

Suddenly Saskatchewan

MAGAZINE | SUMMER 2019



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Featuring Waskesiu Nature & Cultural Themes



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Waskesiu Past & Present

The town of Waskesiu is 91 years old in 2019. A leisurely three hour drive from Saskatoon and 1 1/2 hours from Prince Albert, it was once a long meandering 4 hour route from Prince Albert until the creation of the Prince Albert National Park. The National Park park was proposed in 1926, designed in 1927, and opened with fanfare in 1928 by Prime Minister William Lyon Mackenzie King. The town of Waskesiu (Cree for "red deer") was chosen as the Park's hub on opening day.

Before 1928, First Nations and Métis people lived in the area, and shared the area with commercial logging, and eventually because of its myriad types of northern trees such as spruce and pine, and its clear lakes and long beaches, the area got the attention of the creators of the PANP and naturally, the park and its unique natural habitat were chosen as Saskatchewan's first national park. Relief workers were brought into the town in the 1930s and paid 20 cents a day to build roads, the golf course and the unique architectural historical buildings that are still standing today, such as the golf clubhouse, the museum, Waskesiu Nature Centre, Community Hall and the Superintendent's Building Residence.

Still prominent today, the Nature Centre is now a nationally recognized federal heritage building. Its character is so inherent to the town history of the park, that Parks Canada experts in log restoration and stone masonry were called upon to restore weakened sections. The additional upgrades included the creation and installation of new exhibits on the natural and cultural history of the area, and Parks Canada also worked with an Indigenous advisory group to display Indigenous history of the area, dating back 8,000 years.

The halls – Community Hall and Terrace Gardens (Assembly Hall), were also built during the depression, are on the Canadian Register of Historic Places, and are available for weddings, reunions, conferences, festivals, concerts and other events from May long weekend to Thanksgiving. The Community Hall is particularly spectacular with its vaulted ceilings and log construction.

Famously, Waskesiu was also the favourite place of Mr. Hockey, Gordie Howe. The Waskesiu Golf Course displays the Gordie Howe tribute sign the "Waskesiu Golf Course," where Howe worked and played and won the Lobstick trophy in 1954, adding his name to a total of six trophies. The town also had the honour of being former Toronto Maple Leaf's Johnny Bower's summer home, who hailed from Prince Albert and operated a hamburger restaurant in Waskesiu.

Today, the modern town of Waskesiu is well known for its long clean beach, swimming, motor boats and canoes, cabins, marina, shops, hotels, motels, bungalows, restaurants, and theatre, and now, the fantastic new mini-golf course called "Little Al's Mini Golf" opening summer of 2019 which was designed to mirror and resonate Waskesiu and Prince Albert National Park. The mini-golf course reflects natural, historic and cultural themes, and intrinsic treasures found only in Waskesiu: hole #1 deals with a recognizable rise and Lobstick tree in the middle, while further examples are loons laughing on hole #5 and canoe chaos on hole #11.

There is also the 210-site Beaver Glen campground (which includes ten oTENTiks, a cross between a tent and a rustic cabin) and 161-site full-service Red Deer campground. There are also a number of campgrounds throughout the park, both providing reservable and first-come, first-serve options for visitors. The range of services at these campgrounds provide the perfect camping experience whether it be in the backcountry or in the town of Waskesiu.

Waskesiu also holds numerous events and activities throughout the summer including various music, art, film and children's festivals.

Those wanting to support the unique Waskesiu experience can donate to the Waskesiu Foundation – "Enhancing the Waskesiu Experience". The Waskesiu Foundation is a charitable organization that supports recreational, social, cultural and environmental activities. By donating, you can do something positive to enhance the Waskesiu experience on behalf of your family, your business or your estate. Your gift will make a difference right now...and for future generations. Every dollar raised stays right in Waskesiu. For information about the Waskesiu Foundation, visit www.waskesiufoundation.ca.

WASKESIU RECREATION ASSOCIATION 2019 FESTIVALS & EVENTS

JULY 1 | CANADA DAY CELEBRATIONS: PANCAKE BREAKFAST, PARADE, BEER GARDENS, LIVE MUSIC IN THE PARK FEATURING "BOMBARGO" AND "FLASHBACK"

JULY 20 | WASKESIU CHILDREN'S FESTIVAL

AUGUST 3 | BEACH BUMS BALL: 60's, 70's and 80's Music & Dance

AUGUST 16-18 | WASKESIU ART FEST

AUGUST 23-25 | WASKESIU LAKESIDE MUSIC FESTIVAL:
FREE LIVE MUSIC SATURDAY 11 AM – 10 PM, HEADLINER BOMBARGO

• THE STEADIES • LISA MOEN • VELVET HAND • CORNER GRASS
• THE GREAT FUSS • THE STRONG SISTERS • RAVEN REID
CABARETS ON FRIDAY AND SATURDAY NIGHT (cover charge)

SEPTEMBER 6-8 | REEL RAVE INTERNATIONAL FILM FESTIVAL

SEPTEMBER 21 | OUTER LIMITS FUN RUN



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NATIONAL WILDLIFE AREA

Renouez avec la nature à la
RÉSERVE NATIONALE
DE FAUNE DU LAC
LAST MOUNTAIN



OPEN HOUSE:
SATURDAY,
JULY 6, 2019
10 a.m. to 4 p.m.

