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MAGAZINE | SUMMER 2018

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Suddenly Saskatchewan MAGAZINE

Suddenly Saskatchewan, again... was the place to be—even according to the *New York Times*. Just recently in January 2018, the prestigious newspaper published an interactive feature listing the top 52 places in the world to visit in 2018, on a list that mentioned Australia and Switzerland. The lone Canadian destination that made the list was Saskatoon. The *Times* also pointed out the Remai Modern as a focal point of Saskatoon's redeveloping riverfront. Other attractions included were Saskatoon's award winning airport, and the developing Alt Hotel at River Landing.

Another newspaper a short while ago—*USA Today*, also named Saskatoon, among the nominees in the *USA TODAY'S* Readers' Choice 2017, "Best Destination in Canada."

We were no longer a surprise. Just several years ago Saskatchewan was boasting the fastest economic growth rate of any Canadian province. There were record hits on the Province's website. We were suddenly a "have" province. Suzy Amis Cameron (James Cameron's wife) stated, that we were "progressive"—convincing them to invest in a huge organic pea processing plant in Vanscoy, Saskatchewan, west of Saskatoon.

We also built the "new progressive" Mosaic Stadium, winning in several ways while attracting players who suddenly, want to come to Saskatchewan and—don't want to leave. Just ask Duron Carter.

In Saskatoon, the well known supportive spirit was also displayed by the impressive new Saskatoon Minor Football Field at Gordie Howe Bowl built by donations, making it the best amateur football field in Canada. Executives from other visiting teams commented that the new facility with its individual seats and press boxes (donated by the Saskatchewan Roughriders) new turf and spacious clubhouse make it "awful hard to compete" with the top-rated and 20 time National Champion Saskatoon Hilltops.

Now with more sunlight per year than any other Canadian city, Saskatoon and the province are basking in that light.



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Good Spirit Lake Provincial Park

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Still going strong after 18 years.



TAKE TIME TO MAKE Memories

Saskatchewan's Provincial Parks have everything you need for a perfect and unforgettable summer vacation.

Feel the tug of the fishing line. Roast a marshmallow over a crackling fire. Spot wildlife on a hiking trail. Connect with family, friends and nature. With 36 provincial parks located throughout the province, each one provides a unique and memorable experience. ►

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Central

Good Spirit Lake Provincial Park

Discover the excellent fishing, swimming and outdoor activities available at Good Spirit Lake Provincial Park.

Named one of the top 10 beaches in Canada, the heart of the park features warm, shallow water and a sandy, weed-free bottom; perfect for the whole family to enjoy.

The unique Dune Discovery Interpretive Trail offers a light stroll along the lake's shoreline and into the active dunes.

Numerous trails twist and wind through the park, offering scenic routes through both wooded and

open areas. Hikers and cyclists can enjoy the quiet beauty of their surroundings.

Good Spirit Lake Provincial Park is located just 30 minutes northwest of Yorkton.

Pike Lake Provincial Park

Pike Lake is one of Saskatchewan's most accessible getaways.

Twenty minutes from Saskatoon and a million miles from the city, Pike Lake guests can rent paddle boats and canoes just off the main beach, or they can spend the afternoon splishin' and splashin' at the newly upgraded wheelchair accessible pool and waterslide.

The Gift of Green Nature Trail

follows a loop winding through aspen woodland, over short-grass prairie and across sand dunes.

Camp-Easy equipped campsites are new to the park this year and are a great option for new campers or those without camping equipment. The sites come with a large canvas tent and all the major camping essentials.

Blackstrap Provincial Park

Located just 40 minutes south of Saskatoon, Blackstrap Provincial Park is a great place to have a picnic near the water with a view of Mount Blackstrap.

Visitors can explore the park through 5km of trails or enjoy the beautiful water, sand and sun on Blackstrap's main beach.

The water offers one of the best fishing spots in the Saskatoon area with good populations of walleye, pike, perch and burbot, or head out on the lake to water ski, canoe or wind surf.

North East

Lac La Ronge Provincial Park

Set just inside the rugged Canadian Shield, approximately two and a half hours north of Prince Albert, Lac La Ronge Provincial Park lies in the heart of the Churchill River System.

Known for its top quality fishing, Lac La Ronge offers amateur and experienced anglers alike the chance to catch walleye, lake trout or the famed northern pike.

The Nistowiak Falls in Lac La Ronge Provincial Park are one of the largest falls in Saskatchewan with a total drop of 80 feet. The falls are accessible by boat or float plane, followed by a short hike to the top.

A range of camping, hiking, boating and paddling experiences are also offered in this natural environment park. The region is a canoer's paradise with more than 30 documented canoe routes.

