

Suddenly Saskatchewan

MAGAZINE | SPRING 2022

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Program for Youth*

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*Sask Power
WINDSCAPE Festival*

SaskPower
WINDSCAPE
Kite Festival



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is the place to be..."**

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The Place to be

Welcome to the Spring
Issue 2022 of **SUDDENLY
SASKATCHEWAN**
Magazine, featuring the
16th annual **Sask Power Windscape
Festival**, and the **Long Day's Night Music
Festival** in Swift Current from June
16th to the 19th. What started out as
a small fun fly event, The Kite Festival
has blossomed into a national and
international event, and coupled with the
Long Night's Music Festival, has made
Swift Current suddenly the place to be,
for all ages every June.

From the sights in the heavens above to
the sounds of great music below, both
events are sure to make the days in June
in the city special and eventful. Both
festivals offer their own unique outreach
from free kite flying and building lessons,
to abundant accessibility at the Kite
Festival for all visitors, to a local brewery
from Swift Current offering draft beer at
the music festival. Check out the website
for event times, activities, & concert
times. It is sure to be a full weekend in
the city of Swift Current in the southern
part of the province.

This spring issue also has more pages
to browse from the southern part of the
province in Rockglen and its fascinating
new **palaeontology museum** featuring
dinosaur fossils (here in Saskatchewan),

to the historic **Outlaw Caves**, #1 trail on
Butch Cassidy's outlaw trail, set in the
awesome Big Muddy valley and the
historic buttes.

For those who venture north, the
Riverlands Heritage Tour has a self
driving tour that takes you along the west
side of the North Saskatchewan River
between Petrofaka Bridge to Winged
Ferry. It includes cultural and historical
sites as well as areas of natural history.
The Riverland Tours has a full schedule
to visit for those on its tours.

Also Bonjour! Come to Pike Lake to
enjoy the **FESTIVAL FRANSASKOIS
2022**. Enjoy amazing family friendly
activities including concerts from local
and national artists. **Bilingual services
available**. Pike Lake offers a lakefront
setting with beach, boat rentals, pool,
store, and abundant nature and camp
sites.

There's always been something magical
about train travel, and now you can
experience a bygone era aboard the
award-winning **Wheatland Express
Excursion Train**. Based in the heart of
the Prairies departing from Cudworth
or Wakaw, a mere hours-drive from
Saskatoon, the Wheatland Express aims
to capture Saskatchewan's rich arts,
culture, heritage and history.





SASKPOWER WINDSCAPE KITE FESTIVAL & LONG DAY'S NIGHT MUSIC FESTIVAL

SWIFT CURRENT, SK

This summer the 16th annual SaskPower Windscape Kite Festival is ready to fill the wide skies with vibrant, colourful kites of all shapes and sizes. Much of the field is covered by single-line kites, though they are not your average Charlie Brown kites. Astronauts, fish, octopi, huge animals of all sorts mix with smaller agile sports kites. Soft kites of all sizes and shapes fly overhead. Meanwhile, down below, the field is brimming with attentive viewers of all ages.

Started in 2005, SaskPower Windscape Kite Festival has grown in size and scope from a small, fun fly event and a separate children's festival to the wonderful

pantheon of activities it is today. Each year, a cast of over 40 national and international kite artists and superstar performers showcase the art and majesty of kite flying. There is a history of kiting on every continent on the planet, and Windscape is happy to showcase the multiculturalism, art, and science of kite building and flying.

Admission is free, making it a very accessible event to attend. Families, from grandchildren to grandparents, bring their lawn chairs and blankets and spend the whole day outside, enjoying what the Saskatchewan summer has to offer. Pack your own picnic or check out some of Saskatchewan's top food trucks onsite!

Activities at the festival include a sculpture garden featuring southern Saskatchewan artists, a scavenger hunt, obstacle course, bale maze, free stunt kite lessons, candy catapult, bubble station, bol racing and more. One of the most popular attractions, unsurprisingly, is the kite workshop. Skilled volunteers assist everyone, young and old, with building and decorating their own bird-shaped kite which is guaranteed to fly. This allows everyone to genuinely engage in the kite-flying festivities regardless of having previous experience building or flying a kite. New owners of kites are encouraged to enjoy a free lesson with our friendly instructors to ensure a successful afternoon of flying. If your kite takes a nose-dive or two, bring the damaged kite to our free kite hospital where repairs will be attempted by the celebrity kite flyers.

