

Suddenly Saskatchewan

MAGAZINE | SPRING 2021

A Natural Upside
with *Ducks Unlimited*

Discover
BIG MUDDY
Outlaw Caves



Experience
WASKESIU
all four seasons

ROCKGLEN
*Heart of
the South
Country*

Wheatland Express

CENTRAL SASKATCHEWAN'S Premier
Excursion & Event Passenger Train

RIVERLANDS

Heritage Preservation Region



WELCOME TO MULBERRY'S!

Mulberry's Restaurant & Catering is a local family owned & operated business that has been serving Saskatoon for over 40 years. We are excited about our move to our new location at 2326 B Millar Ave in January 2020, and look forward to maintaining our quality dining for you in our bright and cheery environment.

Whatever your taste, Mulberry's is sure to have something for you; whether it is early morning breakfast, fresh baked bread, late night parties and catering for your gatherings.



Stop in on your way to work for the tasty daily breakfast special and excellent coffee, served 'til 11a.m. A treat awaits you with 3 different kinds of incomparable home-made cinnamon buns, fresh homemade pies and other baked goods made available daily. Fresh from the oven are 10 varieties of bread made in Mulberry's to choose from. It is baked daily and freshness is guaranteed!

Mulberry's is also known for their daily lunch specials, with a choice of two delicious home made soups served daily, available through dine-in or take out.

Early supper dine-ins are also accessible or try the family style dinners for pickup on your way home; Visit our website www.mulberrys.ca for appetizing choices—all served with soup or salad, fresh baked homemade dinner buns, and dessert.

www.mulberrys.ca



We Are Excited to be on Millar Avenue!

You can ALSO have Mulberry's delicious food come to you! Our Catering Menu is available on the website <http://www.mulberrys.ca> to help you plan your next gathering.

For that monitored menu and small meeting we have a **COVID 19-FRIENDLY BOXED CATERING MENU**. If you are looking at a full day event that requires food service for the entire day, check out our FULL DAY MEETING MENU/ All meals will come individually boxed..Check out our website and see us on facebook.

If you are looking at a full day event that requires food service for the entire day, you may want to check out our Full Day Meeting Menu.



Visit us at our New Location!

2326 B Millar Avenue (beside Prairie Meats)
(306) 664-4911
mulberrys.catering@gmail.com

Our Hours:

Monday – Thursday 7:30am to 5:30pm
Friday – 6am to 5:30 pm
Saturdays – 7am to 2 pm
Closed Sundays and Holidays
– Dine in or Take Out –



Cover photo courtesy: Wheatland Express

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All Aboard the Wheatland Express!

There's always been something magical about train travel, and now you can experience a bygone era aboard the award-winning Wheatland Express Excursion Train. Based in the heart of the Prairies departing from Cudworth or Wakaw, a mere hours-drive from Saskatoon, the Wheatland Express aims to capture Saskatchewan's rich arts, culture, heritage and history.

Great Sandhills Railway provides many railway services to farmers and grain producers in Saskatchewan. Knowing many successful tourist train operations throughout North America, the Great Sandhills Railway team thought, "Why can't we?" With the locomotive track and employees already in place, the dream to innovate and grow the shortline railway was born.

Time slows as you sit back, breath in the crisp air and the view of rolling

agriculture. Vast skies unfold steadily before you to the rhythm of the train along the tracks with our knowledgeable guides, heritage interpreter and immersive characters on board to enhance the experience with world-class entertainment and tasty locally-inspired menus and showcased products.

Explore the length of refurbished rail cars collected from throughout North America, discovering their unique features and stories. Create memories that will last a lifetime aboard our immersive experiences. Choose from an afternoon train robbery, a country cookout at our western town or a dinner show with legendary tribute artist's celebrated music. Extend your stay with an overnight experience on board the "Pacific Rose" sleeper car or experience the magic of Christmas on the prairies. You will be sure to want to experience everything the Wheatland Express has to offer!

"With the locomotive, track and employees already in place, the dream to innovate and grow the shortline railway was born."



ALL ABOARD!



Discover Saskatchewan by Train

The Wheatland Express Excursion Train has been taking passengers on acclaimed excursions through East-Central Saskatchewan since 2018. Operating tours May through December annually, the Wheatland Express offers a truly unique opportunity to experience the magnificent Canadian railway that built the region. Choose to join half, full-day, dining and overnight experiences.