Narrow Hills Provincial Park

This natural environment park boasts more than 53,000 hectares of valleys, forest and rolling terrain.

The Gem Lakes Hiking Trail is a true hidden gem, winding around and between a cluster of deep, sand bottom lakes reflecting colours of emerald, jade and aqua blue, with stunning viewpoints.

The Island Lake Hiking Trail passes through mature forests of jack pine and black spruce, with a lush carpet of moss and lichens covering the forest floor.

With more than 25 bodies of water located throughout the park, visitors have ample opportunity to scope out their favourite fishing spot or enjoy a variety of water sports.

Narrow Hills is located 150km from Prince Albert.

South East

Crooked Lake Provincial Park

Crooked Lake Provincial Park is the perfect place for your summer getaway with steep valley slopes



and upland plains situated in the Qu'Appelle Valley.

The park's large lake offers excellent opportunities for water sports, angling or a leisurely boat ride.

Multi-use trails are available throughout the area. Hikers and cyclists can access the Trans Canada Trail (The Great Trail) that runs through the Qu'Appelle Valley and Crooked Lake Provincial Park. Adventurous hikers can climb up the valley hills for a pristine view of the park.

Fishing is a popular pastime at Crooked Lake with populations of northern pike, walleye and yellow perch.

The park is located 45km north of the Trans-Canada Highway and the Town of Grenfell.

Echo Valley Provincial Park

Echo Valley Provincial Park offers scenic surroundings and numerous recreational opportunities including fishing, mini golf, a picnic area near the beach and a variety of park programs for all ages.

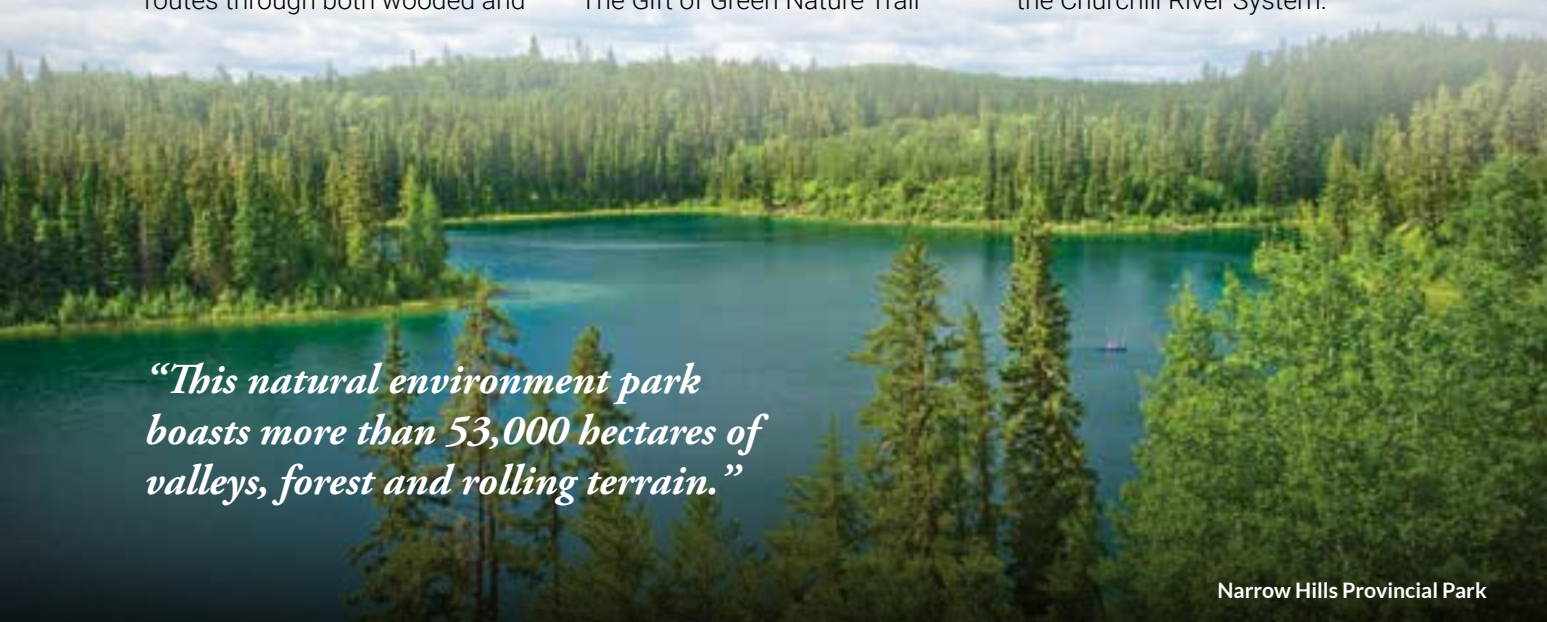
With two lakes to enjoy, Echo and Pasqua, the park offers

exceptional swimming, sandy beaches and water recreation.