15 km east of Simpson and
3 km south of the Visitors' Centre

PORTES OUVERTES :
LE SAMEDI
6 JUILLET 2019
10 h à 16 h

À 15 km à l'est de Simpson et à
3 km au sud du centre des visiteurs

For information | Pour informations
306-836-2022



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

All Around Nesting Care

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

The Importance of Water

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



At Wild Birds Unlimited Nature Shop we're dedicated to helping you turn your yard into a habitat that not only benefits wild birds and the environment, but also brings song, color and life to your home. Our staff are well trained to answer your backyard bird questions. We are a locally owned, family run business.

Products Designed by Experts

More than 30 years of knowledge helps make our products the highest quality bird feeding supplies on the market.

Trusted Local Advice

Our goal is to help you better enjoy this wonderful hobby by providing the best local advice and bird feeding products to meet your needs. We want you to have the best bird feeding experience possible. After all, it's the most relaxing, fulfilling, educational and exciting hobby that anyone, young or old, can enjoy.

The Best Bird Food In Town



Regardless of the season, birds need foods high in protein and fat. These provide extra energy and help birds during nesting, raising their young and molting their feathers in the spring and summer. These foods, along with stored body fat,

are the primary energy supply that fuels a bird throughout fall migration and during long, cold winter nights. We can help you attract the most variety of birds with our



No-mess Blends. Our exclusive 'BIRDA-CIOUS BARK BUTTER' has attracted 127 different bird species and is also available in bricks, bits and plugs. We also have a large selection of tidy and convenient bird seed cylinders and suet.

The Largest Selection of Bird Feeders

We offer 'Lifetime Guarantee' Tube Feeders, Finch Feeders, Hopper Feeders, Fly-Thru Feeders, Platform Feeders, Window Feeders, Eco-Clean Feeders, Dinner Bell Feeders, Cylinder Feeders, High Perch Hummingbird Nectar Feeders, Oriole Feeders, Suet Feeders, Tail Prop Feeders, Chickadee Only Feeders, Squirrel Proof Feeders and cages to allow small birds.

The Advanced Pole System (APS)

Our Patented Advanced Pole System (APS) is the foundation for successfully attracting birds to your backyard. Comprised of interchangeable hardware, the APS lets you create and change your customized setup in minutes. All parts are powder-coated to prevent rusting and



it's hot, birds will use birdbaths to keep cool and replenish fluids. In winter, clean feathers help birds stay warm. We offer a variety of bird baths for all seasons.

We also specialize in the following Nature products

- Window Alerts (prevent bird collisions)
- Bat Houses
- Garden Accents
- Great selection of Nature Books and Field Guides including local authors
- Butterfly Feeders and Houses
- Solitary Bee Houses
- Vortex, Eagle, Steiner, Zeiss and Swarovsky Binoculars and scopes
- Squirrel Solutions
- Bird and Trail Cams
- Hand-tuned Quality Chimes
- Unique Gifts and Cards
- Local Art and Photography

Guest Speakers and Animal Guests

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

OUR PRICES WILL FLOOR YOU!



We are proud to bring you quality brand name products, one of the largest selections of flooring in Canada, and knowledgeable staff. We also pride ourselves on giving you all the options at great value. With fully stocked warehouses, we invite you to visit our stores and see the value for yourself. There may be other flooring stores out there, but End Of The Roll makes every shopping experience feel like a trip down the red carpet. Plus, you can take your new flooring home and enjoy it today.

SALE SALE SALE

\$1.19/sq. ft | 2 MM Luxury Vinyl Plank



About our Saskatoon Flooring Store

Our spacious End Of The Roll flooring store in Saskatoon, SK is proud to be serving our local community. Located at the corner of 44th Street East and Faithful Avenue, we provide brand name flooring at affordable prices. We invite you to visit our large showroom which has a great selection of inventory in stock. Nothing beats good word of mouth for making a business succeed and grow. The recommendations from happy customers of End Of The Roll have helped us achieve a standard of respect for our clients, and has enabled us to set the bar for the flooring industry in Saskatoon.

