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University of Saskatchewan – DUC Endowed Chair

The Endowed Chair in Wetland and Waterfowl Conservation

bold investment in science...
students...and the pursuit
of a sustainable world. The
Ducks Unlimited Canada
(DUC) Endowed Chair in Wetland
and Waterfowl Conservation will
provide generations of students with
opportunities to pursue their passions
in conservation while delivering
research that addresses some of the
most pressing environmental issues of
our time.

The first of its kind in Canada, the chair will teach and mentor future scientists studying at the University of Saskatchewan. The endowment will provide student support through graduate fellowships and undergraduate scholarships.

Over the last few decades, there's been a slow decline in the number of universities and institutions that provide wetland and waterfowl training For former DUC CEO Karla Guyn, this became one of the highest risk items for a science-based organization like DUC that needs inspired and talented scientists going forward. The Endowed Chair in Wetland and Waterfowl Conservation provides a much-needed platform for the training of future generations of waterfowl and wetland ecologists, managers, and conservationists. Dr. Mitch Weegman is the first to hold the esteemed position.

The interview with Dr. Mitch Weegman was conducted by Suzanne Joyce.

"Anyone who spends 30 minutes talking to Dr. Weegman will come away wanting to become a wildlife biologist themselves," Suzanne said of her interview with Weegman last month. "It's impossible not to catch his enthusiasm".

Suzanne is currently Communications Specialist for Ducks Unlimited Canada's Saskatchewan operations. In this role, she has the privilege of sharing DUC's good news story - promoting the benefits of ag producer programs, informing the public about wetland values and why DUC's conservation work is so important, and writing stories like the one on page 5. She also gets to connect with Saskatchewan's two Wetland Centres of Excellence. currently located in Mossbank and Saskatoon, and with others planned in the next two years. No stranger to DUC, Suzanne was contracted to deliver environmental education programs for the conservation NGO from 2000 to 2010, first in Wadena area and then in Regina. She has a Masters in Natural Resources Management from UManitoba, a BSc from UWinnipeg and a BA from TrentU. In her spare time, she can be found at her family's offgrid cabin near Canora, cooking meals on cast iron, chopping firewood, and feeding chickadees by hand.



Suzanne Joyce



Conserving Canada's **Wetlands**

The Ducks Unlimited Canada Endowed Chair in Wetland and Waterfowl Conservation

You can help advance innovative research at the University of Saskatchewan

he land Canadians rely on to grow our food is the same land we depend on for clean air, clean water, wildlife habitat and other essential environmental services. Balancing the needs of production and conservation in today's rapidly changing world isn't easy. Success requires pioneering science to help us understand the challenges we face, and strong partnerships to deliver solutions. The DUC Endowed Chair in Wetland and Waterfowl Conservation brings together both.

The first of its kind in Canada, the DUC Endowed Chair is empowering the best and brightest young minds to develop new, integrated approaches that will achieve both biodiversity and agricultural goals. By situating this pioneering research program at the University of Saskatchewan, an institution known for its strong agricultural sciences, the world's future leaders in waterfowl and wetland conservation will advance work that recognizes the important relationship between natural and working landscapes.

Your support will ensure emerging scientists are trained, knowledgeable and ready to help conservation and agriculture grow forward, together.

To make a donation, visit https://www.ducks.ca/our-work/ science/saskatchewan-endowed-chair/



In addition to a strong biology department, students at the University of Saskatchewan have access to:

- The Western College of Veterinary Medicine;
- The College of Agriculture and Bioresources;
- The College of Arts and Sciences
- A newly created School of Environment & Sustainability;
- The Global Institute for Water Security, and
- The Environment and Climate Change Canada's Prairie and Northern Wildlife Research Centre



BENEFITS OF THE DUCKS UNLIMITED CANADA ENDOWMENT

Long-term funding will ensure important wetland and waterfowl research continues through:

- A continuous cycle of research activities related to wetlands and waterfowl, as well as traditional fish and wildlife knowledge.
- Skills that allow students to become the conservation leaders off the future.
- Solutions for landowners, the agricultural community and industry that helps the economy and continues to fill the skies with waterfowl.
- Dissemination of cutting-edge research that will positively impact waterfowl habitat.





