

Suddenly Saskatchewan

MAGAZINE | FALL 2022

Steel-Craft Door
MADE IN CANADA

Christmas
ideas
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for Fall & Winter
at **PRAIRIE
SUMMIT
SHOP**

**Discover
Ness Creek**
*A Weekend
Getaway in the
Boreal Forest*

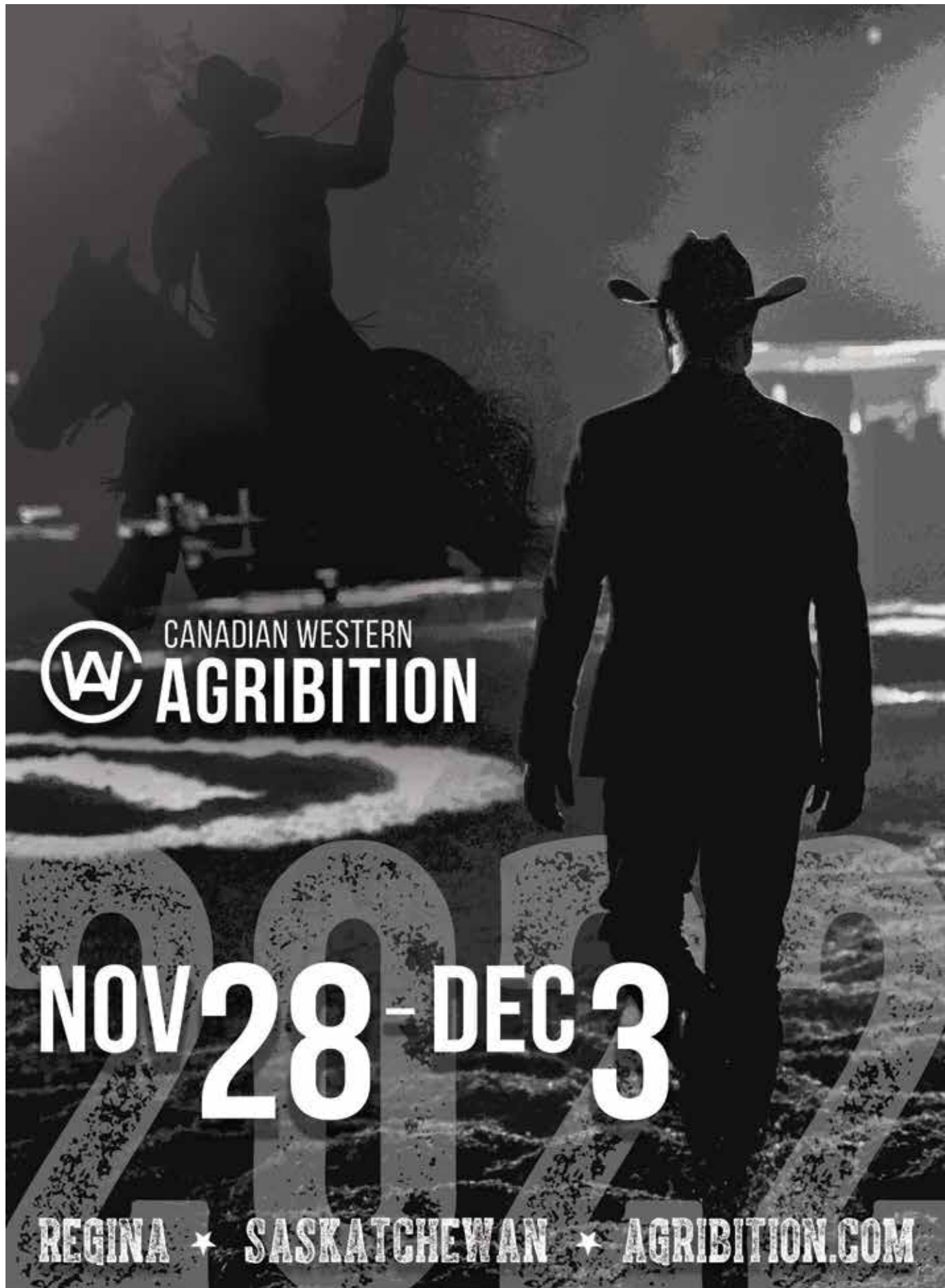
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Cover photo courtesy:
Historic Reesor Ranch &
Photographer Colton McKee

