

Suddenly Saskatchewan


MAGAZINE | FALL 2023




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Resort & Mineral Spa

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Eyes to the Skies



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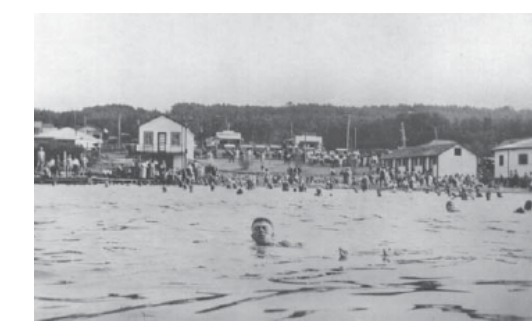
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The History of Manitou Beach

The Beach attracted many tourists at the beginning of the 20th century. The Beach is nestled in a glacier-scooped valley on Highway 365, three miles north of Watrous, Saskatchewan. Manitou Springs Resort is located between the Trans-Canada Highway (#1) and the Yellowhead Highway (#16). It is midway between the Alberta and Manitoba borders, 116 kms south-east of Saskatoon and 185 kms north of Regina. Little Manitou Lake is 14 miles long and about a mile wide.

The east and west beaches always seemed to be competing with each other and became rivals. Some would say this interfered with the growth of Manitou Beach but may also have spurred it on. In the 1920s and 30s, both sides of the beach were busy with the east beach being more popular.



In the 1930s, Saskatchewan was hit hard with drought, grasshoppers and poor wheat prices. Temperatures reached 100 degrees Fahrenheit. When the depression hit, crowds stopped coming. Those that did come, didn't have much money to spend. They just wanted a cool dip in the water because the weather was hot and dry.

By the 1940s the resort was in deep trouble. Mysterious fires happened. Clinics lost their patients. Many buildings were torn down because they couldn't be maintained anymore. And the lake was receding. The change in travel habits of North American people also caused the resort to decline. Airplanes were invented and therefore long distance travel was no longer a hardship. Tourists were drawn to the warmer coastal or tropical resorts. Recreational vehicles became popular. Holiday travel went on wheels.



Manitou Beach and its activities remained at a lower level for years awaiting rejuvenation in the late 1980s and 90s.

Don't fight it...relax....and you really can float on your back and read a newspaper without getting it wet. The water is also very refreshing. The specific gravity of 1.06 (density compared to water) makes you buoyant.

The chemical properties of the water are unique. The water is many times more buoyant than fresh water, making it very safe for swimming. The temperature of the water is a factor affecting the salinity.

Little Manitou Lake has many of the same natural qualities as the Dead Sea. Visitors take advantage of the buoyancy to do physiotherapeutic exercises that help ease aching joints. It contains more magnesium which is good for the skin and bronchial passages and contains more iodine, which is beneficial for certain glandular functions.

The minerals in the water make the colour look metallic bronze.

There is no research data to prove its healing qualities, but many medical claims speak of how good it is for: arthritis, rheumatism, joint problems, skin conditions (eczema and psoriasis). If you have the slightest scratch or cut, one dip into the water makes the sore heal up really fast.

Natural oils were extracted from the lake and made into hair tonic and toothpaste. Residents harvested the mineral salts and sold them to drug stores across Saskatchewan. Mud packs were also applied to sore muscles and joints.

...Continued on page 30



Manitou Springs

Resort and Mineral Spa

Come step into a new world...

Manitou Beach has been a popular location for people of all ages to comes and soak away their soreness or just to relax. We are located in the heart of the prairies at Manitou Beach.

There is the First Nations well known legend of the sick men left to die as the tribe continued on, only to return to find them alive and well. From the roaring



20's famous destination visit, to today's generation of healing, wellness and self care.

The unique mineral water, similar to the Dead Sea of Israel, is naturally filled with minerals such as Magnesium, Sulphate, Potassium, Calcium and more that makes a person buoyant in the water. This allows for special movement in the water for those who suffer from arthritis, fibromyalgia, and more.

“

The unique mineral water similar to the Dead Sea of Israel is naturally filled with minerals.

