

Suddenly Saskatchewan

MAGAZINE | SPRING 2019

*Wilderness
Training*

Stars Ambulance
Serving Saskatchewan

Saving Danceland

Getting started in
Minor Hockey

**Eagle Point
Resort & Marina
Lac la Ronge**



**WASKESIU & AREA
WILDERNESS REGION**

BIG RIVER ELK RIDGE LAKELAND PA NATIONAL PARK



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Simply... Unforgettable

**"WELCOME TO THE DISTRICT OF LAKELAND
– WE HAVE PAVED YOUR WAY TO THE LAKE."**

The District of Lakeland and the Village of Christopher Lake, located just 35 km north of Prince Albert and part of the Waskesiu and Area Wilderness Region, is one of the province's most beloved destinations in all four seasons. You are invited to escape the city and enjoy the wilderness, friendly people and the one of a kind sunsets when visiting the area.

Close your eyes and imagine the night sky from inside a yurt. Flora Bora and Great Blue Heron Park offer this chance of a lifetime experience while visiting the Region. Here is where you can truly connect with nature. Pack a picnic lunch, take a bike ride and spend the afternoon on the lake canoeing or cast that line and catch your supper, but make sure you don't miss the sunsets at Emma Lake.

Speaking of the lake, have you ever tried jet skiing? Lake Country Rentals offer jet ski rentals, boats, ATV's and more. The area also offers camping, restaurants, beaches, cabin stays, ice cream stands, fishing, boating and seasonal lots. All the fixings for Smores, spirits and groceries are conveniently located at Ambrose Grocery at Emma Lake.

If photography is your thing, you won't be disappointed as opportunities to capture wildlife are plentiful. From birds to bears to elk and deer, your perfect picture is just around every corner.

The Waskesiu and Area Wilderness Region prides itself on great experiences. We invite you to come and see us in the "Unforgettable North." Nobody Does It Just Once.

For more information call **306-940-7243** or visit our website at **wwrsask.com**. You can also download our mobile App.

....continued on page 8



THE FOXES
OF WASKESIU



Discover More: Finding a welcome home at STM

Each morning, as the University of Saskatchewan (USask) campus comes to life, more than 25,000 busy students, faculty and staff crowd the hallways and classrooms – almost five times the population of Brooke Tolofson's entire hometown of Melfort.

But amid all the hustle and bustle of big-city university life, this first-year Arts and Science student has found a home away from home. Tolofson is a St. Thomas More College (STM) student. That means that she is part of a friendly college community within the greater USask campus, with access to resources like STM academic advisors, who know her by name; she can apply for the more than \$180,000 in scholarships and bursaries that STM gives out each year; and enjoys a choice of quiet study spaces throughout the college, along with healthy food options in the college cafeteria. There are plenty of friendly familiar faces, and Brooke can choose to participate in several STM student clubs - an opportunity she eagerly seized upon with the Newman Players drama club.

"I knew that Newman Players club was part of the college, and that STM scholarships and bursaries were available," said Tolofson, an aspiring drama student. When she was researching her step from high school to university, she arranged a tour of STM, and noticed the atmosphere was immediately very comfortable to her. "It doesn't seem as intimidating as some of the big colleges on campus. I like the smaller class sizes," she said. In February, Tolofson received an entering student bursary, and she is a cast member in the Newman Club production, rehearsing twice a week with her new friends. "It has been a perfect fit," Tolofson said.

When STM was established in 1936 by the Basilian Fathers, as a Catholic Liberal Arts College on the USask campus, it was only a simple, two-story, white wooden house at the corner of College Drive and Bottomley Avenue. Today, STM has expanded to include 110 faculty and staff, with more than 5,000 students registered in the 250 courses offered in 18 subject areas. Registration in STM classes is open to any USask student, with STM course credit is counted toward the requirements of Arts and Science degrees, and in many cases, satisfies the elective requirements in other USask degree programs.

Along with the increase in student and faculty numbers at STM, came a need for more space and upgraded facilities.

Two major additions in the past 5 years, both recognized with civic heritage awards, provided the updates to meet student and faculty needs while planning for the future.

Increased enrolment numbers and upgraded facilities don't tell the complete story of STM. It remains a college focused on promoting academic excellence while challenging its students to think creatively and critically about social issues; to communicate effectively and discover their potential as a whole person.

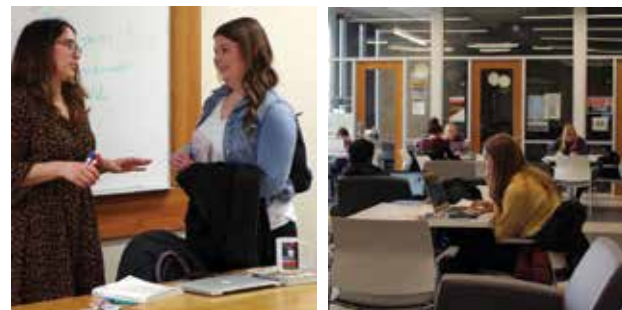
"STM continues to pursue the same mission that inspired its creation," said Dr. Carl Still, interim president of the college. "We seek to provide a transformative education, in the Catholic intellectual tradition, for young people who will become agents of change in the world."

STM students have the chance to focus on social justice issues through their courses, engage in community service-learning options, and participate in distinct college initiatives including study and travel abroad, with additional personal support available through campus ministers.

So, whether you simply dine at STM's popular Choices cafeteria, hang out in the library, are registered in some of the many course offerings, or have additionally opted to self-declare for more benefits, you are sure to find STM a welcome home!