Visitors can hike the Nature Trail through shaded coulees, along the ridge of the valley and across grassy meadows.

“The park's large lake offers excellent opportunities for water sports, angling or a leisurely boat ride.”

New to the park this year are Camp-Easy equipped campsites. The sites come with a large canvas tent and all the major camping essentials. Camp-Easy sites are great for campers who have never camped before or do not own camping equipment.



“This natural environment park boasts more than 53,000 hectares of valleys, forest and rolling terrain.”

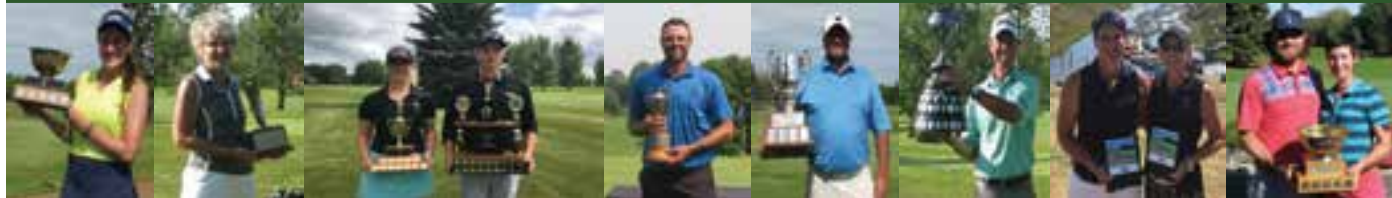


2018 Championship Schedule GOLF SASKATCHEWAN



Host of 2018 Amateur Men's

2017 Provincial Champions shown below



Amateur Women's Champion Brooke Hill	Senior Women's Champion Jo-Anne Schiller	Junior Women's Champion Chloe Sies	Junior Men's Champion Tayden Wallin	Amateur Men's Champion Tyler Wright	Mid-Am Men's Champion Brad Phelps	Senior Men's Champion Ken Rodgers	Women's Rosebowl Champions Kim Boreen & Debbie Dirven	Mixed Team Champions Aaron & Kate Robinson
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Date	Championship	Location
June 29—July 1	100th Amateur Women's Championship 55th Senior Women's Championship	
July 9—11	68th Junior Women's Championship 92nd Junior Men's Championship	
July 17—19	107th Amateur Men's Championship 32nd Mid-Amateur Men's Championship	
July 24—26	99th Senior Men's Championship 1st Mid-Master Men's Championship	
August 8—9	48th Women's Rosebowl Championship	
August 18—19	20th Mixed Team Championship	



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Opened in 1988 to the public, this 18 hole championship course is situated on the bluffs overlooking the scenic Lake Diefenbaker at Harbor Recreational Site in Elbow, Saskatchewan.

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lake, the sailboats and our spectacular golf course. Browse the well-stocked pro-shop, take time to enjoy the beauty of the harbor or relax around a natural fireplace with friends and family.

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have a concession open during pro shop hours. Harbor Golf also features banquet and meeting facilities, so consider booking your wedding, family reunion or meeting space.

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Monday Special** (\$2 per hole, includes cart)	\$36.00
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Adult 18 Holes (Fri-Sun, Holidays)	\$47.00
Senior 18 Holes (any day)	\$37.00
Adult 9 Holes (Tues- Thurs)	\$28.00
Adult 9 Holes (Fri-Sun, Holidays)	\$30.00
Senior 9 Holes (any day)	\$20.00
Adult Twilight***	\$30.00
Junior (age 12 to 17) - 18 holes	\$20.00
Junior (age 12 to 17) - 9 holes	\$15.00
Junior (under age 12)	\$10.00

* Taxes not included . ** Excluding Statutory Holidays.

*** Twilight time will be determined each month based on daylight hours.



www.harborgolfclub.com



Article courtesy of Environment and Climate Change Canada, Canadian Wildlife Service

a SPECIAL PLACE for wildlife

American white pelican portrait

For more than a century, Last Mountain Lake National Wildlife Area (NWA) has been officially recognized as a special place for wildlife. This area was first protected in 1887, when 1025 hectares (ha) of land at the north end of Last Mountain Lake were set aside as breeding grounds for wild fowl, becoming the first federal bird sanctuary in North America. Two main factors contribute to attracting such a wealth of birdlife to the area: its good habitats, as one of the most productive lakes in southern Saskatchewan; and its strategic location in the heart of the central flyway of North America. Spectacular populations of migrating ducks, geese, Sandhill Cranes and other birds use the area as they travel across the Great Plains, between their northern breeding grounds and southern wintering grounds.