We Know Flooring

For the eighth year in a row, our End Of The Roll location has earned a Consumer Choice Award, and we are honoured to be chosen for a Consumer Choice Award again this year as Top Carpet and Rug store. We are also very grateful to the store's loyal customers who recognize that our staff can help with any flooring questions you have, and guide you to the products that will meet your expectations. "Our customer service doesn't end with you choosing your flooring," the owner Rodney Mellquist says. "We will help you schedule your installation, provide product education, and choose accessories. We are also a preferred company for flood restoration and insurance jobs, and we work with some of the top home builders in Saskatoon." Rodney is also proud of the "thumbs up" rating bestowed on the store by TrustedSaskatoon.com.



More Savings, Less Waiting Times

Our in-stock floor inventory is what makes End Of The Roll different. There is no waiting weeks for flooring to be delivered. Customers – whether they're a homeowner, builder or contractor – can see what they are buying and take it home that same day. And no flooring need is too big or too small. Plus, our customers benefit from the national buying power of our franchise, which means we can pass along the savings to you. To get started, visit us online and have a browse through the room scenes in your favourite product categories. To read more about different flooring topics, take a look at our Flooring Guide.

Flooring for Every Budget

We always have a great monthly promotion, and items in store at clearance prices. To calculate your budget, give our online Calculator Tool a try. For some helpful questions to consider before you buy, please visit our website. Whether you're looking for hardwood, tile, cork, area rugs, laminate, vinyl flooring or carpet, we'll have something that suits your needs and your budget.



INSURANCE CLAIM? – Call Us



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402 44th St. East | Saskatoon, SK

Phone: 306.683.3600

Email: saskatoon@endoftheroll.com

www.endoftheroll.com

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...

This summer is the perfect time to visit us and explore the hills, valleys and history offered in the Big Muddy Valley. Come see Saskatchewan's Castle Butte, an age old landmark used from the very earliest settlers and travelers as a directional point. Climb to the top for one of the most fantastic views. Relive the history of cattle rustlers and horse thieves hiding in the caves to dodge the law on both sides of the border. Walk where infamous outlaws like Butch Cassidy, Dutch Henry and Sam Kelly and their men hid their stolen livestock. See the early development of the North West Mounted Police in this area, the location of the first depot in this part of the country. The Buffalo and Turtle effigies, ceremonial circle and tipi rings that were so very sacred to the First Nations tribes that lived in the area.

The Big Beaver Nature Center displays the animals and history of the area in a very unique way, and a stop at Aust's General Store will remind you again of what a general store used to be. We will take you to visit Paisley Brook School, a century-old building. You will see how different it was going to school in the early days.

Spend the night and take in all that our friendly little town has to offer. The Poolside Park is a 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. Plan your trip to coincide with Dam Days held on the last weekend in June 2019 at the Poplar River Community Park campground.

Coronach has a motel and hotel in town and a B & B located a few miles outside of town. Some dining options include Deb's Country Kitchen, RC Chinese Restaurant, Coronach Hotel and the Rustic Tavern. Pick up snacks or a 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. You will find local artifacts and history dating back to the 1900's.

For more information visit our website at www.townofcoronach.ca or call 306-267-3312.



Sam Kelly Outlaw Caves

In 1903, outlaw Sam Kelly joined forces with notorious horse thief, 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 in Montana and the Dakotas.

The Big Muddy was an ideal haven for outlaws. Sam Kelly enlarged a weathered wolf den for his living quarters and used a nearby cave to hide his horses.

Take a tour of the Sam Kelly Outlaw caves – they are still very much the same as how he left them.

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Assiniboia
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- Museum, featuring the Prentice African Safari Exhibit
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- Outdoor Pool
- Campground
- Golf Course
- Civic Centre Arena

VISITOR INFORMATION CENTRE 306.642.5353

506 - 3rd Ave W, Assiniboia, SK

Open May to September

October to April - Open Upon Request

WWW.ASSINIBOIA.NET Town Office: 306.642.3382



Your Adventure Awaits you at the Finest Marina in Saskatchewan

The Waskesiu Marina Adventure Centre operates the three marinas in Prince Albert National Park (PANP), the Main, Narrows and the Hanging Heart Lakes marinas, however the Adventure Centre is a shining jewel in the crown for Prince Albert National Park.

It offers over 320 moorage slips of seven different sizes, 130 sites for dry land storage, making it the largest inland marina facility in

western Canada. Amenities include on the water fueling, concession, fish filleting, washroom facility, free pressure washer, detailing equipment and six launch ramps giving access to all the beautiful beaches on Waskesiu Lake.

The Adventure Centres offers a variety of experiences for Park Visitors to enjoy including pontoon and fishing boat rentals, canoe, kayak and paddle board rentals. Visitors can learn about PANP and

connect with nature while enjoying scenic interpretive boat tours, Dinner on the Lake cruises and guided trips to the iconic Grey Owls Cabin. The Adventure Centre offers programs for corporate, school groups and for the novice a Learn to Fish program.

The Hanging Heart Lakes Marina affords access to three smaller bodies of water for excellent canoe and kayak paddling, great fishing and access to the secluded and beautiful unspoiled Crean Lake.

