

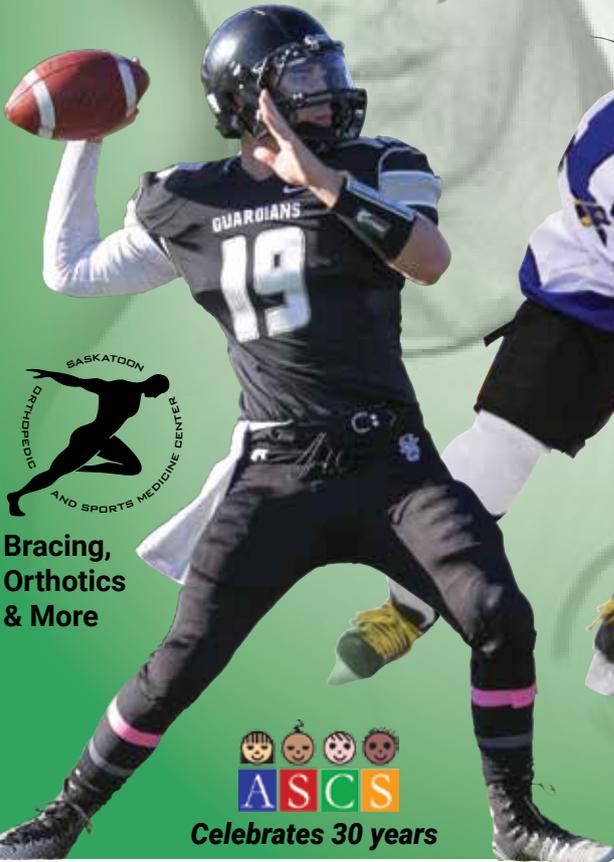
# Suddenly Saskatchewan

MAGAZINE | FALL 2018



**GORDIE HOWE  
SPORTS  
COMPLEX**

The Legacy of the Gordie  
Howe Sports Complex



Bracing,  
Orthotics  
& More



Celebrates 30 years



**Western Fitness Equipment**  
"Quality Fitness Equipment"

Canada's oldest specialty fitness equipment store! See more details on inside front cover.

[www.westernfitness.ca](http://www.westernfitness.ca)



# Western Fitness Equipment Ltd.

"Quality Fitness Equipment"

724 Broadway Avenue • Saskatoon, SK S7N 1B4 • Phone: (306) 242-0776



INSPIRE GYMS



TRUE TREADMILLS, BIKES & ELLIPTICALS



WATER ROWERS

"Making Every Body a Healthy Body."



OCTANE ELLIPTICALS



PRECOR TREADMILLS, BIKES & ELLIPTICALS



LEMOND UPRIGHTS & RECUMBENT BIKES

"We always do our best to educate our customers on the product they are considering and if it is the best for them. Our referrals are proof to a reputation you can't buy... You have to earn that."



COVER PHOTO IMAGES: Courtesy of Louis Christ, Friends of the Bowl and Gordie Howe Sports Complex.

Copyright & Disclaimer: The material distributed in the **Suddenly Saskatchewan Magazine** is for information purposes only. **Suddenly Saskatchewan Magazine** assumes no liability or responsibility for any inaccurate, delayed or incomplete information, nor for any actions taken in reliance thereon. The information contained about each individual, event or organization has been provided by such individual, event organizers or organization without verification by us.

The opinion expressed in each article is the opinion of its author and does not necessarily reflect the opinion of the **Suddenly Saskatchewan Magazine**. Therefore, **Suddenly Saskatchewan Magazine** carries no responsibility for the opinion expressed thereon. Please direct any questions or comments by email to: [replay@sasktel.net](mailto:replay@sasktel.net)

Any form of reproduction of any content in this publication without the written permission of the publisher is strictly prohibited.

© 2017 **Suddenly Saskatchewan Magazine**  
All rights reserved.

Contact: **Jim Germain** for advertising and editorial rates. Ask about our special rates for editorial pages.

Tel. 306-230-1621  
[replay@sasktel.net](mailto:replay@sasktel.net)

## The Legacy of the Gordie Howe Sports Complex

The lights of Howe Bowl were said to be dim in its early days, but to a 10 yr old, they shone like stars in the evening sky. I was fortunate to grow up relatively close to Howe Bowl – now the Gordie Howe Bowl Sports Complex. The roar of the crowd during football games and the lights of Howe Bowl drew my friends and I to it like moths to backyard lights.

As we ran down to the excitement, we saw the buses carrying football teams quietly to the games and saw them carrying some of the same teams back yelling in victory afterwards. I was determined to be part of that ritual, and couldn't hide my excitement when I finally got there with the Mount Royal Mustangs and several years later with the Hilltops. Who can ever forget the mist rising from the grass while playing night games at Howe Bowl, and high school teams lining up on the hills waiting for their games and running down like armies at game time.

Gordie Howe Bowl was always a part of my families activities. All my 4 brothers played there, and my oldest brother played in the first game at Howe Bowl in 1960 for Tech Collegiate and my youngest son played right to the end of the grass era. I even met the "great man" there himself when I was a youth, and got his autograph.

Baseball was also part of the Howe Bowl experience. Baseball and softball facilities are going to be a big part of the new Gordie Howe Sports Complex, but I also remember when baseball was "the sport of summer" back when the Commodores played at Cairns Field at Howe Bowl. We cheered the early Commodores (named after a restaurant here) at Cairns Field and chased foul balls for 35¢, but some balls we kept, and learned the game

in our backyards. Years later, we watched many professional ball players, some trying to rebuild their career playing at Cairns Field at Howe Bowl.

All my children learned to skate at Clarence Downey at Howe Bowl – and so did some of their friends that we towed along. We kept coming back, friends too and we have all been waiting for the new facility. Its hard to beat skating outdoors on a crisp clear day.

In the summer we watched fastball games and baseball at Bob Van Impe Field and bought more tickets for the World Championships that were played there – again at Howe Bowl. And anybody who has played minor hockey, played at the Kinsmen Arena, also part of the Howe Sports Complex. Of course where else? My friends and I would wait all winter for our one game indoors back then at the Kinsmen, and get

there hours earlier just to enjoy it.

Now there is track and field, Cross country skiing, box lacrosse and even ultimate disc added to be part of the new facilities. There is even a new venue and clubhouse in the heart of the Complex with a seating capacity of 300 guests with fantastic views of the football field and a covered open air deck that seats an additional 125 guests for any gatherings.

Friends of the Bowl have done an amazing thing, even setting an example for the rest of sporting Canada. As one visiting executive from a rival city said to me during one of the Hilltops' games, "How in the world are we going to compete with this?"