Be sure to take in this gem, rich with story, nestled in the heart of the Saskatchewan grain belt!

International: (306) 233-3068
Toll-Free (CAN/US): 1-(833) 233-3068
reservations@wheatlandexpresstrain.ca
www.wheatlandexpresstrain.ca



Authentic Prairie Railway Experiences

The Wheatland Express is a not-for-profit organization operating through Treaty 6 Territory and the Homeland of the Métis. The railway runs over 47 miles of track between St. Louis and the Totzke junction, where the line interchanges with CN. Travellers will depart from rural towns of Cudworth and Wakaw, conventionally located within one hour's drive of Saskatoon, Melfort and Prince Albert and within three hours from Moose Jaw and Regina.

Awarded "Rookie of the Year" at the 2018 Saskatchewan Tourism Excellence Awards and 2020 TripAdvisor Travellers' Choice, the Wheatland Express delivers more than a train ride. The round-trip journeys will delight your senses with features that highlight the region's rich arts, culture and heritage through a cast of onboard characters, musicians, and prairie-inspired menus of locally sourced ingredients.



Book a Seat, Car, or the Entire Train!

The Wheatland Express is perfect for couples or groups, big or small, to enjoy a full-service shared experience! Climb aboard for one of Wheatland Express's regularly scheduled tours June through December or be the trainmaster and host a prairie excursion of your dreams! Our train can accommodate single passengers, "household bubbles," and large groups of up to 300 people (restrictions permitting).

Enhance Your Journey

Wheatland Express is proud to partner with numerous operators, including Tourism Saskatoon, Uniglobe Carefree Travel Saskatoon and Anderson vacations, to provide packages and itineraries for experiences, getaways and vacations perfect for you!

Wheatland Express Excursion Train offers a full range of amenities, including custom catering with our partner Chef de Partie Catering & Events and licensed beverage service, onboard dining and entertainment, and unique overnight accommodations.

Whichever way you choose to experience the Wheatland Express, our passengers are sure to remember their prairie railway journey fondly for years to come!





Featured Tours

Family Summer Express

All aboard for an afternoon of delightful fun! The round-trip journey lasts up to three hours, perfect for young train enthusiasts. Explore our Western town front or length of our refurbished railcars rich with history, meeting the cast of family-friendly characters and musicians along the way! There are many delights to experience during the Family Summer Express.

Eagles Salute Excursion & Dinner Show

Relive and re-experience the energy of one of the world's most popular bands, The Eagles. Join The Long Run aboard the Wheatland Express as they take you on a four-decade musical salute journey that includes all the top hits, gourmet catered meal and concert performance.

The Great Prairie Train Heist

The Sheriff of Little Big Town has his hands full with reports of a group of outlaws in the area. Enjoy the antics of onboard characters and musicians as you journey through the prairies.



Gift Certificates

Wheatland Express makes gift-giving easy! Customize a gift certificate to recognize those special people and celebrations.



Railway Equipment

GSR 2020 & 2021 – Buddliner Cars

They were built in May 1955 by the Budd Company of Philadelphia, Pennsylvania, for the Boston Maine Railroad, where they served until December 1976. The Budd Company named these cars the Budd Rail Diesel Car (RDC), intended for passenger service in rural areas of low traffic density or short-haul commuter service. They were less expensive to operate as they were self-propelled diesel multiple units (DMU), used singly or coupled together in train sets, controlled from the front unit's cab. RDC cars were the first example of self-contained diesel multiple unit trains, an arrangement now in everyday use by railways worldwide. The Buddliner was one of the few DMU trains to achieve commercial success in North America! Later, the cars were then sold to Massachusetts Bay Transit Authority handling commuter traffic in the Boston area until they were retired and sold to the Seminole Gulf Railway in Fort Meyers, Florida. Wheatland Express acquired SLGR 6120 and 6122 in late 2019 and renamed them GSR 2020 and GSR 2021. The cars arrived in Cudworth to undergo refurbishment in Summer 2020 and are eager to join the Wheatland Express fleet with COVID-19 health restrictions permit tours to operate once more!