Sunset over a shallow arm of Last Mountain Lake



Pelicans fishing in the spring runoff



Ruddy turnstones stopping over on migration

Over 280 species of birds have been recorded at Last Mountain Lake NWA during migration. Up to 50,000 cranes, 450,000 geese and several hundred thousand ducks can be observed when migration peaks. Although less conspicuous, scores of songbirds, shorebirds and birds of prey spend from a few days to a few weeks every year in the area. Birds travelling through at least 25 different countries, from arctic Canada to Argentina, use Last Mountain Lake's rich habitats. The NWA is also an important breeding ground for at least 100 species of birds, many of which are unique to the prairie region. More than 9 species of shorebirds, 43 species of songbirds and 13 species of ducks nest within the limits of the NWA. Some of the most spectacular breeders include the Western Grebe, the American White Pelican, the American Avocet and the Wilson's Phalarope.

Besides its values as a migratory stopover and a breeding area, Last Mountain Lake NWA provides appropriate habitat for 9 of Canada's 36 species of vulnerable, threatened and endangered birds, as classified by the Committee on the Status of Endangered Wildlife in Canada (COSEWIC) in 1993. They include the Peregrine Falcon, the Piping Plover, the Whooping Crane, the Burrowing Owl, the Ferruginous Hawk, the Loggerhead Shrike, the Baird's Sparrow, the Caspian Tern, and the Cooper's Hawk. Colonial nesters such as Pelicans, Cormorants, Gulls, Terns and Grebes are also particularly dependent upon the statutory protection afforded by the NWA. These birds nest in mixed colonies on several islands on the lake or on floating platforms in the marsh and are very sensitive to disturbance during the breeding season. ►

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Northern shoveler hen and her new ducklings out for a swim

► ...continued from previous page.

Whether you wish to take a driving tour with interpretive stops, explore some walking trails or get a birds-eye view of extensive wetlands and prairies from an observation tower, Last Mountain Lake NWA has something for everyone. For the more adventurous, check out the opportunities for fishing, hunting, canoeing, kayaking, hiking, bird-watching, wildlife photography, and nature study in this beautiful NWA. Don't forget to take in the sight of the tens of thousands of migrating geese, ducks, swans and cranes that stop by to rest and replenish on their long journeys.

Public facilities: self-service information kiosk, washrooms (located near information kiosk), self-interpretive trails (with floating dock and bird blind), parking lot and observation tower.

For more information on what is permitted in NWAs, consult the NWA Management and Activities page on our website. <https://www.canada.ca/en/environment-climate-change/services/migratory-bird-sanctuaries/locations/last-mountain-lake.html>

Directions: The administration building and visitor centre are both located at the main access point south of Highway 15.

From Regina and Saskatoon:
Take Highway 2 to Highway 15. Go east on Highway 15 for 14.4 kilometers where you'll see a headquarters sign for the NWA. Turn south (right) and travel 3.2 km to the headquarters office. GPS: 51.416929, -105.239036.

More information on access and permitting for Last Mountain Lake NWA can be obtained by contacting the Environment and Climate Change Canada regional office. Tel. (306) 836-2022.

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To purchase this package, or for more details contact the Campground Office (306) 946-2588.

Riverlands

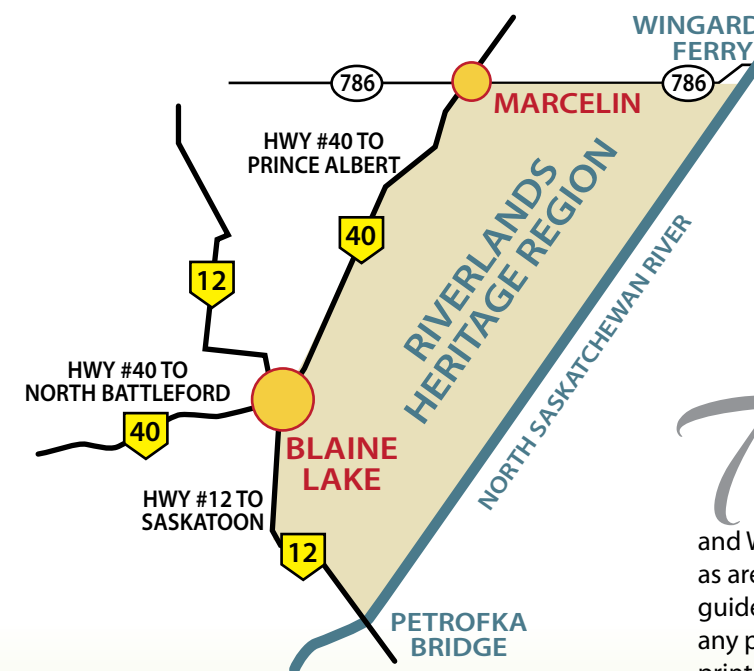
Heritage Preservation Region

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Riverhill Cemetery - Armillary