Thanks to the Friends of the Bowl for keeping the legacy alive and then some. The stars shine brightly for our youth.

### Reflections of Nature

**Art Show & Sale 2018**  
Saskatoon Prairieland Park, Hall C  
October 26 - 28, 2018



Bring in this ad for \$1.00 off daily admission

**Art Competitions**  
\$ Cash Awards  
Art Displays  
Workshops  
Auctions  
Vendors

**OPEN TO PUBLIC**

**Saturday, Oct 27**  
from 9 am - 5 pm

**Sunday, Oct 28**  
from 9 am - 4 pm

Admission \$5.00 (under 12 free)

**Art Registration**  
Oct 25 noon - 8pm

Carving Sculpture Photography Painting Drawing  
Landscape Floral Wildlife & Domestic Animals  
Realistic & Non-realistic Fantasy

**GALA OPENING**  
Friday, Oct 26  
Doors open: 7:15  
Wine & Cheese  
Cash bar  
Live & Silent Auctions  
\$22 Advance Tickets Only



Feature Artist: Sharon Walker

**BANQUET - Saturday**  
Happy Hour - 5:30  
Cash Bar  
Banquet - 6:00  
Feature Artist - 7:30  
\$32 Advance Tickets Only

www.ReflectionsArt.ca  
Chair: Beth Campbell  
Phone/Text: 306-250-3408  
Email: [campbell.beth@gmail.com](mailto:campbell.beth@gmail.com)

Gala & Banquet Tickets available:  
At Registration and Online Friday until 10 am  
3:30 - Razertip - Hues before Thurs.  
Hosted by The Saskatchewan Wildlife Art Association



**2018 SUNROOMS SOLD OUT**

Follow Us:



**Canadian Factory Direct Sunrooms**

**Accepting Orders for Spring Now**

- Fall Design
- Winter Production
- Guaranteed Spring Installation

**Book Now to Secure 2018 Pricing**  
**Beat the Tariff**  
 \* Small deposit required

**Tel. 306-764-5470**  
**or 306-665-1119**

**Largest factory in the prairies!**  
[www.factorydirectsunrooms.ca](http://www.factorydirectsunrooms.ca)  
[ram.mgt@sasktel.net](mailto:ram.mgt@sasktel.net)

**Visit Our Showrooms: #17-17<sup>th</sup> Street West, Prince Albert**  
**2202 Ave C North, Saskatoon**

# Gordie Howe Sports Complex Serves a Diversity of Athletic Interests



Photos by: Louis Christ



*“It’s generating a lot of excitement by creating something unprecedented in Western Canada, maybe even nationally.”*

ages, abilities and interests from across Saskatchewan and beyond who will play, learn, train, teach, compete and have fun at the year-round multi-sport facility.

“It’s generating a lot of excitement by creating something unprecedented in Western Canada, maybe even nationally,” says fundraising volunteer Shayne Dueck, adding “People across the country are shocked this is happening in Saskatoon.”

When construction of the master plan is complete in 2020, the world-class complex will attract young children just learning to play a sport, older athletes, international competitors, and professionals like the Saskatchewan Roughriders, along with their supporters.

Equally exhilarating is the long-list of sports to happen there: track and field, softball, baseball, football, speed skating, Nordic and cross-country skiing, skating, soccer, lacrosse, varied secondary school sports, and ultimate frisbee.

The Gordie Howe Kinsmen Arena for hockey and figure skating makes the area in Saskatoon’s Holiday Park subdivision the go-to place for even more athletes and their support teams. ▶

A competitive speed skater from southern Saskatchewan, a family of cross-country skiers, a world softball champion and a Saskatoon child facing barriers to playing minor sports all treasure the Gordie Howe Sports Complex. They are among the people of all



Photo by: Louis Christ

As a result users will encompass a Nordic race team from North Battleford, top notch Canadian box lacrosse players, the baseball coach who grew up down the street, the five-year-old learning to catch a football or skate, a sprinter from Prince Albert, and Special Olympic soccer players.

With the addition of a training and rehabilitation centre, which provides year-round opportunities for all sports, the number of visitors to Gordie Howe Sports Complex is expected to climb to 175,000 + each year. That's a big leap.

The complex now attracts 25,000 athletes, coaches, officials, volunteers and fans annually to local, provincial, national and international events. Examples include this summer's Saskatchewan First Nations Minor Softball Championship and the baseball camp organized by former Blue Jays Roberto Alomar and Lloyd Moseby.

Regular users of the present complex come from numerous Saskatchewan communities including Allan, Blaine Lake, Colonsay, Dalmeny, Davidson, Dinsmore, Duck Lake, Dundurn, Hafford, Hague, Hanley, Humboldt, Langham, Martensville, Muenster, North Battleford, Outlook, Perdue, Prince Albert, Radisson, Waldheim, Warman and Watrous.

"This project is for anybody and everybody," says Bryan Kosteroski,



Photo by: Louis Christ

Chairperson of the Friends of the Bowl Foundation, which is spearheading the collaborative development of the complex.



Enabling athletes, especially children, to become active, develop skills, learn, achieve excellence, and meet new people, while smiling and having fun inspires Kosteroski's commitment to his volunteer leadership role.

A desire to give others the opportunities he experienced as an athlete drew businessman Greg Yuel to the project. The Capital Campaign Co-Chair credits sports for developing his self-confidence academically, socially, career-wise and for his community involvement.

"As a result of playing over 11 years of football, then coaching football for over 15 years, I felt an obligation to give back to a sport that I'd personally gotten a lot from," he says.

"The most personal thing is the experience of being able to develop my own self and a character that's uniquely mine and leverage into being part of a team," says Yuel, adding others with that same feeling of gratitude want to replicate it for future generations.

Development of the Gordie Howe Sports Complex gives people a chance to do exactly that.

## Team Members Collaborate for the Victory

Like a championship win, what the collaborating partners are accomplishing through the Friends of the Bowl Foundation will go down in Saskatchewan history.

"We're just like the Original 16, only we started with four. It's another Saskatchewan success story," says Foundation Chairperson Bryan Kosteroski, referring to how 16 dedicated partners transformed the province's brewing industry.

The Foundation's achievements are drawing attention from other Canadian cities, at least partially because as Capital Campaign Co-Chair Greg Yuel explains, "This is a new model of private organizations working on a public facility."

The Friends of the Bowl collaboration - which is generating year-round opportunities and benefits for athletes, coaches, sports officials, volunteers and fans from throughout Saskatchewan and beyond - has humble beginnings.

Kosteroski recalls the City of Saskatoon bringing together representatives of the softball, football and high school athletics groups using what was then known as Gordie Howe Park.