Check out the complete list of course offerings and descriptions at STMCOLLEGE.CA/CLASSES

REGISTER THROUGH PAWS or for more information or academic support, call STM Academic Advisors at 306.966.8900



St. Thomas More College, 1437 College Drive, Saskatoon SK S7N 0W6 Phone: 1.800.667.2019 or 306.966.8900

STARS fights for the lives of patients across Saskatchewan

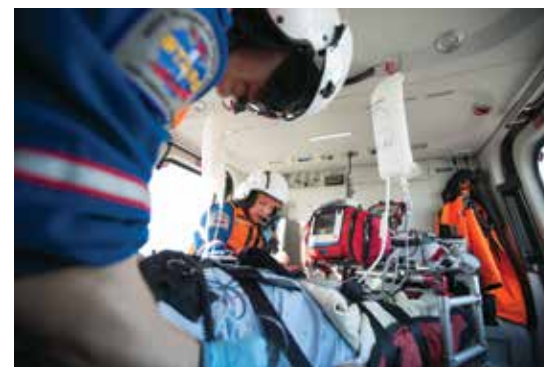
Saskatchewan is known for a lot of things – Roughriders football, beautiful sunsets, pristine lakes and abundant agriculture are just a small part of a big list.

The province also has a large and far-reaching rural population which can present challenges when it comes to immediate access to emergency care. That's why since its arrival in 2012 STARS has been a vital link in the chain of survival in Saskatchewan.

Adair O' Grady discovered the importance of STARS' world-class critical care and rapid transport when he was injured in an accident on the family farm near Neilburg, SK, in 2015.

"My dad didn't realize I was on the ground in front of him calibrating our new air drill, and he inadvertently drove our pickup onto my body," Adair said.

Although he was stable, Adair suffered a number of injuries that had the potential to become life-threatening if he didn't get to hospital fast. Fortunately STARS was able to rendezvous with EMS in Cut Knife and get Adair to Saskatoon.



STARS®



"It would have been the end of my story. I owe my life to STARS!" – Wade Cassidy

His recovery was difficult, but one year after his accident Adair was back farming with his dad.

"I'm amazed by the gifted individuals at STARS who put their hearts and lives into their jobs," he said. "As I watch my children and my crops grow, I'm incredibly grateful."

STARS is not only for those who live on farms or in rural communities. Wade Cassidy lives in Saskatoon, and his work takes him on the road throughout Saskatchewan. He and his family spend summer weekends at their cabin on Chitek Lake.

At 42 years old and in good health, Wade felt invincible. However, while lifting his boat dock out of the water on the 2018 September long weekend, he suddenly felt dizzy, nauseous and experienced intense pain in his chest.

As Wade lay on the dock in agony, he thought to himself, "Is this it?"

I've got two young kids, a wife, everything to live for. I refuse to accept that this is the end. I want more time."

Thanks to the quick response of his family, neighbours, local EMS and STARS, Wade fought for life, overcame cardiac arrest and underwent emergency surgery in Saskatoon's Royal University Hospital.

Wade was told that without his rapid transport by STARS, he very likely would not have survived. "It would have been the end of my story," he said. "I owe my life to STARS."

STARS is a non-profit, charitable organization that receives 50 per cent of its annual operating budget from the Government of Saskatchewan. It fundraises for the remaining \$10.5 million required annually to run its Saskatoon and Regina bases. The annual STARS lottery is on until July 18 and offers over \$4.1 million in cash and prizes, including show homes, vacations, vehicles and more. For tickets and information, visit starslotterysaskatchewan.ca

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FlooringandDesignEssentials.ca

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FLORA BORA

Come stay in a forest paradise like no other, nestled in Saskatchewan's Boreal Forest. Flora Bora's three-season yurt lodgings sit amid 30 acres of forests, nature trails and a small lake, ideally located minutes from the beautiful beaches of Emma and Christopher Lake and just a short jaunt to Prince Albert National Park. Each uniquely decorated yurt is fully furnished; complete with bathroom, kitchenettes, your own private deck, and nature trails right outside your door. Looking for an amazing getaway? Stay in a yurt! Open from Spring to the end of October. www.florabora.ca



BELL'S BEACH

A long stretch of sand and shallow bottoms makes it perfect for families of all ages to swim and play. And a handy boat launch gets you onto the lake in minutes for water skiing and fishing. Visitors have this to say about Bell's Beach; "Great lake to go for a relaxing day on the water", "Great place for a day trip.", "Lovely little spot for sure." www.lakeland521.ca



Annual District of Lakeland BBQ held at the Lions Park, Spruce Point, Christopher Lake, hosted by the Reeve and Council.



SUNSET BAY



Family and friends gather at Sunset Bay Resort Emma Lake to make lasting memories. A four-season family vacation destination; cabins to motel rooms, on site lakeside restaurant, sandy beach and full-service marina. Our welcome is as warm as the summer sun.

www.sunsetbayresort.ca



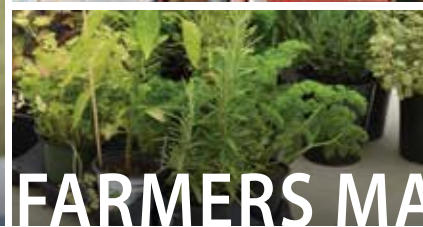
ELK RIDGE



Elk Ridge Resort is Saskatchewan's premier all-season resort. Located in the heart of the boreal forest, it offers Championship Golf, Fine Dining and abundant outdoor activities for the entire family.

www.elkridgeresort.com





CHRISTOPHER LAKE FARMERS MARKET

Open Saturdays 8 am to 12 noon, May long weekend to September long weekend. Homemade goodies, local art and artisans, fresh fruit and vegetables. Get there early! Visit their facebook page for more information. Located at the Anderson Community Centre parking lot. Facebook.com/Clfarmersmarket/



WESTERN DAYS

Saturday August 10th, Village of Christopher Lake. Pancake breakfast, Community Parade, petting zoo, pony rides, children's activities and craft show. Visit their facebook page for more info.