GSR 2018 – Safety Car

GSR 2018 was built in January 1954 by American Car Foundry (ACF) as a sleeper car numbered UP 4585. In February 1966, Union Pacific (UP) rebuilt the car into a 44-seat long-distance coach and renumbered it to UP 5545 and named "Alpine Grove." The railcar continued to operate in New York and Pennsylvania, USA until AMTRAK purchased it in 1973. The car was later retired in October 1981, where it sat until Great Sandhills Railway purchased the car in 2018. At one time, the car sustained water damage, requiring a complete remodel to reach its present state for service for use as an "onboard railway safety classroom" with the Wheatland Safety Train Express. The car is utilized on Wheatland Express excursions experiences and will house an interactive learning centre for railway safety.

DLCX 3131 – Locomotive

This EMD SD40 is a six-axle road switcher diesel-electric locomotive built by General Motors for Canadian National Railway (CN) in June 1969, The unit was later sold to Kanas City Southern and later retired to Diesel Locomotive Co LLC. In 2019, the locomotive arrived on the Wheatland Rail track. There were 856 examples of this locomotive model built for American railroads, and 330 built for Canadian railroads. Interestingly, this locomotive may have served the Wheatland Rail trackage 50 years ago when under CN control as CN 5095!

FURX 5541 & 5543 – Diesel-Electric Locomotives

Built-in September 1971 for Norfolk Western Railway, our locomotives FURX 5541 and FURX 5543 are EMD GP-38-2 (General Motors) 2000HP Diesel-Electric.

GSR 2017 – Diner Car

It was previously numbered AMTK 8398, UP Lunch Counter Diner 4001, UP Cafeteria Lounge 4001, and 2017 "Lake Erie." This 400-series lunch counter diner car was delivered to Union Pacific (UP) in June 1955 and moved to Los Angeles to fit for the car's first trip. The car was purchased by Great Sandhills Railway in 2017, arriving at Wheatland Railway in 2018, where it went under refurbishment for use with Wheatland Express. GSR 2017 was utilized for the first time for our season-opening Johnny Cash Tribute in 2019. Wheatland Express continues to use the car on all its tours as a licensed 1950 diner car.

GSR 2019 – Stettler Car

Wheatland Express is thrilled to welcome GSR 2019 to our railway in early 2021. Arriving from Stettler, Alberta, transported by trucks to the maintenance shop in Cudworth, the railcar and its wheels were lifted off onto the rails with two cranes. GSR 2019 will be refurbished to be an accessible-friendly railcar featuring a permanent wheelchair lift allowing for an inclusive experience.

TAKING ON A PAINT PROJECT

A great way to distract yourself from the pandemic

Transform a once loved piece of furniture into something you will proudly display in your home. Whether it is a special family heirloom with wonderful stories and memories or is something you have rescued from the side of the road, it is amazing what a coat of paint can do.

“You do not have to be a professional painter, even if it is your first time, you can enjoy this creative paint experience.”

It is hard to replace the quality of an older piece of furniture without spending a fortune. The solution is to change the colour. Evolve the dated “brown” furniture into something that will blend with your fresh new modern décor. It is just a stroke away and it could not be easier with 58 colours to choose from.

- Step 1.** Clean the varnished or lacquered surface with *Clean & Prep*.
- Step 2.** Apply the paint in the same direction as the wood grain.
- Step 3.** Apply a clear Cottage Paint varnish for protection.

It really is that easy. If your surface is varnished or lacquered you do not have to sand or prime, so, no mess. This clay chalk paint is low in odour and can be applied where the furniture resides. No need to struggle and take it outside. Just move it from the wall and protect the surrounding floor area. This project can be completed within a few hours. You do not have to be a professional painter, even if it is your first time, you can enjoy this creative paint experience.

Take some “Me Time” and revel in the moment as you evolve the furniture into something you will cherish. It will be a story you are proud of and will share with the ones you love.

Call or come into the store and speak to the knowledgeable staff. We will be happy to get you started on your special project.



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COLOUR TRENDS 2021



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eastsidepaint@shaw.ca

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PAINT AND WALLPAPER

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eastsidepaint@sasktel.net

Exercising in the Great Outdoors

Summertime – the perfect time to change up your exercise routine or start one. There are so many benefits of exercise and so many more of exercising outdoors.