With a great deal of encouragement and support, the four founders Saskatoon Amateur Softball Association, Saskatoon Minor Football Association, Saskatoon Secondary Schools Athletic Directorate and Hilltops Football Club kept meeting and established Friends of the Bowl in 2013.

Their biggest hurdle was "learning how to work together," says Kosteroski, adding "Once you overcome that there's no stopping you."



Photo by: Louis Christ

Back Row: Lane Zabolotney, Karen Biddulph, Bob Rohachuk, Sheryl Riis, Terry Postey, Greg Yuel, Kate Germin, Johnny Marciniuk, Cyprian Enweani. Front Row: Ivan English, Michelle Duchene, Dan Brisbin, Shelley Hoath, Yves Belanger, Rob Connoy

By collaborating around the common goal of enhancing opportunities for athletes of all ages and abilities, they began improving the sports facilities in Saskatoon's Holiday Park neighborhood.

**"It's not a vision statement, it's a vision story."**

By 2016, the list of completed work included a CFL regulation artificial turf football field, upgrades at ball diamonds and the minor football field and construction of a new clubhouse with dressing rooms for athletes and officials, public washrooms, equipment storage, a concession plus meeting and event space.

"The quality of the project we built surpassed my expectations by a long shot," says Yuel, who stepped up as Campaign Chair in the early phases and continues as Co-Chair today.

Over time, the Friends of the Bowl team grew, along with the concept for a world-class sports complex.

The partners now developing the masterplan for the Gordie Howe Sports Complex are the City of Saskatoon, Hub City Track and Field, Saskatoon Amateur Softball Association, Saskatoon Baseball Council, Saskatoon Football Incorporated (including the Hilltops and Valkyries), Saskatoon Lions Speeding Skating Club, Saska-

toon Nordic Ski Club, Saskatoon Schools Athletic Directorate and Saskatoon Sports Hall of Fame. Yes, that's nine partners, same number as hockey legend Gordie Howe wore on his jersey.

In addition, people involved with such sports as soccer and lacrosse are helping where they can.

Given the economic benefits of having world-class sports facilities in Saskatoon, sports tourism promoters and local media representatives are also supporting efforts to develop the Gordie Howe Sports Complex.

These community builders serve on the Friends of the Bowl Foundation that's overseeing the game plan: Bryan Kosteroski, Yves Belanger, Heather Bury, Steve Chisholm, Louis Christ, Bob Fawcett, Randy Fernets, Lynne Lacroix, Johnny Marciniuk, Robert Rohachuk and Morris Smysnuik. Yuel describes Kosteroski and Marciniuk "as the unsung heroes" of the project.

Another team of volunteers, led by Yuel and Campaign Co-Chair Quinn Magnuson, is focused on raising the \$42 million necessary to make the masterplan reality.

Watching the Gordie Howe Sports Complex come together through collaborative partnerships fills Kosteroski with pride: "It's not a vision statement, it's a vision story."

# Community Responds to Strengthen Opportunities

As the track and field community mourned the anticipated loss of Saskatoon's only all-weather track, many eyes turned to the Gordie Howe Sports Complex.

Then innovative thinking took over: Is it possible to build a dual-purpose all-season track for use by speed skaters in the winter and track and field athletes during the spring and summer?

With the discovery of a special interlocking cover, the answer was a resounding yes.

By the time the aging track at the University of Saskatchewan's Griffiths Stadium closed in August, track and field athletes were looking forward to training and competing at the complex's new facilities in Holiday Park next season.

This winter, the new track will be covered and flooded for use by speed skaters, schools and public skaters.

Other reasons to enhance and expand the multi-purpose Gordie Howe Sports Complex abound.

"The previous facilities did not meet the needs today and they restricted the level of play," says Bryan Kosteroski, Chairperson of the Friends of the Bowl Foundation, which is spearheading development of the masterplan.

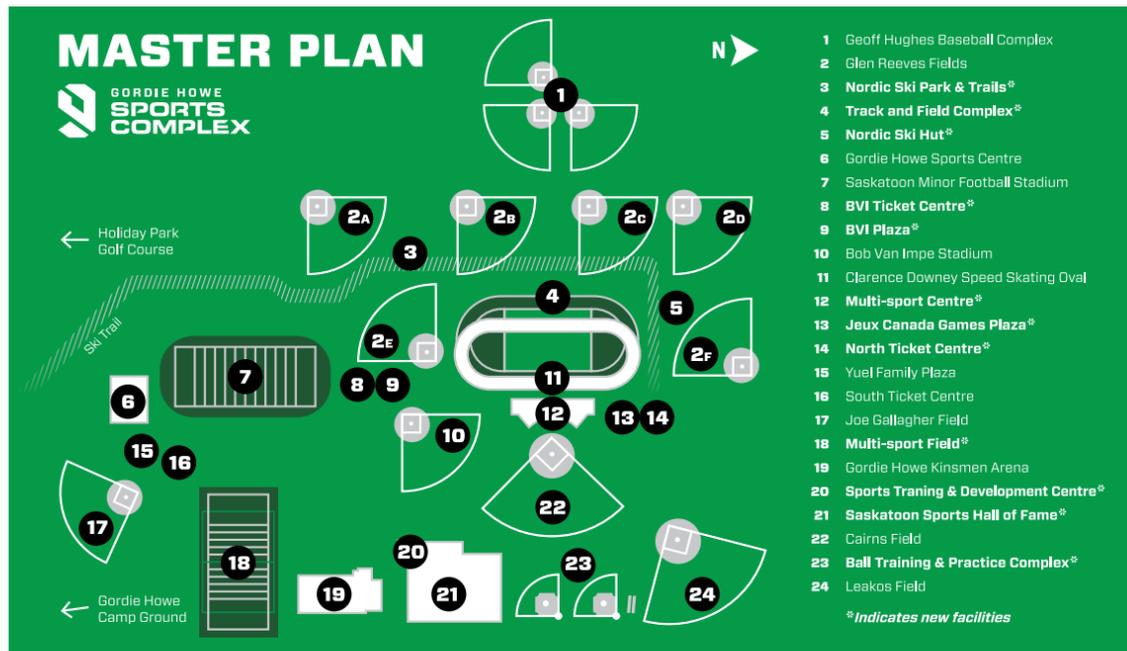
Planned improvements turn that around, plus meet today's guidelines and create more prospects for groups to bolster participation in their sports.

"This brings the sports venues in Saskatoon to a very competitive standard where organizations can better prepare their athletes, and also provides opportunities to see provincial, national and international events," explains Kosteroski, whose passion is softball.