CHRISTOPHER LAKE



www.villageofchristopherlake.com

The Village of Christopher Lake is just 30 minutes north of Prince Albert. This year-round community boasts all the amenities you could need for your summer getaway. Would you like to make Christopher Lake your year-round home? The Village office offers a 3 year tax break for new builds. The summer offers hiking, boating, camping, swimming, golfing, fishing, plus restaurants, grocery stores and banking services are all there in Christopher Lake.

Reflections, Main St. Christopher Lake. Open all year, unique giftware, jewellery, purses, toys and so much more. 306-961-2444.



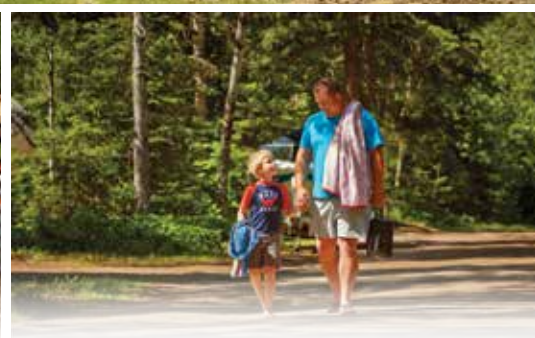
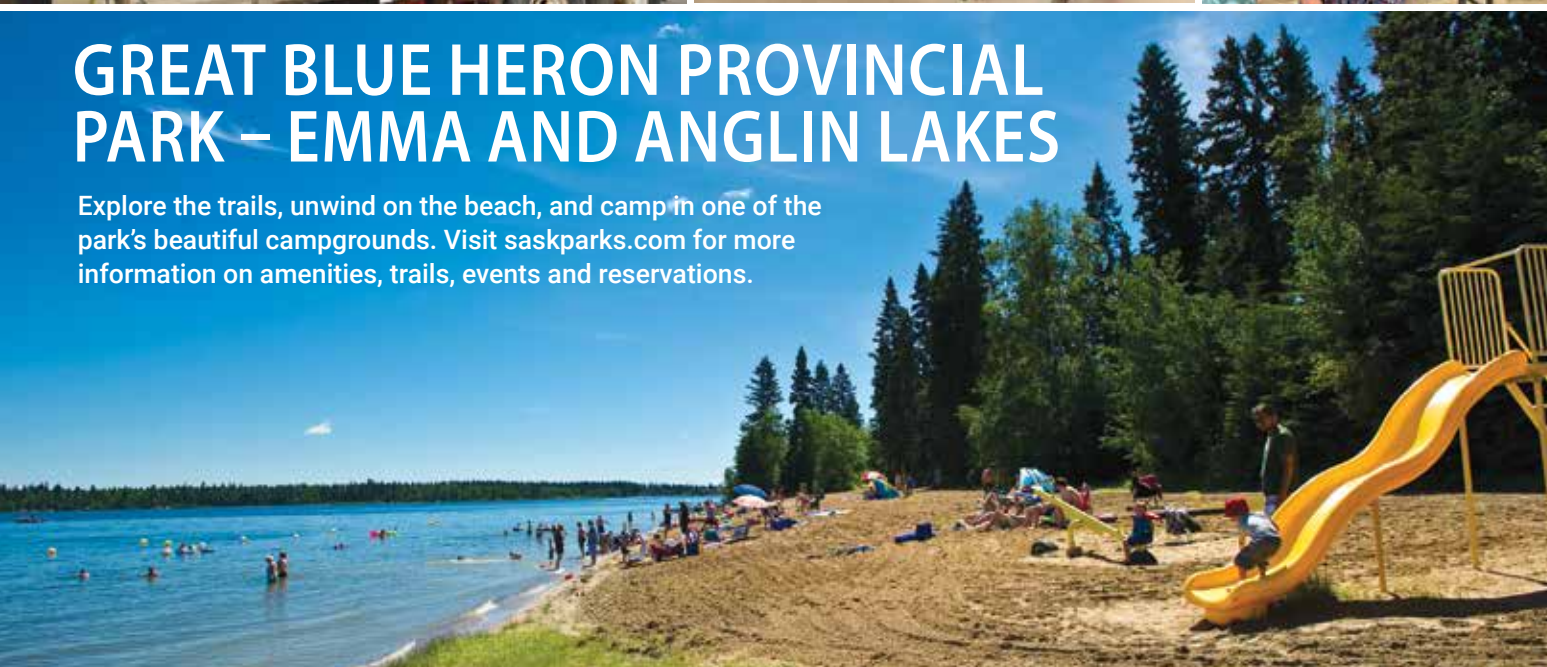
ROTHENBURG FAMILY PARK

Whether you want to simply stay for the summer, or call the lake home year-round, Rothenburg is the place for you. Fully serviced lots for sale that are hooked up to a year-round sewer and water system. You can build on site or bring in an RTM or a park model. Everything is close at hand; grocery stores, restaurants, bars, and golf courses, plus you are beside the Great Blue Heron Provincial Park and just minutes from the west entrance of Prince Albert National Park. rothenburgfamilypark.ca



GREAT BLUE HERON PROVINCIAL PARK – EMMA AND ANGLIN LAKES

Explore the trails, unwind on the beach, and camp in one of the park's beautiful campgrounds. Visit saskparks.com for more information on amenities, trails, events and reservations.



