern Lights** – An artistic installation of Saskatchewan's signature skies that is controlled by you!

**Little Bridges** – Inspired by the bridges of Saskatoon, Little Bridges is a sensory play environment designed for children ages 0-3.

**Gathering Place/North Woods** – Featuring elements of Saskatchewan's northern communities, in this space visitors can connect for storytelling, sharing, building and other role-playing activities.

**Boxes of Fun** – Boxes of Fun are four standalone, immersive, walk-in structures that encourages children to experiment with sound, light and movement.

**Blast Off** – Explore simple machines and aerodynamics as you blast a pocket of air towards iridescent targets in the sky or race a spaceship powered by hand cranks.

Wonderhub creates environments that promote learning through play as well as multi-generational learning. It is not just children playing, it is an experience for young ones, their parents and their grandparents to come and create memories together. Wonderhub and children's museums as a whole are unique in that they are not just not a place to run and play. They are meant to be a collective educational experience for all ages.

**Spotlight Exhibit** – Featuring exploratory opportunities from community partners, the Spotlight exhibit connects visitors to local organizations, their work and contributions to the community.

**Discovery Mine** – Discovery Mine is a realistic, kid centric, mine environment that offers families the opportunity to experience what it is truly like to work as a mining geologist, engineer, mechanic or machine operator.

**Create Space** – Devoted to creation and collaboration, Create Space is perfect for experimenting with various artistic methods and mediums.

### Temporarily Closed due to public health guidelines

**Cosmic Commotion** – Cosmic Commotion is a dynamic, tactile experience from internationally-acclaimed fiber artist Toshiko Horiuchi MacAdam. Children can explore the web like surface, navigate through holes and swing from the dangling pods, all along engaging with motion, light and colour.

**Airways** - Children can send items shooting through a maze of tubes that you can adjust airflow and the direction of to try to catch the materials placed inside on their way down.

When you visit Wonderhub, you can pick up our supplemental educational resource that links the Government of Saskatchewan curriculum to our programs and exhibits. With children learning in classrooms, both virtual and in person, this resource helps parents to further achieve curriculum outcomes during their experience at Wonderhub.



## Virus Busters

Due to the COVID-19 global pandemic, Nutrien Wonderhub has made a number of adjustment to ensure that our facility, programs and staff are adhering to the guidelines set out by local and national authorities. Here's some of the things we are doing to adapt.

- Dramatically reduced capacity in order to promote social distancing.
- Mask usage by all employees and volunteers, as well as encouraging the use of masks by all visitors who are able to wear them.
- All visitors must wash their hands on arrival to the Mendel building and before entering the play space.
- All visitors must either remove their shoes prior to entering the play space or wear shoe covers to prevent the spread of dirt and germs.
- All families must sign an attestation that no one in their group is experiencing any symptoms of COVID-19 and they have not recently been in contact with anyone experiencing symptoms.
- Lockers and water fountains have been decommissioned, and visitors are asked to bring as few personal belongings into the museum as possible. Water bottle filling stations remain available.
- All exhibits and props are sanitized twice daily and in addition our Virus Busters fog every exhibit during operations as well as at the end of each day. Any exhibits that cannot meet sanitizing requirements have been temporarily closed.
- Masks, costumes, and other props that frequently come into contact with children's faces have been removed temporarily. We have also placed "yuck buckets" in each gallery so that any toys that your children touch with faces or mouths can be placed in the buckets and sanitized by our team members before being used by other children.



- Outside food and drink are not permitted.
- We have introduced new props that are able to be sanitized and do not typically get put in mouths or on faces.
- Plexiglass shields have been installed at our admissions counter.
- The stairs and elevator are now one-way, with the exception of those with strollers or mobility issues who need to utilize the elevator to go both up and down.
- Create Space has been rearranged to allow for spacing between family units and any items that are in contact with mouth/bodily fluids are removed and cleaned prior to being used by any other families. In addition, everyone must wash their hands upon entry and exit to Create Space.
- Hand washing is encouraged at multiple stations throughout the museum and hand sanitizer is also available.

While this is not something that has changed in response to the pandemic, our mechanical system was updated during our renovations and gives us quite an advantage in ensuring that the air is clean. All of the air coming into Wonderhub is brought directly in from outside intakes. Our system does not recirculate air, reducing the exchange of air between visitors.