Manitou Springs Resort and Mineral Spa has 105 hotel rooms, mineral water pool, dining room, and more under one roof. Once you are in the building you have everything you need which is perfect for a winter stay-cation, or a winter conference, reunion or gathering!! This unique spa with mineral waters from Little Manitou Lake is pumped into our pools, where

we heat the filter and heat our pool to 3 different temperatures: 35°C, 37°C and 40°C. The Water's Edge dining room overlooks the rolling hills that cradle the lake to enjoy every season with every meal. Water Crest Café is located with access from either pool side or spa lobby side for your convenience.

We also have a Terrace Patio for drinks and food to enjoy in the summer months.

Continued...





Our meeting centre has three different sized meeting rooms to accommodate 5-80+ guests and is open year round for a wide variety of events. With on site catering, it makes this facility a perfect location for meetings,



conferences, weddings and family gatherings.

While you are staying at the Mineral Spa, you can take time to adventure on the nature trails, go cross country skiing, enjoy the Manitou Golf Course, Mercer's Mini Golf, Murray's Disc Golf in

addition to the Salty Cinema Drive-In (seasonal, weather permitting). All year you can enjoy entertainment at Danceland with live music and dancing to make your visit

complete. Historical plaques are located around Manitou Beach for history buffs to read. Horseshoe Pits, Ball Diamonds, Off Leash Dog Park, Tennis Courts, and a highly recommended walk through Wellington Park and the Labyrinth. Sask Abilities Camp Easter Seal is also a part of Manitou Beach. Tours can be arranged.

Festivals that are a part of Manitou Beach include The Salt Shaker Festival, Manitou Beach Busking Festival, Manitou Beach Literary Festival, Manitou Beach Chainsaw Carving Festival, Spirit of Manitou Studio Trail.

Being in the center of Saskatchewan also makes us close to everyone in Saskatchewan. Distances to Manitou Beach: 110 km from Saskatoon, 180 km from Regina, 156 km from Moose Jaw, 188 km from Prince Albert, 253 km from Yorkton.

Legend of Manitou's Healing Water

This legend was told by Dan Kennedy of the Assiniboine Reserve. "In the pre-reservation days, at the turn of the last century, severe epidemics of small pox almost wiped out large tribes of the Crees. When we first broke sod in the district where the Assiniboia Reserve is now located, it was not unusual to turn over several skulls each day. They were the skulls of smallpox victims.

The Crees were winter-bound when this epidemic raged among the tribesmen, but as soon as spring broke, the survivors headed for the Saskatchewan River. On their way, three of the braves became ill. When the tribe camped at Manitou Lake they were too weak to go any further. They built shelters for the sick men and left them while the tribe moved on.



“
He told the good news to his fellow companions and dragged them to the lake shore.

his burning thirst and cool his fever. He lay along the shore and drank deeply of the waters, bathed his face and body, but was too weak to crawl back to the shelter. He lay there until the next morning. To his surprise he found that the fever had left him. He told the good news to his fellow companions and dragged them to the lake shore. There he told them to drink and bathe themselves until they too were cured.

A few days later they caught up with their fellow tribesmen who could not believe that these were the men they had left behind. It took a lot of convincing to make them believe that they were not seeing the ghosts of the three braves."

Originally printed in Prairie Reflections



Crazed by fever, one of the men managed to crawl to the shore of the lake to appease

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A Danceland for Everyone

Dancing has always been popular on Manitou Beach. At one time there were three dance halls going seven days a week including a midnight frolic on Sunday night. The first dance hall was built in 1919 but was torn down to make way for Danceland, built by Mr and Mrs Wellington White from Moose Jaw. Jitney dances were popular – the men bought tickets for ten cents each dance or three for a quarter and turned them into the floor walker who collected them. People got into the hall free of charge but the floor was roped off. Jitney tickets and other historical articles are on display at Danceland. Guy Watkins was on the top bands at the time. Other artists through the years were Wilf Carter, Don Messer and his Islanders, Bobby Gimby of the Happy Gang fame, the Inkspots and Mart Kenney who was back in 1996 for a big band dance. There have been many through the years that have kept Danceland operating. The current owners are Arnold and Millie Strueby who purchased it in 2001 and continue to operate it as a year-round facility. It is currently leased.