As a former football player, Campaign Co-Chair Greg Yuel's original interest was improving the deteriorating, Gordie Howe Bowl.

sonal reasons for helping raise the necessary funds. By participating in sports he learned about teamwork and leadership, as well as developed an understanding of the value of overcoming challenges to meet goals, all of which have proven invaluable in his career.

As for the future, Dueck sees a day when his own children are old enough to use the complex. In the meantime, he knows having sever-



Knowing how football positively influenced his character and his life, Yuel happily embraced the task of raising funds for the ball diamonds and other sports facilities located nearby. He now describes the collaborative project as a way to "create a better community for sport."

Shayne Dueck, a campaign volunteer and partner at MNP, describes another positive and long-lasting outcome: "It's a really good partnership to build community through sport."

While that explains why MNP donated to the Gordie Howe Sports Complex, Dueck has per-

al sports facilities, plus opportunities for training and development in one location will make it easier for families, enable more athletes to participate and increase exposure for sports.

Community support, both corporate and individual, is essential to reaching the \$42M campaign goal that will make the masterplan a reality.

Every donation counts. Some donors may want their name on a seat or to honor somebody else by making a name-your-seat donation. Others may opt to give in another way. All learn more online at [gordiehowesportscomplex.ca](http://gordiehowesportscomplex.ca).



## Saskatoon Sports Hall of Fame 33rd Annual INDUCTION CEREMONY AND BANQUET

Saturday, November 3, 2018 at TCU Place

### BUILDERS



**DAN ASHAM**  
Baseball



**DAVE ELDER**  
Multi Sports



**IRENE WALLACE**  
Basketball



**KEITH COTE**  
Volleyball



**KERRY TARASOFF**  
Curling

### ATHLETES



**KRIS ODEGARD**  
Racquetball



**MIKE ANDERSON**  
Football



**TREVOR ETHIER**  
Softball & Hockey



**VIOLA YANIK**  
Wrestling

### TEAM



**University of Saskatchewan  
Huskies Women's Track & Field  
2002-2003, 2003-2004**

### SPORTS ORGANIZATION OF THE YEAR



#### Special Thanks to Our Event Sponsors:

Al Anderson's Source for Sports · Cherry Insurance · Hunter's Bowling  
Kinsmen Club of Saskatoon · Realty Executives Saskatoon  
Holiday Inn/Holiday Inn Express

#### TICKETS

**\$75.00** per person  
Under 12 \$40.00

#### AVAILABLE AT

Al Anderson's Source for Sports  
Saskatoon Field House  
or email  
[saskatoonsportshalloffame@gmail.com](mailto:saskatoonsportshalloffame@gmail.com)

[www.saskatoonsportshalloffame.com](http://www.saskatoonsportshalloffame.com)

# Be the Active Person You Want to Be! Get Active... Stay Active.

**W**hen you hear the word "active", what do you think of? The Olympic gymnast or the lady out walking her dog? The kids playing frisbee or the seniors out for a bike ride or stroll in the park?

Remember the Participation Days? Some of us will recall the movement to get everyone active on a daily basis. Let's get back to that way of thinking.

This gorgeous season of fresh, crisp air and golden leaves is the perfect time to get active and stay active with something physical that you enjoy. If you aren't sure what activity suits you, why not start out with something like walking.... Start out easy.. Go farther.

**Dog-walking is an excellent way to get moving!**

## Benefits of Walking

Walking is something most of us can do, whether a leisurely stroll or a marathon walk. We can walk indoors or outdoors. Put on a good pair of walking or running shoes that have adequate support and fit you properly. It's a great activity that can be done by yourself or with others. Better yet, grab your dog's leash and enjoy the time with your favorite pooch!



Walking is often underrated. Research shows that walking daily can improve cholesterol levels, lower blood pressure, prevent weight gain or assist in losing weight, increase energy and stamina, boost bone strength and increase your immune system. Recent evidence also points towards walking as a means to reduce the risk for Alzheimer's.

In addition, **walking increases one's sense of well-being and calmness, while making us feel more alive and energetic.** It provides an opportunity to explore nature in the great outdoors or to check out local fitness centers. You may even find you sleep better too.

**Step into Fall - Walk your way to a healthier, more active you!!**

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.*

**Don't let pain and injury stand in your way in enjoying life.  
This Fall - Let's Get Moving!**

## Westlake Physical Therapy

PHYSIOTHERAPY | ACUPUNCTURE

306-933-1222

#9, 415 - 115 Street E, Saskatoon SK  
westfizz@gmail.com | www.westfizz.ca



# Learn to skate... FAST!

**All ages and skill levels - we have a group for you!**

### BEGINNERS & INTERMEDIATE

One or two days per week: Tues &/or Thurs  
Half Season (Oct - Dec) or Full Season (Oct - Mar)  
Beginners 5:45 - 6:30 PM  
Intermediate 6:30 - 7:15 PM  
Lions Arena, Saskatoon

### GROUP 3: LEARN TO TRAIN

Short track (indoors)  
Tuesday 7:25 - 8:30 PM  
Thursday 4:45 - 5:50 PM  
Optional Saturday 7:15 - 8:30 AM

Long track (outdoors at Clarence Downey Oval, January to early February)  
Tuesday, Wednesday & Thursday 6:00 - 7:30 PM

### GROUP 4: ADVANCED COMPETITIVE

Short track (indoors)  
Tuesday 4:45 - 5:50 PM  
Wednesday 6:15 - 7:30 AM  
Thursday 7:25 - 8:30 PM  
Saturday 7:15 - 8:30 AM

Long track (outdoors at Clarence Downey Oval, January to early February)  
Monday, Tuesday, Wednesday & Thursday 6:00 - 7:30 PM

### GROUP 5: ACTIVE FOR LIFE

Adults learn to speed skate!  
Saturday 6:15 - 7:15 AM

### JANUARY LEARN TO SKATE PROGRAM

Use hockey or figure skates  
Only \$85  
January 2019: 8, 10, 15, 17, 22, 24, 29 & 31  
5:00 - 5:45 PM



**We rent speed skates!**

**Programing for ages 4 to adult**

**FOR MORE INFORMATION**  
membership.slssc@gmail.com  
Call/text: 306.371.3721

**REGISTER ONLINE: www.slspedskating.com**



### 2017-2018 RACES IN SASKATOON

October 27-28, 2018, Warman, SK | Short track meet, Legends Arena  
January 19-20, 2019, Saskatoon, SK | Long track meet, Clarence Downey Oval



# THE PERFECT SAVE

## HERE ARE 5 GREAT REASONS TO BE A CAA MEMBER:

1. The average cost of calling a tow truck is \$100+! A CAA membership gives you 4 service calls for \$89<sup>1</sup>
2. Service calls can be used to boost or change your battery, deliver fuel when you run out of gas, unlock your doors, and MORE!
3. Your CAA membership covers YOU, in ANY vehicle, ANYWHERE in North America!<sup>2</sup>
4. Save 10% on CAA Home Insurance<sup>3</sup>
5. Save up to 30% when shopping at CAA Rewards<sup>®</sup> partners



1. Price shown does not include a one-time enrollment fee or taxes.  
 2. A CAA membership covers you in any personal or recreational vehicle depending on membership type selected. Coverage excludes Hawaii.  
 3. Property Insurance is underwritten by CAA Insurance Company.