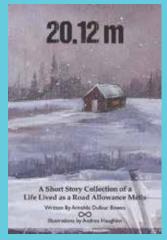


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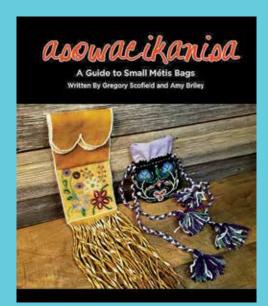
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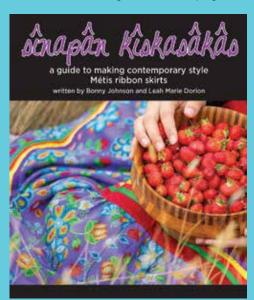
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He has a heart for conservation

Meet the first Ducks Unlimited Canada Endowed Chair, Mitch Weegman

t seems only natural that
Mitch Weegman would one
day end up as the first ever
Ducks Unlimited Canada
(DUC) Endowed Chair in Wetland
and Waterfowl Conservation.

Weegman was in elementary school when he had the first of many awe-inspiring moments with waterfowl. Accompanying his dad and twin brother on hunts, he was already beginning to notice the seemingly unpredictable movements of the sought-after birds; a spot that had ducks nearly knocking your hat off one day was completely deserted the next.

"There's something special about waterfowl."

For Weegman, these early experiences became an introduction to the mysterious world of animal migration that made him curious to learn more. Behind the apparently inexplicable comings and goings of ducks and geese, an age-old natural rhythm was at work, and a phenomenon that held more questions than answers.

"There's something special about waterfowl. You're seeing a snapshot in time and it's only a small part of the much larger picture for these birds," Weegman explains.

In grades 7 to 12, he was able to couple this natural curiosity with a project-based science course that further deepened his knowledge of waterfowl species and their behavior. This unique, immersive approach to science education

cemented Weegman's fascination with wildlife biology and laid the course to make the in-depth study of these things his life's work.

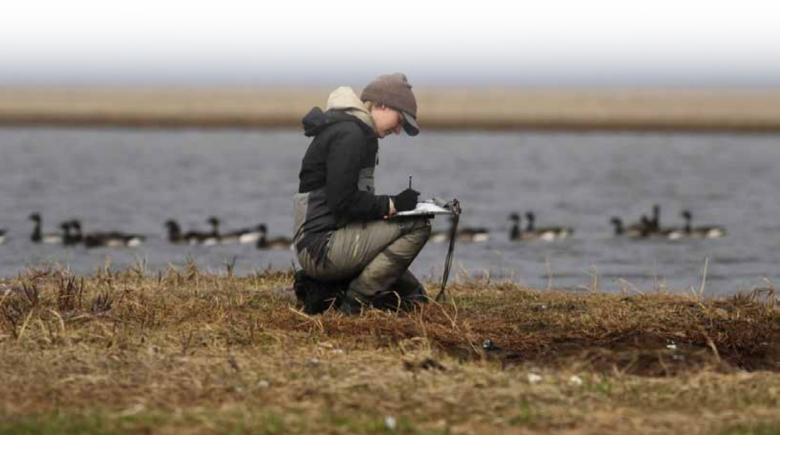
From there, Weegman dove deep into waterfowl research through undergraduate, graduate and postdoctoral training, and most

recently while serving as assistant professor of avian ecology at University of Missouri's School of Natural Resources.

This past July, he landed in Saskatoon to sit as the first DUC Endowed Chair in Wetland and Waterfowl Conservation. *Continued....*



SUDDENLY SASKATCHEWAN MAGAZINE | FALL 2021 FALL 2021



Working toward a sustainable future, together

A partnership between Ducks Unlimited Canada and the University of Saskatchewan, the Endowed Chair in Wetland and Waterfowl Conservation is the first of its kind in Canada. Along with teaching, research, and mentoring graduate students, the new research chair will be in a position to stimulate conversation around the challenges and opportunities related to conserving land, water and wildlife on the Prairies.

Big issues require bigger ideas that require even bigger collaboration. In his role as chair, Weegman will be well-positioned to be a catalyst for groundbreaking conservation work.