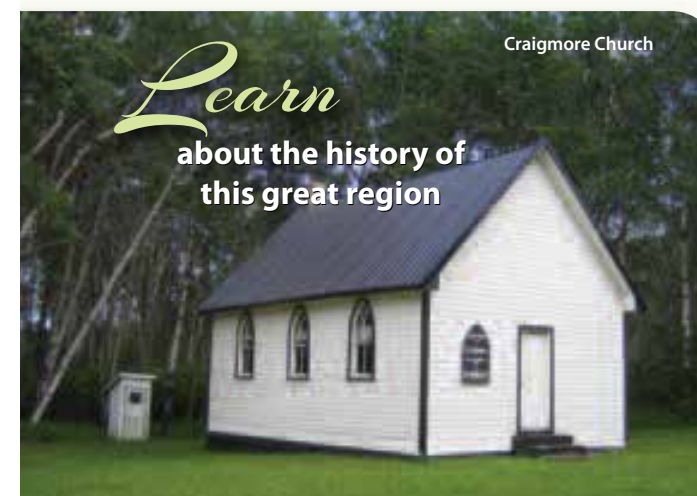


Petrofka Picnic Area

The Riverlands Heritage Preservation Region Tour is a self-guided driving tour that takes you along the west side of the North Saskatchewan River between Petrofka Bridge and Wingard Ferry. It includes cultural and historical sites as well as areas of natural history. Directional and informational signs guide you to over two dozen sites and the tour can be started at any point. For more information about the Riverlands tour and a printable map, go to www.riverlandsheritageregion.org.

We are a not-for-profit, volunteer organization that relies on memberships and fundraising to carry out our mission of preserving and raising awareness about some unique history along the North Saskatchewan River. In addition to history, there are also many opportunities to enjoy the beautiful river valley scenery and great picnic spots.

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



Craigmore Church

Learn
about the history of this great region

Racing against disease

Scientists work toward new canola varieties as clubroot spreads across the Prairies

Written by Lana Haight

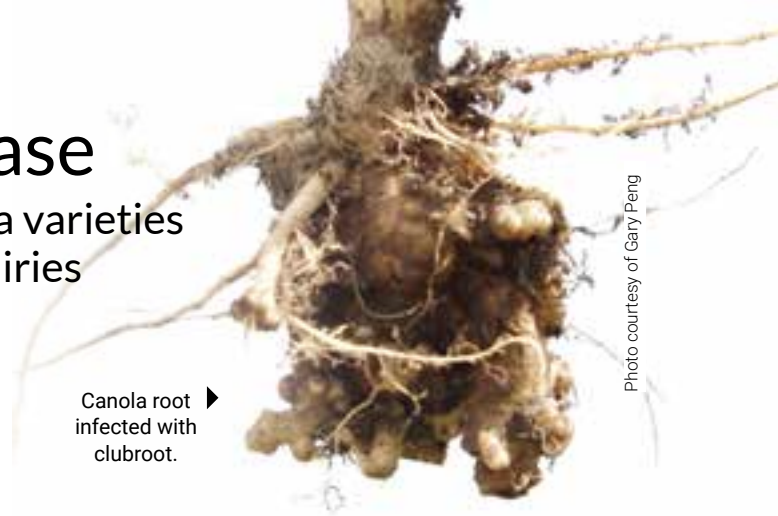
Scientists are in a race against a disease that threatens canola, one of Western Canada's most important crops, and they are looking to the Canadian Light Source to learn more about the genetic resistance to this disease.

Clubroot causes swelling on the canola roots eventually killing the plant. Finding a way for those roots to resist this soil-borne disease is the cornerstone of the strategy for managing the disease, says Gary Peng, a scientist at Agriculture and Agri-Food Canada's Saskatoon Research and Development Centre.

"The consequences of clubroot in a canola field can be devastating. It can wipe out the whole crop," said Peng.

The first case of clubroot in canola was reported in 2003 in several fields in the Edmonton area. The infestation spread rapidly to fields north of the city and the disease is now found in more than 2,000 fields in a wide band across Alberta. In Saskatchewan, it was first detected in 2008, but significant evidence of the disease attacking the roots of canola plants wasn't identified until 2011, according to the Canola Council of Canada.

Canola is the biggest cash crop in Canada. With a value at \$27-billion, it's more valuable than even wheat. Of the 50 to 100 canola varieties available to farmers, only about eight are resistant to clubroot.