Why is it so good for you?

We have all heard the benefits of exercise, and no doubt, we have all likely embarked on an “exercise regime” at some point in time.

We are aware that getting regular exercise can help to prevent heart disease and assist in lowering blood pressure, regulating blood sugar levels, and decreasing cholesterol. We know it promotes cardiovascular health, improves our flexibility and our muscle strength. It assists in weight loss, improves sleep, and helps in managing chronic pain. Overall, it enhances our moods and sense of well-being.

But, why should we exercise outdoors?

Let’s face it. We all look forward to sunny days, summer breezes and longer daylight hours – not to mention, just some good old fresh air!

So, why not exercise outdoors? We have an amazing amount of green space in this province, lots of parks and varying terrains, all of which provide an excellent setting to work out in.

Extra reasons why exercising outdoors is so good:

1. Improved mood, enhanced self-esteem and reduced depression.

2. The great outdoors is low cost and accessible.

I would say this is a sweet deal. Often, cost is a barrier to regular exercise. When we take advantage of our wonderful outdoors, we can find settings that allow us to stretch, strengthen and improve our cardiovascular status simply



by varying our terrain, intensity and duration of our activity.

A simple 15 minute walk over a lunch hour can not only assist in our physical health, but can make us feel good for the rest of the day! Get out and play frisbee or throw a football around.

It also allows us the possibilities of having our own individualized playground or workout space any time we want. Change up your location or your activity.

3. Enjoy Mother Nature!

Being outdoors allows the opportunity to enjoy the sights, sounds and smells of our natural surroundings. Enjoy the peace of picnic site, with a pond or river nearby, birds chirping, and the summer breeze. If your ventures take you outdoors in your neighbourhood, it provides another chance to stop and meet who lives down the street from you.

And remember... Get active, stay active and take a walk outdoors!

As with any new activity, injuries can occur. When this happens, Physiotherapy and Acupuncture can help.

Conditions commonly treated at Westlake Physical Therapy:

- painful conditions
- migraines / headaches
- muscular aches and injuries
- arthritis
- inflamed, injured or strained muscles and tendons
- neck pain
- back pain and sciatic pain
- tennis elbow
- carpal tunnel syndrome
- TMJ problems
- trigeminal neuralgia/Bell's Palsy
- sports injuries / work injuries / motor vehicle injuries



Sandy Westlake, B.Sc.P.T., C.M.Ac., C.A.F.C.I.

Often, best results are achieved when combining physiotherapy with acupuncture. Westlake Physical Therapy and Acupuncture is dedicated to professional,

individualized, hands-on treatment to get you back on track. Owner, Sandy Westlake, your neighbourhood physiotherapist and acupuncturist, obtained her Physiotherapy Degree from the U of S, Certification in Medical Acupuncture from the U of A, completed an internship in Beijing, China under the direction of Dr. Aung, and has over 25 years of experience in Physiotherapy and Acupuncture. Sandy's philosophy is to assess and treat each patient according to their needs.

Westlake Physical Therapy

PHYSIOTHERAPY | ACUPUNCTURE

306-933-1222 | #9, 415-115 Street E, Saskatoon SK

westfizz@gmail.com | www.westfizz.ca



Spring is in FULL BLOOM at It's a Dogs Life Pet Spa!

After 20 years of being open it's the same every year, as soon as the snow melts the phone rings. Make sure you phone and book your pets appointment, spring books up quickly!

Did you know Dogs Life has a daycare type area? We also have kennels for the shy pups. We love to be able to see the dogs interacting with each other and it is a joy to have them around us all day while we work.

Did you know shedding dogs lose most of their coat when the daylight hours change? Late fall and early spring is the best time to book your pup in for a de-shedding, leave that dead excess at our salon so it's not all over your house!

Now is the time to look for lice, fleas and ticks. Make sure to check with your vet about the best solution to deter these pests.

We host in-house brushing classes in the evenings. You bring your pet and we will teach you how to use the proper tools and products.

We sell a small variety of quality brushes, products and tools to use at home.

We carry high quality products; every dog gets two baths and is finished off with a conditioner that suits their skin and coat type. Just like us our pets get dry skin throughout the year, it is important to us to make sure your pet has the best of the best while they are here.