For more information on our policies and procedures please visit:  
<https://wonderhub.ca/preventative-measures-update/>



# Programming

Programming is an essential part of the Wonderhub experience. It brings creativity and imagination to life through hands-on play, open-ended activities and inclusive challenges. We strive to design and offer unique experiences for the curious child in all of us to explore, discover and develop a life long love of learning!

It is important to connect youth to educational resources and opportunities that promote exploration and discovery. Wonderhub is a valuable resource because our exhibits and programs are interactive and engaging while weaving in STEAM, culture, storytelling and curriculum at every opportunity.

**With a team that includes former educators, our programs reflect the seasons and the cultural fabric of Saskatchewan while integrating with the Saskatchewan school curriculum at many Grade levels.**

## Wonder Camps

Wonder Camps are a mixture of single day and week-long camps that enable campers (ages 5-9) to explore STEAM (Science, Technology, Engineering, Art, Math), the outdoors, and storytelling in a way that promotes open-ended play, creation, experimentation and discovery. Each camp is created to be a safe, educational, socially engaging and active experience and includes exploration time in the museum.

## Group Discovery Visits

Discovery Visits provide a fun and unique way for schools and qualifying organizations to learn through facilitated programs that cover a number of Saskatchewan curricular outcomes through integrated STEAM learning. Due to the complications of COVID-19 and restrictions regarding field trips, Wonderhub is now offering three options: Virtual Discovery Visits, Traveling Discovery Visits and Museum Discovery Visits.

**There are many skills that children can learn and fine tune at Wonderhub such as fine and gross motor skills, building vocabulary, learning to share, taking turns, and making decisions. Children at Wonderhub are budding scientists, explorers, discoverers and more. They get to take risks, try something new and help the adults in their lives to see them in a new way. Everything in Wonderhub is for them to touch, move, mix, pour, put together and do in their own way. Creativity is brought out in people in many ways as they wander through Wonderhub. It has a “wonderful” effect!**

## @theHub After Hours

Who says the fun has to stop once the day is done? @theHub After Hours Workshops offer specialized programs that take place once Wonderhub is closed to the general public. Perfect for ages 10+, each Workshop has 5 sessions featuring a variety of skills, equipment and materials and participants get to leave with a unique project that they built themselves such as Board Games, Robots, Theatre Sets and fashion.

@theHub After Hours: Youth Nights are a great opportunity for youth, ages 10-17, to get creative at Wonderhub. This free, ticketed program runs once a month for youth to take over Create Space, Performance Hall and the Workshop after hours to try new things, learn new skills and make new friends.

## Sharing Stories

Nutrien Wonderhub offers a variety of accessible and educational programming to explore the multitude of ways stories are shared in our diverse community through dance, art and exploration. Whether delivered virtually or in-person, all programs are designed to be memorable and joyful experiences that emphasize self-expression and experimentation.



**Nutrien  
WONDERHUB**

# The Giftshop



Wonderhub's gift shop offers a wide range of products for adults and kids of all ages, bringing the fun, excitement, and learning home with you!

Our curated product offerings range from 'wonder'ful branded souvenir items such as t-shirts, pencils, pins, magnets, and colour changing mugs, to educational products that engage with all components of STEAM learning such as science kits, 3D Drawing pens, clay packs, story books, art kits and everything in between!

Wonderhub members are eligible for a 25% discount on all books in the shop. Our books introduce topics such as history, creativity, curiosity, inclusivity, accessibility, reconciliation, and many more! We strive to feature local and provincial

authors and publishing institutions such as the Gabriel Dumont Institute, whose Michif Resources book collection includes both English and Michif (the official language of the Metis) translations and audio narration.

We balance offering resources for education and discovery with unique elements to continually encourage a sense of curiosity and creativity. Whether you are looking for stuffies shaped like organs, 3D puzzles, flash cards, games, or recycled material note pads, we have something for everyone intended to let your dreams soar!



## DONATE TODAY AND YOUR DONATION WILL BE MATCHED

Invest in Memories is Nutrien Wonderhub's annual campaign to fund programming like our Wonder 4 All Program and from November 1st – December 31st, all donations will be matched to increase the impact of every dollar raised.