The resistance genes are often from other members of the brassica family, especially turnips and rutabaga.

Farmers and scientists are discovering that those eight varieties are now showing signs of losing resistance.

Peng likens the problem to influenza. Every year, a new influenza vaccine needs to be developed because the flu virus mutates.

"Single gene resistance is not going to be the long-term solution. We need to find new resistant genes and use them efficiently. It is important to have resistance diversity in our arsenal because we know that a single gene will not be long lasting. We need to be more prepared in order to better manage the disease using the resistance strategy," he explained. "The goal is to be able to use the resistant genes judiciously either by rotating them in the variety or by stacking or pyramiding them in the same variety to carry multi-resistant genes."

Using the mid-infrared beamline at the CLS, Peng examined the roots of canola varieties that were susceptible and resistant to clubroot. He wanted to better understand changes in the composition of the root cell walls to learn how the clubroot-resistant canola roots stopped the disease from affecting the plant.

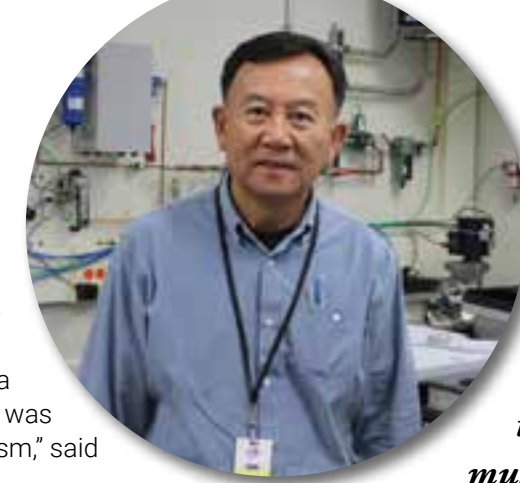
Gary Peng, a scientist at Agriculture and Agri-Food Canada's Saskatoon Research and Development Centre.

"The purpose of the research was to help with our resistance strategy to combat the disease by looking at the disease from a different angle to confirm what was initially identified as a mechanism," said Peng.

Specifically, Peng wanted to learn how the cell walls changed in resistance canola lines developed, in response to clubroot infection.

"The data (collected at the CLS) indicate that several cell-wall components, including lignin and pectin, may play a role in defence responses against clubroot," wrote Peng in a paper published in the *International Journal of Molecular Sciences*.

Reference: Lahlali, Rachid, Tao Song, Mingguang Chu, Fengqun Yu, Saroj Kumar, Chithra Karunakaran, and Gary Peng. "Evaluating Changes in Cell-Wall Components Associated with Clubroot Resistance Using Fourier Transform Infrared Spectroscopy and RT-PCR." *International journal of molecular sciences* 18, no. 10 (2017): 2058. DOI: 10.3390/ijms18102058



"The goal is to be able to use the resistant genes judiciously either by rotating them in the variety or by stacking or pyramiding them in the same variety to carry multi-resistant genes."

The information will provide invaluable insights as research continues. In the meantime, Peng urges farmers to be vigilant to stop the spread of clubroot. Ensuring equipment is cleaned after it has been used in a diseased canola field, pulling up and disposing of any diseased plants, and seeding clubroot-resistant varieties are some of the recommendations of the Canola Council of Canada.

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Improves Immune Function
adding black seed oil to curries and cooking processes can be hugely beneficial to health.

Balances Cholesterol
The good fats found in black seed oil are effective at increasing the ratio of HDL to LDL cholesterol in the blood – this will reduce blood pressure, improve the metabolism of fat and reduce the chance of health problems like atherosclerosis, where the build up of fat-based plaques in the blood stream reduces bloodflow and damages the cardiac system.

Anti-Bacterial and Fights Infections
Black seed is primarily effective in fighting various forms of bacterial infection. As a natural anti-bacterial agent it can fight against many bacteria that are either immune or resistant to conventional pharmaceutical interventions.

Fights Harmful Pathogens
Phytochemicals are the chemicals found uniquely in plant foods and are incredibly important for proper health and wellbeing. Black seed oil, being produced from the seeds of a plant, are incredibly densely packed with phytochemicals and anti-fungal agents.

Reduces Inflammation
Phytochemicals like 'TQ' can also improve the body's inflammation-suppressing responses both at a superficial level (when applied to the skin) and through consumption as a food. Various inflammation-based aches and pains such as joint problems can be reduced.

Reduces Risk of Certain Cancers
The phytochemicals described above also possess a number of other qualities that help them reduce the risk of cancer. The mixture of anti-oxidant, anti-bacterial and anti-inflammatory effects promote a healthy internal environment (preventing cancer in the first place), reduce the possibility of cell damage and reduce the chance of precursor illnesses that might damage the immune system. Black seed oil isn't going to cure cancer, but it may provide you with an increased safety if consumed over a long period of time.