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is the place to be..."*

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The versatility of CYPRESS HILLS



Cypress Hills reach a maximum elevation of 1,466 m (4,810 ft), rising about 600 m (2,000 ft) above the surrounding plains, and are part of a **major continental drainage divide** that separates rivers that drain south to the Gulf of Mexico via the Missouri River system, from those that drain to northeast to Hudson Bay via the Nelson River system. At the Dividing Springs Ranch northwest of Eastend, Saskatchewan, the water from a spring goes both south to Gulf of Mexico and northeast to Hudson Bay. The higher elevation of the hills brings more precipitation, and in winter this means fun snowshoeing, tobogganing, and cross-county skiing on trails that are groomed regularly, providing 17 km of hills with turns and gently rolling tracks for novice to intermediate skiers.

In the early 1900s, with the growing expansion westward of settlements, Cypress Hills became a refuge for wildlife providing many wildlife viewing experiences today. From small mammals of the area including jackrabbits, skunks, mink, weasels, foxes, bobcats, Canada lynx, and others, to large mammals including moose, elk, mule deer, white-tailed deer, swift moving pronghorn, coyotes, cougars, and more, Cypress Hills provides a variety of wildlife. The many species of birds range from mountain bluebird and greater sage-grouse to the great horned owl and other birds of prey. Fish in Elkwater Lake and other lakes and streams in the area include walleye, yellow perch, northern pike, several species of trout, and others.

Historically, due to the richness of the Cypress Hills, it became a meeting area for various Native Americans and Indigenous Canadians (First Nations) including the Cree, Assiniboine, Atsina, Blackfoot Confederacy, Saulteaux, Sioux, Crow, and others. During the 19th century Métis settled in the hills, hunting and often wintering there.

The Cypress Hills Provincial Park in Saskatchewan was established in 1931, and it was extended into

Alberta in 1951. Cypress Hills Interprovincial Park was created in 1989 which joined the parks on either side of the provincial border, and also includes Fort Walsh National Historic Site, and the creation of the NWMP. The **North-West Mounted Police** (NWMP) was a Canadian para-military police force, established in 1873, to maintain order in the new Canadian North-West Territories (NWT), and in response to lawlessness in the Cypress Hills area.

The Saskatchewan side of the park is divided into two blocks: Centre Block, which has fully developed year round tourist facilities, and West Block Wilderness area, with rustic camping and where Fort Walsh is also located. The Centre Block is located 30 km (19 mi) south of Maple Creek on Saskatchewan Highway 21. The West Block is located 45 km (28 mi) southwest of Maple Creek on Highway 271. The Alberta portion of the Cypress Hills contains the tourist destination of Elkwater.

Fort Walsh is a National Historic Site of Canada administered by Parks Canada, that was a North-West Mounted Police (NWMP) Fort and served as the NWMP headquarters from 1878 to 1882. It was designated a National Historic Site of Canada in 1924 and reconstructed in the 1940s to breed horses for the Royal Canadian Mounted Police and the Musical Ride. Tourists can tour the Fort's buildings, and the former townsite.

Wallace Stegner weaves together fiction and nonfiction, history and impressions, childhood remembrance and adult reflections in this unusual portrait of his boyhood. Set in Cypress Hills in southern Saskatchewan, where Stegner's family homesteaded from 1914 to 1920. *Wolf Willow: Used for three different classes at the U of S, is a history, a story & a memory of the Last Plains Frontier. It brings to life both the pioneer community and the magnificent landscape that surrounds it.*

(Contributions from Wikipedia)



Cypress Hills

INTERPROVINCIAL PARK

Offers many ways to enjoy nature...year round



Photo by Tyson Liske



Photo by Historic Reesor Ranch



Photo Courtesy: Tourism Saskatchewan

Autumn in the Cypress Hills sees us slowing down and enjoying the quiet beauty all around us. Campgrounds slowly close. A new set of travelers appear, anxious to enjoy the last few days of nice weather without all the crowds.