Millie and Arnie Strueby (middle row, center and right) were a married couple, when they made the decision to buy Danceland. At the time they were playing in Danceland's house band, *The Decades*.

The couple have invested a lot of work into the unique Saskatchewan spot, which sits close beside Little Manitou Lake near Watrous SK, a small town approximately 1 hour east of Saskatoon.

Millie recalls that they were very busy. "It was more like a carnival atmosphere and everybody's happy. Dancing makes people happy. They come happy, they go home happy. We had polka fests where we had people at the back of the stage, sitting on carpets, because we didn't have anymore chairs."

The promise of good times and dancing has drawn people to the resort village of Manitou Beach for many years. Millie comments, "In the 1920s and '30s, thousands of people from all over the country flocked to Manitou Beach in the middle of the Prairies, coming by car, bus and train to swim in Little Manitou, not only for the music."

Even though the '30s were the time of the depression, it couldn't stop people from coming there to have fun from all over the country, and to Little Manitou Lake's salty water little beach. It was the "Pride of the Prairies," renowned for its healing powers and often called the Dead Sea of Canada.

Photo provided courtesy of Millie Strueby



“I foresee dancing going on forever.”

Entrepreneurs and businesses over the next years, developed Danceland making it even bigger, innovative and more popular. The population has grown in recent years. Manitou Beach is well known as a unique place. On weekends the resort village of a few hundred people often expands a younger crowd to a few thousand. Danceland is still one of the most sought after venues. "Even though music has changed, change is good", she says. "Dancing has never died", Millie says. "As dancing and music changes so will the schedule change to appeal to all age groups young and older. I foresee dancing going on forever," she said.

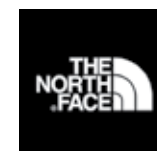
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INDY EVA





Photo by: Chris Benson/DUC

Eyes to the skies in Saskatchewan

Richness of natural areas makes this a top spot for fall birdwatching

By Suzanne Joyce, Ducks Unlimited Canada

There's something about the sight of a flock of geese flying over that makes you pause for a moment and observe: the obvious, if often lopsided, V-shape; the coordinated cadence of honking; and—if they're flying low enough—the whooshing sound of beating wings. It seems the larger the number of birds and more prolonged the experience, the deeper our sense of wonder. In observing migration, we're witnessing a pattern that's both timeless and predictable.

“The colour combination of blue-winged teal against a cerulean sky and autumn leaves can't be beat!

And there are few better places to experience this biannual spectacle than Saskatchewan. Particularly noticeable in fall, our airspace fills with geese, as well as ducks, cranes, shorebirds and countless

other bird species. We've earned our reputation as the land of the living skies!

Generally, birds migrate in order to travel from areas of scarcity to those of abundance. Many species fly north to Canada each spring to take advantage of ample space for breeding and food for offspring. Once the breeding season is over and the weather chills, most return to the south where the living is easier, and they can replenish themselves to do it all again the following year.

Saskatchewan: It's about the food

In Saskatchewan, we're fortunate to be at the confluence of two major migratory pathways used by birds, the Mississippi and Central flyways, making our province a particularly busy one for birdwatching. Intrinsic to these flyways and key to the success of the species that use them, are several staging areas where birds feed to build up energy reserves and prepare for the next leg of their journey.

Some of the most extraordinary bird tales relate to the antics at these migratory staging areas! Take for example the Wilson's phalarope, a species of small shorebird that breeds in prairie marshes and winters in South America. Phalaropes stop at several crustacean-rich saline lakes on their journey and have been known to gorge themselves to the point of being unable to fly for short periods of time.