The University of Saskatchewan is home to diverse institutions like the College of Arts and

Science, College of Agriculture and Bioresources, the School of Environment and Sustainability, and the Global Institute for Water Security; these provide the interdisciplinary underpinning necessary to troubleshoot complex issues. By engaging some of the top thinkers in our province where wetland science is concerned, Weegman and his students will be able to participate in the kind of synergistic sharing of ideas that can spur true innovation.

"The challenge often lies in bringing multiple sometimes conflicting - interests together in search of solutions."

Critically, this spirit of collaboration will extend beyond university campus, too. As society urgently

seeks avenues to usher us away from the colliding crises of climate change and biodiversity loss, the challenge often lies in bringing multiple – sometimes conflicting – interests together in search of solutions. Here too, Weegman is ready to dive in.

"I'm learning the challenges of our region from producers, ecologists and conservationists, and asking about impediments to success. We need to identify opportunities to better manage and conserve ecosystems while acknowledging critical human needs for water and food security," he explains.

Information gleaned from these conversations will be used to develop a road map to guide research efforts at the "agriculture-wetland-bird population interface" and one day, will help inform where investment in conservation activities is likely to have greatest impact.

Sharing his fascination for the natural world

Opportunities to enact change can be found in unexpected places and it's serendipitous that Weegman is now within mentoring distance of the students of the new Saskatoon Hyde Park Wetland Centre of Excellence (WCE).

Part of DUC's national education program and a partnership with Colette Bourgonje School and the Saskatoon Wildlife Federation, this novel approach to science education engages young people in wetland conservation through action projects, student-tostudent mentored field trips, and community outreach.

Weegman has first-hand experience with the transformative power of specialized science programs and is game to participate in the WCE experience. While his wealth of scientific knowledge will certainly stimulate these young hearts and minds, his passion for wetlands and waterfowl may make an equally profound impression.





"The natural world is fascinating and complex, each week we know more than we did in the last."



Weegman brings much-needed energy and excitement to the dialogue around wetland conservation in Saskatchewan and beyond; his enthusiasm for discovery is an asset too. "The natural world is fascinating and complex, each week we know more than we did in the last," he asserts.

Thanks to Weegman and his current and future students, we're sure to know more than ever about wetlands, waterfowl, and the conservation approaches most likely to help us navigate the challenges we face.

And we're pretty excited about it



Conserving Canada's Wetlands



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Cattle on the Land and Beef on Your Plate More than Just a Protein Choice

askatchewan is often referred to as the "bread" basket" of Canada. With more than 40% of the fields growing Canada's cereals, oilseeds and other grains it is easy to understand this characterization. What is often forgotten, and lately it seems ignored, is the significant contribution cattle production makes to the province's agricultural landscape.

"Hay and grasslands are habitats for much more than livestock."

In Saskatchewan, the biggest crop is the roughly 19 million acres of hay and grassland. There are more acres of hay and grass in the province than are used to grow canola or all types of wheat (both around 12 million acres per year). Most of that hay and grassland is not suited for growing much else and would otherwise be wasted if not for cattle. A large share of these lands are delicate perennial grasslands and part of an endangered landscape. The hay and grass produced here is harvested by beef cattle and fostered by the farmers and ranchers caring for those cattle.

Saskatchewan is home to the second largest cow herd in the country. Our neighbour, Alberta, gets fair recognition for its cow herd and feeding industry but a lot of that "Alberta Beef" starts out as Saskatchewan calves. The same can be said for Ontario corn fed beef and plenty of our livestock find their way south to the United States. Saskatchewan

exports most of its cattle as feeders and fat cattle because processing capacity is very limited in the province.

Having cattle on the land is a great story and many times we neglect to tell the best parts. Crops in Canada are grown for people for the most part. Cattle eat by products and about 9% of crops are grown specifically for cattle feed. We grow crops for people for the most part (think canola oil, malt barley, pulses, oats etc.).

Hay and grassland are an environmentally great story and an often missed one in considering beef and cattle. Hay and grasslands are habitats for much more than livestock. Wildlife, birds and many more species share this land with cattle. Wetlands and riparian areas (the area along creeks and rivers) are also a feature of many grazing areas. These areas benefit from cattle production as cattle producers value the water sources for their livestock and for the grass and havland.