Mooky Cornish, a former Cirque du Soleil clown, attended and performed at the festival for the first time in 2016. She said "Windscape was absolutely sublime!! On every level - from accessibility for seniors, to inclusion of developmentally challenged volunteers, to enlightening activities for kids, to an Aboriginal hoop dancer and teacher, to spectacular buffalo kites. I was moved to tears more than once by the outright beauty of the whole event. The kite flying, of course, was completely awe inspiring - but also the families gathered, from every background, the broad spectrum of people the festival appealed to and what a good job you've done to make it so. We have been part of festivals all over Europe, Australia, the Americas and even South Africa. Windscape is right up at the top of one of the most exquisite and inspiring festivals in the world that we've ever seen."

At Windscape, everyone can experience the thrill of flying in the vast Saskatchewan air space with some of the world's best kite artists and performers. Windscape runs from 10 am to 5 pm and admission is free.



Not only are there fantastic daytime activities, but you can keep the summer festival vibes rolling all evening too! The kite festival is held in conjunction with Long Day's Night music festival, which runs Thursday through Sunday at the Windscape Field. You can't celebrate the longest days of the year properly if you're tucked into bed, so join us for some great Canadian music. Long Day's Night music festival will take place June 16th - 19th in Swift Current under the big-top tent with safe rides home provided by SGI.

Artists featured will range from roots and R&B to pop, rock, and reggae. This year's headlining acts include Kelowna, BC's Yukon Blonde, on June 17th: a riot of ebullient synth pop and strutting indie rock.

Canada's best kept secret in soul music, Tanika Charles, will take the stage on June 18th. A soul and R&B powerhouse, she has become a staple of the scene both at home and abroad.

With Swift Current's own Black Bridge Brewery providing draught beer, there is no reason to stay home. A limited number of early bird festival passes are on sale now at \$105 for all four nights and are available at Pharmasave in Swift Current or Eventbrite.com. Don't wait because in June, the passes increase to \$115!

With exciting kites, fun activities, and great musical entertainment, June 16th - 19th, 2022 is shaping up to be a can't-miss weekend. Mark your calendar and come out to enjoy all the prairies have to offer at Long Day's Night music festival and SaskPower Windscape Kite Festival.

For more information please visit our websites at windscapekitefestival.ca and longdaysnight.ca



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Discover Saskatchewan by Train

Since 2018, the Wheatland Express Excursion Train has been taking passengers on acclaimed journeys through the heart of Saskatchewan's prairie grain belt.

Choose from musical tributes, railway robberies, dinner trains and more offered annually between May and December.

Don't miss your chance to climb aboard to experience everything this award-winning railway has to offer!

Authentic Prairie Railway Experiences

Centrally located one-hour from Saskatoon, or Prince Albert and three-hours from Regina, Wheatland

Express operates between the rural communities of Cudworth and Wakaw, Saskatchewan.

Experience more than just a train ride with our charming onboard excursion guides, an array of characters and musicians, plus you'll enjoy prairie inspired menus with locally sourced ingredients, delighting each of your senses on the round-trip journey.

Our not-for-profit organization aims to generate tourism, economic, and employment opportunities in the local community by delivering outstanding experiences and events that showcase Saskatchewan's rich culture, heritage and talents aboard our historic railcars and railway.

Wheatland Express was honoured to be recognized at the 2018 Saskatchewan Tourism Excellence Awards as "Rookie of the Year!"



Featured Tours

Great Prairie Train Heist Excursion

Enjoy the antics of the notorious Lucky LaChance Gang on and off the train as passengers are robbed for local charities!

Shania Twain Tribute Excursion & Dinner Show

Donna Hauber is aboard Wheatland Express as Shania Twin. Donna has been on the road since March 1996 as the most successful Shania Twain tribute act in Canada, the United States and Europe. The experience includes a gourmet catered meal and concert performance.

Eagles Salute Excursion & Dinner Show

Relive and re-experience the energy of one of the world's most popular bands, The Eagles. Join The Long Run aboard the Wheatland Express as they take you on a four-decade

musical journey that includes all the top hits, gourmet catered meal and concert performance.

Johnny Cash Tribute

David James and Big River are back aboard the Wheatland Express! Often described as one of the most authentic Outlaw Country tribute shows touring today. Thousands of fans agree with those reviews, as they routinely sell-out shows in venues large and small across Canada and the U.S. Experience includes a gourmet meal and concert performance.

Family Summer Express Excursion

All aboard for an afternoon of fun with a cast of colourful kid-friendly characters and entertainment on a 2.5-3 hour railway excursion perfect for young families!

Murder on the Wheatland Express

A most heinous crime has been committed aboard the Wheatland

Express. Do you have what it takes to solve the mystery before the end of the ride? Immerse yourself in an afternoon of family fun and sleuthing as you gather clues from the engaging cast of onboard characters.

Book a Single Car or the Entire Train!