SUNNYSIDE BEACH BAR

Fun nights with friends happen at Sunnyside bar. From Music Bingo, to sports events on the 5 tv screens, to snowmobile rallies, to great food, Sunnyside Bar is the place to go when you are at the lake. Facebook.com/sunnysidebaremmalake





LAKE COUNTRY COTTAGE RESTAURANT

Open year round, homestyle cooking, daily specials. Stop in – it's like coming to visit family. Good conversations sometimes a bit zany but always great food ! I know you'll love it!!

lakecountrycottage.com



AMBROSE GROCERY

A family owned Grocery and Liquor store nestled in the pines at Neis Beach Emma Lake. We are a full service liquor store with a large variety of wines, spirits, and cold beer!! Inside you will also find fresh baking, produce and fresh cut meat. Other services include propane, ATM, fireworks, Lottery, bottled water and you can find Traeger pellets here too! During the summer months Bear Country Fudge is open serving homemade fudge, hard and soft ice-cream, popcorn, specialty coffee, smoothies, candy and toys. **Lakeland's friendly neighborhood grocery store.** [Facebook.com/ambrosegrocery](https://www.facebook.com/ambrosegrocery)

ANDERSON COMMUNITY CENTRE

The Anderson Community Centre in Christopher Lake is a classy, modern facility, used for everything from curling and pickleball to weddings, meetings and trade shows. Choose from three different spaces to rent.

[Facebook.com/Anderson-Community-Centre](https://www.facebook.com/Anderson-Community-Centre)



Wilderness First Aid



St. John Ambulance

SAVING LIVES
at work, home and play

Jason was looking forward to a good day of paddling. While portaging the canoe, his partner tripped and took a nasty tumble with the canoe landing on him. Jason surveyed the scene and called upon his first aid training to provide immediate help: "I saw the blood and started to run through the checklists I learned in first aid class. The training helped me stay focused on providing the help that was needed." Luckily, his partner did not break any bones but did have to have his wounds treated when they emerged from the bush.

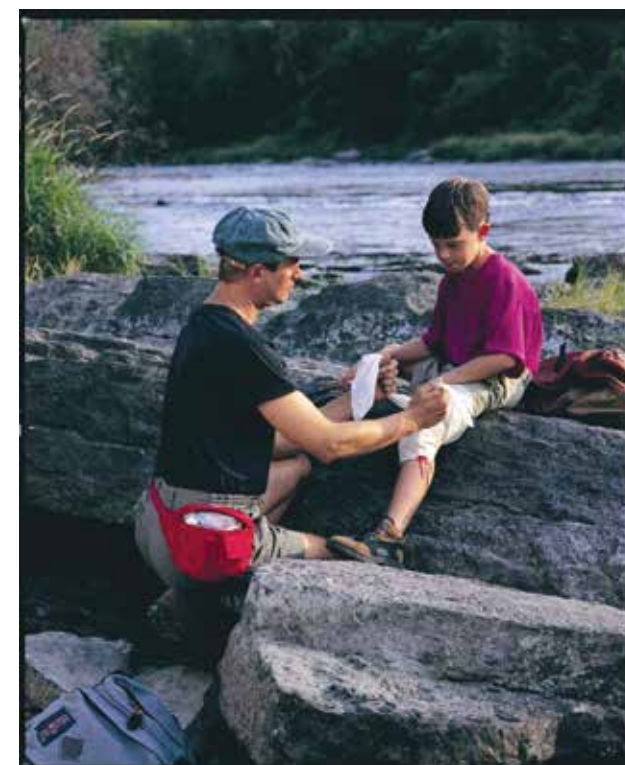
First Aid in the wilderness presents challenges very different from urban first aid. The first aider may have to provide care for long periods of time, under unsanitary conditions, exposure to the elements, and with very limited supplies. Assistance maybe hours or even days away depending upon the resources the group is carrying with them and the location they have gone into.

St. John Wilderness First Aid courses take the skills learned in an urban first aid course and apply them to the remote setting. To prepare the student for potential emergencies, the course includes:

- How to create bandages and dressings from materials at hand
- Improvising splints
- Watching for signs of infection and how to respond if it develops
- Providing the casualty with fluids and food
- Transporting the casualty to medical aid

Although the St. John Wilderness First Aid course touches on some wilderness survival skills it does not provide survival skill training. The focus of the course is the medical implications of injuries in remote settings and the factors one needs to consider when caring for the injured. Some of the support topics that are touched on include:

- The importance of trip planning and leaving a trip outline with someone responsible

