

# Suddenly Saskatchewan

MAGAZINE | SPRING 2018

## The House that **LOVE** Built

Ronald McDonald House Charities provide support to families of sick children



**Dead Sea of Canada**  
Visit Manitou Beach, SK

**Free Gardening Advice**  
Hotline welcomes questions



Hosted by the University of Saskatchewan



**We build kitchens...**

& design solutions for EVERY ROOM in your home.

OAKLAND SUPPLY LTD.  
2950 Millar Avenue • Saskatoon SK S7K 5X7

306.242.6333

oakland2007@hotmail.com





**& We build kitchens...**  
design solutions for EVERY ROOM in your home.



COVER PHOTO: Courtesy, (RMHC) Ronald McDonald House Charities Saskatchewan

# Sudden! Saskatchewan MAGAZINE

**Sudden! Saskatchewan...** is the place to be—even according to the *New York Times*. As recently as January 2018 the prestigious newspaper published an interactive feature listing the top 52 places in the world to visit in 2018, and the lone Canadian destination to make the list is Saskatoon.

We are no longer a surprise. It was only several years ago Saskatchewan was boasting the fastest economic growth rate of any Canadian province. There were record hits on the Province's website. We were suddenly a "have" province. Even though the province's growth has dipped a bit due to certain revenues recently, we are still as Suzy Amis Cameron (James Cameron's wife) states, "progressive"—convincing them to invest in a huge organic pea processing plant in Vanscoy, Saskatchewan, west of Saskatoon.

Another newspaper a short while ago *USA Today*, named Saskatoon, among the nominees in the newspaper's Readers' Choice 2017, "Best Destination in Canada" in an online poll, and Saskatoon even got a mention earlier in the *New York Times* travel section. That never used to be.

Just recently we also built the "new progressive" Mosaic Stadium, winning in several ways while attracting players who suddenly, want to come here.

Every year now we make news on and off the field. It's happening so frequently now, that we are expecting positive reports to increase "**suddenly.**"



15



4



18



24

Copyright & Disclaimer: The material distributed in the *Sudden! Saskatchewan Magazine* is for information purposes only. *Sudden! 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 *Sudden! Saskatchewan Magazine*. Therefore, *Sudden! 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 *Sudden! Saskatchewan Magazine*  
All rights reserved.

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

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

## FEATURES

- 4 THE HOUSE THAT LOVE BUILT**  
Ronald McDonald House Charities Saskatchewan provides a supportive home-like environment to families of sick children.
- 10 THE 17<sup>TH</sup> BIENNIAL SYMPOSIUM ON VIOLENCE & AGGRESSION**  
A collaborative effort of the Regional Psychiatric Centre, Correctional Service Canada, and the University of Saskatchewan.
- 13 SIGNS OF MAGNESIUM DEFICIENCY**  
Your intake of magnesium may be lower than the recommended amounts. Are you at risk of being deficient?
- 15 REDEFINE YOUR PERSONAL POTENTIAL**  
A signature approach of uniquely blending psychosomatic in-depth body language and lifestyle awareness along with intuitive horsemanship.
- 18 GET FREE GARDENING HELP FROM THE UoF**  
Long-running Gardenline program welcomes questions from home gardeners.
- 24 THE DEAD SEA OF CANADA**  
Little Manitou Lake in Saskatchewan is so rich in minerals that it is considered to have medicinal properties.
- 28 MOTORCYCLE SAFETY**  
Eight tips from the Canada Safety Council to help you get to your destination safely.

**INSTOCK FURNITURE 30% OFF**



Large instock selection of railing, spindles & posts.

We customize and machine interior doors.



# The House that **LOVE** Built

**Ronald McDonald House Charities Saskatchewan (RMHC – SK) provides a supportive home-like environment in both our House in Saskatoon and our Family Room in the Victoria Hospital in Prince Albert to support families of sick children.**

**R**MHC – SK plays an essential role in improving a child’s health and well being through Family Centered Care. Research shows, patient outcomes are improved with the family’s presence and support both in the hospital and when families are near their sick child. A family functioning cohesively and who is not in a state of crisis is better equipped to assist their child with the demands of illness. Staying close by allows parents and caregivers to better communicate with their child’s medical team which improves adherence to complicated treatment plans. With the focus on Family Centered Care, families can become part of the health care team by providing emotional support, monitoring ongoing health, advocating on behalf of

their child, and understanding their child’s long term health-care needs. Through the work of Ronald McDonald Houses and Family Rooms we support this collaboration to help keep families close so they are better equipped to care for their child.

## The HOUSE

At the Ronald McDonald House located in Saskatoon, we focus on providing accommodation for families of sick children receiving medical treatment for a requested contribution of \$10/night, but more significantly, RMHC-SK prides itself on maintaining a warm, comfortable and safe atmosphere where families have the opportunity to connect with other families in similar situations. Through the doors of our House, you will find families struggling with a child’s fragile health or



celebrating healing milestones while at the same time dealing with the routine necessities of everyday life. Over the past 33 years we have been able to support over 22,000 families in this province. But in addition to accommodations, RMHC-SK provides a variety of family supports including our Generous Helping Food program which includes breakfasts 4 days a week, dinners 3 times a week and access to community pantry food



that helps in providing nutritious snacks for long days at the hospital. Our food program also supports volunteer bakers who come to the house to provide daily baking that is both comfort food and wholesome. The Generous Helping Food program provides families with healthy, nutritious meal options and reduces the stress of planning and preparation for their family. Other supports that are present in the House include weekly pet therapy visits, expressive art therapy, massages and various other comforts aimed at easing the stress and burden of supporting a sick child.

Since 1985, RMHC – SK has supported families from across the province which started as a 13 bedroom bed and breakfast facility is now a 42,000 square foot home with 34 guestrooms and expanded living space to address the demand in the province of families requiring support. Now we can offer families 2 large kitchens with seven designated work stations, two maternal baby care rooms, and 6 large gathering spaces, with additional play room focused on children and youth. Designated laundry rooms with 2 washers

and 2 dryers on each floor, where families have access to this facility anytime they require. Special gifts for families upon check-out include a handmade quilt provided by quilters from all over Saskatchewan, and a gift of a toy for the children (siblings and patients) of the house to help create the joy of childhood during difficult times.