Before we know it, winter arrives, and we get to plan our strategy for the long cold season.

Getting outdoors as much as possible is imperative for many of us. Luckily, Cypress Hills Interprovincial Park offers many ways to enjoy nature. The hiking trails transform into new opportunities. Snowshoes pack down some trails. Cross country skis glide along others. Fat bikes bring a new perspective to the park and another way to embrace the snow.

Flying saucers whip down the luge and kids of all ages laugh as they climb up the toboggan hill for just one more ride before warming up by the fire with hot chocolate.

“Staycations have become popular and winter is the perfect time to jump on that trend.”



Photo Courtesy: Tourism Saskatchewan

“The new canvas tents are an experience for any adventurer’s winter bucket list.”

Interpretive guides bundle up to celebrate winter in the hills and help us see the park and its inhabitants through winter lenses.

The new canvas tents have piqued our interest and we start quizzing our friends to see who is brave enough to stay overnight in one. Soon, we realize that they are an experience for any adventurer’s winter bucket list. Those of us who have stayed in them know that the wood stove keeps us cozy all night long.

Balance is key for many of us. After a few minutes outside, we may be ready to cozy up in a cabin with slippers and a fuzzy blanket. A trip to Historic Reesor Ranch can offer both adventure and coziness. Their guided ATV rides create lasting memories and each cabin’s uniqueness has us planning another trip back.



Photo by Christine Broderick



Photo by Tyson Liske

Communities in southwest Saskatchewan have learned to make the best of winter, and in some cases may have helped us love the season. We may be in the group of people who have waited all year to break out the hockey sticks and curling brooms or to get the ice fishing shack on the water.

Staycations have become popular and winter is the perfect time to jump on that trend. Booking a room at a local accommodation and ordering takeout is just the winter holiday many of us crave. Meeting with friends at a local restaurant warms our souls.

Whatever your strategy for getting through winter, Cypress Hills – Grasslands Destination Area welcomes you and hopes to see you out enjoying all that the season has to offer.

“Kids of all ages laugh as they climb up the toboggan hill for just one more ride.”