The Narrows marina services the Narrows Campground and affords access to great fishing on the west end of Waskesiu Lake.

The Waskesiu Marina Adventure Centre has been recognised by Sask Tourism by being a finalist in their Awards of Excellence for Business of the Year Under 20 employees for 2013,14,15,16 and 2017. Lead guide Natalie Matheson was awarded Tourism Employee of the Year in 2014 and was a finalist for the Canadian Tourism Commission in 2014 for the same award. Matt Growdan was a finalist in 2017 for Sask Tourism's Employee of the Year. You will realise what a special place Waskesiu and PANP is while enjoying the pristine water and wildlife viewing opportunities.

You will reconnect with nature by experiencing Prince Albert National Park from the water.

The Waskesiu Marina Adventure Centre is eager to have you leave the hectic world behind by "getting you out on the water".

WWW.waskesiumarina.com



Brand New Waskesiu Marina

Floating Dock System

- *Daily & Seasonal Moorage Slips Available
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Photo credit: Tourism Saskatchewan/Java Post Production



**WASKESIU & AREA
WILDERNESS REGION**

BIG RIVER ELK RIDGE LAKELAND PA NATIONAL PARK

wwrsask.com

"Welcome to Prince Albert National Park – We have paved your way to the lake."

Prince Albert National Park provides exceptional opportunities for visitors to have a safe and enjoyable summer vacation. With pristine lakes, vast forests and abundant wildlife, the natural setting of the park is the perfect place for friends and families to gather and play. Here are a few activities to include when planning a trip to the national park:

- Hike, bike and paddle the many trails and canoe routes for breathtaking scenery and unforgettable wilderness experiences.
- Take a scenic drive to see wildlife, pack a meal and enjoy multiple day-use areas with beaches, picnic sites or shelters and amazing viewpoints.
- Bring fishing equipment and cast off a boat or the breakwater for a chance to catch walleye or pike. Fishing is fun for both the new and experienced visitor and licenses are available at the Visitor Centre, campgrounds, and entrance gates.
- Camp in the backcountry or at one of the campgrounds outside of Waskesiu to be closest with nature and experience a Canadian classic at its best.
- Attend a summer program with family young or old. Park interpretation staff deliver programs everyday throughout July and August and it's a great way to learn about the natural and cultural history of the park.

Whether you're looking for adventure or fun activities for the whole family, a chance to explore nature, or a break from the everyday, Prince Albert National Park has 3 874 km² of protected area with countless unique experiences to suit your needs.

Visit www.pc.gc.ca/princealbert to learn more!

Photo credits: Parks Canada

Photo credit: Tourism Saskatchewan/Greg Huszar Photography



Photo Courtesy Parks Canada



Photo Courtesy Parks Canada

GREY OWN CENTER

Providing a variety of fitness, social and recreational activities for both visitors and locals to enjoy in both sunny and unfavourable weather conditions. Located at the town site of Waskesiu.

greyowlcenter.com



GORDIE HOWE MEMORIAL FITNESS PARK

The Waskesiu Foundation partnered with the Waskesiu Recreation Association to construct an outdoor fitness park on the WRA grounds which was dedicated on August 5, 2018 by Murray Howe, son of hockey star Gordie Howe. He unveiled a plaque naming the facility as the Gordie Howe Memorial Fitness Park. Gordie Howe's favourite place on earth was Waskesiu. He spent years here working at the Waskesiu Golf Course and fishing with his on-ice rival Johnnie Bower. The fitness park is a tribute to Mr. Hockey, who in life symbolized the best in physical fitness, human kindness, humility and compassion.



The fitness park is so popular that the grass below it cannot withstand the foot traffic. A new floor of athletic tiles is to be installed in spring 2019. It will give users more solid footing and protect their joints from impacts. There will no longer be excuses to avoid box jumps!



Photography Courtesy Parks Canada

NATURE CENTRE

Bring your family to the Nature Centre for hands-on learning about the park's natural and cultural heritage. Here you'll find a multitude of interactive exhibits that take you to the West Side, over the wetlands, through the forests and more! Staff are available to answer questions and provide suggestions about which trails to hike or lakes to paddle as you seek the wild nature of the park. The Nature Centre is also a place for celebration and learning about the rich Indigenous cultures and history that existed here long before it became part of our family of national parks in Canada.

The Nature Centre, located on Lakeview Drive in Waskesiu, is a beautiful, federally designated heritage building of spruce logs and fieldstone dating from the 1930's. It is the starting place for many interpretive programs and special events. The facility operates from mid-May to the end of September.



VISITOR CENTRE

The Visitor Centre is located in Waskesiu next to the "rock" and across from the main beach area. From mid-May to early September the Visitor Centre is open 7 days a week and offers up-to-date information on events and programs, trail information, weather reports, interactive activities, official Parks Canada merchandise and backcountry registration.