*“Through the doors of our House, you will find families struggling with a child’s fragile health or celebrating healing milestones.”*

Families staying at the house are comprised of parents, siblings and/or extended family of children receiving medical care in Saskatoon, who live 40km outside of Saskatoon. They can stay for a night, a week, or months and are welcome to stay as long as their child is receiving medical care in Saskatoon. Accommodation at the House ensures a reduced financial burden for families associated with a stay away from home.

RMHC - SK relies on community support from donors and volunteers. With nearly 300 volunteers who bring their support to the House in so many ways, we are able to bring the programs to families of the House and the Family Room that they require the most. In 2017, our volunteers gave 9220 hours of service to the families and the organization which includes serving 3228 people at breakfast and 4671 people at dinner. ▶



## The FAMILY ROOM

In addition to the House, RMHC-SK opened its' first Family Room on September 27th, 2016 in the Prince Albert Victoria Hospital. On average, RMHC-SK supports over 2200 families annually from every corner of the province through our House in Saskatoon and our Family Room in Prince Albert.



The Ronald McDonald Family Room program in Prince Albert is an extension of RMHC-SK (and the House in Saskatoon) and provides a quiet retreat from the medical setting but is just steps away from their sick child. Since opening the Ronald McDonald Family Room in September, the Family Room has supported over 3,200 families who have had 11,500 visits. That's a lot of care, compassion and coffee!

At the end of the hall on the Pediatrics Unit, this 1300 square foot space has been carefully designed and decorated to contribute to a families' mental and physical wellbeing during a stressful time. The Ronald McDonald Family Room is similar to a home and here are a few features:



- Quiet living room with a TV and fireplace
- Kitchenette with coffee, tea, fresh baking and a variety of healthy snacks
- Dining space
- Sleeping nooks
- Play space for kids
- Arts and craft opportunities
- Private bathroom and shower
- Laundry facility
- Phone, computer and complimentary Wi-Fi
- And most importantly, an opportunity to chat with staff, volunteers and other families



mentioning the unwavering support of Family Room staff and volunteers who through their time, energy and support provide a warm, supportive and inviting space for all entering our doors. In 2017 we were supported by 27 volunteers who gave 3,290 hours of time, hosted 23 movie nights, brewed over 1,100 pots of coffee and baked 160 batches of cookies. And the efforts don't go unnoticed, one family wrote. . . "the Ronald McDonald Family Room made the stay in the Hospital not so lonely. Seeing happy faces and children lift my heart. Very comfy, clean and appreciated from the bottom of my heart. This place saved me many tears of loneliness. A million thanks."

The Family Room is available to families 7 days a week 365 days a year, between the hours of 9am and 9pm and is offered at no cost to the families of sick children admitted in the hospital. Support from the Saskatchewan Health Authority and Prince Albert community, in particular, has been both incredible and instrumental in programming and ongoing operations.

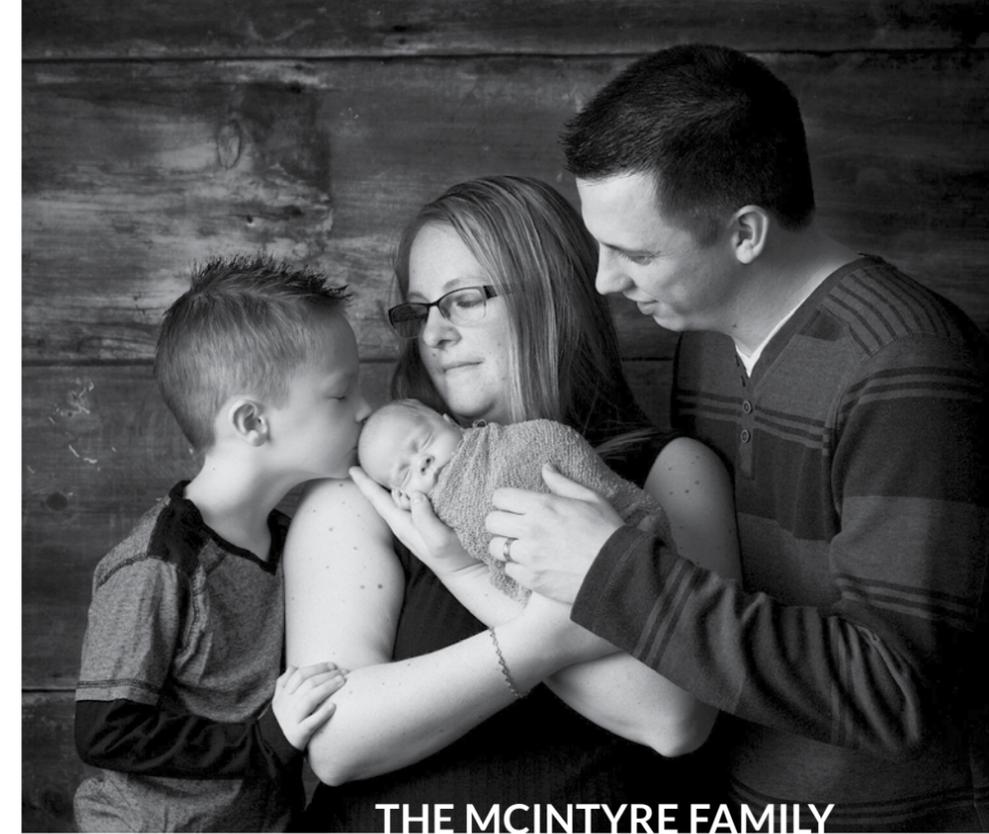
Of course, you can't talk about Family Room operations without



## How RMHC-SK Operates

In order to fully operate both the House in Saskatoon and the Family Room in Prince Albert RMHC – SK receives funding through a variety of sources including McDonald's – our Founding and Forever Partner, corporate & individual donors and third-party fundraising events and activities from around the province. Through McDonald's corporate giving strategy, all the funds raised through McDonald's programs throughout the province, which includes coin boxes in restaurants, \$0.10 on every Happy Meal sold and a portion of McHappy Day funds, stay in the province to support Saskatchewan families that require a stay at the House.

Over the past years of support through McHappy Day alone, McDonalds has donated over \$994,000 to the operations of both the House in Saskatoon and the Family Room in Prince Albert, Having no government funding, we rely on the support from our provincial communities to continue to enable us to bring these important services to all families in need.