As a charitable non-profit organization, we rely heavily on the generosity of our community. During this time of reduced operations, we need your support more than ever to ensure that our facility and programs are able to continue operations and be accessible to those that need our educational resources the most.

**Donate via [www.wonderhub.ca](http://www.wonderhub.ca), or call our office at (306) 249-3574.**

**Together we can Invest in Memories and foster curiosity, creativity and a lifelong love of learning in the next generation of artists, scientists, builders and dreamers!**

## Come volunteer at Wonderhub and get #WONDERFIED!

We have 25,000 square feet of endless fun and we need our fun-meter to stay full! We are seeking wonder-filled volunteers to ensure every guest we welcome through our doors has a wonder-full experience. Please submit your application to be a WonderFULL, WonderFILLED, Wonderhub volunteer! Visit [www.wonderhub.ca/volunteer](http://www.wonderhub.ca/volunteer) to get started today.



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## Alaffia Baskets & Deodorants

### NEW hand woven African baskets!

These colourful baskets are traditionally used in Togo, West Africa for many reasons like carrying produce to and from farms and markets and to hold coins awarded to ceremonial dancers.

*“Members of Alaffia basket cooperatives receive fair wages and health care for their families in return for indigenous skills and knowledge.”*

Each basket is woven with sustainable, naturally dyed and undyed savanna grass in a unique pattern and colour scheme to create a beautiful one-of-a-kind design.

Members of Alaffia basket cooperatives receive fair wages and health care for their families in return for indigenous skills and knowledge. This exchange empowers West African communities and preserves cultural heritage.

Alaffia deodorants are chemical and aluminum free, they are not tested on animals and are ethically traded. The deodorants contain charcoal to specifically neutralize odour and are some of the best we have tried! They come in a few different invigorating scents.

#### THE ALAFFIA FOUNDATION

The Alaffia Foundation (TAF) is a 501(c)3 organization. TAF's mission is to empower African communities through the advancement of Fair Trade, education, sustainable living and gender equality. The Alaffia Foundation executes Alaffia Empowerment Projects in Togo, West Africa that support Fair Trade producer communities. TAF provides a platform for individuals and organizations around the world to partner with Alaffia, by sharing resources, skills, time and money. This public support is critical to Alaffia impacting more lives in Togo. Empowerment Projects are Alaffia's mission in action, funded by the sale of products.

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# EARLY LEARNING EQUAL START

Saskatoon  
Public  
Schools  
Foundation

LET US REMEMBER: ONE BOOK,  
ONE PEN, ONE CHILD AND ONE  
TEACHER CAN CHANGE THE WORLD

-Malala Yousafzai

## Saskatoon Public Schools Serves:



at **62 schools** with  
a **team of 2,800**  
professional and support staff



require intensive supports



identify as Indigenous



require English as an Additional  
Language training



speak a language other  
than English at home

**Saskatchewan students were  
ranked among the lowest in reading  
compared to other provinces.**

(PISA 2018 Results)

## Did you know ...

**25%** of Canadian households do  
not own a single book

**30%** of Canadian students were  
assessed with inadequate reading skills  
in 2012

**24%** of children in Saskatchewan  
live under the limitations of family  
poverty

**65%** of people in Canadian prisons  
have less than a Grade 8 education

**60%** of Canadian adults are unable  
to understand and act upon health  
information and services

**85%** of income assistance funding  
is spent in support of Canadians who do  
not finish high school

(The Children's Reading Foundation, Third Grade Reading Success Matters, 2019; Literacy & Policing in Canada, 2008; Canadian Council on Learning, 2008; Statistics Canada, Adult Literacy & Life Survey Skills Survey, 2005; OECD: The Conference Board of Canada, 2014; Child & Family Poverty Report: SK 2017)



### Campaign Learning Priorities

4 KEY INITIATIVES

Four key initiatives have been selected to pilot an integrated approach to early learning.

15 SCHOOLS

We will focus on 15 schools to help students achieve grade level literacy by Grade 3.