It also offers emergency first aid, a Lost and Found service and is home to all Waskesiu townsite administration.

For more information please
Tel. 306.663.4522 or E-mail:
pc.princealbertinfo.pc@canada.ca

Photo credits: Parks Canada



Photo Courtesy Parks Canada



Tourism Saskatchewan/Greg Huszar Photography



Tourism Saskatchewan/Greg Huszar Photography



MCKENZIE DINING ROOM

Located on the main drive of Waskesiu with a view of the main beach. The Inn offers charm, comfort, friendly service and spacious all-suite accommodations in one of the best locations in Waskesiu. Our McKenzie Dining room is open year round for breakfast, lunch and dinners. Fireside Lobby with satellite TV and guest Wi-Fi. The "Bear Necessities Gift Shop" offering toiletries, snacks, refreshments and local artisan's crafts.

851 Lakeview Dr
Waskesiu Lake, SK
Phone 306-663-5911
Toll free 1-877-441-5544

www.hawood.com



LITTLE AL'S MINI GOLF

This is a fantastic, one of a kind, Waskesiu-themed mini golf course.



Nature and culture themes reflect Waskesiu and Prince Albert National Park. Educational, Challenging and Lots of Fun!

1500 Montreal Drive, Waskesiu (next to the tennis courts)



WASKESIU MARINA ADVENTURE CENTRE

While you enjoy your visit to Prince Albert National Park (PAMP), the Waskesiu Marina Adventure Centre invites you to join us for an hour, an afternoon, or a day on the lake. With three marina locations within PAMP, we are capable of providing a variety of unique marine adventures while catering to all your boating needs. The Waskesiu Marina Adventure Centre offers a variety of interpretive tours and has an extensive fleet of boat rentals that can be delivered to Kingsmere and Namekus lakes in the National Park. Our rental rates include all necessary equipment: life jackets, paddles, safety kits, fuel, anchors, car toppers (for transporting boats) and more. For those who enjoy the sport of angling, all our Marina locations have PAMP angling permits and regulation summaries, an excellent selection of tackle and fillet houses. www.waskesiu-marina.com



BLACK SPRUCE GALLERY

Black Spruce Gallery represents the boreal forest through the eyes of established and emerging artists and makers. Bringing you original fine art and fine craft created by Saskatchewan and Canadian artists. Visit us in our new location. *You're original. Buy original.* 912 Waskesiu Drive • Waskesiu, Prince Albert National Park hello@blacksprucegallery.ca blacksprucegallery.ca



COMMUNITY HALL

Situated near the main beach of the Waskesiu townsit, the Community Hall is the perfect location for weddings, reunions, and conferences. Rich, rustic architecture and open-air surroundings allow renters and visitors an effortlessly warm ambiance. Book Waskesiu's most beautiful venue by contacting the Chamber of Commerce. Visit www.waskesiu-lake.ca



RESTAURANT PIETRO

It takes more than exquisite cooking to make a memorable meal. Set in beautiful Prince Albert National Park, we at Pietro believe an intimate atmosphere in the right location, personal and attentive service and great company are what separates a delicious dinner from an unforgettable experience.



"The food was outstanding from the appetizer to the dessert" – Trip Advisor

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Waskesiu Lake, SK
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restaurantpietrowask.wixsite.com/restaurantpietro
<https://www.facebook.com/RestaurantPietroWaskesiu/>

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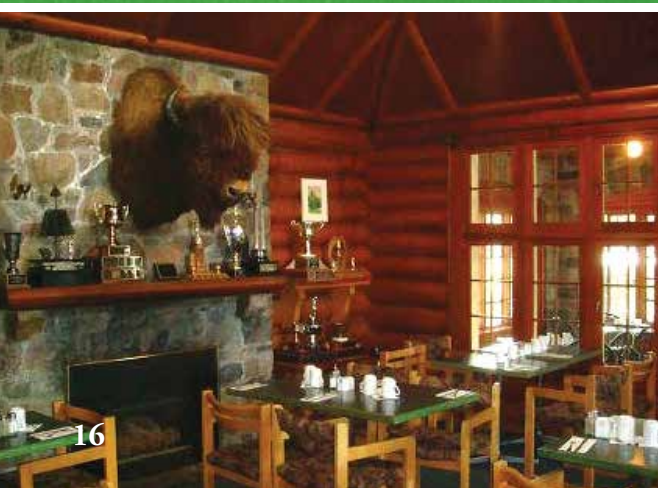
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Everyone can help Protect our waters

Remember to practice: **Clean, Drain, Dry**
If you are:

- Returning home from out of province
- Visiting from out of province
- Moving between waters within Saskatchewan

Please follow these important steps to help protect Saskatchewan waters from invasive species:

Clean and inspect the watercraft, trailer, equipment and all gear that made contact with the water.