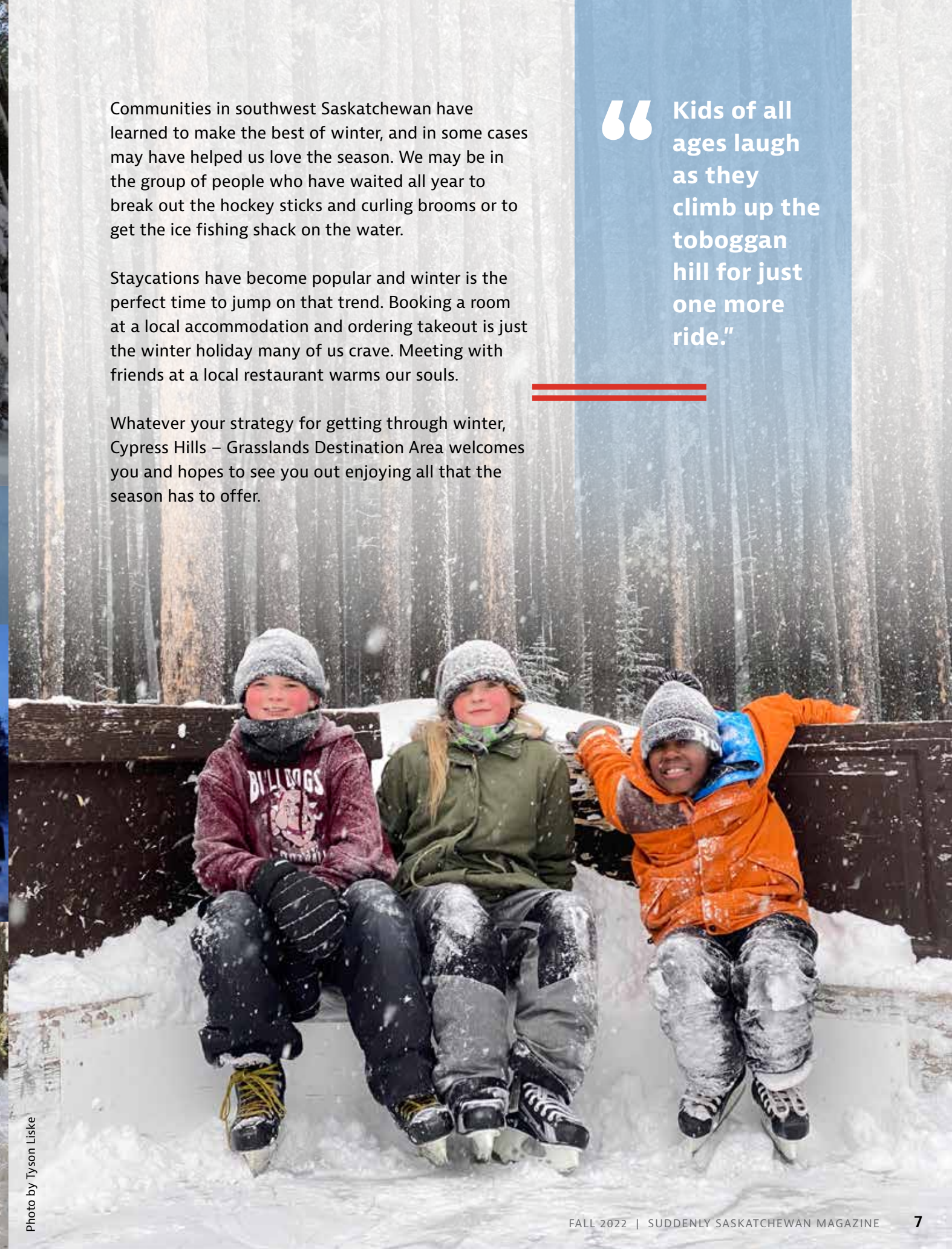


Photo by Tyson Liske

HEALTH CARE PROVIDERS WEEK



CUPE health care providers are on the front line caring for the people in your life and contributing to high quality, public health care in Saskatchewan.

BUILDING A HEALTHY IMMUNE SYSTEM

Whether it's a seasonal cold or a global pandemic, we each need to find the best ways to boost our immune system. Ensuring your body has the proper immune support is essential for fighting off viruses and infections.