## Safety on the Slopes

www.canadasafetycouncil.org



Downhill skiing and snowboarding are widely popular winter sports, but they can also be dangerous sports if safety precautions aren't taken.

With increasing popularity, comes an increase in the number of traumatic injuries and even fatalities, with traumatic brain injury cited as the main cause of death. Each year, hundreds of preventable head injuries are reported on Canadian ski, snowboard and toboggan hills. Injuries such as sprains and broken bones are also common. Most of these injuries can be prevented by wearing appropriate gear, such as a certified helmet, or obtaining proper training and knowledge, so you can have a fun-filled day on the slopes – accident free.

Helmets cannot prevent all head injuries, but it can significantly reduce your risk of a head injury. A recent study showed that helmets used for skiing and snowboarding are associated with 60 per cent reduction in head injuries.

Skiers and boarders must always be aware of their surroundings at all times and perform activities that coincide with their skill level. Falling, colliding with other people or objects, or losing control are the most common causes of skiing injuries. Take care on the slopes and follow some simple steps on how you can prevent injuries.

### Learn the slopes

Enrolling in ski or snowboard lessons with a certified instructor is a great way to learn the principles of your chosen sport, develop a proper technique, as well as learn the proper way to use the ski lift.

### Get geared up

- Wear a certified ski helmet that has side vents to allow for hearing.
- Equipment should be properly fitted and well maintained. Don't use hand-me-downs if they are not the right size.
- Have the proper equipment: Skis and poles need to be sized according to the skier's height and ability. Boots should be the right size.
- Before the first run of the year, have your bindings checked by a professional to ensure they work properly.
- Wear sunscreen to protect exposed skin and ski goggles or sunglasses to protect your eyes.
- Wear windproof and waterproof clothing.
- Wear multiple layers of lightweight clothing, so articles can be taken off, or added as conditions or exertion levels change.

Always stay with a buddy – never go it alone. Only ski, snowboard or sled on hills that are appropriate for your ability.



### 3 Great Reasons to choose Prairie Meats for your fundraising:

- 1 QUALITY GUARANTEED PRODUCTS THAT SELL THEMSELVES
- 2 A FAST, EFFECTIVE & EASY WAY TO RAISE MONEY
- 3 ORDERS CODED FOR HASSLE-FREE DISTRIBUTION

Contact us to set up your fundraiser...  
Email: [taste@prairiemeats.ca](mailto:taste@prairiemeats.ca) or Ph 306.244.4024  
Visit us online: [prairiemeats.ca](http://prairiemeats.ca)

### MORE than the steak on your plate...

Meals-In-Minutes, Deli & Salads, Soups, Sauces, Appetizers & Sides, Pet Food, Custom Processing, Full-Service Catering.

SASKATOON  
2326 Millar Ave  
Ph 306.244.4024

SASKATOON EAST  
College Park Mall  
106B - 3929 8th St.  
Ph 306.477.1959

SASKATOON STONEBRIDGE  
60 - 3230 Preston Ave.  
Ph 306.952.5939

REGINA  
Harbour Landing  
4605 Gordon Road  
Ph 306.545.3211





RED WING HERITAGE

HERITAGE . CSA . CASUAL RW SHOES



**CSA** SASKATOON SK.  
10-1701 8TH STREET EAST

RED DEER AB.  
10-1701 8TH STREET EAST

KELOWNA B.C.  
10-1701 8TH STREET EAST

FR COVERALLS  
**\$109.00**  
Blue Tan (FZ-CV04FZ)

**WOLVERINE**

**FR**  
Wrangler

**SAXX**  
UNDERWEAR CO

PIONEER

**ARCTIC**  
WEAR

**HH**  
workwear

**ACTIONWEAR**  
**FR**

**CAT**

**IFR**  
WORKWEAR INC.



**carhartt**

4006-50 Ave.  
Lloydminster, AB.  
780.875.4800  
Toll Free Number : 1.888.875.9288

-----

#3 602 Circle Drive East  
Saskatoon, SK.  
306.653.4800  
Toll Free Number : 1.877.653.4800



**NORTHERN**  
**FACTORY**  
**WORKWEAR**  
RUGGED WORK & FOOTWEAR

[www.factoryworkwear.ca](http://www.factoryworkwear.ca)

# Collaboration is Key: SOSMC Health Care Team & Resources

Saskatoon Orthopedic & Sports Medicine Center (SOSMC) is a multidisciplinary health care facility located in the University Heights neighborhood in Saskatoon. The center was established in 2004 as a multidisciplinary orthopedic and sports medicine facility, providing leadership in the areas of orthopedic and sports medicine assessment, management, surgery, rehabilitation and education.

Mike McDine, a SOSMC partner and head of the Bracing and Orthotics department, feels the facilities team approach is critical. "Collaboration is the key, both within our facility, but also in the larger community," says McDine, "Being able to provide each client with access to the right people and necessary resources in a timely fashion is the goal; whether that be an orthopedic surgeon, a physician, a physiatrist, a physiotherapist, or Xray, ultrasound, bracing, orthotics; We

are able to help clients navigate that path."

SOSMC is home to a comprehensive team of health care professionals. The seven orthopedic surgeons that comprise the Saskatoon Orthopedic Group are based in the facility, as well an Associated Radiologists clinic providing evaluation including Xray and ultrasound. Selk Physical Medicine & EMG Clinic is also on site, providing physical medicine

(physiatry) consultations and treatments. Avant Sports Medicine's Dr Patrick Ling specializes in musculoskeletal ultrasound and sports medicine services, and Dr Johann Kriegler is available for musculoskeletal clinical consults. ZONE Sports Physiotherapy and their skilled team of physical therapists also call the facility home.

In addition, SOSMC provides comprehensive client bracing and custom orthotic services, as well as pre and post-operative support.

"We are fortunate to have a great group of people under one roof," states McDine, "but we are also fortunate to have collaborative relationships with additional health care team members throughout Saskatoon and in the

larger provincial community as well. We see people from all over the province. Connecting them with the people and resources in their home community or region only helps to promote positive outcomes for clients."