Perfect for those wishing to create a truly unique and memorable experience! Come aboard one of Wheatland Express's scheduled itineraries or create a tour of your dreams! Our train is available for individuals, corporate and special events, gatherings and tour groups.

Gift Certificates available.

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Toll-Free: (833)233-3068

Email: info@wheatlandexpress.net



www.wheatlandexpresstrain.ca



The Saskatchewan Cycling Association (SCA) is actively involved in road and mountain bike racing, BMX, randonneur cycling, recreation, transportation, off-road touring, trail access, and safe cycling education programs. The SCA is a volunteer non-profit association that promotes bicycling for sport, recreation, and transportation..

2205 Victoria Ave
Regina, SK

306-780-9299

saskcycling.ca



The Performance Cycling Program is SCA's provincial high performance cycling program focused on the Olympic cycling disciplines within Saskatchewan.

The Performance Cycling Program delivers High Performance and Development programs to encourage excellence in sport and help SK targeted athletes develop to their full potential. Participants are typically in the 'Train to Train' through to the "Learn to Win" stages of the Long Term Athlete Development model (LTAD).

During the year with the program athletes are offered opportunities to develop with enhanced services including:

- training camps
- high-caliber competition projects
- coaching
- educational opportunities, and more

There are 3 parts of the Performance Cycling Program. The Development Program is aimed at introducing young athletes to competition and structured training in several cycling disciplines. The Performance Program is aimed at preparing athletes to compete and win at Provincial and national level events, building upon the knowledge and skills gained in the Development program. And finally, the High Performance Program is designed to assist Saskatchewan's best riders by helping to provide them the support & resources needed to compete at the highest levels.

**NEW
BIKES**

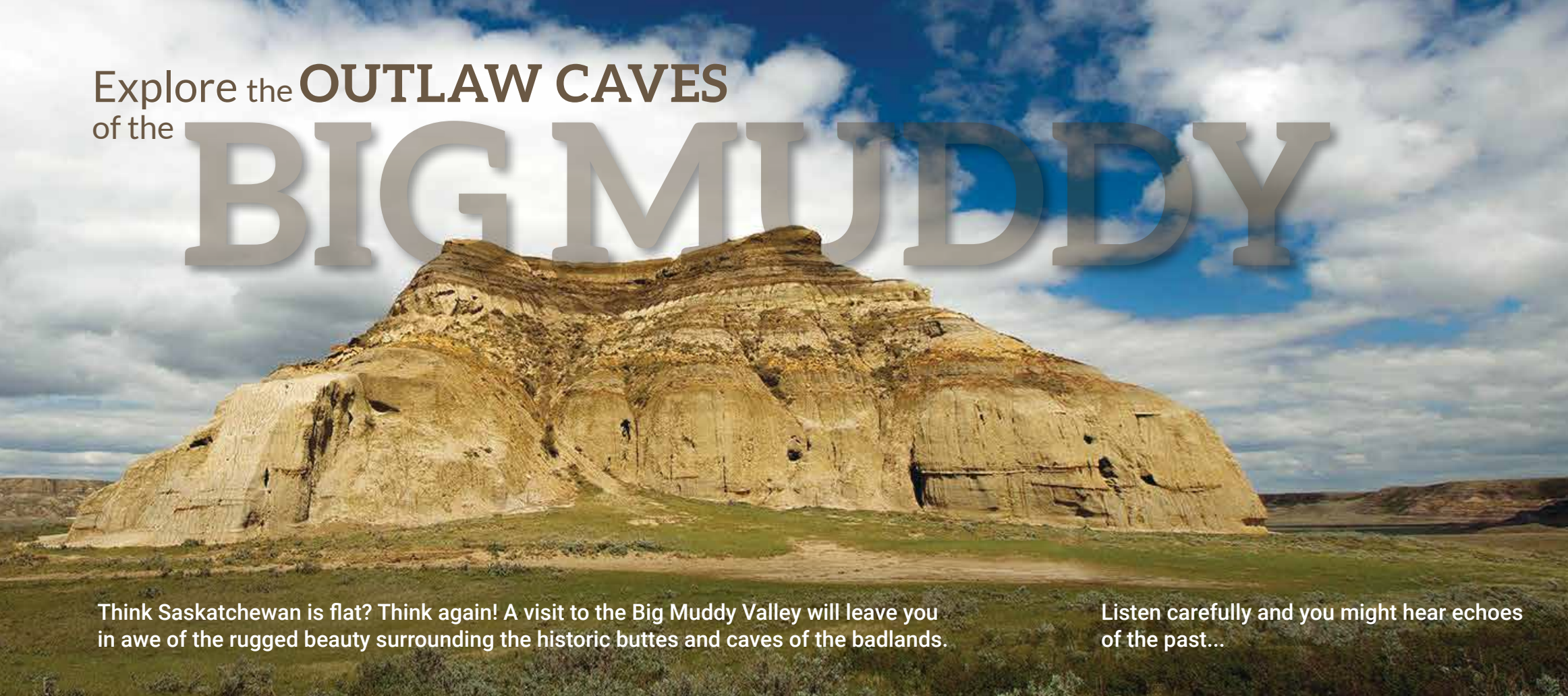
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Explore the **OUTLAW CAVES** of the **BIG MUDDY**