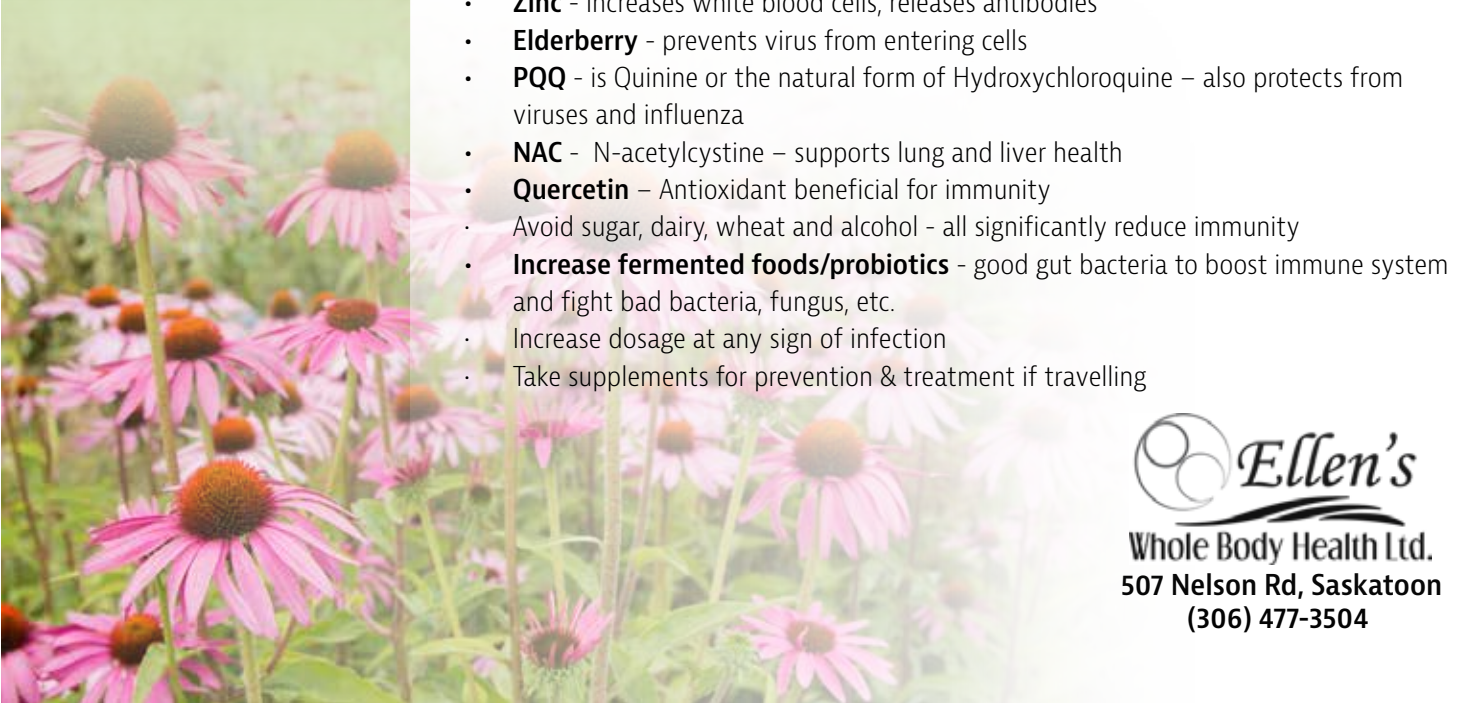
Natural Factors Anti-Viral is an ideal product to have on hand in the case of the coronavirus intensifying or changing in structure. It works at a therapeutic level and can be used in low doses as prevention and when travelling, however the dosage can be increased at the first sign of symptoms to treat any type of infection. Anti-Viral was originally formulated over 20 years ago to combat the Ebola virus. The main ingredient is Echinacea which contains compounds that inhibit bacteria and viruses from penetrating healthy cells, activates chemicals in the body that reduce inflammation to reduce symptoms and increases white blood cells to fight off infection. Echinacea is also clinically proven to reduce duration and severity of infection and is well known to treat upper respiratory issues and infections. Anti-Viral is available in capsules or tincture.

Some additional suggestions for strengthening the immune system:

- **Iodine** - only substance capable of killing all classes of pathogens
- **Beyond Silver** - inhibits virus replication, kills superbugs and other pathogens, specifically noted for pandemic protection (safe during pregnancy)
- **Oil of Oregano** - destroys RNA, DNA & outer coating of viruses, can inhibit replication of virus at different stages of infection
- **Selenium** - reduces ability of virus to mutate into more aggressive forms, deficiency can cause higher susceptibility to viral infections
- **Garlic** - contains compounds that are highly effective at killing microorganisms responsible for tuberculosis and pneumonia
- **Vitamin D** - high doses boost immunity, prevents cold & flu
- **Echinacea** - as noted in start of article (also safe options during pregnancy)
- **Baking Soda** - alkalizes the body so disease cannot survive
- **Whole Earth & Sea Fermented Protein & Greens** - alkalizes body, medicinal mushrooms & herbs for immune boosting, loaded with fruits & veggies for antioxidants
- **Zinc** - increases white blood cells, releases antibodies
- **Elderberry** - prevents virus from entering cells
- **PQQ** - is Quinine or the natural form of Hydroxychloroquine – also protects from viruses and influenza
- **NAC** - N-acetylcystine – supports lung and liver health
- **Quercetin** – Antioxidant beneficial for immunity
- Avoid sugar, dairy, wheat and alcohol - all significantly reduce immunity
- **Increase fermented foods/probiotics** - good gut bacteria to boost immune system and fight bad bacteria, fungus, etc.
- Increase dosage at any sign of infection
- Take supplements for prevention & treatment if travelling



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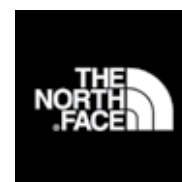
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DISCOVER...