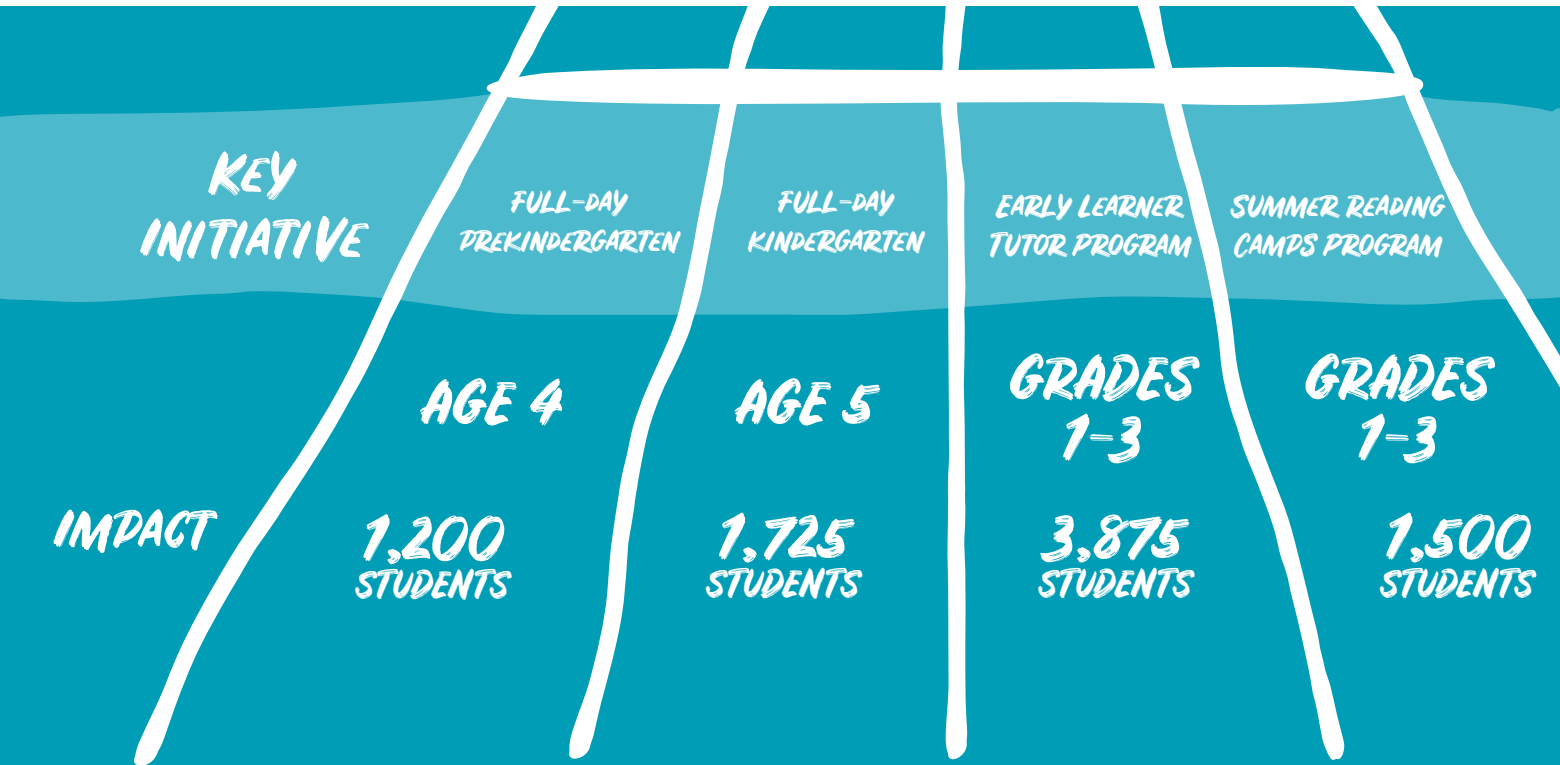
BY 2026

Our goal is to become a leader in early literacy programming by 2026, giving students the opportunity to succeed.



We will focus on **15 schools** to achieve **100% Grade 3 level literacy** in five years beginning in 2021.

### 4 KEY INITIATIVES OVER 5 YEARS



### We Need To Do More

The Saskatoon Public Schools Foundation is raising funds above and beyond government funding for students needing support to reach key literacy milestones, giving them the best chance for success.