"What about carbon?"...is something that some people are asking about cattle lately. Next time you think about that try to figure out the source of carbon emissions in the agriculture sector. The carbon that cows burp up as methane comes from enteric fermentation which is simply the process of digesting grass and the plant fibres that people cannot. This grass grows in a nutrient process known as the carbon cycle. The portion the cows eat is only part of what is growing with those plants. The





"When it comes to beef on your plate, the nutritional punch that beef brings is unparalleled."

rest is growth below ground and is pulling a portion of the greenhouse gases from the atmosphere and sequestering carbon. Any accounting that does not credit sequestering of carbon is missing half of the story. And usually this half of the story is left out as the loudest shouters about this issue want to take beef off your plate.

When it comes to beef on your plate, the nutritional punch that beef brings is unparalleled. Anyone looking to keep their calories in check, live supplement free and to get their protein requirements along with much needed iron can do no better than beef. Anyone wondering about the other aspects of beef such as environment or economy are not always getting that story. A simple diet of unprocessed foods can include beef and people choosing Canadian beef should not be worrying about environmental impacts. You can see driving around Saskatchewan that your cattle producer neighbours are doing a great job.

Finally, there are the economics. For every \$1 million in sales of cattle there are 22 jobs in the economy according to research from the University of Saskatchewan. The Saskatchewan Cattlemen's Association sees a vital cattle sector in Saskatchewan as key to the economy, environment and health of the province and its people. If you ever have questions, reach out to us via info@saskbeef.com.





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"One can not beat the scenery of magical Waskesiu covered in winter's white coat."











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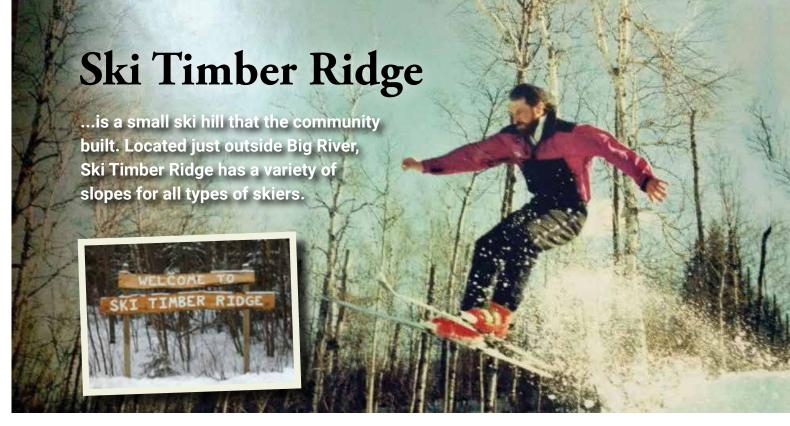
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1. ANTIOXIDANT PROPERTIES

The most significant attributes of NAC is its ability to increase the body's production of glutathione which is an extremely powerful antioxidant. We are all familiar by now with the importance of natural and supplemental antioxidants.

These antioxidants help protect our body's cellular integrity and help repair damage done by the free radicals that we encounter on a daily basis. Free radical damage is considered to be one of the major factors contributing towards heart disease, cancer and other degenerative diseases.

2. RESPIRATORY COMPLAINTS

NAC supplements can help treat and ease a whole host of respiratory conditions including sinusitis, asthma, pneumonia,smokers lung and bronchitis. NAC has been used for a number of years by conventional doctors to dilute the consistency of mucus in order to help the patient eliminate it with ease either by coughing or draining.

3. INFLUENZA

The flu is a real nuisance; it can knock the stuffing right out of you and put you behind in your work or your studies. It also feels horrible and although we generally get over it fairly quickly it is nice that NAC has demonstrated the ability to lessen the severity of your attack and its duration.

One study conducted in 1997 involving 262 patients over the age of 65 found

NAC...

UNCOVER THE BENEFITS

that those treated with NAC were significantly less likely to develop the symptoms of influenza than the placebo group. (25% compared to 79%).