Saskatchewan has its fair share of these critical staging areas, largely thanks to our location in North America's Prairie Pothole Region, a zone peppered with numerous pothole wetlands and saline lakes left by receding glaciers. The essential role that Saskatchewan habitats play in supporting thriving bird populations is evidenced by the fact that we have three of Canada's seven Western Hemispheric Shorebird Reserve Network (WHSRN) sites (at Last Mountain Lake, the Quill Lakes and the complex of Chaplin, Old Wives and Reed Lakes) and 53 Important Bird Areas (IBAs)!

Along with the sheer number of birds that can be seen flying the skies of Saskatchewan in fall, there



Photo by: Jeopie Wolfe/DUC

Wilson's phalaropes can sometimes be seen spinning round and round in nutrient-rich waters like this prairie wetland, creating whirlpools that stir up the small invertebrates they eat.

Conserving habitat is key

Today, technology is helping researchers learn more about the path taken by migratory birds—and the importance of food-rich stopover habitats to the success of species like the whooping crane. In 2017, scientists fit a six-month-old whooper with a satellite-based telemetry unit. They found that the young bird, accompanied by its parents, made the 4000 km journey in 53 days, with ten stopovers in areas with high quality wetlands and prairies.



Photo by: Nathaniel Hak/DUC

Whooping cranes can often be spotted migrating through Saskatchewan in groups with sandhill cranes. There are currently about 536 whoopers in the wild.

are some far less numerous but even more exciting ones. Roughly 536 endangered whooping cranes were recently enroute from their breeding grounds in northern Canada to the Aransas National Wildlife Refuge in Texas. And they traveled right through Saskatchewan.



Photo by: Kelly Rempel/DUC

Massive flocks of snow geese fly through Saskatchewan each year on their way to and from the Arctic.

In fact, the kind of next-level migration experience that we enjoy in our province is largely due to the critical wetland and grassland habitats found here. And by—together—working to restore and maintain these much-needed avian assets, we're helping ensure that this timeless spectacle will remain just that.



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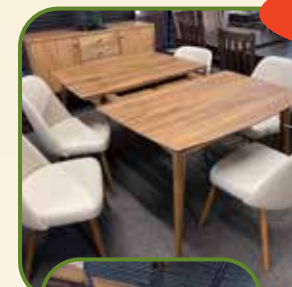
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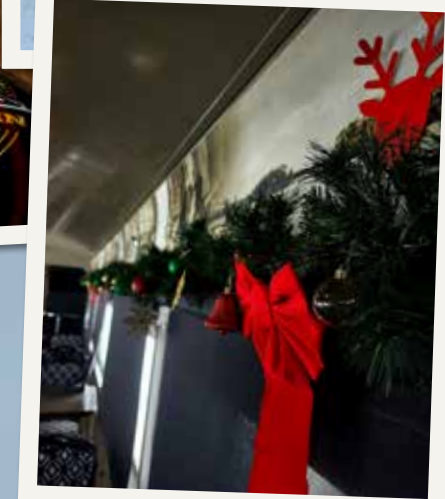
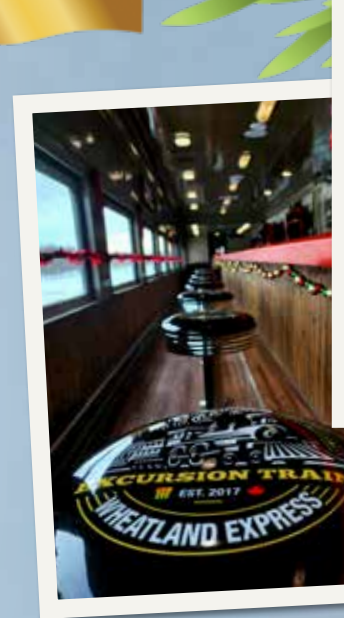
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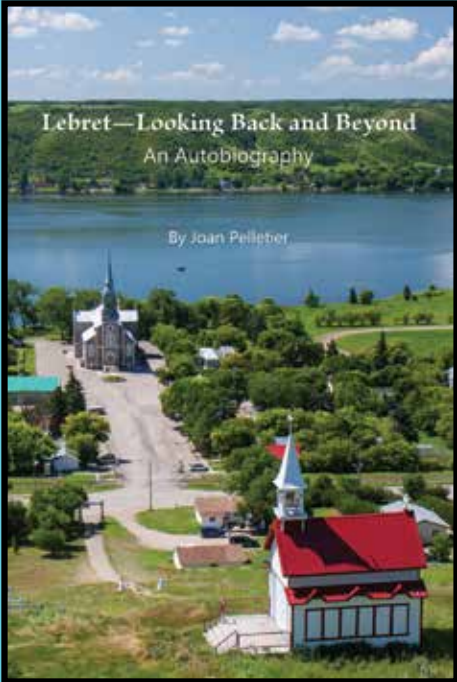