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Your inner artist – blacksmithing, painting, basket weaving, wildcrafting;

Playing music at a campfire jam or dancing the night away with a hot band;

A wedding celebration in the forest with your family and friends;

The perfect location for your corporate retreat, your yoga retreat, your quilting group's retreat...

Discover Ness Creek

What started as a celebration of family and friends in 1991 with the first Ness Creek Music Festival has evolved into a mecca of art, music, ecology and community. The Ness Creek Site is home to four music festivals, a biennial international artist collaboration, a winter festival and ski loppet, music camps, art camps and numerous land-based learning activities. The site includes an extensive trail network, a forest permaculture garden and many multi-purpose spaces that attract those interested in hosting their own event. In addition to the outdoor site facilities, a major attraction is the Jack Millikin Centre, a

unique hall which makes the Ness Creek Site a perfect venue for weddings, reunions, arts and crafts, retreats and so much more. The permaculture garden, as well as the resident chickens, draw those interested in land-based learning and local food sovereignty.

The Ness Creek Site is also an excellent winter getaway with cabins nestled in the woods right at nature's doorstep. With over 30 kms of groomed cross country ski trails, it is worth the trip for avid and beginner skiers. Ski and snowshoe rentals are available on site with knowledgeable staff to assist those who are new to the sport.



The Ness Creek Site is minutes away from the picturesque Nesslin Lake Campground and the resort town of Big River.

www.discovernesscreek.com

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Enjoy the *Beauty & Splendor* of Waskesiu this Fall

It is time to enjoy Waskesiu lake life in the fall, canoeing in the Hanging Heart Lakes or nestled up to a crackling fire in one of our exceptional accommodations.

Driving into Waskesiu on Highway 263, the scenic route, a cornucopia of colour awaits. Leaves transitioning from their luscious greens to bright yellows flutter in the wind as they welcome you to the wonder of Prince Albert National Park. You can still find so many things to do in Waskesiu in the fall after the hustle of summer in spectacular Prince Albert National Park.

Hiking trails become very popular as the weather is still warm enough that you won't overheat while exploring Mud Creek Trail, one many hiking options for both day trips and backcountry excursions. The most remarkable hike pursued in Saskatchewan is the 20-kilometre trek to Grey Owl's cabin. The Waskesiu Red Deer Trail offers a much more leisurely hike, and there is no better place to see wildlife. This trail is perfect for families and is accessible all four seasons like many trails in Waskesiu. Experience the trails as they transform into a winter wonderland well suited for cross country skiing or snow shoeing.

For those looking for accommodations, The Hawood Inn offers group accommodations. Enjoy fireplaces in the condos and rooftop hot tubs, all four seasons. It's been family owned and operated since 1988 and is available for weddings and conferences, in addition to family

getaways. Full-service catering, with locally sourced food, is available in each of the meeting rooms. Kingsmere Hall also offers a full-service bar and can fit up to 120 people for an unforgettable wedding reception with a scenic backdrop on the shores of Waskesiu Lake.

Located on the outside edge of the townsite, **Lost Creek Resort** is perfect for families or those who prefer quieter surroundings. There are 20 cottages perfectly placed for privacy. Shared amenities on-site include a large firepit and an open play area for children, making it fun to bring people together, all four seasons.

There is a campground experience for everyone within Prince Albert National Park, but if you'd like to explore the wilderness without missing the comforts of home, we've got plenty of options including **Elk Ridge on the Lake** – formerly known as Waskesiu Lake Lodge. It combines the vibrant communities and unique amenities of both Elk Ridge Resort and Waskesiu Lake into one exceptional year-round boreal forest destination.

The Suites at Waskesiu are now open four seasons. Come explore the wonders of Waskesiu in its splendor of fall colors. Enjoy all the conveniences of home while staying in downtown Waskesiu. After a day of hiking, cook up a big pot of chili in



a fully equipped kitchen, relax on the balcony, cozy up in front of a toasty warm fireplace or wander down to the beach in hopes of catching a glimpse of the spectacular milky way, falling stars or the elusive Aurora Borealis!