4. DIABETIC NEPHROPATHY

It is possible that NAC could help prevent the damage caused by diabetic nephropathy although he evidence is still uncertain. Diabetic nephropathy can result in both kidney and nerve damage and there has been some research into the effects of NAC on the condition.

5. CATARACTS

NAC may protect against many of the signs of aging because of its potent antioxidant abilities including macular degeneration and cataracts both of which are heavily linked to oxidative stress. NAC supplementation may help boost antioxidant activities in both the macula and the lens of the eye protecting them against free radical damage.

6. CANCER

The ability of NAC to prevent or at least to reduce the risk of cancer is still speculative or at best theoretical. Because of its antioxidant ability to fight the cellular damage caused by free radical and its ability to eliminate environmental toxins, experts suggest NAC may have a role to play on cancer prevention.

There are clinical trials on the go but at the time of writing, there is no evidence. One study has however found that NAC supplements could help reduce the adverse effects of chemotherapy treatment. NAC I also used by a growing percentage of patients suffering from various cancer including breast cancer.

7. FOR THE HEART

We all want a healthy heart and many of us do all we can to ensure that this hard working organ continues to beat as effectively as it needs. There is a certain amount of evidence that suggests NAC can reduce the levels of certain compounds such as homocysteine which are linked to cardiac diseases. Being a potent antioxidant, NAC may also prevent oxidation and prevent the build -up of LDL or the bad cholesterol.

8. TO PROTECT AGAINST ENVIRONMENTAL TOXINS

The antioxidant, glutathione, which NAC helps generate helps to protect the body against environmental toxins and promotes their removal via the liver. The kinds of toxic substances that NAC can help combat include chloroform, chromium, carbon monoxide, mercury and alcohol.

9. MULTIPLE SCLEROSIS

There is some speculation that NAC can help slow down the progression of the disease although there is no scientific evidence to back up these theories. The rationale is that multiple sclerosis is a degenerative condition and one of the contributory factors is oxidative stress caused by depleted glutathione levels.

10. PARKINSON'S DISEASE

As with multiple sclerosis, there is a link between reduced glutathione levels and Parkinson's. Theoretically at least, boosting the body's antioxidant levels through the increased production of glutathione may slow down the progress of the illness and preventing degenerative nerve damage.

11. MENTAL HEALTH

Over recent years, there have been some very promising studies into the effects of NAC supplements on a variety of mental health issues including bipolar disorder, schizophrenia and a very difficult to treat condition called trichotillomania which involves the compulsive pulling of hair.

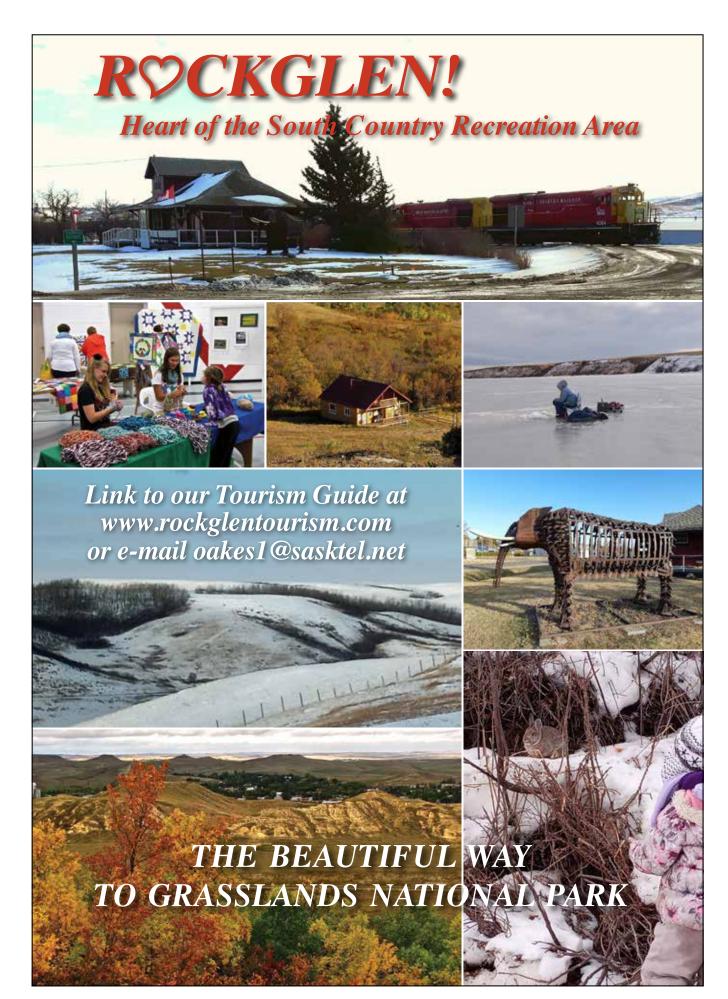
Precautions and Tips:

- As long as NAC is taken according to the recommended dose, there have been no reported side effects and it is regarded as a safe supplement. However, when taken in very high doses NAC might cause certain gastrointestinal issues including pain, vomiting, rash and fever.
- In certain healthy individuals, it is possible for NAC taken in high doses to act as a pro oxidant as opposed to an anti-oxidant and actually reduce glutathione levels rather than increase them. Some caution should therefore be exercised by healthy individuals before taking NAC supplements.
- There is insufficient scientific data regarding their safety for pregnant women or nursing mothers so caution should be exercised.
- There are no known drug interactions with NAC.
- Supplementing with NAC over an extended period leads to the excretion of copper through the urine. Therefore if you are using it over the long term, you should add copper and zinc supplements to your daily treatment regimen.

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n global terms, we understand that the changing global demographics and environmental challenges means the need to supply more food, more ___ efficiently. The dairy sector has long recognized that sustainability encompasses various elements, including the environment, socio-economic aspects, and nutrition. It is not just about feeding the world a certain number of calories, it is about nourishing people with nutrient-rich food, like milk and dairy, that encourages optimal growth and performance.

Dairy is one of the basic building blocks of a sustainable diet in most countries. Dairy foods provide many essential nutrients, including high quality protein; they are accessible, convenient and affordable. Moreover, dairy cows convert often inedible or less nutritious foodstuffs and by-products from other food production into highly nutritious food that helps people to thrive.

In addition to being a regular source of nutrition to 6 billion consumers around the world, with 150 million dairy farms globally, the UN estimates that 1 billion people rely on the dairy sector to support their livelihoods and to sustain their local communities.

The dairy sector has an established record of embracing new practices and is an active participant in implementing innovative solutions to feed the world. As stewards of the planet, dairy farmers are constantly seeking ways to efficiently produce better food while reducing environmental impacts, caring responsibly for their animals and making the land better for the next generation.

On a Canadian level, we are proud to say that dairy farming in Canada is efficient, productive, sustainable, and continues to

innovate. In fact:

- Milk production per cow has nearly tripled since
- Cows produce 13% more milk in 2018 than in
- It takes 11% less land to produce the feed needed to produce a litre of milk in 2016 vs 2011. Canadian dairy farmers have achieved these efficiencies in part due to adopting advanced farm practices, precise land management, and improved cow genetics, feed, and comfort.

Also, the Canadian dairy farming sector has one of the lowest environmental footprints in the world:

- Each litre of milk produced in Canada emits about one-third of greenhouse gas emitted on average by dairy production in the world;
- Greenhouse gas emissions from the production of a litre of milk in Canada decreased by 23% between 1990 and 2016, and the carbon footprint of a litre of milk produced in Canada decreased by 7% from 2011 to 2016. Canadian dairy production uses only a small part of Canada's natural resources, consuming 0.02% of the freshwater supply of the southern part of Canada, using less than 3% of agricultural land despite being one of the largest agricultural sectors economically, and accounts for only 1.3% of all of Canada's greenhouse gas emissions. Also, Canadian dairy production is responsible for about 1% of Canada's total GHG emissions. This is minimal compared to other important sectors, such as road transportation (20.3%), energy used in homes (5.5%) production of electricity and heat (11.9%) or manufacturing (6%). Saskatchewan dairy farmers strive to adopt best practices and invest in new technology to improve productivity, reduce environmental impact, and improve the sustainability of our farms.



s workplaces continue to adjust to COVID-19 and its impacts on the world, there has been an emphasis on working from home, where possible, to try and maintain as much productivity as is feasible.