THE MCINTYRE FAMILY

## McHappy Day FAMILY STORY

Kenlee was born 10 weeks premature. She spent over a month and half in the hospital, first in Regina and then in Saskatoon, where we stayed at Ronald McDonald House. I walked up to my room and on the chalk board it said "Take a Deep Breath... You're Home Now." I broke down in tears. Our family had been separated for a month while in Regina. RMH allowed us to be together again. Our son Karter asked Santa to "bring mommy and Kenlee home for Christmas." I was so upset we wouldn't be at home, but it was truly the next best thing celebrating at the House. They made it so special! Staff and volunteers make every day easier with kindness, support and love. The playroom is spectacular; Karter still asks when are we going back to our "second home" to visit.

~ Raeanne, Darren, Karter & Kenlee McIntyre, North Battleford SK

## FAMILY QUOTES

*"Everyone was so supportive and friendly. I felt like they actually cared about our family."*

*"The very moment we stopped in the House we felt Home, Love and a sense of Family."*

*"Clean, quiet, safe and easy access to the hospital. Very accommodating and inexpensive."*

*"Each person, staff and volunteers made sure to speak to us every chance they had. That was truly wonderful and appreciated."*



ELITE FLOORING  
*Boutique*

#2, 402 - 47th Street East • Saskatoon SK  
Tel (306) 651-6112 • Fax (306) 651-6113  
OPEN WEEKDAYS 8:30 AM TO 5:00 PM



# 17<sup>TH</sup> BIENNIAL Symposium on VIOLENCE & aggression

The Centre for Forensic Behavioural Science and Justice Studies at the University of Saskatchewan will host its **17th Biennial Violence and Aggression Symposium at the University of Saskatchewan May 6-8, 2018.**

The Biennial Symposium on Violence & Aggression has been a collaborative effort of the Regional Psychiatric Centre, Correctional Service Canada, and the University of Saskatchewan since 1986. Designed for front-line workers, as well as clinicians and other professionals and administrators in criminal justice and forensic mental health, the Symposium translates research and theory into practice and provides an opportunity to highlight excellence and innovation within a variety of policing, correctional, and other criminal justice environments.

The registration fee for the symposium includes 4 plenary sessions and 4 concurrent sessions (a choice of 3 workshops during each session), plus a welcome reception, breakfasts, lunches, and banquet prepared by chefs who recently competed in the Gold Medal Plates and Canadian Culinary Championships. Day registrations are also welcomed. Additional banquet tickets for guests can be purchased separately. On-site registration will be available. This year there will also be an option to watch the plenary sessions by live stream.

Plenary sessions include culturally responsive and restorative decision making with Lisa Allgaier (Director General, Aboriginal

Initiative Directorate, Correctional Service Canada), impacts of operational and organizational stress on public safety personnel with Nick Carleton (Professor of Psychology, University of Regina), lived experience of substance abuse disorder with Gord Garner (Chair, Recovery Day Ottawa), and perceptions, assessment, and treatment of violence and mental health with Daryl Kroner (Professor of Criminology and Criminal Justice, Southern Illinois University).

Concurrent session topics include aggressive sexual behaviours, FASD and corrections, human trafficking, mental health, offender assessment, policing issues, substance abuse and harm reduction, transgender offenders, and the Violent Crime Linkage Analysis System of the RCMP. Concurrent speakers include Greg Brown (Ph.D. candidate, Carleton University), Dean Carey (Director of Offender Programs, Offender Services, Saskatchewan Ministry of Justice), Brian Danyliw (Director, Addictions Services, Saskatchewan Health Authority), Bruce Fenske (Criminal Intelligence Analyst, RCMP), William Hebert (Ph.D. candidate, University of Toronto), Lindsey Houghton (Media Relations Officer, Combined Forces Special Enforcement Unit of BC), Natalie Jones (Adjunct Research Professor, Carleton University), Roz Kelsey (Director of Gendered Violence Prevention, University of Regina), Samantha Lytle (ViCLAS Analyst, RCMP), Kaitlyn McLachlan (Assistant Professor, University of Guelph), Kevin Nunes (Associate Professor, Carleton University),

Colleen Quinlan (Director of Mental Health and Addictions, Offender Services, Saskatchewan Ministry of Justice), Doris Schnell (Executive Director, Offender Services, Saskatchewan Ministry of Justice), Natasha Selinger (ViCLAS Analyst, RCMP), Keira Stockdale (Clinical Psychologist of Policing, Saskatoon Police Service), Peter Vatic (Director of Strategic Research, Combined Forces Special Enforcement Unit of BC), John Weekes (Senior Research Manager, Research Branch, Correctional Service Canada), and Catherine Wilson (Strategic Research Analyst, Combined Forces Special Enforcement Unit of BC).

Poster submissions are invited on any topic related to crime, criminal justice or corrections, as considered from a social science, health science, legal, management or multidisciplinary perspective. Submissions are welcomed from anyone working on justice-related matters with a prize (\$100) for the best student poster. All abstracts must be written in English and be submitted electronically to [forensic.centre@usask.ca](mailto:forensic.centre@usask.ca) by April 13, 2018. Posters will be displayed throughout the conference.

A limited number of rooms have been reserved at the following hotels: Holiday Inn Express, Park Town Hotel, Refresh Inn and Suites, and the University of Saskatchewan. It is recommended to book accommodations early.

*For additional details, visit: [www.usask.ca/cfbsjs/VA2018/index.php](http://www.usask.ca/cfbsjs/VA2018/index.php).*

17TH BIENNIAL Symposium on  
**VIOLENCE & aggression**

**Event ANNOUNCEMENT**

May 6-8 2018

University of Saskatchewan  
Saskatoon, Saskatchewan

## HIGHLIGHTS:

- 4 Plenary Sessions
- 12 Concurrent Sessions
- Open Poster Session
- Banquet Evening
- Opening and Closing Receptions
- Professional Networking Opportunities
- Optional Tour of the Regional Psychiatric Centre

## OPEN POSTER SESSION

**DEADLINE FOR SUBMISSION:**  
April 13, 2018  
\$100 Prize for top student poster

**WEBSITE:**  
[www.usask.ca/cfbsjs/VA2018/index.php](http://www.usask.ca/cfbsjs/VA2018/index.php)

For more information call 306-966-2687 or email [forensic.centre@usask.ca](mailto:forensic.centre@usask.ca)