Think Saskatchewan is flat? Think again! A visit to the Big Muddy Valley will leave you in awe of the rugged beauty surrounding the historic buttes and caves of the badlands.

Listen carefully and you might hear echoes of the past...

Saskatchewan is full of hidden surprises. This summer is the perfect time to experience the Big Muddy Badlands, filled with picturesque views of breathtaking landscapes, friendly people, rich history and unique experiences. Our tours will take you to places you never knew existed and teach you things you never dreamt possible.

Visit Castle Butte, a natural relic created during the ice age and used as a directional landmark for thousands of years by the Indigenous people, NWMP and early settlers. Walk the paths of infamous outlaws like Butch Cassidy, Dutch Henry and Sam Kelly while reliving the past. Listen to stories about the outlaws, horse thieves and cattle rustlers who dodged the law on both sides of the border, by hiding in the "Sam Kelly Outlaw Caves." Take in sacred Indigenous sites including two effigies and a ceremonial circle.

Make sure to stop in Big Beaver for a unique experience at Aust's General Store where the motto is, "If We Don't Have It, You Don't Need It." Head to the Big Beaver Nature Centre where you can view many one-of-a-kind displays, donated by local residents throughout the years.

Our tours will also take you to Paisley Brooke School, a century old building filled with original materials, maps, furniture, and books. Here you will see firsthand how children received an education in this one-room schoolhouse.

Spend the night and take in all that our friendly little town has to offer. The Poolside Park is a full-service campground located right in town next to a heated swimming pool, kids spray park, 2 playgrounds, basketball court and a soccer field.

One block away is our scenic 9-hole, 3000-yard, grass green golf course which overlooks the Poplar River, rolling hills and grain fields. We also have the Poplar River Community Park campground, 5 kms east of Coronach, located at the Cookson Reservoir. The park offers boat docks, great fishing and powered sites.

Coronach has a motel and hotel in town as well as a B & B located a few miles outside of town. Some dining options include the Rustic Tavern, Deb's Country Kitchen, Coronach Hotel and RC Chinese Restaurant. Enjoy gourmet coffee, snacks or lunch at The Nook and stop in at the Mini Mart for some of the best summer treats in the area. Take time to stop at the Coronach District Museum, the site of Coronach's original hospital where you will find hundreds of locally donated artifacts and history dating back to the 1900's.

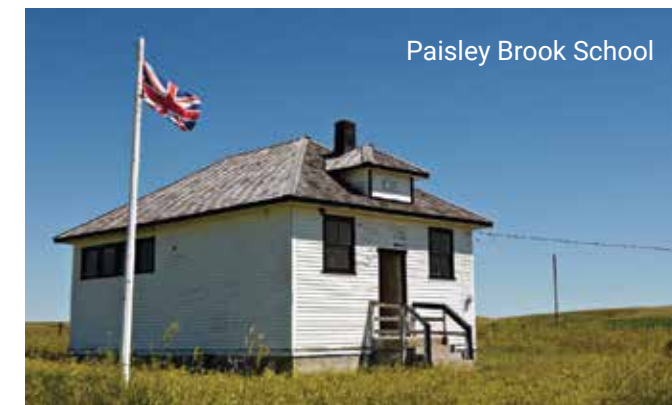
Plan your trip to coincide with the "Old Coronach Street Festival" on **August 27th, 2022**. Take in the Show'n'Shine, vendors, food truck wars, carnival games, beer gardens, music, entertainment, and more!

SAM KELLY OUTLAW CAVES

In 1903, outlaw Sam Kelly joined forces with Dutch Henry, and outlaws Bloody Knife and Pigeon Toe Kid. Known as the Wild Bunch, they would steal as many as 200 horses on one drive, alter their brands, herd them into Canada, sell them, and then steal them again for resale back into Montana and the Dakotas. The Big Muddy Valley was an ideal place for outlaws to hide. Wolf dens were altered by the outlaws in order to hide horses and create living quarters.