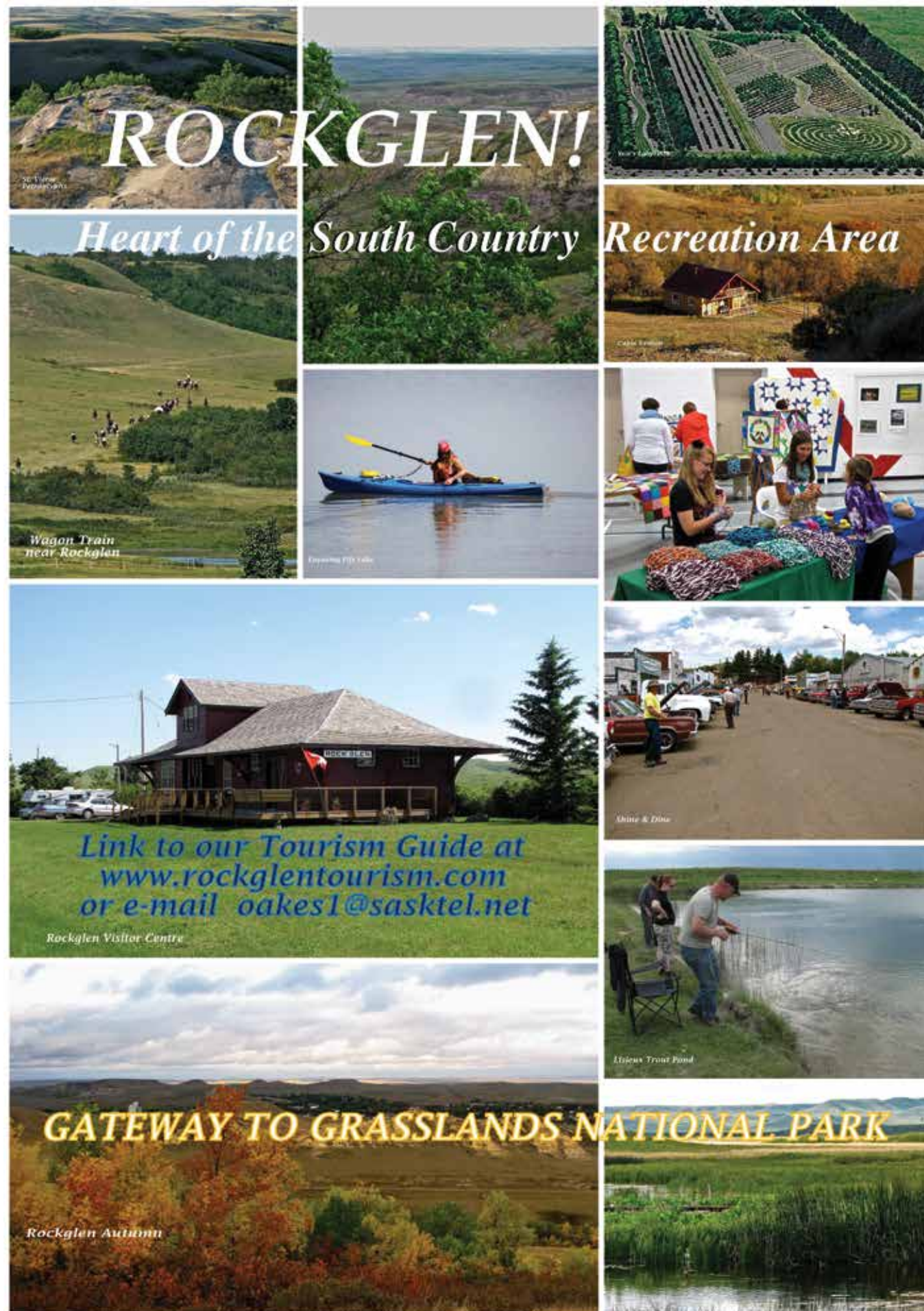


- Shelter considerations for the injured
- First aid supplies to carry and how to use
- Signalling and communication beyond cell towers
- Transport considerations and options for the injured

Additional survival training is highly recommended and complementary to the first aid skills that will be learned in the Wilderness First Aid course. As Jason learned, knowing the steps to take when faced with a medical problem allows you to take prompt and proper action.

For more information on St. John Wilderness First Aid Courses, feel free to contact your nearest St. John Training Centre, check out the website at www.sja.ca or send an e-mail to inquiries@sk.sja.ca.





Discover Great Blue Heron Provincial Park

Great Blue Heron Provincial Park is located on the fringe of the boreal forest, 45 km north of Prince Albert in the heart of Lakeland. Emma and Anglin lakes are the backdrop to the two main areas of the park. Camp under the towering spruce and aspen forest, listen to the call of the loons or just sit back and relax at one of the many beaches.

Anglin Lake

Anglin Lake is accessible via Hwy 953, 60 km north of Prince Albert. A quiet lake with many bays and kilometers of undisturbed shoreline, Anglin Lake is a great location for those who want to escape the city and experience some peace and tranquility. Launch your canoe or boat and explore the different sections of the lake – Christie Bay, Scout's Bay, Jacobsen Bay, Anglin Bridge and the Spruce River.

If you love to hike, then Anglin Lake is your destination. The park has more than 20 km of hiking trails, some of which connect to Prince Albert National Park. Be sure to visit the Tower Cabin for scenic views of the lake and

surrounding forest. Pack a picnic lunch and enjoy a day on the trails.

Camping is located at Anderson Point Campground. This quiet campground is set in a spruce and aspen forest. Electrified campsites, potable water, showers, boat launch, beach, playground and trails are the main attractions. The campground is open from mid-May to September 30, 2019.

For a new camping experience, try the park's Mongolian Yurt, located in the campground. The yurt sleeps six and offers the chance to experience camping without all the gear. Bring your own bedding, food and cooking utensils and enjoy a weekend in the yurt. Bookings are available at **saskparks.goingtocamp.com** and by calling **1-855-737-7275**.

Looking for more places to stay?

Check out Land of the Loon Resort which offers cabin rentals, boat rentals and the Jacobsen Bay Outfitters store.

Emma Lake – Murray Point Campground

Emma Lake is accessible via Hwy 263, 13 km west of Chris-

topher Lake. Experience the beauty of Emma Lake with the convenience of golf, mini-golf, accommodations, restaurants and shopping close by. Murray Point campground is located on the west shore of Emma Lake and offers electrified camping, beach and boat launch. Murray Point is a family campground with easy access to the beach, playground, showers and store. Open mid-May to the September long weekend. Interpretive programming and exciting special events are offered during July and August.

Looking for a great picnic spot?

Check out the Murray Point day-use area, located just north of the campground and boat launch. Conveniently located a few steps from the local store, Fern's Grocery. Check out the reservable picnic shelter, washrooms, beach and wide open areas to run and play.

Interpretive Programs

Interpretive Programs are held at Murray Point and Anderson Point Campgrounds during the summer months. Check **saskparks.com** for more information or pick up a program calendar at the park office.

Eagle Point Resort... Sales & Service



Our personalized service and friendly hospitality will make you feel right at home. We offer motor boat, canoe, kayak and paddle boat rentals by the hour or day. When you stay in one of our rental cottages, you can enjoy all non-motorized marina rentals, the beach development and the playground area for free!