## PLENARY SESSIONS:

- **Restoring Balance: Culturally Responsive and Restorative Decision Making**  
Lisa Allgaier, Aboriginal Initiatives Directorate, CSC
- **Impacts of Operational and Organizational Stress on Public Safety Personnel**  
Nick Carleton, University of Regina
- **The Unexpected Journey to a Gentle Considerate Life - A Recovery Story**  
Gord Garner, Recovery Day Ottawa
- **Toward an Integrated Model of Violence and Mental Health**  
Daryl Kroner, Southern Illinois University

**CONCURRENT SESSIONS:** Topics include aggressive sexual behaviours, gang prevention and education, human trafficking, mental health, offender assessment, policing issues, substance abuse and harm reduction, transgender offenders, and the Violent Crime Linkage Analysis. Speakers include Greg Brown, Dean Carey, Brian Danyliw, Bruce Fenske, William Hebert, Lindsey Houghton, Natalie Jones, Roz Kelsey, Samantha Lytle, Kaitlyn McLachlan, Kevin Nunes, Colleen Quinlan, Doris Schnell, Natasha Selinger, Keira Stockdale, Peter Vatic, John Weekes, and Catherine Wilson.

- REGISTRATION FEES:**
- \$400 plus G.S.T. up to April 15, 2018
  - \$450 plus G.S.T. after April 15, 2018
  - \$100 plus G.S.T. for students
- Registration Deadline:  
May 3, 2018





Saskatoon Police Service

Honour - Spirit - Vision



Never the Same Day Twice  
saskatoonpoliceservice.ca



# Are you at RISK for a Magnesium Deficiency?

Dietary surveys consistently show that intakes of magnesium are lower than recommended amounts.

### An adequate dietary intake of magnesium assists with:

- Calcium storage and Release
- Muscle activity
- Healthy nervous system Function
- Relaxing blood vessels
- The formation of healthy Bones and teeth
- Clotting blood
- Protein and fatty acids
- Temperature regulation
- Energy production

nervous system function and acting as an anti-inflammatory.

- **Depression** - Low magnesium levels lead to low serotonin levels, which can contribute to the development of depression.
- **Diabetes** - According to a study published in Diabetic Journal, serum magnesium levels are much lower in children with diabetes, leading to speculation that there is a strong link between diabetes and magnesium deficiency.
- **Fibromyalgia** - the pain and discomfort of fibromyalgia have been shown to result from an excessive release of the neurotransmitter acetylcholine. Magnesium supplementation is well known for its ability to inhibit this release.
- **Heart Failure** - new research has suggested that low magnesium levels are a stronger indicator of heart failure than blood cholesterol levels. Low magnesium levels have been shown to result in high blood pressure, arterial plaque buildup, soft tissue calcification and arteriosclerosis.
- **PMS, Migraines, Restless Legs Syndrome, and Preeclampsia** are also linked to low levels of Magnesium.

## 13 signs of MAGNESIUM DEFICIENCY

1. Low energy
2. Insomnia
3. Difficulty swallowing
4. Fatigue
5. Migraine headache
6. Tremors
7. Tension
8. Cramps
9. Nausea
10. Irritability
11. Hormonal imbalances
12. Calcium deficiency
13. Muscle weakness

Unfortunately, our food supply, traditionally a good source of magnesium, is lacking in this mineral. **Naka's Magnesium bisglycinate**, as an amino acid chelate, is highly bioavailable. The bisglycinate form is not dependent on stomach acid for absorption as it uses mechanisms similar to those used by amino acids.



### What is magnesium?

Among the most important minerals, magnesium is essential to your overall wellbeing. It's an abundant mineral that plays a role in more than 300 enzymatic reactions that affect organ and tissue function.

### Some conditions often associated with magnesium deficiency:

- **Asthma** - especially in young children. Magnesium supplementation can halt this progress by improving



Products and services to help support mind, body and spirit...

507 Nelson Road | Saskatoon SK  
306.477.3504  
ellenswholebodyhealth.com



Celebrating 11 years in business!



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

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



4 - 816 1st Ave N, Saskatoon • 306.664.2251 • braithwaitesupholstery.ca

*Specializing in complete recovery and repairs of:*

Cars, Trucks, Boats • Aircraft, Heavy Equipment • Convertible and Landau Tops • Commercial Furniture • Dental Chairs • Chiropractic and Massage Table • Residential Furniture Repairs

**SUPPLIERS AND INSTALLERS OF SEAT HEATERS AND LEATHER KITS**



## Redefine your personal potential by MableAnn Elliott

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



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

### Working together toward healing life's hurts

What you have seen, voices you heard, emotions you felt and even things in the background you weren't 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. It is possible to influence and redefine personal potential, moving away from dis-ease before it settles into disease!

### Are you really tired of being sick and tired?

I mean, are you beyond even bone weary tired? If not, good for you. If so, I resonate with you for I too have experienced this, more than once. It's not the stereotypical "burnout" that well meaning folks will point their fingers to when they think you are doing too much, or having too much fun. No, this is the quiet dis-ease of psychosomatic body-mind secrets, that which our body holds within as untold stories that our mind wants us to believe are unseen. Rather than wait until a crisis or event moves that silent dis-ease deeper, taking you out of your comfort level, I urge you to do something about it.

### Be the best person you are intended to be

The ability to understand in-depth body language is highly relevant to all aspects of life; including individual and group productivity and performance enhancement through compassionate understanding of self and others.

By participating in my program "Beyond Words", you will learn about full-sensory psychosomatic body language; as well as other tools and skills that create a bridge between the conscious and subconscious body-mind. With "Beyond Words", you will learn more about yourself and everyone around you than you ever thought possible.

That all-consuming soul level fatigue most often doesn't just come upon us. Generally it evolves over a lifetime of experiences which are challenging and/or may involve one or even several traumatic incidences. Not completely healed physically, emotionally, mentally or spiritually, these circumstances linger within our physical and energetic body. This is the dis-ease which lends itself to disease.

My "Practical Teachings with Horse Sense and Cowgirl Logic", is a renewed edge approach in dynamic psychosomatic (body-mind) awareness that works so that everyone can reach an elevated level of potential in their overall personal, professional and sport endeavors.

### Your body never lies!

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



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



Locally owned and operated

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



Amish handcrafted, solid wood furnishings for homes and offices made with quality hardwoods to be enjoyed for generations. Amish Heirlooms provides superior quality, customizable items in small quantities, yet still with accessible pricing.