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ISBN: 978-1-988011-22-6

kôhkominawak ocihcîwâwa – Our Grandmothers' Hands: Repatriating Métis Material Art by Gregory Scofield contains photographs and details on over 100 “Grandmothers,” as Gregory refers to them. Gregory has repatriated Métis artifacts from across the world, from coast to coast in Canada, to England and Scotland, bringing the grandmothers home, and is sharing these grandmothers with everyone through this beautiful book. This resource also contains a historical overview by Sherry Farrell Racette.



Author: Joan Pelletier
Price: \$25.00
ISBN: 978-1-988011-30-1

Lebret—Looking Back and Beyond is a poignant coming-of-age memoir of growing up as a Michif child in Lebret, Saskatchewan. Rich in stories and memory, Lebret is steeped in Michif culture and was the site of several Métis road allowance communities and a government-run Métis rehabilitative farm. First-time author Joan Pelletier takes readers back to a simpler, gentler time and place before the devastating disruption of having to leave her loving, supportive Michif family and road allowance community for the unfriendly and unfamiliar confines of the big city.

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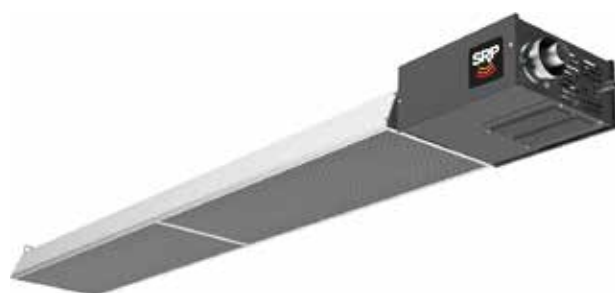


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Who is the Saskatchewan Advocate for Children and Youth? And When Should You Call?

everyday work. The office has a particular focus on the needs of young people who are vulnerable or disadvantaged.

ACY staff often hear from young people who receive social services, like foster care, for example. In these cases, regional advocates listen closely to what the youth needs – such as reconnecting with family, community, or their culture. Advocacy cases are youth-led with a goal to understand their concerns and needs, and ACY staff either help them selfadvocate or work with them and the government body involved to advocate for their rights and goals.

Sometimes issues come to the Advocate's attention that leads to an investigation, such as hearing about ongoing concerns about the state of mental health and addictions services for youth in Saskatchewan. In this case, the Advocate launched an investigation on this issue. ACY staff interviewed nearly 500 people throughout the province, including youth, caregivers, professionals involved in providing mental health and addictions services, and those in other child-serving systems. The results were made public in a report called *Desperately Waiting*, that includes 14 recommendations to improve these services. The Advocate is monitoring the government's

commitment to implementing these recommendations.

Another important aspect of the ACY's role is providing public education through presentations, workshops, and educational materials. ACY staff regularly reach out and engage with children and youth across the province to help them learn about their rights. Starting in 2022, ACY staff began teaching self-advocacy skills to youth using its newly developed *Speak For Yourself* workshop. Classrooms across the province are raving about these sessions and signing up for more. ACY staff also teach about children's rights to child-serving professionals.

As the Saskatchewan Advocate for Children and Youth, Dr. Broda knows there are still too many young people who don't know about their rights, and too many people who don't realize the ACY may be able to help advocate for those rights. Anyone can call when concerned about children's rights. All calls are confidential.

Learn more about the ACY at www.saskadvocate.ca or call **(306) 933-6700** or toll free **1-800-322-7221**.