The Event Centre and Clubhouse at Eagle Point Resort overlooks the first fairway of the Eagle Point Golf Course to the west and the Marina to the south. It is a unique venue surrounded by beautiful scenery and has a capacity of 20 to 170 guests for weddings, bridal showers and family milestone celebrations to concerts, corporate functions and meetings.

Our full service Marina supplies fuel and oil for your boats and cars, propane filling, ice, Eagle Point clothing and souvenirs, emergency toiletries, drinking water, and tackle and bait.

The marina store is also the showroom for Eagle Point Sales and Service, our top notch dealership for sales of used snowmobiles, ATV's and Side X Sides. We also carry Princecraft boats and pontoons, Kingfisher boats, Mercury outboard motors, Husqvarna power products, Trailtech trailers, Klim outdoor gear and Stihl products.



At Eagle Point Resort, we work hand in hand with Mother Nature to bring you the best that Northern Saskatchewan has to offer. Whether you are looking for an action packed adventure, or a peaceful retreat from the hustle and bustle, we have the holiday for you.

In operation since 1990, this family-owned and operated resort has many activities to offer. Whether you need a day, a week, or more, we can offer your a vacation that every member of the family will enjoy.



"Let us show you why we are the area's leading motorsports store."

Eagle Point Resort
For Your Family and Friends
Call Us Today 1-888-332-4536



Tel. (306) 425-2273
22 Marine Drive
La Ronge, SK

eaglepoint.ca



Danceland supporters rally to keep doors open

World-famous Danceland has been welcoming visitors for almost 90 years. The historic structure has welcomed big band acts from 40's, rock 'n roll legends, polka kings, and country music acts from Nashville. There is even the famous rumour that The King himself, Elvis Presley, once graced the stage with his blue suede shoes along Hank Snow in 1953.

Today, Danceland still welcomes acts from all over North America and continues to be a major tourist attraction for the resort

community of Manitou Beach and the province. When you combine it with Manitou Springs Resort & Mineral Spa, Manitou & District Regional Park, a 9-hole golf course, a drive-in movie theatre, numerous art galleries, and of course the legendary unsinkable waters of Little Manitou Lake, you have one of the 'must-see' destinations in all of Saskatchewan. But being a large concert hall on the shores of a closed-basin lake on the prairies does come with some challenges.

Though the recent high water levels on Little Manitou Lake have

started to rescind since the start of 2017, water did accumulate beneath the structure forcing the ownership with expensive repairs to the piles that hold the building in place.

Owner Millie Strueby said they have a goal of \$350,000 to make the necessary repairs. "Phase one, we had done that in September, which was jacking and leveling of the building, and we can really tell the difference here, but more work needs to be done," Strueby said. "So that's one of the reasons why we're doing fundraising events such as galas."

Strueby said in a recent interview with 620 CKRM. Strueby said they formed a committee, a committee formed to raise funds in order to 'save Danceland.' "We would hate to lose a thing of the past, something that made Manitou Beach what it is today," Strueby said. "We would hate to lose that building, so that's why we're trying our very hardest to try to keep it going, trying to keep the building intact."

The 'Save Danceland' committee has hosted a couple of fundraising galas in the fall of 2018. One event was a swinging 20's themed while the most recent event feature music by Blake Berglund along with a banquet.

Even faced with the huge cost, ownership continues to do what it can to keep the hall active. One such thing is hosting weddings and conferences in the area.

2019 is a significant year in Manitou Beach as it is the Resort Village's 100th Birthday. With many events going on throughout the year, make sure to stop in and take in an event at Danceland. By supporting the business, we can make sure it remains part of the community and the province, hosting events for many years to come.



For more information on upcoming events visit their website www.danceland.ca



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RIDE ANYWHERE.



- Biktrix designs, assembles, ships and supports their electric bikes from Saskatoon Canada.
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Cycling Association

We have a host of programs:

individual/family activities | fun | fitness | competitive programs
recreational programs | advocacy | education | safe cycling

Join a
cycling club
and become
part of
the SCA

REASONS TO JOIN A BIKE CLUB

- Bike club rides can help you get in shape
- You will meet new people with an interest in cycling
- There is safety in numbers
- You can discover new places and great routes
- It's a great way to make friends
- You will learn more about how your bike works
- There is a ride for nearly every fitness level

You just
need to
find the
bike club
that is
right for
YOU!

Mountain Bike This Summer!

Dirt Kids - Ages 10-15

Biking is a blast!

Join the fun in this 6 week series which provides a skills clinic and short race each night.

You need a mountain bike, bike, helmet, gloves & eyewear:

- Mondays 6:30 - 8:00 pm
- May 6 - June 10

Women's Ride

- Learn to mountain bike
- Monday 6:30 - 8 pm, May 7

Tuesday Adult Trail Ride

- Organizational recreational mountain bike rides for adults starting April 29 and running all summer

Program Details and Registration at www.nbrcycling.ca

All programs require a mountain bike in good working order, and an approved bike helmet



Youth Road Cycling

Want to learn to ride a road bike?

Join Horizon 100's Youth Program, a 9-week course designed to introduce you to different types of road bike riding, build bike technical skills, safety, endurance and speed plus learn how to ride in groups.

- Taught by qualified biking coaches
- Different groups according to experience

Who: 10-16 year olds from beginner to experienced

When: Runs in May and June

Where: Meet German Cultural Centre

Cost: \$75 includes: Saskatchewan Cycling Association membership, tee shirt, after ride drinks and treats PLUS Prairie Gran Fondo registration

Bring: A bike in good running order, C.S.A. approved helmet, gloves, eye protection

Program ends with option of riding the Prairie Gran Fondo (supervised 30 km ride).