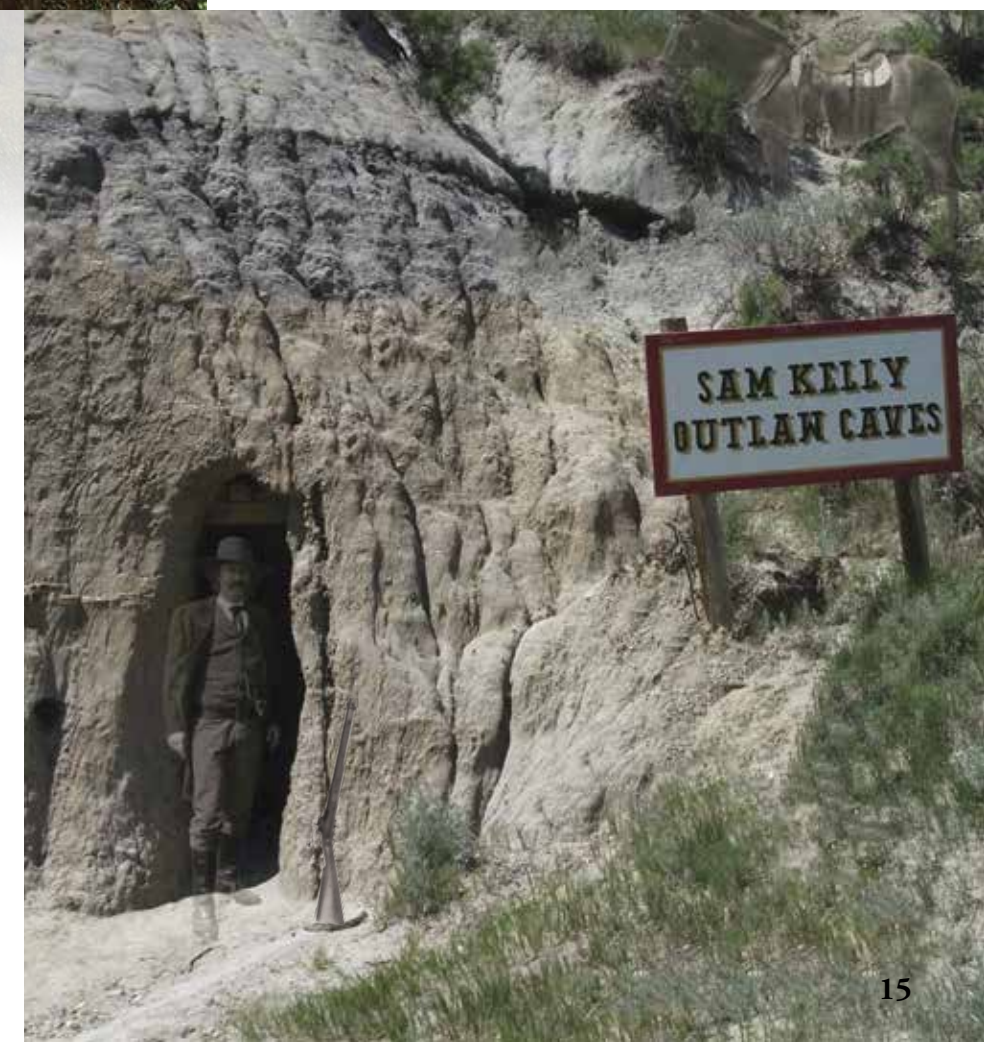
For more information or to book online, visit our website at <https://townofcoronach.ca/discover/big-muddy/>

For any other inquiries call 306-267-3312.



Paisley Brook School

“These tours will take you through the Valley's spectacular scenery to Castle Butte and on to the caves that were used as hideouts for such American outlaws as Sam Kelly. Here, you will discover why the Big Muddy Valley was known as Station #1 on Butch Cassidy's Outlaw Trail.”



Make this summer 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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BEYOND Silver

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Beyond Silver is proven effective with several categories of pathogens (bacteria, viruses and yeast). This includes several hundred pathogens. Summarized, silver is a broad-spectrum antimicrobial that:

- Destroys pathogenic bacteria
- Inhibits viral replication
- Destroys many fungi, yeasts and protozoa
- Destroys many parasites, including malaria

Beyond Silver even kills antibiotic-resistant strains of bacteria such as MRSA, "superbugs". Antibiotic resistance is a major problem facing hospitals and homes around the world, as pathogenic bacteria no longer responds to antibiotics. Do an online news search for "MRSA" or "superbugs" and you will see how serious the problem is. Yet, despite this incredible ability to kill pathogens, structured silver "Beyond Silver" is safe enough to be used at home on a daily basis, does not require a prescription, and is cost effective.