"Many workplaces — including ours at the Canada Safety Council – are leaning heavily on a remote workforce," said Gareth Jones, President and CEO of the Canada Safety Council. "But moving from an office work environment to a home environment can present a new set of challenges that can easily be overlooked".

"Check your posture often. Make it a conscious part of your routine to make sure you are comfortable and well-positioned."

Ergonomics

Home offices are not always set up with the most ergonomically-friendly settings. Especially given the rapid transition to working from home — our new norm — many home offices are makeshift or, worse, nonexistent. Your health and safety is important. Giving thought to your ergonomics can help you be proactive in preventing pain, posture issues and longterm health concerns.

Check your posture often. Make it a conscious part of your routine to make sure you are comfortable and well-positioned. This includes ensuring that the small of your back is supported, your head is upright and forward, that your shoulders are relaxed, your arms are parallel to the work surface, your feet are flat on the floor and that you are not putting undue

pressure on your thighs by leaning too far forward. If you find yourself uncomfortable more often than not, consider investing in an ergonomic chair.

Frequent mini-breaks can also be helpful in getting the blood flowing and keeping your body in motion. According to the Canadian Centre for Occupational Health and Safety, prolonged sitting can cause long-term health problems including back pain, muscle tenderness and aches. It is also associated with diabetes and heart disease. Break up these prolonged sessions, then, by going for quick walks around the house or outside if safe to do so.

Cyber Safety

As we lean heavily on the Internet to remain connected, it's important to reiterate a few safety tips to keep you, your identity and your personal information safe online:

- Use security software that protects from internet threats including malware and virus. Maintain the most current updates to the operating system and applications. Often the most current versions of software include security updates.
- Limit what you share online. If you're filling out a form that requires sensitive information, ensure that there is a padlock next to the website's address, indicating it is a secure connection. Double-check the website's address, too, to make sure you know and are comfortable with the source.
- Be wary of any unsolicited calls or emails requiring information from you. If you have to share information with an organization or individual, make sure you're the one who initiated the contact using listed contact information.
- Set strong and unique passwords for your accounts to make it difficult for would-be hackers to access your information. Two-factor authentication is also an effective deterrent against would-be malicious actors. This involves confirming your identity with a code sent to your device or email in addition to your username and password.

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Many memories have been made between these walls! Hundreds of dogs, cats and the occasional rodent! We have travelled to Europe, England, US, and all over Canada competing, learning and teaching so we could bring our newfound knowledge back to our clients! We had a hand in hosting 3 years of grooming competitions under the name Saskatchewan's Finest here in Saskatoon! Many skilled groomers have been taught between these walls and many skilled groomers have come to work here as well. Each employee left their mark and made this business thrive and excel so we can proudly provide excellence to our clients.

Lorna Phillips started Dogs Life in 2001 dogs she has been grooming pets in Saskatoon for 31 years. She started competing in 2007 with great success placing in competitions across the globe, teaching seminars, volunteering at grooming shows and pushing her limits has been a life changing experience. Lorna earned a spot competing for Groom Team Canada in Belgium 2017. At that time she was ranked 2nd top competitive groomer in Canada. She helped found a nonprofit organization called Groom Team Canada. Their function is to track points for competitive groomers across Canada.



Pet Grooming is physically strenuous and can be emotionally challenging. Lorna has worked hard over the years building her business into what it is today, she is proud of the industry and excited for the future!

She has 2 daughters who both are both successful groomers and is excited to add 2 sons in law and 3 grandbabies to her family. She lives west of Saskatoon on an acreage with her dogs, horses and many other critters!

We have added Farm fresh Pet foods dog treats and Evolution Raw pet Food to our shop plus some grooming items to help pet owners out at home.



In appreciation to our clients we are giving back 20 days of city wide sponsored prizes! We are so thankful to the local businesses that sponsored and hope you take part in the fun!

Come in to the salon to enter or enter on Facebook or Instagram!

IT'S A DOGS LIFE PET SPA #6 - 1025 Boychuk Dr, Saskatoon (306) 651-3023 | dogslifespa.ca









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