### EARLY LEARNING EQUAL START

#### \$20M Campaign Will:

- 1 help young learners achieve Grade 3 literacy by Grade 3
- 2 set children up for success
- 3 strengthen our schools, our community and our province

### Each year your gift will help provide:

- 15 Full-Day Prekindergarten Teachers & Educational Assistants
- 15 Full-Day Kindergarten Teachers & Educational Assistants
- 57 Early Learner Tutors
- 30 Summer Reading Camp Tutors
- 3 Speech Language Pathologists
- 3 Occupational Therapists
- 15 Noon Hour Supervisors
- 15 School Buses
- 585 Daily Lunches
- 1 Early Learning Consultant Support
- 1 Research Assistant
- 25 One-time Classroom Renovations



Early Learning Equal Start Co-Chairs.  
L to R: Wayne Brownlee, Alice Kuipers, Michael Linklater.

“They are all our children. And we need to give them all a chance to succeed.”  
-Wayne Brownlee, Campaign Co-Chair

**Please join us.**  
Early Learning Equal Start Campaign  
Saskatoon Public Schools Foundation  
Zeba Ahmad  
campaign@earlylearningequalstart.ca  
www.earlylearningequalstart.ca

**IMAGINE** the difference it will make in students’ quality of life.

**IMAGINE** a Saskatchewan economy if all students are able to realize their full potential.

**IMAGINE** the positive impact it will have on our health, social services and justice systems.

Together we can make that difference!





# SIGNATURE

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## Did you know that Saskatchewan has a large Adoption Community as well as a Provincial Adoption Support Centre?

**The Adoption Support Centre of Saskatchewan (ASCS)** has been committed to providing education around the importance of permanency for children to the people of our province for over 30 years! Permanency includes adoption, kinship care, persons of sufficient interest (PSI), Legal guardianship, Long Term care and is of paramount importance for children. This past year has provided us the opportunity to move and grow in many exciting ways! We have added to our office space and worked with *Arcana Creative* to create and introduce a new logo and website [www.adoptionsask.org](http://www.adoptionsask.org).

Last fall, we worked with *The Adoption Council of Canada* and our veteran *Youth Speak Out* (YSO) members to educate and prepare a new group of young people on how to share their experiences within child protection services and build our YSO team. We have appreciated the knowledge and support that Elder Nora Cummings has provided to the members of this program. We are very excited to see this group continue and look forward to seeing where it will go in the future. It has facilitated positive change in child protection and permanency planning, and other social, justice and education systems within Saskatchewan. We have been proud to see the YSO members self-confidence grow. This past year YSO had the

opportunity to present to the Hon. Paul Merriman, Minister of Social Services, the Saskatchewan Children's Advocate Office, the Ministry of Social Services, the Saskatoon Police Service, Emergency Room Doctors (in Saskatoon and Regina), Social Work students, Regina Ministry of Social Service case workers, Supervisors & Managers. All that have heard these youth speak appreciate them sharing often difficult life circumstances, and comment on their bravery and honesty and how impactful it is hearing their life stories.

In conjunction with the Ministry of Social Services, ASCS provides the PRIDE Review session. It is an online parent training session for adoptive applicants. Post COVID, the sessions will be held in Regina and Saskatoon. Our office continues to respond to phone calls for information, support, or to borrow books from our Carol Bothwell Resource Library. We have seen an increase in electronic communication since our new website was launched last November. With help from *Objectified Software* our new database is up and running. Those who are interested in adoption may now request e-packages of information from our website. The Domestic Adoption Orientation (DAO) program, which is a required pre-adoption program, continues to educate and prepare those beginning the adoption process in Saskatchewan. We also respond

to requests for information on international, Stepparent, Private, Adult Adoption and requests for information on search and reunification and birthparent education.

Through this unprecedented time of Covid-19 we continue to provide support to those connected through adoption. We are able to stay connected province wide through our toll-free phone number, email, Facebook, Zoom, Teams, and our new Polycom system. We can send out information, books, make connections for families through our Community Adoption Resource Database, we can connect clients with a support group or clients can register for an online workshops.

We are anticipating another exciting year, as we look at building new programs and workshops to educate and provide provincial wide outreach. During this time of reinvention and physical distancing we connected with CFS who facilitated and piloted our first online *Post Adoption Support Group; Building Healthy Families*. This group will be starting again in October 2020, please call our office for more information. If you have an interest in learning more about adoption, becoming a board member or making a donation, please be sure to check out our website [www.adoptionsask.org](http://www.adoptionsask.org) or contact us at **306-665-7272**.