The product Beyond Silver, is absorbed deep within the cellular level of the entire body, and will cross the blood/brain barrier to break down biofilms. Beyond Silver works toward successfully destroying all forms of bacteria including "superbugs", pathogenics, it inhibits viral replications, destroys many fungi, yeasts and protozoa, destroys parasites, including malaria, (not all silver products will do this). Silver will kill the MRSA bacteria of which there is no antibiotic for. Silver is safe for use for all ages as well as pets. Silver can be used topically, vaginally, in the eyes—and I have even known someone who has sprayed it and inhaled it into their lungs to treat a lung infection.

New Technology - New technology has made structured silver extremely effective. Requiring very

small amounts, it's non-toxic, making it extremely safe.

Scientifically Supported - Lab reports and research studies document the benefits using silver. In fact, scientists have found that structured silver can destroy 99.9% of all bacteria, viruses, mold, fungus and other pathogens. It begins to destroy pathogens within 15 seconds after application.

Super-Flexible - Structured silver is super-flexible and can be used inside the body (internal), as well as on the skin in the orifices (external). Structured silver can also be used as an effective household disinfectant, much like bleach or other cleaners—only it's much safer!

Quick Kill Time - Structured silver can be effective in just a few minutes. Research shows that exposing silver to most pathogens (including fungus and mold) for only 3-6 minutes will kill them.

Inexpensive - When you add up the cost of "conventional" health care, structured silver is a tremendous value.

Emergency Preparedness - Because structured silver is inorganic with no chemicals or additives, it can be stored for years at a time. Several agencies and organizations have recommended the use of silver as a potential agent in the fight against bioterrorism.

Extremely Safe - Research, testing and long-term use prove that structured silver is completely safe for everyone, including children, elderly and those in extremely debilitated health.

Source: www.SilverHealthInstitute.com

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**THE BEAUTIFUL WAY
TO GRASSLANDS NATIONAL PARK**



Rockglen's Unique Regional Paleontology



For those interested in Paleontological history, the Rockglen region offers an especially unexpected menu. Here, within a sixty kilometer area of the Wood Mountain Uplands, lies the richest collection of Miocene Era fossils to be found in Canada, associated with fossils going back in time some sixty-five million years ago when, in 1874, Canada's very first dinosaur fossils were discovered in the Killdeer Badlands by George Mercer Dawson, the Science Officer with Her Majesty's British North America Boundary Commission.

This rare combination of paleontological treasures results from the area's elevations, topping out at 3,500 feet, that withstood the final advances of the last glacier. This has left most of the hills unglaciated so that the fossils of the creatures that died have remained relatively undisturbed near where they fell. This has been especially important for the Miocene Era fossils that are readily found near Rockglen, but it has also resulted in the massive proglacial floods that laid bare the dinosaur fossils of the Killdeer Badlands in the East Block of Grasslands National Park.

Before the great inland sea that covered the Regina Plains began melting, its ice that had pressed up against the Uplands had been pushed higher

than the remainder of the glacier. This allowed vast amounts of the melt water to accumulate behind the southern advancement before the southern edge melted enough to permit the trapped waters to flow southward. As it did it cut out deep melt water channels, resulting in the Frenchman River Valley, Rock Creek and other wide river valleys. In the Killdeer Badlands of the Grasslands National Park, the melt water channel cut away more than 65 million years of topsoil and through K T boundary to it's trove of dinosaur fossils.

To commemorate the Duck Billed Dinosaur (Hadrosaur) discovered by George Dawson, and other more recently discovered Triceratops and other dino's in the Badlands, the Rockglen Visitor Centre has obtained several related Dinosaur fossils to display along with their Miocene collection. This is an evolving project, as we will be adding specimens that reflect the paleontological diversity of our region. When you visit the East Block of the Grasslands National Park, we invite you to see our collections of fossils to better envision what that they are uncovering with their annual fossil digs.



Our Visitor Centre is home to many locally discovered fossils including those of a locally discovered Four-tusked Mastodont. You'll recognize us by the metal artwork Mastodont at the junction of highways #2 and #18.

While you are here we invite you to take time to explore the many other local attractions displayed on our adjoining advertisement.