- Remove all visible plants, animals and mud. Scrub/scrape grainy surfaces that feel like sandpaper, as this could be young mussels too small to see.
- Wash, scrub or rinse using high pressure, hot tap water preferably 50 degreesC (120 degreesF) –

- away from storm drains, ditches and waterways. Inspect the watercraft, trailer and vehicle.

Drain all on-board water from the motor, livewell, bilge, and ballast tanks.

- Flush with hot tap water away from storm drains, ditches and waterways.
- Leave plugs out during transport and tilt watercraft when stored to allow the bilge to both drain and dry.

Dry your watercraft, equipment and all related gear completely, preferably for at least five days while leaving compartments open to dry.

Remember to dispose of all unwanted bait in the trash. Never release leftover leeches or crayfish, aquarium pets, plants or water into our lakes, rivers or wetlands.

Protect our waters

Here's what you can do . . .

- Clean, drain and dry your boat.
- Remove the drain plug while transporting watercraft – it's the law.
- Please report suspect aquatic invasive species by calling the Turn in Poachers and Polluters line at SaskTel Cell #5555 or toll-free 1-800-667-7561.

saskatchewan.ca/invasive-species

Saskatchewan

Visit the “Leg”!

FREE TOURS SEVEN DAYS A WEEK!



Summer tours every half hour
from 8:00 am - 5:00 pm

Learn about democracy in
Saskatchewan! Discover amazing
art, history, and architecture
and see where laws are made.

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53 CABINS with “full accessories”

MOTEL has 18 kitchenettes and
meeting room



A warm welcome awaits you at Armstrong Hillcrest Cabins. Featuring a variety of cabins to suite your every need from deluxe, natural-stone fireplace cabins, to smaller kitchenette cabins. We also have adjacent an eighteen unit kitchenette motel with meeting room facilities. We are an ideal location for your conventions, family reunions and family vacations.

*“Have stayed in these cabins since I was a baby (I’m 33 years old now). They are like home to me!
Wonderful family owned business that I now take my own children to!” ~ Guest review.*

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<https://www.facebook.com/hillcrestcabins/> www.waskesiu.org/armstrong-hillcrest-cabins.html

Station Arts Summer production *Blow Wind* named a Saskatchewan Gem!

Blow Wind by Daniel Macdonald premiered at Dancing Sky Theatre in 2018. After seeing this show, we had to have it on our stage this year. *Blow Wind* is a folksy, whimsical prairie play that is loosely based on the story of King Lear. It is about a family in crisis; 3 siblings must decide what to do with the farm and their mother as her mental health worsens. The play depicts the effects of dementia on the mother and on family dynamics. *Blow Wind* is a metaphor for the prairie climate that can move from a dark, violent storm to a clear, calm sunny sky in no time – like the ups and downs of those dealing with the changes memory loss brings to a family. Macdonald’s play can make you laugh or shed a tear and it hits close to home in many ways.

There is a lot of music woven into *Blow Wind* that adds a richness to the story and its characters. Eileen Laverty has written the music for this show and will be working with director Daniel Macdonald, Musical Director Alison Jenkins and the cast to

Cast and Crew:

KATHLEEN: *Cheryl Jack – Saskatoon, SK
SARAH: Lauren Marshall – Winnipeg, MB
STEPHEN: Cam White – Grand Prairie, AB
TOM: Daniel Knight – Saskatoon, SK
JOLENE: *Michelle Piller – Halifax, NS

DIRECTOR: *Daniel Macdonald
MUSIC CONSULTANT/COMPOSER: Eileen Laverty
MUSICAL DIRECTOR: Alison Jenkins
STAGE MANAGER: *Jensine Trondson – Saskatoon, SK
SET & LIGHTS DESIGN: Derek Butt – Saskatoon, SK
COSTUME DESIGN: Nicole Zalesak – Saskatoon, SK
TECHNICIAN: Craig Langlois – Prince Albert, SK
COSTUME MAINTENANCE: Jill Lino – Rosthern, SK

integrate her pieces with the plot. This show is not a musical but Laverty’s music, performed by the actors themselves, adds texture and colour to the story, bringing everything together.

This summer production of *Blow Wind* will be unique to the Station

Arts. Daniel Macdonald is excited to be directing his show and to be working with the talented team brought together for this play. The company includes professional artists from this province and from across the country. We can’t wait to have this Saskatchewan gem on our stage!