Improves Cognitive Performance
Acetylcholine is one of the most important and potent compounds produced in the body. This chemical is essential to memory and brain function, but also improves power output in athletes and is used to prevent the symptoms and risks of developing brain and neurological diseases. Acetylcholine is also essential in the combatting of

Alzheimer's disease and dementia.

Supports Liver Health and Function

As the body's main chemical processor, the liver endures a serious amount of mechanical and chemical stress to keep us alive and the poor diet and lifestyle choices that we make are generally going to catch up with our liver as we age.

Combats Type-2 Diabetes

Many 'good fats' are great choices for reducing blood sugar, cholesterol and improving the conditions for those who suffer from type-2 diabetes. However, the effects of black seed are even more impressive than many similar oils due to the improvements that it has shown on the contributing processes in the pancreas, as well as reductions in blood sugar markers and an improvement in the concentration and sensitivity to insulin.

Improves Skin, Eye and Hair Health

Melanin is an important biological compound present in a number of superficial tissues. These are primarily useful in the prevention of damage from low level radiation – usually in the form of sun burn or excessive UV radiation from sunbathing/tanning. Black seed oil improves melanin regulation and the health benefits associated with it. It can also improve the condition of skin suffering from low-level dermatological problems such as dryness and eczema.




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Redefine your personal potential

by MableAnn Elliott

Practical teachings with horse sense and cowgirl logic, so that everyone can reach an elevated level of potential in all areas of life

My signature approach of uniquely blending psychosomatic in-depth body language and lifestyle awareness along with intuitive horsemanship, focuses on identifying and releasing the dis-ease and internal restrictions that keep you from moving forward in the world, feeling good about yourself, and confident in relationships.

Authentic & Unique....Are you willing to be genuine? Dare to be transparent and honest about who you really are. Relationships are the greatest teachers. So, it is wise to closely observe every relationship in our lives, including the relationship with oneself. The ability to understand in-depth body language is a significant and natural life skill relevant to all aspects of living a healthy and happy life.

Is everyone and everything in your life aligned and true? Who's Your Herd? What's your position in the herd? Who's Got Your Back? Using self-awareness as a powerful teaching method toward positive change, this primordial connection of inner guidance makes it possible for you to set the tone for yourself, your environment, everyone and everything around you, so all may flourish.

"Step by Step"we must all awaken within us the sense of our soulful heritage, providing ourselves an atmosphere of physical, emotional and spiritual safety, support and wellbeing.

Your body never lies!

Your body is constantly speaking of your inner thoughts and experiences to the outside world whether you understand it, or not. Your body is speaking to you perhaps aching, shouting and crying with dis-ease for your attention. Are You Listening?

What you have seen, voices you heard, emotions you felt and even the things in the background you weren't aware of, all have an effect on you. Whether painful or joyful, it is worth considering how events have influenced your life patterns and paths you chose to walk. Working together toward healing life's hurts makes it possible to influence and redefine personal potential, moving away from dis-ease before it settles into disease!

Practical teachings with horse sense and cowgirl logic offer:

- i) Personal and professional development programs for individual and group productivity, team building, sport and performance enhancement through a compassionate understanding of self and others.
- ii) All programs and services are personalized and designed to meet the requirements of you, your business and/or group. Working together toward healing life's hurts, makes it possible to move confidently toward a life with a renewed edge.
- ii) My signature "Horses Are For Health Programs" specialize in relationship building where horses provide a unique and remarkable gateway to a positive shift in life perspective so you can move forward in life at the next level.

Horses Are For Health....horses don't lie.

Through varying degrees of guided observation and interaction with horses individuals and groups are afforded a distinct perspective of self-understanding toward self-empowerment and self-healing. Horses with their naturally keen primordial intuitive instinctive abilities beyond words, assist to demonstrate the response to human energy, body language, non-verbal communication and the shape a person is in.

Sponsors and Hosts are Welcome:

As a company, business and/or personal sponsor you are opening a door to discovering new possibilities that will enhance a person for a lifetime. Your contribution to In-Depth Body Language and Horses Are For Health Programs will be used to support program development and education. With your sponsorship you are supporting health and home, community and our world. Thank you. Program hosts welcome.

Now is the time to take your life to "The Next Level".

My mission, is to extend a bridge for you to move into a fuller expression of your real authentic self so you can live a peaceful, fulfilling and satisfying life. For more details about my wellness programs or to contact me visit online at: www.MableElliott.com



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Don't let neck and back pain stop you from doing the things you love!

Summer—a Great Time to Get Active!