Our furniture is built to last for generations - classics that become family heirlooms. Choose from oak, cherry, hickory, maple, quarter-sawn white oak and a variety of stains.

The work ethic, integrity, and meticulous nature of the Amish people has resulted in high-quality craftsmanship that will impress our customers. Stop in and pick out your family's next heirloom today!



*Stop by our showroom or see our website*

518 Circle Drive East | Saskatoon SK | 306-652-6474 | [amishheirlooms.ca](http://amishheirlooms.ca)



# GET FREE Gardening Help at the U of S

**D**id you know that over 350 species of bees have been identified right here in Saskatoon? Or that homemade pesticides like borax and tobacco are quite poisonous to your pets (and our bees)? Would you like free, step-by-step growing information and troubleshooting for a wide variety of fruits and vegetables, tailored to our Saskatchewan climate? Check out [gardening.usask.ca](http://gardening.usask.ca) for more than 200 articles on all this and so much more!

There is endless gardening information in books, magazines and online, much of it from other parts of Canada and the rest of the world. Some of this is reliable advice and some of it isn't – and it's sometimes difficult to tell the difference. Also, gardening

conditions in Saskatchewan are different: we have a dry climate, short growing season and soils that are unique to the Prairies. Even good advice from other places sometimes just doesn't apply here. [Gardening.usask.ca](http://gardening.usask.ca) offers free scientifically-based knowledge to help you garden in a way that is sustainable, good for your family and good for the environment. You can also follow us on Facebook at "Gardening at the U of S" for frequent posts about what's going on, right now, in the garden.

What happens if you need more help than what is available online? Our long-running *Gardenline* program welcomes questions from home gardeners. From May to August every summer, anyone can call, email or visit *Gardenline* to talk about home gardening.

Ask about anything at all. Are you having soil problems? We can figure out what the root of the problem is and explain how to fix it. Want to know the name of that plant growing at the cottage? We can help identify it. Are you new to gardening? We love new gardeners best of all and do our best to take the mystery out of growing healthy plants and produce.

Gardening is about more than just food and flowers – it's also about connecting to nature and growing community. Join a free class or educational tour to meet fellow gardeners from all walks of life who are enthusiastic to share their experience. We also offer inexpensive evening and weekend workshops taught by highly trained experts who are passionate about teaching.

We are gardeners too so we understand how important it is to get your hands in the soil and grow.

*“Our long-running Gardenline program welcomes questions from home gardeners.”*

[Gardening.usask.ca](http://Gardening.usask.ca) also collects volunteer opportunities from non-profit agencies in Saskatoon and beyond. While many of our volunteer opportunities are with non-profit organizations like Ag in the Classroom or Ronald McDonald House, some of our requests also come from physically disabled or senior members in our community. These are every bit as important – having some extra help in the yard may be just what they need to stay independently



living in their own homes so you really can make a big difference! While we don't mow lawns, prune large trees or clean gutters, if you belong to a non-profit organization or are an individual who physically cannot garden on your own, we will try to get you

the help you need.

Next time you have a query about home gardening or want to get involved in your garden community, look us up at [gardening.usask.ca](http://gardening.usask.ca). We're happy to help.



## AgBio Discovery Camps

Explore just how much fun agriculture can be! Experience a week of interactive science experiments, animal care and activities centred around agriculture. Camps open to kids entering grades 3–6 this fall.

The AgBio Discovery Program introduces children to agriculture and sparks interest in the diverse opportunities the field of agriculture has to offer. Our young scholars gain knowledge of how crops are grown, learn about the environment, interact with farm animals and experience food-product development.

For more information and to register, visit [agbio.usask.ca](http://agbio.usask.ca).  
(See *AgBio Discovery Program* under *community outreach* tab)

For questions, email [agbio.discovery@usask.ca](mailto:agbio.discovery@usask.ca).

 UNIVERSITY OF SASKATCHEWAN  
College of Agriculture  
and Bioresources  
[AGBIO.USASK.CA](http://AGBIO.USASK.CA)

# OKANAGAN HOCKEY CAMPS

Looking for a Program you can Trust?  
We have over 50 Years Experience offering  
Professional Hockey Instruction

## 2018 Summer Hockey Camps

4 Locations:

Penticton, BC | Kelowna, BC  
Calgary, AB | Edmonton, AB

CALL OUR  
CAMP SPECIALISTS  
TODAY!

1-888-844-6611  
ext. 3354

[Okanaganhockey.com](http://Okanaganhockey.com)



July 16-20 2018  
The Co-Operators Centre  
Regina, Saskatchewan

A pre-season showcase and evaluation camp exclusive to players born in 2004. This highly competitive event attracts dedicated individuals, who will be eligible for the **2019 Western Hockey League Bantam Draft**.

1.888.844.6611 ext. 3354 | [info@Okanaganhockey.com](mailto:info@Okanaganhockey.com)

## Come-n-go Laser Tag?

**WE CAN DO IT!**

### NEW TO THE DUNES IN 2018

- Sunday afternoon public laser tag
- Come with any number of friends
- \$10 for 1/2 hour & sliding price scale the longer you stay
- Familiar, easy to play games
- All ages welcome!