Station Arts Centre
presents

Blow Wind
by Daniel Macdonald
featuring music by Eileen Laverty

A farm family in crisis embarks on a journey of love and memory

July 5 - July 28, 2019
for box office and pre-show dinners
stationarts.com ★ 306-232-5332
701 Railway Ave. Rosthern, SK



Riverlands

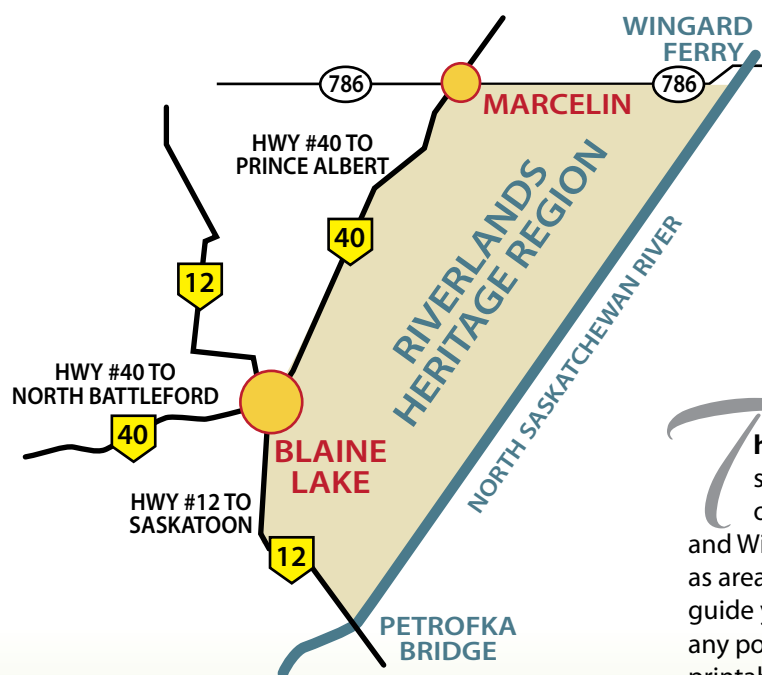
Heritage Preservation Region

Come explore

a part of Saskatchewan that you may not have known existed...

Spend a day

with family and friends and enjoy the beautiful prairie landscape...



The Riverlands Heritage Preservation Region Tour is a self-guided driving tour that takes that 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

Exercising in the Great Outdoors

Why is it so good for you?

Summertime – 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.

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!



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.

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

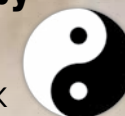


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2019 Championship Schedule GOLF SASKATCHEWAN



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2018 Provincial Champions shown below



Amateur Women's Champion Carla Odnokon	Senior Women's Champion Jo-Anne Schiller	Junior Women's Champion Brooklin Fry	Junior Men's Champion Josh Nagy	Amateur Men's Champion Kade Johnson	Mid-Am Men's Champion Michael Herperger	Senior Men's Champion Rick Hallberg	Women's Rosebowl Champions Marie Wachno & Shelia Popowich	Mixed Team Champions Ian Larocque & Kathy Ziglo
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Date	Championship	Location
July 3—5	101st Amateur Women's Championship	MOONLAKE Golf and Country Club
July 9—11	69th Junior Women's Championship 93rd Junior Men's Championship	Evergreen Golf Course NIPAWIN
July 16—18	108th Amateur Men's Championship 33rd Mid-Amateur Men's Championship	Saskatoon Golf & Country Club
August 6—8	100th Senior Men's Championship Mid-Master Men's Championship 56th Senior Women's Championship	Winnipeg Golf & Country Club
August 21—22	49th Women's Rosebowl Championship	Lynbrook Golf & Country Club
August 24—25	21st Mixed Team Championship	GOLF KENOSEE



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Iodine deficiency is occurring in epidemic proportions. Iodine is the most misunderstood nutrient. In the last 40 years iodine levels have dropped by 50%. Up until the 1960's Iodine was the most used medicine in the doctor's bag. Intake of iodine dates back 15,000 years to the use of seaweed. Iodine is needed for every cell to function properly. Not only is iodine critical for proper functioning of the thyroid gland but the breasts, ovaries, and prostate store iodine. You need iodine for the salivary glands, intestines, stomach, bones, connective tissue and all fluids in the body. Remember every cell needs iodine. Without proper levels of iodine the breasts may become fibrocystic, they can then become cancerous. Many doctors practicing holistic medicine recommend iodine therapy as an alternative to chemo for breast cancer and many other cancers. Iodine is critical for pregnant women and the developing fetus, as iodine is critical for brain development and ensuring a higher IQ in children, preventing still births and miscarriages, for proper growth and development of children. Iodine is the most important nutrient in treating any and all cancers.





We have fluoride and chlorine in our drinking water and bromide is in many pharmaceutical drugs, personal care products, furniture and beds that have been protected with a flame retardant, childrens pajamas that have flame retardant, some sport drinks, mountain dew, fabric softeners, tooth paste, mouth wash and many other products. When bromide or fluoride get into the cells it blocks iodine absorption and those cells become compromised. Bromide and fluoride will calcify the pituitary gland, the pituitary gland is the gland that sends a signal to the thyroid to work properly so if your thyroid is not working there is a good chance it starts with your pituitary.