***"Being able to provide each client with access to the right people and necessary resources in a timely fashion is the goal."***

SOSMC is designed to serve the needs of the general community, active individuals, and competitive athletes alike. Client care encompasses acute and chronic musculoskeletal injury, as well as pre and post-operative management.

Assessment of each client's concern is approached from a global perspective, identifying not only the symptoms, but also the source of the problem, enabling management to address both primary treatment and secondary prevention. Management employs a collaborative team approach centered on the individual needs of each client.

The objective of the SOSMC team is to provide an exceptional standard of care, and personal attention to each client seeking support and guidance, allowing them to achieve their individual health, fitness and performance goals.

**For more information visit:**  
[www.sportsmedcenter.ca](http://www.sportsmedcenter.ca)



# SOSMC

**SASKATOON ORTHOPEDIC & SPORTS MEDICINE CENTER**

**Orthopedic Surgeons - Physicians - Bracing & Orthotics**



## Bracing & Orthotics

Providing of all your bracing, orthotics and custom orthotic needs

## Mike McDine

Certified Orthotist  
Head of Bracing Dept

[www.sportsmedcenter.ca](http://www.sportsmedcenter.ca)

**Point 9 Building 104 - 311 Ludlow St Saskatoon SK 306.975.9889**



**RWDSU**  
RETAIL, WHOLESALE DEPARTMENT STORE UNION

**UNION MEMBERSHIP PAYS HIGH DIVIDENDS**

Such Things as:

- Higher Wages
- Job Security
- Proper Scheduling
- Sick Leave
- Family Dental Plan
- Improved Vacation
- Good Pension
- Fair Treatment
- Democratic Decision Making
- Better Health and Safety Procedures
- Proper Grievance Procedures
- Experienced Staff Working for You

**FOR A BETTER FUTURE JOIN RWDSU**

<p><b>Regina</b> 1233 Winnipeg Street Phone: 306-569-9311 / 306-569-0440 Fax: 306-569-9521 Email: <a href="mailto:rwdsu.regina@sasktel.net">rwdsu.regina@sasktel.net</a> Toll Free: 877-747-9378</p>	<p><b>Saskatoon</b> 2154 Airport Drive Phone: 306-384-9885 Fax: 306-384-1006 Email: <a href="mailto:rwdsu.saskatoon@sasktel.net">rwdsu.saskatoon@sasktel.net</a> Toll Free: 877-747-9378</p>
--	--

*Willows* **DENTAL**

willowsdental.ca

**New and emergency patients welcome**

#60-304 Stonebridge Blvd, Saskatoon

- Dr. Norm Vankoughnett
- Dr. Kristopher Milne
- Dr. Abdullah Patel
- Dr. Christine Miller
- Dr. Ibrahim Muradi
- Dr. Eric Tuttosi

**Stonebridge Location**

**306-244-2266**

Monday-Thursday 7am-7pm  
Friday 7am-1pm  
Saturday 7am-1pm

# Bluewater

APPAREL & GRAPHICS



**SCREEN PRINTING**  
4 color process, simulated process, logo design, specialty inks, over printing— we can print one or 1000.



**DIRECT TO GARMENT PRINTING**  
We can print anything you can dream up or bring in as long as the resolution is 200 dpi at size. We will print one or 100!



**EMBROIDERY**  
In-house digitizing and graphic design.



**TWILL APPLIQUE**  
This is done on jerseys, hoodies and sweatshirts. It is designed, cut, digitized, and sewn all in-house. We always maintain control and quality this way.



**Bluewater Apparel and Graphics** has been serving Saskatoon and the prairie provinces since 2000. We do all of our decoration of clothing in-house and are proud to be the only company in the city that has no minimums – we will do one-offs or hundreds. We are continually upgrading and improving our products, machinery and design process. Every job is handled by us and gets equal amount of attention and expertise. We listen to what you want and will do everything in our power to exceed your expectations!

## LARGE FORMAT DIGITAL PRINTING

Graphics for vehicles, vehicle wraps, wall graphics, floor graphics, signage, cut vinyl graphics and much more. If it moves slow enough, we can print it!



## SUBLIMATION

We can decorate hundreds of products in-house. Coffee cups, koozies, water bottles, key chains and so much more, and once again... no minimums!

## Adoption Support Centre of Saskatchewan

**T**hirty years ago a group of families with a connection to adoption, started hosting meetings in their homes. As their needs and group grew, the need for greater supports grew. Through this growth, the Saskatchewan Adoption Parents Association (SAPA) was formed. Eventually SAPA becoming a non-profit organization with support from the Ministry of Social Services and the name was changed to Adoption Support Centre of Saskatchewan Inc. (ASCS). This name reflects the diversity of the community they presently serve.

ASCS supports and provides information to expecting parent(s) that may require information about permanency planning options for their child(ren); adoptees and birth parents who may be searching; adoptive parents and their families; people interested in domestic, international, private or step-parent adoption; to professionals and others who are interested or may have a connection to adoption.

ASCS is also involved with the "Youth Speak Out" program. They recently had a weekend of training and these youth will be giving presentations in the Saskatoon area. ASCS also offers workshops, informational sessions, use of the Carol Bothwell resource library, and a mentorship program. ASCS hosted two "Human Libraries". Instead of pulling a book off the shelf, the "readers" had a conversation with human "books". The Human Library focused on personal stories.



**THE 30TH ANNIVERSARY OF ASCS celebration will be on October 27, 2018 at 2:00 pm at the Broadway Theatre.**

Please join us for visiting, pizza/snacks, and fun with "Ginger Ninja", comedy illusionist. Everyone is welcome. For tickets visit the Broadway Theatre <https://broadwaytheatre.ca/events> or call our office for more info.

**November is Adoption Awareness Month.** Many people are connected by adoption. There is a close connection amongst families who have adopted. Most families love to share experiences and life lessons with each other and with others. Some have shared their thoughts on adoption below.

*"In my experience adoption is the most incredibly selfless love a woman can give. For me this selfless love happened two times; first my birth mom and then my stepmom. It was never a secret that I was adopted. In fact I don't ever remember finding out. I thought I was cool in Kindergarten because I was adopted!" ~ Mary*

*"Chasity was legally adopted by her dad when she was 3 years old and they never once looked at each other any different than father and daughter. He stepped up to the plate because he loved her from the first day he met her and now I have grand babies with wonderful step daddies! Sometimes the match is made on another plane of existence and has a different path to become this living reality. Those are the bonds that can never be broken." ~ Wendy*

*"Adoption allowed us to share in two very special kids' lives. We have the privilege of raising two wonderful kids and feel so very blessed by their birth parents great love in sharing them with us. They are our miracle and we are honoured to be called their parents." ~ Karen*



To learn more about ASCS please visit our website [www.adoptionsask.org](http://www.adoptionsask.org) or call 1-306-665-7272 or 1-866-869-2727.