Riverlands

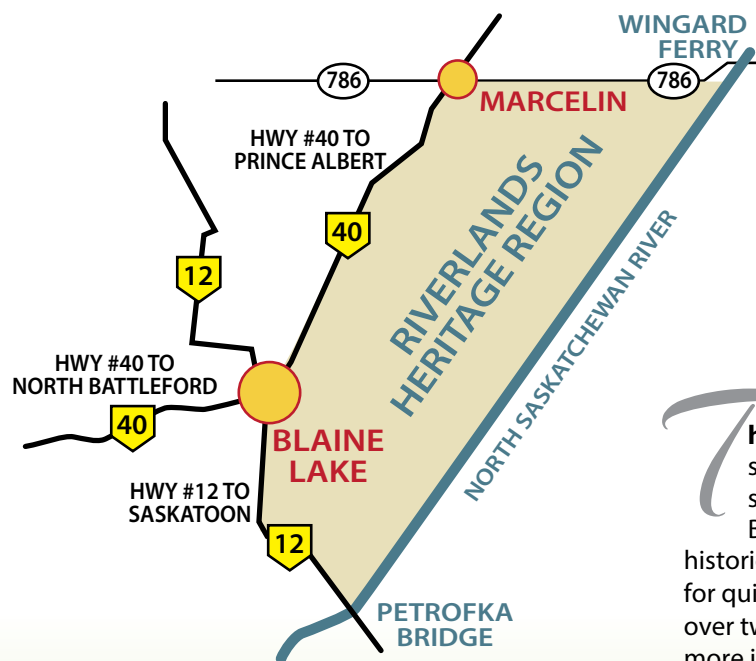
Heritage Preservation Region

Come explore

an area of Saskatchewan full of history and beautiful riverscapes...

Spend a day

catching sight of birds and wildflowers and learning about the people and land over the years...



The Riverlands Heritage Preservation Region Inc. offers a self-guided driving tour route taking you along the west side of the North Saskatchewan River between Petrofka Bridge and Wingard Ferry. It includes cultural and historical sites, wildlife and natural history, and opportunities for quiet time. Directional and informational signs guide you to over two dozen sites; the tour can be started at any point. For more information about the tour area and to get a printable map, visit www.riverlandsheritageregion.ca.

We are a not-for-profit, volunteer organization that relies on fund-raising to carry out our mission of preserving and raising awareness about some unique history along the North Saskatchewan River. We are proud to announce the recent addition of three eagle nesting poles in the area to attract eagles and other endangered large birds that benefit the environment; we acknowledge the assistance of SaskPower with this special project.

While on tour, please respect the natural environment and all private property. Drive safely as you navigate the gravel roads, rural intersections, and farm traffic. Be sure to bring your camera; there are many great photo opportunities.



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CUPE is proud to represent 14,000 of Saskatchewan's unsung health care heroes.

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LOCAL 5430



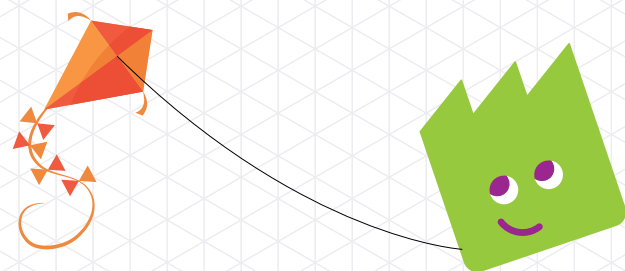
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saskatchewan.ca/recycling

Saskatchewan



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For dog people — dogs make our world go round...

It's a Dogs Life Difference!



Getting your pet groomed can be more than just a haircut for your pooch. During an appointment at a good pet salon we are able to assess skin conditions, lumps bumps and changes from one appointment to another. While we have our hands on your pet we notice ear problems, tooth decay, eye issues, anal gland issues and coat conditions that might change over the years of the pets' life. It is our duty as pet professionals to alert you to ongoing health issues so you are better equipped to deal with them.

Forming a good relationship with your groomer is the best way to ease everyone's nerves. We learn about tools, products and treatments like a massaging bath or a liniment treatment to help with sore muscles.

"With all they give to us, it is our duty to give back to them."

At It's a Dogs Life our staff prides themselves in our knowledge, experience and sincere compassion for animals. Grooming dogs is our business it is very taxing on our bodies and minds, along with our furry clients we ourselves have to keep our bodies fit and have regular visits to our own care professionals. Funny, how life works in full circles. We believe together we can take care of each other and really make a difference that sets us apart from the rest! It truly is A Dogs Life Difference!

The joys of having a dog as a part of your families are many! Caring for our pets can bring us great joy and comfort. As we see an increasing number of these furry fellows in our houses we have to remember with all they give to us, it is our duty to give back to them. Just like humans dogs thrive with exercise, quality food, regular vet visits and of course regular visits to the grooming salon.

A good groomer will take ongoing extra training throughout our careers to insure we have the knowledge to keep you informed. We learn how to handle anxious pets and owners and try to soothe any fears surrounding their pets groom. Even though we try our best to alleviate fears going to the groomer can be as nerve racking as going to the dentist for your pet. The best part of their day often is when their people come to get them at the end of their appointment. With that in mind getting your dog groomed is a necessary and important part of your dog's life.