**\$10**

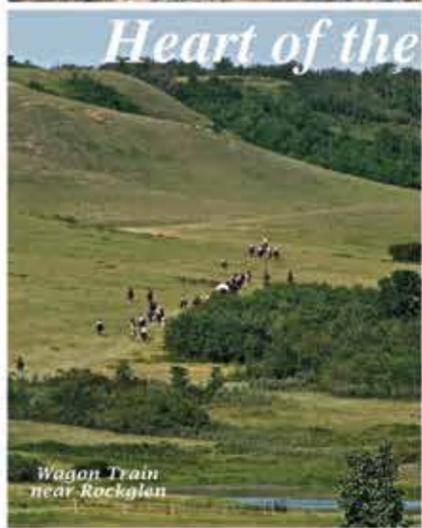
**Merrill Dunes**

[MerrillDunes.com](http://MerrillDunes.com) | (306) 382-2728



# ROCKGLEN!

Heart of the South Country



Wagon Train near Rockglen

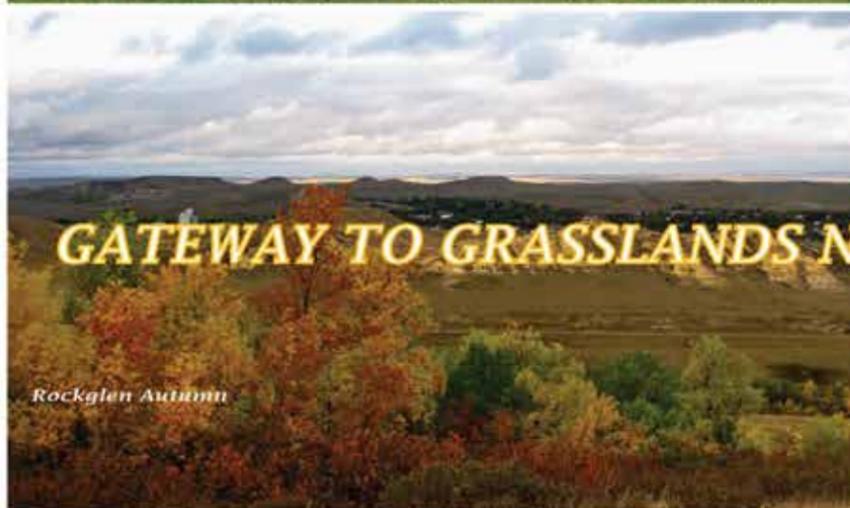


Kayaking on Lake



Link to our Tourism Guide at [www.rockglentourism.com](http://www.rockglentourism.com) or e-mail [oakes1@sasktel.net](mailto:oakes1@sasktel.net)

Rockglen Visitor Centre



## GATEWAY TO GRASSLANDS NATIONAL PARK

Rockglen Autumn



# Join a cycling club and become part of the SCA



We have a host of programs: individual/family activities | fun | fitness | competitive programs | recreational programs | advocacy | education | safe cycling

### REASONS TO JOIN A BIKE CLUB

- Bike club rides can help you get in shape
- You will meet new people with an interest in cycling
- There is safety in numbers
- You can discover new places and great routes
- It's a great way to make friends
- You will learn more about how your bike works
- There is a ride for nearly every fitness level

You just need to find the bike club that is right for YOU!

## Mountain Bike This Summer!

### Dirt Kids - Ages 10-15

Biking is a blast!

Join the fun in this 6 week series which provides a skills clinic and short race each night.

You need a mountain bike, bike, helmet, gloves & eyewear.

- Mondays 6:30 - 8:00 pm
- May 7 - 25

### Women's Ride

- Learn to mountain bike
- Monday 6:30 - 8 pm, May 7

### Tuesday Adult Trail Ride

- Organizational recreational mountain bike rides for adults starting May 8 and running all summer

Program Details and Registration at [www.nbrcycling.ca](http://www.nbrcycling.ca)

All programs require a mountain bike in good working order, and an approved bike helmet



## Youth Road Cycling

### Want to learn to ride a road bike?

Join Horizon 100's Youth Program, a 9-week course designed to introduce you to different types of road bike riding, build bike technical skills, safety, endurance and speed plus learn how to ride in groups.

- Taught by qualified biking coaches
- Different groups according to experience

**Who:** 10-16 year olds from beginner to experienced

**When:** Thursdays 6:30 - 8:00 pm, May 10 - June 28

**Where:** Meet German Cultural Centre

**Cost:** \$75 includes: Saskatchewan Cycling Association membership, tee shirt, after ride drinks and treats PLUS Prairie Gran Fondo registration

**Bring:** A bike in good running order, C.S.A. approved helmet, gloves, eye protection

Program ends with option of riding the Prairie Gran Fondo (supervised 30 km ride).



Fees waived and equipment supplied for up to five low income families. Call 306-652-4336

For more information and to register visit:

[www.horizon100/horizon\\_youth\\_program](http://www.horizon100/horizon_youth_program)

Email: [hyp@horizon100.com](mailto:hyp@horizon100.com) or call 306-652-4336

Sponsored by

HORIZON 100 CYCLING CLUB

[www.saskcycling.ca/wp/](http://www.saskcycling.ca/wp/)  
Email: [cycling@accesscomm.ca](mailto:cycling@accesscomm.ca)

# MANITOU BEACH

## The Dead Sea of Canada



Little Manitou Lake in Saskatchewan is so rich in minerals that it is considered to have medicinal properties.

Story by Adrian Brijbassi, Vacay.ca Managing Editor  
COURTESY OF WATROUS MANITOU MARKETING GROUP

Debbie Farago remembers her mother taking a month to spend in this town that's about halfway between Regina and Saskatoon and far away from anywhere you might imagine vacationing. She didn't come for the water sports in the lake, because there aren't any, or for the scenery, because there isn't much to hold your eye. In fact, Manitou Beach, on first glance, seems more like a place people would want to escape. It takes a minute to traverse the length of the beach ... if you walk slow. The one beachside bar, Mike's, is dark and gloomy. A beach volleyball court alongside Little Manitou Lake keeps young people busy late into the night with a singular activity in this tiny town of 300.

When you drive up, you might wonder yourself what you are doing here and just how long you will spend. Not that it seems foreboding, dangerous or derelict. There just isn't much here and what is in place doesn't have visual appeal. Even the lake, the primary reason to visit, is murky and vacant.

Stick around though, and after a day or two of exploring you discover that there's much beneath the surface — in a literal and figurative sense. Farago is among those who say they've witnessed the difficult-to-explain phenomenon of a 22-kilometre-long lake that is unlike any other in North America. It was carved out by glaciers and the bottom of its bed has springs that shoot up minerals from within the earth. There's magnesium, potassium, silica, iron oxide, calcium and sulphate amid this lake's alchemy. Years ago, while suffering from eczema, Farago's mother came

to the area in the middle of Saskatchewan and dipped herself in the water for hours each day. After her visit, her irritating skin condition had healed.

"She knew the lake would help. She had eczema all over both of her shoulders and after a month it was gone," says Farago while joining a conversation at the Village Perk, a cute, colourful coffee shop and bakery that's the one business in Manitou Beach that wouldn't look out of place in a big city.

Residents insist there's magic in the waters of the lake, which spins out enough salt to play with the human body like a carnival ride. Similar to the Dead Sea, Little Manitou Lake is so dense swimmers can float without effort; drowning is near impossible. Proponents also insist this lake can heal and they have centuries of historical evidence to cite. Members of the prairie First Nations, including the Cree, believe the waters can cure diseases such as smallpox. They have dipped the sick into the lake and hailed the results.