There are approximately 275,000 children and youth in Saskatchewan under the age of 18, who are from varied cultural, health, social and economic backgrounds. These young people receive services from the government of Saskatchewan by going to school, receiving health care, or being involved in the social services or justice systems. Often the service they receive is satisfactory. But what can youth do when they, or their caregivers, believe those services have not met their needs or upheld their rights?

Meet Dr. Lisa Broda, the Saskatchewan Advocate for Children and Youth. She and her team of professionals are independent from the part of provincial government that provides services to young people. The Advocate for Children and Youth (ACY) office has oversight of these child-serving systems and advocates for the rights, well-being, safety, and voices of children and youth in Saskatchewan.

ACY staff make children and youth the priority in their



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TO GRASSLANDS NATIONAL PARK**

Rockglen's Unique Regional Paleontology



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

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

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

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

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



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

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





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VISITOR INFORMATION CENTRE 306.642.5353
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www.dogslifespa.ca

Grooming Basics

Through education, It's A Dogs Life provides quality care with compassion

THE MATTED PET

If your pets have not been combed and brushed every few days, they may already be in trouble! The tangled hair can be so extensive that it cannot be combed out, preventing air from reaching the skin, and causing bruising and skin irritation.

Severe matting forms a kind of pelt on the pet that can be sheared off in large pieces. Moisture on a matted dog or cat can make the matting worse, as the fur dries and shrinks like felted wool, adhering more tightly to the skin, trapping moisture in.

Prevention of mats is vital to an animal's well-being. The matted animal is impatient; shaving is tedious, dangerous, and time-consuming. Shaving a matted animal is stressful to both the groomer and the animal, and the chances of injury from sharp blades are very high.

If you notice your pet's hair becoming matted and act quickly, a trained groomer may be able to save the coat by de-matting. Removing mats takes a great deal of time and patience and is often uncomfortable for the pet, so don't be surprised if that visit to the salon is more expensive than anticipated.

THE SHEDDING COAT

Shedding is seasonal—usually occurring every spring and fall and related primarily in changes to the duration and intensity of

sunlight. House dogs are exposed to long hours of artificial light and it sometimes seems as if they never quit shedding. Most dogs shed at least once a year and do not shed their coats evenly. Some have a double coat composed of a long outer coat of 'guard' hairs and an undercoat of softer or shorter hair. When a dog with this type of coat begins to shed, the inner coat may come out in a patchy fashion and your dog may look quite moth-eaten!



Dead hair next to the skin is irritating and can lead to an itch/scratch cycle that can damage the skin and cause further problems. If left alone for too long, excessive matting can occur and will make it very painful for the dog to be brushed out and more expensive for the owner.

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The Chalet opened in 1929 or 30. The pool was built on the west beach and operated for a year without a roof. It was the largest indoor pool of its kind in North America. Admission was 25 cents to take a dip and then stay all day. An advertisement on July 6, 1933 read: "Canada's Finest Resort Natatorium. Endeavors at all times to maintain a high standard of efficiency, pleasure and sanitation. To ensure this standard the pool is completely drained, scrubbed and refilled every Monday morning – 80,000 gallons circulating daily. Programs for Holidayers, Pillow Fights, Water Polo, Living Statues – stunts every Sunday, and Tub Races. Admission: 25 cents – no equipment; 40 cents with suit. Children under 14 – 15 cents."

In October of 1983 the Chalet Pool was destroyed by fire. In December of 1987, the Manitou Springs Mineral Spa, which is still operating in 1996, opened to the public as a four-season facility. Water was channeled from Little Manitou Lake, filtered, cleaned,

then pumped into three pools. Each pool is heated to a temperature ranging from 94 to 100 degrees Fahrenheit. Whirlpool jets are also installed. Since the Spa started to filter the water, there are no more little shrimp swimming around you as there had been in the Chalet.



The Spa was so successful that in July of 1990 plans to build a new 60-room hotel and convention facility were underway. The new Manitou Springs Hotel opened its doors for business on September 1, 1991.

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