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## What's New at It's a Dogs Life?

*Article submitted by Lorna Phillips*

**A**s the year comes to a close we look back and reflect on all of the changes that have arisen through covid. Here at Dogs Life we have realized with the changing times we must grow and change with them.

This past spring we brought Evolution Raw Food to our salon. **Evolution Raw Pet Food** is a family owned and operated business in Saskatoon, Saskatchewan. They are passionate about supporting local, Canadian made products. All of their meals are hand crafted in small batches by Certified Raw Dog Food Nutrition Specialists. Their meats are from Canadian farms, human grade and federally/provincially inspected with no preservatives and no fillers. One of the many lessons we learned during covid is to support local, we are so proud to be able to offer our clients a top quality choice at an affordable price.

Six months ago I came across Cassie at Evolution, mainly to pick up some marrow bones and treats for my dogs. She explained the difference between nutrition that comes in whole food ingredients and kibble. All kibble has to be cooked, so the nutrition goes out the door. Kibble often has fillers and has to have the vitamins and supplements added after the cooking process. Raw offers the dog nutrients right from the food itself. The ingredients are simple and it was a no brainer for me.



I have had dogs my whole life and always refused to try raw on my dogs. I made excuses like its too dangerous because of contamination or they are fine on kibble I don't want to spend a lot of money. Does it really make a difference anyway?

Why wouldn't I want my pets to get the best quality for their bodies out of simple ingredients? It is easy to feed as it comes in quarter pound pucks, the dogs gobble them up and I rinse out their bowl. It is no different handling the dog's raw diet than it



is handling raw meat to cook for my family.

If you're not sold on the food the turkey necks, chicken necks, ox-tail and duck feet are fantastic treats. Full of natural chondroitin, glucosamine, calcium, fat soluble vitamins such as A, D, and E! The flesh and softer bones are a great way to keep your dog's teeth clean. We also carry marrow bones cut in half so the dog can get all of the nutrients from the marrow like copper and iron. Extra protein in their diet helps increase energy levels. We sell quail eggs as well which are a healthy protein filled snack for your dog. So next time you reach for a processed milk bone, grab a healthy snack instead!

We offer full grooming packages and walk in services. We host an At Home Maintenance Class that has been quite popular. We have come to realize some of our clients need advice on how to manage their pets coat between grooming. We carry a few of the essential tools and products to purchase that we ourselves use in our salon. Check out our pictures at It's a Dogs Life Pet Spa on Facebook. We love what we do, hopefully you do too!!

**It's a Dogs Life Pet Spa**  
#6 - 1025 Boychuk Dr, Saskatoon  
(306) 651-3023 | dogslifesp.ca

# "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
- Vortex, Eagle, Steiner, Zeiss and Swarovsky Binoculars and scopes
- Squirrel Solutions
- Bird and Trail Cams
- Hand-tuned Quality Chimes
- Unique Gifts and Cards
- Local Art and Photography

## Guest Speakers and Animal Guests

We regularly sponsor FREE presentations in the store for all ages of nature lovers.



can also be used for bird houses, hanging plants and more.

## All Around Nesting Care

WBU Nesting boxes are designed to have the dimensions and features that appeal to specific bird species. Many of our bird houses are locally made with recycled wood materials.

## The Importance of Water

Whether they're feeder visitors or not, birds need water. Offering a reliable source of water is probably the simplest and most important step you can take to increase the number of birds in your yard. Birds need water for drinking and also keeping their feathers clean. When



When you hear the word "active", what do you think of? In our current COVID environment, "active" can take on a whole new meaning. It forces each of us to figure out a way to stay safe AND stay mentally and physically fit. What better way to do this than to go for a walk - outdoors! As the temperatures start to dip, bundle up and head out. Better yet, take your four legged furry friend with you. I know my dog loves it!

*Dog-walking is an excellent way to get moving!*

## Benefits of Walking

Walking is something most of us can do, whether a leisurely stroll or a marathon walk. We can walk indoors or outdoors. Put on a good pair of walking or running shoes that have adequate support and fit you properly. It's a great activity that can be done by yourself or with others.

Walking is often underrated. Research shows that walking daily can improve cholesterol levels, lower blood pressure, prevent weight gain or assist in losing weight, increase energy and stamina, boost bone strength and increase your immune system. Recent evidence also points towards walking as a means to reduce the risk for Alzheimer's.