#6 - 1025 Boychuk Dr, Saskatoon
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Be Ready in an Emergency

Emergency can strike at any time. Having a plan in place can be a difference-maker in ensuring you and your family are able to get out safely. Are you prepared?

Fire can start in the blink of an eye, so preparation is essential. Everyone should know how to get out of their house at a moment's notice — because in some cases, a moment's notice is all you will get.

Home fires, of course, can spread rapidly. They can occur for a wide variety of reasons, including faulty appliances and wiring, flammable materials that are left too close to a heat source, open flames left unguarded and carelessness when handling lit objects like cigarettes.

A good home fire escape plan is crucial and everyone in the household should be involved in its creation. Walk through the home, taking note

of all potential escape routes. If your household has younger children or includes people who are more visual learners, consider drawing a physical map of the house with at least two exits out of each room clearly identified.

Here are a few other tips to help you along as you're considering your fire escape plan:

- Plan ahead of time with regards to any seniors, infants, and mobility-impaired individuals. Identify someone in the home whose responsibility it is to assist them in the event of an emergency.
- Plan a meeting location once outside. This is the spot by which everyone in the household should gather once the house has been evacuated. It should be a safe distance from the home and easily identifiable.
- Practice your fire escape plan twice a year, making sure to be

as realistic as possible with it. Practice for safe speed — time may be of the essence.

- At the same time, keep in mind that practice doesn't have to induce fear. It's okay to warn the household ahead of time that there will be a fire drill.
- Once you're out, stay out. Even if someone is missing, firefighters are much better equipped to be able to rescue them safely than you will be in a moment of panic and high adrenaline.

Be cautious, be proactive, be safe. A fire can be a devastating and traumatizing experience but, by putting your safety and the safety of your family first, you'll be best positioned to escape with the most irreplaceable thing you have: your lives.



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Exercising in the Great Outdoors

Spring is the perfect time to change up your exercise routine or start one. There are so many benefits of exercise and so many more of exercising outdoors.

Why is it so good for you?

We have all heard the benefits of exercise, and no doubt, we have all likely embarked on an "exercise regime" at some point in time.

We are aware that getting regular exercise can help to prevent heart disease and assist in lowering blood pressure, regulating blood sugar levels, and decreasing cholesterol. We know it promotes cardiovascular health, improves our flexibility and our muscle strength. It assists in weight loss, improves sleep, and helps in managing chronic pain. Overall, it enhances our moods and sense of well-being.

But, why should we exercise outdoors?

Let's face it. We all look forward to sunny days, summer breezes and longer daylight hours — not to mention, just some good old fresh air!

So, why not exercise outdoors? We have an amazing amount of green space in this province, lots of parks and varying terrains, all of which provide an excellent setting to work out in.

Extra reasons why exercising outdoors is so good:

1. Improved mood, enhanced self-esteem and reduced depression.

2. The great outdoors is low cost and accessible.

I would say this is a sweet deal. Often, cost is a barrier to regular exercise. When we take advantage of our wonderful outdoors, we can find settings that allow us to stretch, strengthen and improve our cardiovascular status simply



by varying our terrain, intensity and duration of our activity.

A simple 15 minute walk over a lunch hour can not only assist in our physical health, but can make us feel good for the rest of the day! Get out and play frisbee or throw a football around.

It also allows us the possibilities of having our own individualized playground or workout space any time we want. Change up your location or your activity.

3. Enjoy Mother Nature!

Being outdoors allows the opportunity to enjoy the sights, sounds and smells of our natural surroundings. Enjoy the peace of picnic site, with a pond or river nearby, birds chirping, and the summer breeze. If your ventures take you outdoors in your neighbourhood, it provides another chance to stop and meet who lives down the street from you.

And remember.... Get active, stay active and take a walk outdoors!

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.

Westlake Physical Therapy

PHYSIOTHERAPY | ACUPUNCTURE

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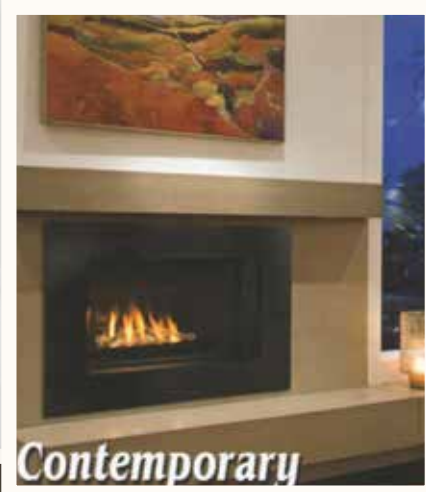
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