*We're All About The Service!*  
306 665 3111

409 34th Street East  
Saskatoon SK S7K 0S9  
larry@bluewatergraphics.ca  
bluewatergraphics.ca

Tel: 306-665-3111  
Cel: 306-281-4045



# Great Choices in your neighborhood!

Fresh food, affordable pricing, and great meal options for everyone on campus and community neighbours!



**OPEN TO ALL CHOICES**  
**MONDAY - FRIDAY**  
**Breakfast from 8 AM - 10:30 AM**  
**Lunch from 10:30 AM - 2:00 PM**  
**BUFFET LUNCH**  
**STM Students \$9.00**  
**U. of S. Students \$10.00**  
**Adults \$12.00**  
**ALL PRICES INCLUDE TAXES**



Located in the lower main cafeteria of  
**St. Thomas More College - 1437 College Drive.**

**ACROSS FROM THE ROYAL BANK**  
**(CORNER OF BOTTOMLEY AND COLLEGE)**



Daily Menus and pricing available at **STMCOLLEGE.CA** (Under EAT HERE)



**ST. THOMAS MORE COLLEGE**  
 UNIVERSITY OF SASKATCHEWAN

**"We Bring People and Nature Together"**



2600-8<sup>th</sup> St E, Saskatoon • (306) 955-2473



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.

# RAMADA FUNDRAISERS

Cost: \$12.25/person (includes gratuity, GST, PST)

\$100.00 deposit required at time of booking

We print the tickets at no charge



- Must be 19 years of age
- Steak Night - steak prepared 3 ways (rare/medium/well), served buffet style
- Minimum of 50 people; maximum of 200 people



- All ages fundraisers
- Choose from 4 different Food Theme Nights, served buffet style with all the fixin's: Steak, Taco Bar, Pasta Bar, Build Your Own Burger Bar
- Minimum of 50 people; maximum 100 people

Need more space? Ask me how (based on availability).

email: [carter.burnette@saskramada.com](mailto:carter.burnette@saskramada.com)

Phone: 306-665-8082

Ramada Saskatoon  
806 Idylwyld Drive N, Saskatoon

[www.ramadasaskatoon.ca](http://www.ramadasaskatoon.ca)

## Join the Saskatoon Nordic Ski Club!



We offer programs for all ages and abilities including instruction for youth and adults, racing programs, cross-country ski and hiking tours, and blind skier group.

Our club grooms trails in the city and at Eb's Trails in the Nisbet Forest.

Be a part of our club and help support the development of our new facility and trail system at the Gordie Howe Sports Complex!

For more information about our club please visit the Saskatoon Nordic Ski Club website at <http://saskatoonnordicski.ca>



*Be a part of our club and help support the development of our new facility and trail system at the Gordie Howe Sports Complex!*



2310 Hanselman Avenue  
Saskatoon SK S7L 5Z3  
[www.bridlewoodhome.com](http://www.bridlewoodhome.com)

Bus: 306.664.2122  
Cell: 306.221.2043  
Fax: 306.244.1041

## BRIDLEWOOD HOME PRODUCTS

A Division of **SUNTECH SYSTEMS LTD**



We Specialize in:

**Valor**  
THE ORIGINAL  
RADIANT GAS FIREPLACE™



*Kick up your feet to comfort and class!*

We also do:

- Furnaces
- Radiant Garage Heaters
- Hot Water Tanks
- Vane HRV's (Heat Recovery Ventilators)
- Natural Gas BBQ Connectors
- Natural Gas Patio Heaters
- Natural Gas Outdoor Camp Fires
- Gas Line Additions or Alterations



### RESIDENTIAL GARAGE RADIANT HEATER

- Safety • Comfort • Low, low fuel costs!



**SUPERIOR  
RADIANT PRODUCTS**



# SLEEP INN REGINA EAST

- Full Hot Breakfast Buffet
- Pool, Waterslide, Hot Tub
- Choice Privileges Rewards Program
- Meeting Rooms



“This Sleep Inn was incredibly accommodating and welcoming of our large soccer team and families” – Chad S., Swift Current

“Great experience for my son’s baseball team” – Jeffrey H.



22A Great Plains Road • Emerald Park, SK S4L 1B6  
reservations@sleepinnemeraldpark.ca

306-791-1925

## Redefine your personal potential

Personal and Professional Development ~ Wellness Programs

~ Teachings with Horse Sense and Cowgirl Logic ~ Be the

### Best Person You Are Intended to Be



Now is the time to take your life to  
The Next Level ....with a renewed edge.

Just think about the difference you can make to another persons life and yours by being able to recognize the unspoken, *beyond words*, with certainty.

**The Body Doesn't Lie!**

*Signature Approach of Uniquely Blending Psychosomatic In-depth Body Language and Lifestyle Awareness with Intuitive Horsemanship*

**Beyond Words ~ The Next Level Program and Service** is a renewed edge in dynamic psychosomatic (body-mind) awareness. This unique program assists to reach an elevated level of potential in overall personal, professional and sport endeavors; *providing the edge to success and wellness.*

### In-Depth Body Language – Certificate Program

This program is directed toward individuals and working professionals who want to expand their knowledge and broaden their expertise. The historically proven, gained advantages of the practical, easy to understand concepts and skills imparted in my program are life enhancing and even life saving.

Using self-awareness as a powerful teaching method toward positive change, my program rouses the natural primordial connection of inner guidance to make it possible to set the tone for oneself, your environment, everyone and everything around you.

### Your Body and The Shape You Are In

constantly speak to the outside world of your emotions, thoughts and experiences, whether you understand it, or not. What you have seen, voices you have heard, emotions you have felt and even things in the background you were not aware of, all effect you.

Whether painful or joyful, it is worth considering how events have influenced your life patterns and paths you chose to walk.

### Healing the Emotion – Stabilizing The Body

It is possible to influence and redefine personal potential, moving away from dis-ease before it settles into disease.

[www.MableElliott.com](http://www.MableElliott.com)

My mission, is to extend a bridge for you to move into a fuller expression of your authentic self so you can live a peaceful, fulfilling and satisfying life.