In addition, **walking increases one's sense of well-being and calmness, while making us feel more alive and energetic.** It provides an opportunity to explore nature in the great outdoors or to check out local fitness centers. You may even find you sleep better too.

*Stepping forward into Fall/Winter—Walk your way to a healthier, more active you!!*

As with any new activity, injuries can occur. When this happens, Physiotherapy and Acupuncture can help.

## Conditions commonly treated at Westlake Physical Therapy:

- painful conditions
- migraines / headaches
- muscular aches and injuries
- arthritis
- inflamed, injured or strained muscles and tendons
- neck pain
- back pain and sciatic pain
- tennis elbow
- carpal tunnel syndrome
- TMJ problems
- trigeminal neuralgia/Bell's Palsy
- sports injuries / work injuries / motor vehicle injuries



Sandy Westlake, B.Sc.P.T., C.M.Ac., C.A.F.C.I.

*Often, best results are achieved when combining physiotherapy with acupuncture. Westlake Physical Therapy and Acupuncture is dedicated to professional, individualized, hands-on treatment to get you Back on Track. Owner, Sandy Westlake, your neighbourhood physiotherapist and acupuncturist, obtained her Physiotherapy Degree from the U of S, Certification in Medical Acupuncture from the U of A, completed an internship in Beijing, China under the direction of Dr. Aung, and has over 25 years of experience in Physiotherapy and Acupuncture. Sandy's philosophy is to assess and treat each patient according to their needs.*

*Don't let pain and injury stand in your way in enjoying life. This Fall – Let's Get Moving!*

## Westlake Physical Therapy

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# Make Safety a Priority while Working from Home

As workplaces continue to adjust to COVID-19 and its impacts on the world, there has been an emphasis on working from home, where possible, to try and maintain as much productivity as is feasible.

"Many workplaces — including ours at the Canada Safety Council — are leaning heavily on a remote workforce," said Gareth Jones, President and CEO of the Canada Safety Council. "But moving from an office work environment to a home environment can present a new set of challenges that can easily be overlooked".

### Ergonomics

Home offices are not always set up with the most ergonomically-friendly settings. Especially given the rapid transition to working from home — our new norm — many home offices are makeshift or, worse, nonexistent. Your health

***"Check your posture often. Make it a conscious part of your routine to make sure you are comfortable and well-positioned."***

and safety is important. Giving thought to your ergonomics can help you be proactive in preventing pain, posture issues and long-term health concerns.

Check your posture often. Make it a conscious part of your routine to make sure you are comfortable and well-positioned. This includes ensuring that the small of your back is supported, your head is upright and forward, that your shoulders are relaxed, your arms are parallel to the work surface, your feet are flat on the floor and that you are not putting

undue pressure on your thighs by leaning too far forward. If you find yourself uncomfortable more often than not, consider investing in an ergonomic chair.

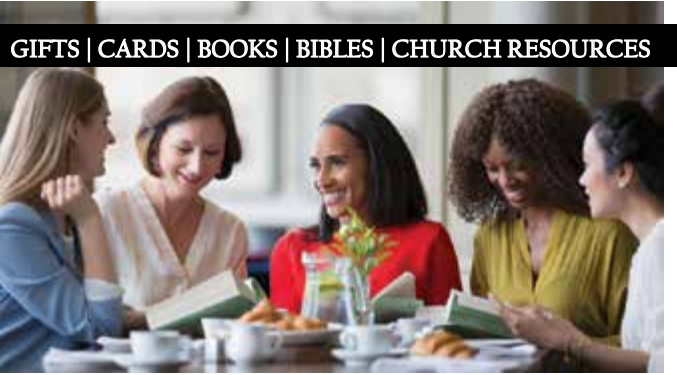
Frequent mini-breaks can also be helpful in getting the blood flowing and keeping your body in motion. According to the Canadian Centre for Occupational Health and Safety, prolonged sitting can cause long-term health problems including back pain, muscle tenderness and aches. It is also associated with diabetes and heart disease. Break up these prolonged sessions, then, by going for quick walks around the house or outside if safe to do so.