Kapasiwin Bungalows are the newest, year-round resort getaway in Waskesiu! They offer a beautiful picturesque forest landscape overlooking Waskesiu Lake. Enjoy the new, rustic, contemporary cottages that include full kitchens, electric fireplaces, propane BBQ's, TV's and internet. Tucked away from it all, outside the townsite, this is a perfect getaway for nature lovers with hopes of sighting wildlife, just outside their door!

*Come explore Waskesiu,
Saskatchewan's four-season
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of our bird houses are locally made with recycled wood materials.

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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 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

Make this fall ONE TO REMEMBER

A Canadian Factory Direct Sunroom adds more than just space to your home

As we anxiously await the arrival of spring, did you know there is a way you can make spring come sooner and fall last longer? A sunroom can do just that. These versatile additions not only expand your home—they also create a space that lets you enjoy our best seasons in comfort and style.

Trust the experts

Canadian Factory Direct Sunrooms, based in Prince Albert, is Western Canada's largest sunroom manufacturer selling direct to consumers. For more than 30 years, Factory Direct has been designing and building beautiful, quality sunrooms and solariums

that are made to last. "We use the heaviest aluminum framing in the market, and our patented roof system is second-to-none," says Bruce Morley, owner at Canadian Factory Direct Sunrooms. "We deliver right to your door and install it, creating a space that will soon become to most popular room in your house."

Take your pick

You can opt for a three-season sunroom, or Canada's only true four-season sunroom. Factory Direct can build a sunroom that can handle whatever Canadian weather can throw at it. With triple-glazed PVC windows that have double low-e coating, double argon gas and the highest R-value you can get in windows—and the heaviest frame on the market—you can truly enjoy the outdoors all year long. "Our sunrooms are designed and built so you stay cool in the summer and toasty warm in the winter," says Bruce. "We use glass instead of plastic for our windows, so that you can enjoy the sun without lines, dust or dirt blocking your view."

Beautify your yard

Not only does Factory Direct build sunrooms, but they also build beautiful screen rooms, patio covers and gazebos. So, no matter what you're looking for to make your outdoor space a place you'll love, they have you covered. "Our direct-to-consumer model also means you save money with our sunrooms and more," says Bruce. "You're not paying for salespeople or dealers. We have removed the middleman to make sure you get a great price and outstanding customer service before and after the sale."

Find your sunroom near you

Factory Direct sunrooms are made in the company's Prince Albert manufacturing facility and found in showrooms across the prairies with qualified local installers. With a 25-year warranty and top-of-the-line construction and service, there's



never been a better time to add a sunroom to your home. Learn more at their showroom at 17-17th Street West in Prince Albert, online at factorydirectsunrooms.ca, call 306.900.4978 to talk to an expert, and follow them on Facebook and Instagram.

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International DOG GROOMING Competitions

This fall *Groom Team Canada* competed at a World Competition in Belgium

I am sitting in a pub in Edinburg Scotland reflecting on the past weekend spent cheering on Groom Team Canada who competed at a World Competition in Belgium this September. The team consists of 5 top



ranking groomers across Canada and compete in a World Class competition every 2nd year in Europe. This year their were 17 countries entered. I qualified to be on the team in 2013 and 2017 in Spain and then in Belgium. This

time I went to cheer on the team and support my good friend Jovi Wagner who owns Churchill Dog Groomers.

I have owned *It's a Dogs Life Pet Spa* for 21 years and have been grooming in Saskatoon for 32 years. Dog grooming competitions are different than purebred dog shows. The judging is done on the quality of grooming, the dogs are blown out and pre-bathed. The groomers have a specified time to groom a dog and are then judged against the others in their class.

That experience opened new doors for me and I was hooked on travelling and competing. The competitions offered me a place to grow learn and better my skills. Attending trade shows and seminars has allowed me new knowledge to bring back to my business.



I started taking my staff to seminars across the world to compete and learn. We have travelled and competed in Edmonton, Toronto, Vancouver, Calgary, New York, Seattle, Pasadena, Orlando, Vegas, England, Barcelona and Belgium.