This program:

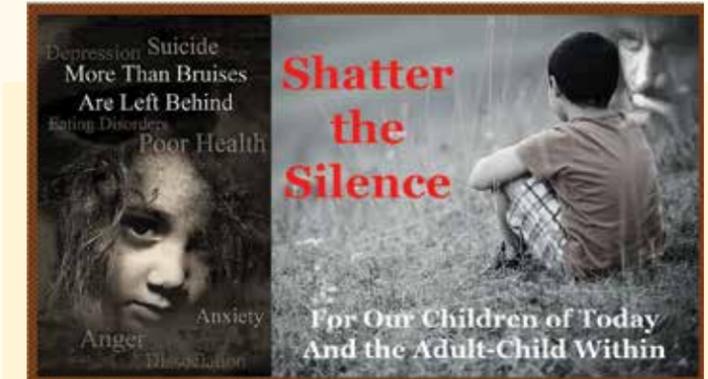
- i) offers personal and professional development for individual and group productivity, relationship and team building, sport and performance enhancement through a compassionate understanding of self and others
- ii) is personalized and designed to meet the requirements of you, your business and/or group.

Hosting at Mable Elliott Guest Ranch and in your community

### Program Sponsors:

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 generous contribution will be used to support program development and education. With your sponsorship you are supporting health and home, community and our world. **Hosts Welcome**

For more details about my personal and professional development program, contact me at: [www.MableElliott.com](http://www.MableElliott.com)



“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.

### Stand Tall and Speak Out for Those Who Cannot

**STAND UP AGAINST ABUSE**  
– Domestic Violence, Child Abuse, Elder Abuse –

**Learn Non-Verbal Communication & In-Depth Body Language**

By being able to recognize and understand *Beyond Words* the language which is unspoken, with easy to learn skills, you can make such a difference in another person’s life and your own.



COMMERCIAL INSURANCE  
PERSONAL INSURANCE  
MOTOR LICENSE ISSUER  
NOTARY PUBLIC  
TRAVEL INSURANCE



ACCIDENT COVERAGE  
ILLNESS COVERAGE  
WELLNESS CARE  
ALTERNATIVE THERAPIES  
AND SO MUCH MORE!



**866-6-Rayner** | [rayneragencies.ca](http://rayneragencies.ca)  
1000 Central Ave  
Saskatoon, SK  
S7N 2G9



[prairiepet.ca](http://prairiepet.ca)



[www.magicpaintandbody.com](http://www.magicpaintandbody.com)



**2240B AVENUE C NORTH  
SASKATOON  
(306) 652-7972**

**We are an SGI accredited  
auto body shop with elite  
status. Courtesy cars  
available.**



# LUBRICATION STATION

## Behind the Big Yellow Doors

**100% LOCALLY OWNED AND OPERATED**

*Lubrication Station has been in Saskatoon for more than 20 years, and owner Jerry Lupul has over 30 years of experience in the automotive fast lube industry. The staff at the two locations share his passion and knowledge for cars. They are able to give advice regarding other services the customer's vehicle may need, helping customers keep their vehicle operating at its optimum level. Stop in at Lubrication Station and know that your vehicle's fluid system is in the most capable hands in Saskatoon.*

**Lubrication Station on Circle**  
614 Circle Drive East, Saskatoon  
306.249.5823  
Mon-Sat: 8 am-6 pm

**Lubrication Station on 8th Street**  
1-3401 8th Street East, Saskatoon  
306.956.3278  
Mon-Fri: 8 am-8 pm | Sat: 8 am-6 pm

[www.lubestation.ca](http://www.lubestation.ca)



**FOLLOWING TRUE NORTH**  
 Navigating Change as Faith-filled Caregivers

Catholic Health Association of Saskatchewan

**75TH ANNUAL CONVENTION**

October 22 - 23, 2018  
 Saskatoon Inn, Saskatoon

**CHANGE IS CONSTANT**, we feel it all around us in our fast-paced society. How then do we face change? How do we navigate all the challenges and opportunities that we are sure to encounter? As people of faith, we look to our True North, Jesus the Healer, who continues to guide and ground us in our ministry of Catholic health care.

**KEYNOTE SPEAKERS:**

**SR. NUALA KENNY, OC, MD, FRCP**  
*Rediscovering the Art of Dying: Challenges for the Disciples of Christ*

**DR. TRACY TROTHEN**  
*Why Values Matter and How Do We Know What's Right?: Moral Distress*

**GREGG BROWN, MSC, CTD**  
*Learning Resilience, Leading Change*

**MARC DANSEREAU**  
*Creativity: The Craft that Buys our Grief*

**TO REGISTER for full conference (\$290):**  
 306-955-CHAS (2427) or [www.chassk.ca](http://www.chassk.ca)  
[catholicehealth@chassk.ca](mailto:catholicehealth@chassk.ca)



**ST. THOMAS MORE COLLEGE**  
 UNIVERSITY OF SASKATCHEWAN [stmcollege.ca](http://stmcollege.ca)



**OVER 250 ARTS AND SCIENCE CLASS OPTIONS AVAILABLE FOR ALL U OF S STUDENTS!**

Register through **PAWS**

Planning to attend the University of Saskatchewan? St. Thomas More College (STM) offers you an engaging learning environment - small class sizes - with award-winning faculty, all within the U of S campus! Many courses unique to campus, now offering web-based options as well, in several popular subject areas.

Classes taken through STM are applied to your Usask degree. Choose from classes offered in Economics, English, History, Anthropology, Archaeology, Catholic Studies, Sociology, Languages (French, Spanish, Ukrainian), Psychology, Philosophy, Political Studies, Classical, Medieval & Renaissance studies and more!

**Over \$180,000 in additional scholarships and bursaries available!**

Check out [STMCOLLEGE.CA](http://STMCOLLEGE.CA) for more college news and information.

# CHIANTI CAFE & Restaurant

EST. 1983

102 Idylwyld Drive North, Saskatoon | 306-665-8466 | [chianti@sasktel.net](mailto:chianti@sasktel.net)



**Saskatoon's Original Pasta Frenzy!**

Every Sunday, Monday, Tuesday – All Pastas \$10.95... All Day.

**In a hurry for lunch? Chianti's Pasta Bar is ready when you are!**

Monday to Friday, 11:30 am - 1:00 pm. (excl. stat. holidays)

Salad, pasta, pizza & more! \$11

**Got a hungry team?**

**Our Team Special is perfect for your group, large or small!**

\$13 taxes incl. – Caesar salad, choice of pasta, bottomless bread and soft drinks.

*Gluten free options available. Reservations Recommended.*



Toll Free: 1.888.233.3667

## ESTEEM SERIES



## THE DOOR WITH MORE.

For a complete list of products, visit [steelcraftdoor.ca](http://steelcraftdoor.ca)

BUSINESS HOURS:

Mon-Fri: 8:00 am to 5:00 pm