More recent fantastic stories include rumour of a gangrene sufferer who sat in the water religiously for 12 hours a day for more than a week. According to more than one resident, the water healed his ailment and saved him from amputation.

Karen Worobec, who works at the Village Perk and also owns Burger Buoy, a fast-food stand that serves delicious homemade burgers, credits the water for healing an infection in her leg. ▶

### Healing Powers of Little Manitou Lake

In the 1930s, Little Manitou Lake was almost as popular with American and European tourists as Banff. It was nicknamed the Carlsbad of Canada, because its properties were similar to the Czech spa city of Carlsbad, or Karlovy Vary. A synagogue was built to serve the many Jewish visitors who travelled from overseas or eastern Canada. But railroad and highway infrastructure forced a change in vacation patterns, and Manitou Beach hasn't recovered.

*"Its lake water is also five times more dense than the ocean because of the concentration of salt."*

"People in Saskatoon, one hour away, haven't heard of this place but we've had people from Europe come in here," Worobec says while sitting by a window seat in the Village Perk, overlooking the lake. "They plan their holiday around coming here. Their doctors recommend mineral waters for health reasons."

While the lake has had its abundance of claims of miraculous cures and a smattering of European visitors, it's short on tourism. Earlier this year, Vacay.ca named Little Manitou Lake as one of the 12 Best Places to Travel in Canada for 2012. It was given that distinction because of the surreal experience its water offers and the fact the area's primary tourist operation, the Manitou Springs Hotel and Mineral Spa, had successfully re-opened in 2011 after the provincial health department ordered it to close a year earlier. A ruling forced the spa to upgrade its water filtration and piping system. The hotel's general manager, Eric Upshall, who doubles as the town's mayor, insists the health department ruling was unnecessary because it did not take into account the unique quality of the lake waters.

A member of Saskatchewan's provincial parliament for 13 years before becoming Manitou Beach's mayor, Upshall said the addition of chlorine — due to another government mandate — led to a handful of bathers in the spa suffering mild skin rashes. The spa went through numerous tests during its closure to ensure guests would not incur any skin irritations and its pools, which first opened 25 years ago, would not lose the medicinal aspects that have brought them notoriety.

"We believe in this place so much, in the potency of the water," says Upshall, who is refreshingly frank when it comes to the challenges of building a tourism industry in the middle of the Canadian prairies and attempting to do so by pitching the curative powers of mineral springs that haven't been scientifically proven to heal. Mineral spas are hardly rare these days. Every region has several. Two hours away, Moose Jaw boasts a much more luxurious hotel that advertises a mineral spa but as Upshall points

out the Manitou Beach springs feature waters that have a significantly higher concentration of minerals than any other spa in the country. With 180 grams/litre of minerals, Manitou Beach obliterates the standard of 1 gram/litre that many mineral spas contain. Its lake water is also five times more dense than the ocean because of the concentration of salt.



Manitou Beach, Saskatchewan (Julia Pelish/Vacay.ca)

"You have to be careful about comparing mineral spas because at some level you're asking the public, the consumer to believe your snake oil is better than someone else's snake oil, but what we do know is there is no place else like this. That's not knocking anyone else's spa. The more spas the better. Anything that brings in tourists to Saskatchewan, we're all for, but when people say they want a mineral spa experience where the water can actually help with ailments like arthritis and skin conditions and various joint pains, it's really here they want to come," Upshall says.

For someone who is a terrible swimmer, knowing you can venture into the water and not sink is an amazingly liberating feeling. I wanted to come to Little Manitou Lake because I visited the Dead Sea two years ago while on assignment in Israel and was enthralled with the thought I could replicate the ticklish feeling of floating with no exertion here in Canada. Earlier this year, I visited the Espiritu Santo Archipelago in Mexico's Gulf of California, where the salinity is so high you can snorkel for hours once you trust that the waters will indeed keep you buoyant. However, the salinity level in the Gulf of California fluctuates because it is part of the Pacific Ocean, whereas the Dead Sea's salt content is stable. Little Manitou Lake is about half as dense as the Dead Sea and nowhere near as popular, so the experience isn't the same. That doesn't mean the lake or the springs are a disappointment. The sensation on the skin is much the same, with a gentle stimulation that feels more effective than a heating pad on joint pain.

"The water is so dense with salts and minerals it has a specific gravity 10% higher than regular water. And that means it's fun," says Carol Perehudoff, one of Canada's leading spa experts and Vacay.ca's spa columnist, who also dropped in on Manitou Beach recently. ▶

... continued from page 25

Judy Hoppe of Portland, Oregon was visiting Saskatchewan for the first time in August when she took a swim in the lake. "It does something to your skin. You can really feel it," she said while taking a break from doing the polka at Danceland, a 5,000-square-foot hall that is the other main attraction in town. "We have springs down in Oregon and a spa too but they pipe in the water. There's nothing natural like it is here."

All the visits are free. No obligation. Compliments of local businesses.

**ARE YOU NEW TO THE NEIGHBOURHOOD?**  
**EXPECTING OR HAD A BABY?**  
**PLANNING A WEDDING?**  
**LOOKING FOR A CAREER OPPORTUNITY?**

**Call Welcome Wagon today to receive your free gifts and information**

For more information call or visit:  
**1-844-299-2466**  
[www.welcomewagon.ca](http://www.welcomewagon.ca)





**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**

<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	<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
--	--

# Get back to life



**OUR SERVICES:**  
 PHYSIOTHERAPY  
 MASSAGE THERAPY  
 ACUPUNCTURE  
 CONCUSSION  
 WOMEN'S HEALTH

**DIZZINESS + BALANCE**  
 ORTHOTICS  
 BRACING  
 PILATES  
 NEURO REHAB

**TREATMENT FOR ALL INJURIES:**  
 SPORTS / PAIN /  
 DISABILITY / WORK / AUTO

<b>Lifemark 8th Street</b> College Park Mall 304-3907 8th Street East (Corner of 8th St & McKercher Dr) tel: 306-652-5151	<b>Lifemark Stonebridge</b> Investors Group Building 105-203 Stonebridge Blvd (Across from Co-op gas station) tel: 306-649-2288
---	---