### Cyber Safety

As we lean heavily on the Internet to remain connected, it's important to reiterate a few safety tips to keep you, your identity and your personal information safe online:

- Use security software that protects from internet threats including malware and virus. Maintain the most current updates to the operating system and applications. Often the most current versions of software include security updates.
- Limit what you share online. If you're filling out a form that requires sensitive information, ensure that there is a padlock next to the website's address, indicating it is a secure connection. Double-check the website's address, too, to make sure you know and are comfortable with the source.
- Be wary of any unsolicited calls or emails requiring information from you. If you have to share information with an organization or individual, make sure you're the one who initiated the contact using listed contact information.
- Set strong and unique passwords for your accounts to make it difficult for would-be hackers to access your information. Two-factor authentication is also an effective deterrent against would-be malicious actors. This involves confirming your identity with a code sent to your device or email in addition to your username and password.

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## Keep Children Safe while Learning Remotely

The advent of virtual classrooms, while effective in mitigating exposure to COVID-19 during this pandemic, serves to blur the line between a child's online and offline world in a way that has never before been experienced.

"While growing up in today's world means some exposure to online risk factors," said Gareth Jones, President and CEO of the Canada Safety Council, "our need to pivot to an online-first method of delivery in many education systems shines a bright light on the risks associated with the online experience."

As part of the learning process, children are being given access to tools that require logging in using a username and password. This information should be guarded very closely and is not to be shared with anyone. At a time where so many are reliant on online access, cybercriminals are very aware of this fact and unsecured accounts make for easy targets.

To share links to resources, documents and downloads, e-mail is frequently the method of choice. It's important to look at where a link is taking you before clicking.

***"At a time where so many are reliant on online access, cybercriminals are very aware of this fact."***

Does the tracking information that shows up when you hover over the link match up with the URL address you're being told? If not, be wary — this could be a spoofed login page or a phishing attempt. Carelessness can creep into your habits in a hurry, and that's exactly the kind of habit being preyed upon by cybercriminals.

Social aspects of the education system are important, which is why teachers across Canada are doing what they can to foster positive relationships between their students. However, the

Internet can also become a major liability if cyberbullying enters into the equation. Parents should be vigilant in ensuring their child is not being victimized. The Canada Safety Council offers an online course on cyberbullying, outlining actions that can be taken to mitigate the threat.

In the context of online learning, voice and type chat continue to be the main vehicles being used. Make sure your children understand that these should not serve as windows into their whole lives and that some information should not be given out online — even to friends.

Online learning is a new phenomenon in the lives of many Canadians. It's only through patience, empathy, understanding and willingness to work together that we'll generate as positive an experience as possible for young learners across the country.



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# Look After Your Mental Health

The recent months have offered some of the most unique and challenging times in Canadian history. Adapting to a new situation takes time, effort and patience.

As we've begun to settle into the new routines required by COVID-19 mitigation efforts, a few unintended side effects have become more and more clear — perhaps none more so than the impact that anxiety and social distancing are having on Canadians' mental health.

"Everyone is coping with these unusual circumstances in their own way," said Gareth Jones, President and CEO of the Canada Safety Council. "Too many Canadians are experiencing a negative impact on their mental health, and this unintended consequence presents a new challenge that needs much greater attention and focus."

According to a Statistics Canada poll of 46,000 Canadians, more than half of all respondents indicated that their mental health was "somewhat worse" or "much worse" than it was prior to the physical distancing measures.

*"More than half of all respondents indicated that their mental health was 'somewhat worse' or 'much worse' than it was prior to the physical distancing measures."*

The response was especially notable in the demographic of 15 to 24 year olds, where approximately two thirds of all respondents in the age bracket reported worse mental health. An additional 88 per cent of all respondents reported feeling at least one symptom of anxiety, which can include "feeling nervous, anxious or on edge," "becoming easily annoyed or irritable" and having "trouble relaxing."

Self-care is an important aspect of day-to-day life, and a vital tool in

avoiding burnout and in mitigating anxiety, stress and depression.

Looking after your mental health will help you ensure that you're being as kind, empathetic and understanding toward yourself as you are toward other people.

For more suggestions on coping methods and self-care, visit online [https://canadasafetycouncil.org/wp-content/uploads/2020/04/mental-health-c\\_45576327.pdf](https://canadasafetycouncil.org/wp-content/uploads/2020/04/mental-health-c_45576327.pdf)



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