Iodine is anti fungal, anti bacterial, anti viral, anti parasitic, will protect the cells from heavy metals, fluoride, bromide, chlorine and much much more. When taken in high enough doses iodine will chelate the cells of all of the toxins listed above. Iodine is the only substance known that can remove fluoride, bromide and chloride from the cells.

Some health issues that can be addressed with proper intake of iodine:

- Brittle Nails
- Cold hands and feet
- Cold intolerance
- Constipation
- Depression
- Difficulty swallowing
- Dry Skin
- High Cholesterol
- Hypertension
- Eyelid swelling
- Fatigue
- Hair loss
- Dry mouth
- Hoarseness
- Hypotension
- Infertility
- Inability to concentrate
- Irritability
- Menstrual issues
- Muscle cramps
- Muscle weakness
- Nervousness
- Poor Memory
- Puffy Eyes
- Slower heartbeat
- Throat pain
- Weight gain
- Allergies
- Brain Fog
- Cysts and nodules
- Ovarian problems
- Thyroid problems
- Breast pain/ fibrocystic breasts
- Breast cancer
- Gum infection
- Psoriasis
- Eczema
- Type II Diabetes
- Puffy face
- Fertility problems
- Depression
- Heart arrhythmia
- Scars
- Infections
- Genital Herpes
- Miscarriage
- Fibromyalgia
- Hearing Loss
- Prostate disease/cancer
- Lung conditions
- Vaginal infections
- Eye problems
- Neck pain
- Gerd
- Stomach acid issues
- Non resistance to colds/ viruses
- Decreased sex drive
- Mouth sores
- Hemorrhoids
- Bladder infections
- Bleeding gums
- Auto immune illnesses
- Chronic fatigue
- Renaud's
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Boating Safety



There are about 10 million boaters in Canada. According to the Lifesaving Society, most fatal boating incidents occur during recreational activities (78 per cent). Half of the Canadian boating deaths occur on lakes (53 per cent) and almost all boating victims are male (91 per cent). If you are going to go boating, make sure the captain or person handling the boat is experienced and competent. Here are a few more safety tips to keep in mind.

Alcohol and water don't mix. One third of boating deaths are alcohol related. Alcohol distorts a person's judgment no matter where they are. That distortion is even greater on the water because there are

no road signs or lane markers on the water and the weather can be unpredictable. Fatigue, sun, wind and the motion of the boat dull your senses. It is important to be able to think quickly and react well under pressure, and alcohol diminishes your abilities and impairs your judgment. Drinking and driving (on land or water) is illegal.

One third of boating deaths are alcohol related.

Always use personal flotation devices (PFD). It's always a good idea for everyone on the boat to wear a Coast Guard-approved life jacket (or a personal flotation

device), whether the boat is a large speedboat or a canoe — and whether you're a good swimmer or not. It may take a few minutes to get used to it, but it definitely can be a lifesaver. Don't leave land without it.

Stay in touch. Before going out on a boat, let somebody on land know where you are going and about how long you'll be out. That way, if you do get into trouble, someone will have an idea of where to look for you. If you're going to be on the water for a long time, it's a good idea to have a radio with you so you can check the weather reports. Water conducts electricity; so if you hear a storm warning, get off the water as quickly as you can.

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It's a Dogs Life presents our team of talented compassionate **pet stylists**. We put a lot of effort time and money to gain knowledge to better serve our furry clients and their human companions! It's a Dog's Life is celebrating its 18th year of operation, boasting 52 years of combined grooming experience! From walk in pawdicures to full grooming appointments we can help you and your pet have a safe and cool summer!

SUMMER TIPS:

- Keep your dog groomed regularly over the summer. Whether its long or short the coat needs to be undercoat and matt free for the air to flow through properly. Many salons are very busy in the summer so make sure to pre-book your appointment or book in advance.

- Never leave your dog in a hot car! If you must leave them please keep the air conditioning on and the car running! Dogs temperatures run hotter than ours (101-102 °F). They are predisposed to heat stroke a lot quicker than we are and can die in minutes. Keep a water dish and water available when travelling with your pet on hot summer days.
- Make sure your dog is protected from parasites like fleas, ticks, lice and mosquitoes. There are many natural repellent sprays on the market to help ward away flies and mosquitoes. We have insecticide shampoo to get rid of those pesky varmints. Your local vet can help you with preventive medicines to ward off bugs. Be pro-active.

- Offer a paddling pool or even a cooling pad for your pet to stand on. Dogs regulate heat through their paws and panting. Freeze some broth into ice cube trays or freeze some dogs bones or a water bottle, makes a nice cool treat and they love it. Some dogs love to play in the sprinkler.
- Careful of hot pavement if it's too hot for your bare feet it's too hot for your dog's paws.

Have a fun and safe summer, feel free to come in and check out our team and salon!

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