Fees waived and equipment supplied for up to five low income families.
Call 306-652-4336

For more information
and to register visit:

[www.horizon100/
horizon_youth_program](http://www.horizon100/horizon_youth_program)

Email: hyp@horizon100.com
or call 306-652-4336

Sponsored by

HORIZON 100 CYCLING CLUB

www.saskcycling.ca/wp/
Email: cycling@accesscomm.ca

Welcome to Minor Hockey!



Getting started....

"Frequently Asked Questions"
about getting started in minor hockey
with the Saskatoon Minor Hockey Association

What age groups does the SMHA offer programs for?

The SMHA offers programs for boys and girls ages 5 through 17. Timbits Initiation is for 5 & 6 year olds; Novice is for 7 & 8 year olds; Atom is for 9 & 10 year olds; Pee wee is for 11 & 12 year olds; Bantam is for 13 & 14 year olds; Midget is for 15-17 year olds. Hockey registration is based on the calendar year for birth years.

Example: a player born in January 2010 is considered the same "hockey age" as a player born in December of 2010.

What is a SMHA "Zone"?

The SMHA divides the City of Saskatoon into six geographic zones and one city-wide female hockey zone (Saskatoon Comets). Depending on where you live, you will play in one of the following zones: **Aces** (southwest), **Renegades** (northwest), **Bobcats** (southcentral), **Flyers** (southeast), **Redwings** (northeast) or the **Wild** (northeast).

To find out what zone you are part of visit http://saskatoon.goalline.ca/page.php?page_id=32605

How much does it cost to register for Saskatoon minor hockey?

The annual registration fee to your zone can range from \$400 to \$1200 depending on the age

group and level of the player in question. This fee covers all assigned league games, practices, provincial playoff games (if applicable), city playoff game (if applicable), referees fees, Hockey Canada insurance, SHA and Hockey Canada Registration fees.

When does registration for hockey take place?

Each zone conducts its main registration on-line through the zone website between May 1 - June 30 of each spring. **There is no fall registration.**

Can I register past the regular registration date?

Yes, a late registration period will be established each year to register on-line with your home zone. Note that the registration fee will be higher if registering after June 30th.

My son or daughter have never played ice hockey before. Is it ok to register them in an older age group than Initiation?

Yes, for sure! SMHA offers four levels of play in Novice, Atom, Pee wee and Bantam hockey — there is a place for all abilities and experience levels. Note" any new players to minor hockey that start in Bantam or Midget must play in a no body checking league for their first year of hockey for safety reasons.

Does my child have to play hockey with body checking?

No, the SMHA offers excellent No Body Checking leagues for players in Bantam and Midget. A player may play hockey with no body checking from age 5 through age 17 if they wish to.

NOTE: Body checking begins at the bantam age group in minor hockey (age 13 and 14). There is no body checking in female hockey at any age.

Who do I contact if I have more questions?

Please contact the Saskatoon Minor Hockey Association office by calling (306) 244-1363 or by e-mail at smha@sasktel.net

After you have paid your son or daughter's minor hockey registration fees, what else do I need to know about becoming a minor hockey parent?

Beyond the Registration Fees
-Expectations of Hockey Families
<http://saskatoon.goalline.ca>

What does my new hockey player require for hockey equipment to play?

For a checklist of the hockey equipment required for a player
<http://saskatoon.goalline.ca>

Article and photo (of the Saskatoon Stars) submission courtesy of Kelly Boes, Executive Director of the Saskatoon Minor Hockey Association.



The Saskatoon Stars won their 4th Female Midget AAA Provincial Title in 5 years on March 26th. The Stars celebrate the championship with Merlis Belsher. The Stars and the Midget AAA Saskatoon Contacts play out of the new Merlis Belsher Place on the campus of the University of Saskatchewan. The Stars will host the Manitoba champs at Merlis Belsher Place in the best of 3 Esso Cup West Regional April 5-7. The winner moves onto the Esso Cup in Sudbury, ON April 21-27.

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world and yet there is something tremendously powerful in the act of devoting the earliest years of adulthood to Bible education and training for ministry.

“The decision to attend Bible college today is often not easily made.”

Each of our 75 years has brought growth and change: new and updated buildings, shifts in leadership and, of course, new students each with a unique call and an eagerness to grow in all that God has for them. We look back in awe and humility at the recognition of God’s faithfulness mingled with the unrelenting determination in our early leaders to see their God-given vision

become a reality and to tend to its growth through persistent prayer and hard work. Through all this growth and change, the heart to offer Bible education remains true as we continue, with that same persistence in prayer and hard work, committed to discipling students for the glory of God.

We believe that the harvest is coming. Though the labourers are few, we are committed to challenging young people to spend 1-4 years devoting themselves to knowing the scriptures and the power of God, building friendships that spur one another on for the sake of the Gospel, and allowing the Spirit to ignite in each heart a passion for God’s will. We have a rich history that testifies to the unchanging value of Biblical truth in a rapidly changing culture where truth is increasingly becoming defined as relative. In such a world, the decision to set aside a season of life to the study of God’s Word can feel costly, but its value, in light of eternity, remains unmatched.

The truth of God’s Word has stood firm through every cultural shift, and we stand firm on this same truth today. Please pray with us as we continue in our call to challenge our students to take a stand against the wisdom of culture and devote the first fruits of their hearts and minds to the one in whom all hope is found!



PHOTOS COURTESY OF ESTON BIBLE COLLEGE

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6. Your hairdresser doesn't remove the boogies from your eyes.
5. You sit still for your hairdresser.
4. Your haircut doesn't include a manicure or pedicure.
3. Your hairdresser only washes and cuts the hair on your head.
2. You don't bite or scratch your hairdresser.
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Discover a wide range of cardiovascular health benefits with Nattokinase... now available in Canada!