Along the way I have won and lost in many countries and have taught seminars across Canada. We formed a non-profit organization *Groom Team Canada* in 2015 to secure a point system for competitive groomers across Canada. We now have a board and many sponsors who support our industry. My partner in crime Jovi Wagner (owner of Churchill Dog Groomers) and I have hosted 3 competitions in Saskatoon and held numerous training seminars to help other groomers perfect their skills.

It's a Dogs Life is very passionate about our industry and our clients. We truly strive to bring the best quality grooming to our clients using the best products and techniques. We focus on your pets comfort and can provide a style that fits your lifestyle.



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Invest in our Vital Healthcare Human Resources

SEIU-West members have been providing hands-on care and in-person services in a severely understaffed healthcare system long before the COVID-19 pandemic. Now, after eking through what seems to be the worst of this world-altering event, these health care providers find the situation more untenable than ever before.

To address these shortfalls, the Saskatchewan provincial government has made several announcements related to the recruitment and retention of staff in the healthcare sector.

In July 2022, the Saskatchewan Health Authority (SHA) issued a tender inviting healthcare staffing agencies to apply for a three-year renewable contract to provide "temporary staffing services" in 25 listed job classifications ranging from nurses to care aides to laboratory technologists. SEIU-West represents several thousand SHA employees in jobs on that list.

This is, at best, a band aid response to a chronic problem. At worst, it's a further step to hand over more of our public healthcare system to private, for-profit businesses while still not achieving improved services for patients, clients, and residents; or supporting front line healthcare workers in providing care.

In early September 2022, the provincial government announced a Health Human Resources Action Plan (HHRAP) that aims to recruit

health care staff to Saskatchewan and retain the staff currently working in the system.

“Our members are dedicated to healthcare and to making it better.”

While our members are hopeful the recruitment plan will help alleviate the pressure they feel on the frontline every day, hiring and training new people is only part of the equation.

There is a real need to put effort into retaining the staff that are already in the public healthcare system. According to a recent survey of more than 800 SEIU-West members working in the healthcare sector, 85% felt the system has gotten worse in recent years, yet 90% want to continue working in it. Our members are dedicated to healthcare and to making it better.

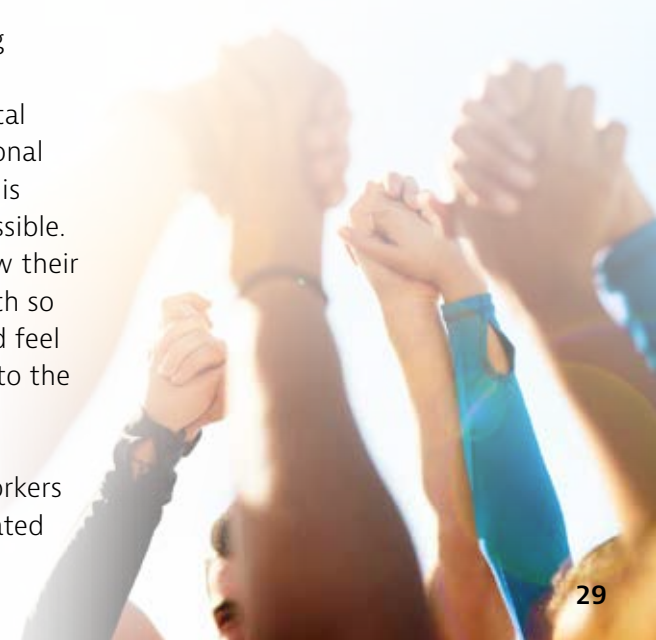
One component is ensuring health and safety supports are in place, including mental health assistance and personal protective equipment that is both appropriate and accessible. Our members need to know their employers value their health so they can be productive and feel respected for their service to the people of Saskatchewan.

Let's face it, health care workers need to be fairly compensated

for the work they do. SEIU-West members ensure they provide patients, clients, and residents the best care they can, given the egregious understaffing of our system. Our members are the public healthcare system and deserve to be treated like the vital resource they are to this province.

Sustained investment in training, recruiting, and retaining staff is the answer to the understaffing of our public healthcare system.

Invest in our public healthcare system. Invest in the people who make it run.





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