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




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



**Saskatoon BARBECUES & MORE**  
 PATIO HEATERS • FIRE TABLES • PITS



**RESIDENTIAL GARAGE RADIANT HEATER**  
 • Safety • Comfort • Low, low fuel costs!



**SUPERIOR RADIANT PRODUCTS**





**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

# Motorcycle Safety

**Here are eight tips to get you to your destination safely:**

1. Take professional rider training. There is no substitute for a skilled rider with a proper safety attitude.
2. Wear an approved motorcycle helmet and fasten it properly. Most crashes happen at speeds around 50km/h and helmets are very effective at preventing head injuries at those speeds.
3. Wear highly visible clothing (especially at night) and make sure that your headlight is functioning properly. Always wear protective clothing and protective gear.
4. Communicate with drivers in other vehicles by using proper signals, lane positions and brake lights. Try to establish eye contact with the other drivers whenever possible.
5. Keep an adequate space cushion when following, being followed, sharing your lane, passing other vehicles or being passed. Slow down and respect the hazards of speed according to road and weather conditions. Many single vehicle motorcycle collisions occur from speeding and losing control in a curve or in a situation of unpredictable vehicle behaviour.
6. Scan your course of travel 12 to 15 seconds ahead so you can identify and avoid potential hazards. Predict what you might do if a dangerous situation presents itself. This gives you time to mentally prepare a safe outcome.



Reprinted with permission from the Canada Safety Council  
www.canadasafetycouncil.org



You can also practice evasive maneuvers under supervision in secluded areas, to develop instinctive reactions.

7. Remain alert, keep hydrated and pace yourself. Your motorcycle driving is directly related to your physical and mental state. Also, always look twice before advancing through intersections. It may save you from a collision with "red-light runners" or "left turners".
8. Limit the distance of your trip. A distance of 300 to 500 km/day will let you enjoy the trip and stop for much needed breaks.

**Taking someone along for a ride?** Make sure that you are an experienced driver, that you know your motorcycle and its limitations and that you have developed your risk awareness skills. Your passenger must wear a helmet and protective gear. Your passenger must also understand what is expected of him or her while riding with you, such as leaning the same amount and in the same direction as the rider. Passengers should also keep their feet on the foot pegs at all times and hold onto the rider with a hand on each side of the rider's waist.

**Riding with a Group?** Keep the group small; three to five riders per group is easier to manage. Larger groups may cause other road users to take unnecessary chances. Most group riding is done in a "staggered" pattern. This formation recommends specific rider positions and distance between riders, making the group highly visible and safe. The most experienced drivers would lead and take the last position. There must be a clear understanding of the route with planned stops. There should also be a couple hand gestures to allow for communication for warnings or changes in formation. Remember to ride consistently at a safe pace and never allow yourself to ride beyond your level of competence or comfort.

Don't become a statistic; take matters into your own hands. The reality is that it is ultimately up to you, the rider, to take every precaution to avoid collisions and falls.

## Amazing network. Amazing devices. That's just better.

Choose from an incredible selection of smartphones on Canada's best national network!



Samsung Galaxy S8



LG G6



Sony Xperia™ X Performance

Exclusive Bonus

Get \$50 In-store credit with a new activation on a 2-year term.  
Only available at the location below.

**Bell** smartphones just got better

For expert advice and an incredible selection visit:

**panda mobile**

**Saskatoon**  
311 Cope Lane  
306 974-8883

Offer ends September 30, 2018. Available within network coverage areas available from Bell Mobility where technology permits. see bell.ca/coverage. Other conditions apply. If you end your Commitment Period early, a Cancellation Fee applies; see your Agreement for details. Subject to change without notice. (1) Based on a third party score (Global Wireless Solutions OneScore™) calculated using wireless network testing in Canada against other national wireless networks of combined data, voice, reliability and network coverage. (2) While supplies last. Samsung Galaxy S8 is a trademark of Samsung Electronics Co., Ltd., used in Canada under license. "LG", the "LG logo" and "LG G6" are the property of LG Corp and its affiliates. Sony is a trademark of Sony Corporation. Xperia is a registered trademark of Sony Mobile Communications AB.

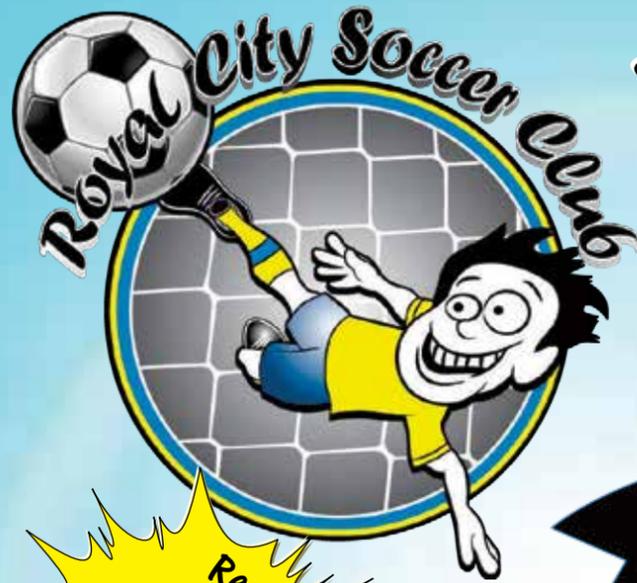
**True Service.**

- Batteries
- Brakes
- Car & Truck Alignment
- Mechanical
- Passenger & Light Truck Tires
- Shocks & Struts
- Wheels & Rims

**24 HOUR EMERGENCY SERVICE**

**Talk to Kal about your tire, wheel and mechanical needs.**

**930 Melville Street, Saskatoon**  
**306-665-5080**  
**kaltire.com**



Since 1993

presents



# Soccer day Camps 2018

Register  
by **June 1**  
for Early Bird  
discount

- ✓ July and August weeks
- ✓ boys & girls aged 5 to 13
- ✓ ball, tshirt & medal provided
- ✓ full days, mornings or afternoons
- ✓ FREE early drop off / pickup

3 locations in Saskatoon  
(see website for details)

1-800-427-0536

royalsooccer.com



# 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)

*North Dakota*  
LEGENDARY



Scandinavian Heritage Park, Minot

— Josh Duhamel —

# MUST-SEE

You can see a lot of culture on TV and in the movies. And then, you can go out and live it. Actor Josh Duhamel enjoys getting out of character and visiting his home state of North Dakota for some authentic, on-location experiences. Join us for events like North America's largest Scandinavian festival or an international powwow. Visit our website to find Josh's favorite events, festivals and cultural attractions and plan your visit today.

**LegendaryND.com**