Nattokinase is newly available in Canada! This supplement is an enzyme extracted from natto (fermented soybeans), which is popular in traditional Japanese cuisine. One of the most well-known benefits of nattokinase is for cardiovascular health, specifically dissolving blood clots, reducing bad cholesterol and improving good cholesterol, and reducing blood pressure. There are also studies to suggest nattokinase can treat Alzheimer's disease, reduce risk of stroke, reduce nasal inflammation, and possibly even aid in treating celiac disease.

Nattokinase may prevent blood clots and can be used as a treatment for existing blood clots.

Nattokinase has the potential to be a treatment for thrombosis



(formation of a blood clot inside a blood vessel). There is some evidence that taking a specific combination product might decrease the chance of getting a blood clot in the legs during long plane flights. This product combines a blend of 150 mg of

nattokinase plus pycnogenol. Two capsules are taken 2 hours before the flight and then again 6 hours later.

In a clinical trial (open-label, self-controlled design), 45 subjects were divided into 3 groups and received nattokinase daily for 2 months: a healthy group, patients at the risk of heart disease, and patients undergoing dialysis. Risk factors for heart disease (fibrinogen, factor VII, and factor VIII) significantly decreased in all groups [R].

In a study of 12 healthy adult males, a single dose of nattokinase degraded fibrin and decreased levels of coagulation factors, which are involved in blood clotting. Its effect lasted for a long time (over 8 hours) compared to other enzymes.

Studies in human cells suggest that nattokinase [R, R]:

- Directly reduces fibrin clots 6 times more efficiently than plasmin
- Increases activity of anti-clotting enzymes (urokinase, t-PA)
- Reduces pro-clotting enzymes (PAI-1)

Nattokinase has been shown to treat the following:

- High cholesterol, Heart disease, Stroke Angina "Hardening of the arteries" (atherosclerosis).
- Hemorrhoids, Poor circulation, Varicose veins, Peripheral artery disease (PAD) Pain
- Fibromyalgia, Chronic fatigue syndrome, Endometriosis, Uterine fibroids
- Muscle spasms, Infertility, Cancer

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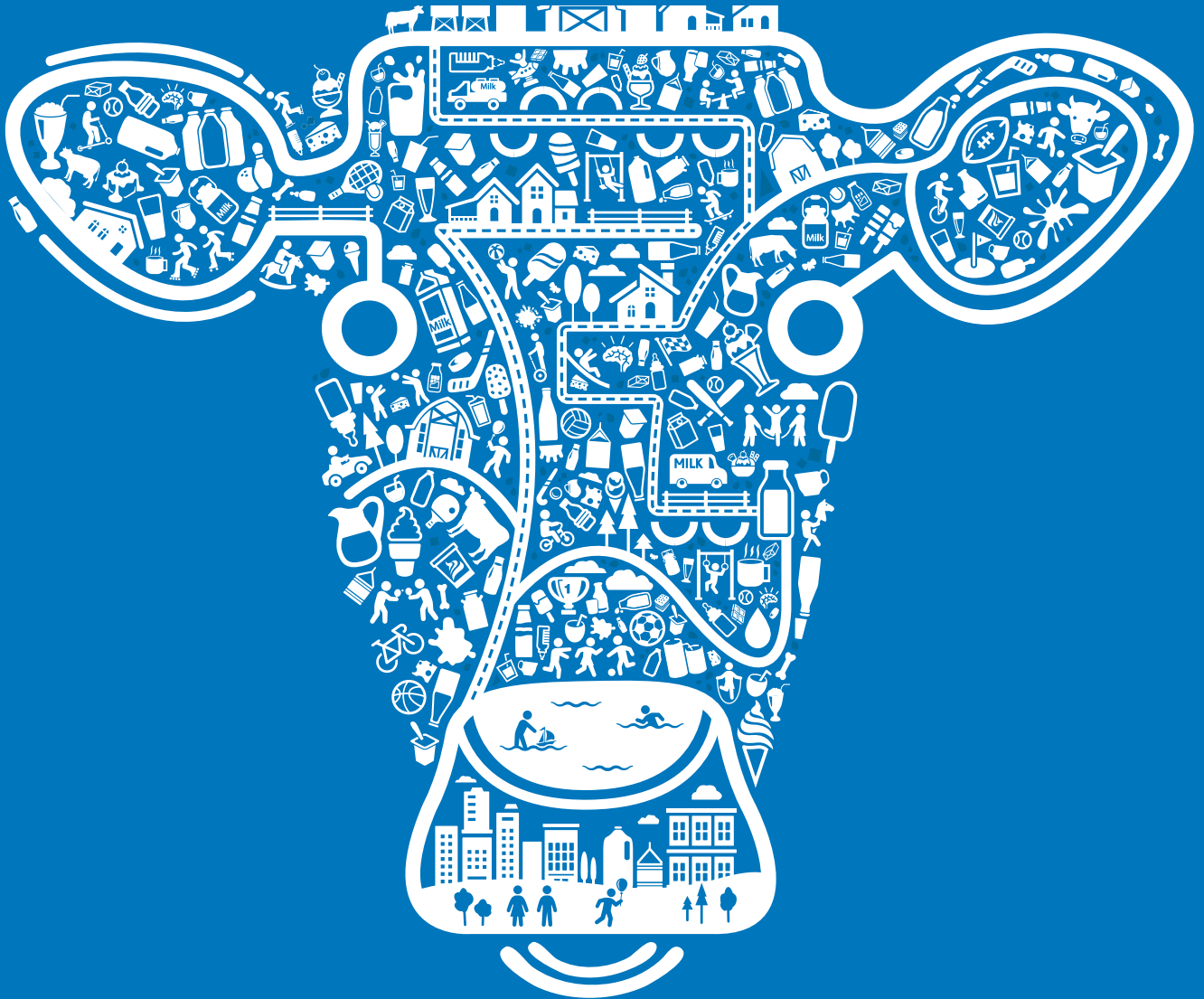


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