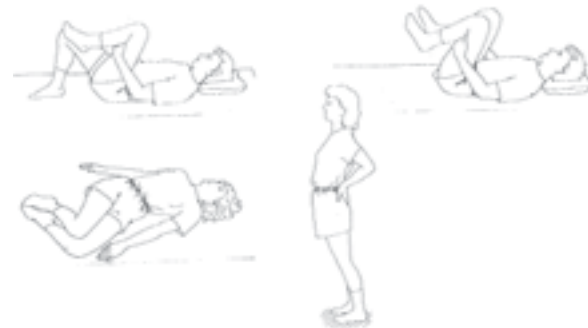
What do you look forward to doing this summer?

Gardening? Camping? House Renovations? Landscaping? Hiking? Water sports? Walking the dog?

Whatever your summer passion, don't let neck and back pain get in your way. Exercise can take many forms and is simply not only working out at a gym. Any of the above activities should be treated as a type of "exercise".

Often we use summer to "get things done" around the house and yard and engage in activities we haven't done for a long time. Therefore, it is important to remember to do some self-care for your muscles and joints. Stretching is a great way to prevent injury.

Low back stretches:



Upper back and shoulder stretches:



Stretching images source: *Therapy Skill Builders*, Schneider, J. and Passanisi, J.

Important points to remember when stretching:

- Stretching should not cause pain
- Take each stretch to your painfree end of movement
- Hold there for 20-30 seconds and repeat 3-5 times

If you find you are being held back from enjoying summer due to nagging muscle and joint pain and injuries, it may be time to contact Sandy Westlake at Westlake Physical Therapy. Sandy has extensive experience treating many of the "common summertime ailments" such as: **Back and Neck Pain, Muscle and Joint Pain and Injuries, Sports Injuries, Work Injuries, Migraines, Tennis Elbow, Plantar Fasciitis.**

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

Don't let pain and injury stand in your way in enjoying life.

Westlake Physical Therapy

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Sandy Creek Gospel Jamboree



When you drive through the countryside of beautiful Saskatchewan the first thing you will notice is the sea of yellow canola fields on either side, but quickly that sea of yellow silk gives way to a field of flax that looks as blue as a crystal sea. It's when you look upon them that you realize you are in one of the most beautiful places in all the earth. Here its easy to take a step back and relax. It's easy to find yourself wanting to stop beneath the shade of a tall tree and let the kids play while you relax and listen to the music surrounding you. Travel just 33 kilometers west of Moose Jaw, SK, and you will find just the place, you'll find beautiful Besant Park & Campground.

Complete with a limited amount of electric camp sites and nearly unlimited traditional (non-electric) campsites, Besant Park has plenty of room for your weekend getaway. Spacious fields offer a great place for families to spend quality time together playing catch or just having a picnic and enjoying the beautiful scenery. For the outdoor lovers, you'll enjoy getting away to do a little fishing. With so much to do it's no wonder that Bill Campbell, owner of Besant Park, reached out to the church community to help organize an event where people from all over could come relax, enjoy the beautiful scenery, and listen to the type of music that moves your soul. 18 years later Sandy Creek Gospel Jamboree is still going strong drawing visitors from all over Canada and the United States.

With a quality sound system, and covered tents for shade, Sandy Creek Gospel Jamboree (taking place this year from July 20-22) has never been rained out in the 18 years of existence. Visitors have come to love the pancake breakfasts and wonderful concessions for both lunch and dinner. A shuttle is provided for those who have trouble walking. But for those who would rather just enjoy the music instead of camping, don't worry. There are plenty of hotels in nearby Moose Jaw, and The Pilgrim Inn located in Caronport.

For more information visit online <http://scgj.ca>

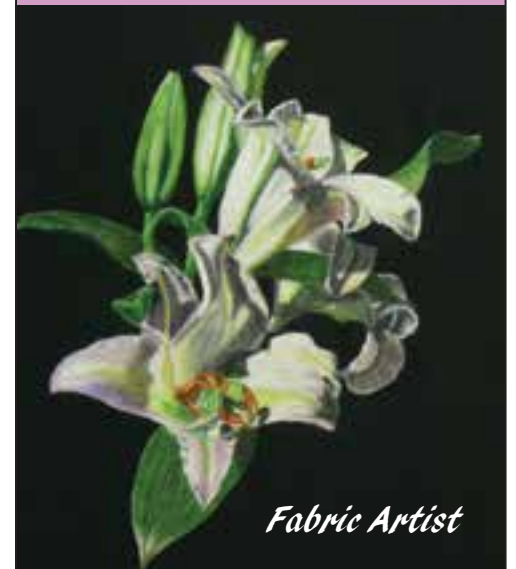
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