This time of year we have a lot of matted coats coming in. If you prefer a fluffy style regular visits from 4 to 8 weeks is required. Sometimes we cannot brush out the matts our motto is Humanity over Vanity. But don't worry if your pet has to get a short clip the beauty is the coat always grows back.



BEFORE



AFTER



We have quality experienced groomers to handle all of your pets needs call and book your next appointment.

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



Damon and Graham Chernick think we should all spend more time outside.

“It’s good for your health, and not just physical health, but mental and psychological, too,” says 12-year-old Damon.

Damon and his 10-year-old brother, Graham, were recently named Wetland Heroes by Ducks Unlimited Canada (DUC). Over the past several months, the boys, with the help of their mom Shannon, developed a series of self-guided, family-friendly hike guides to entice families to get outside and explore natural areas around Regina.

“It’s good for your health, and not just physical health, but mental and psychological, too.”

DUC was keen to celebrate the Chernick boys’ creativity, enthusiasm, and leadership.

DUC’s Wetland Heroes program recognizes motivated young people, like Damon and Graham, who support wetland conservation through their own projects and initiatives. The Chernicks’ hike guides encourage nature exploration and appreciation. The scavenger hunt format of the guides makes these outings educational and fun. And Damon was right when he said time outdoors was healthy.

Turns out, there are many benefits of “Vitamin N” to children. For one, nature helps kids learn, and in a surprising variety of ways. Restoring attention, relieving stress, increasing concentration, student engagement and interest, and promoting social connection and creativity; these are just some of the benefits shown to follow children from outdoor to classroom environments.

With their children’s education being so full of twists and turns during COVID, many families are finding excursions in safe, novel outdoor environments to offer a welcome and stimulating change of scenery.

A Natural Upside

Two Regina brothers teach us about the value of nature exploration during COVID

By Suzanne Joyce, Ducks Unlimited Canada





The benefits of nature time aren't limited to children, either.

Research has shown a strong connection between time spent in nature and reduced stress, anxiety, and depression.

For example, a 90-minute walk in a natural environment has been demonstrated to reduce repetitive negative thoughts. Calming nature sounds and even outdoor silence can lower blood pressure and levels of the stress hormone cortisol. Any form of immersion in the natural world has been found to heighten an overall sense of well-being.

As well as these observed benefits of time in nature, for conservationists there is another upside, and possibly one with greater urgency. Efforts to conserve habitats and species require that people

care for these things, and that care often stems from frequent, immersive experiences in natural environments. By providing opportunities to explore and learn in nature, we inspire the future stewards of our natural world.

The Chernick family and their outdoor adventure guides have shone a light on the critical importance of having access to wild places. For health, well-being, and enjoyment, and for our continued and collective belief that these places are important, we need not only urban parks and playgrounds, but also natural environments that attract us to play and explore.

And that's something from which all families, both human and wild, are sure to benefit.

Looking for hike locations in your neck of the woods? Ducks Unlimited Canada welcomes hiking, birdwatching, and other non-motorized use of their projects. Contact your local office, call 1-866-252-DUCK, or email du_regina@ducks.ca to find out more.

To find out about DUC's Wetland Heroes program and nominate someone you know: <https://www.ducks.ca/initiatives/wetland-heroes/>.



Conserving
Canada's
Wetlands

"We Bring People and Nature Together"



Wild Birds Unlimited®
Nature Shop
2600-8th St E, Saskatoon • (306) 955-2473

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

All Around Nesting Care

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

The Importance of Water

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

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

Products Designed by Experts

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

Trusted Local Advice

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

The Best Bird Food In Town

Regardless of the season, birds need foods high in protein and fat. These provide extra energy and help birds during nesting, raising their young and molting their feathers in the spring and summer. These foods, along with stored body fat, are the primary energy supply that fuels a bird throughout fall migration and during long, cold winter nights. We can help you attract the most variety of birds with our



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

The Largest Selection of Bird Feeders

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

The Advanced Pole System (APS)

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

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

We also specialize in the following Nature products

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

Guest Speakers and Animal Guests

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





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Picture yourself in your new spare room, green-house, or entertainment centre. A room bathed in sunlight by day, imbued with the glow of the moon and stars by night. A perfect place to read, dine or just relax.

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www.sunviewsolariums.ca
www.sunviewwindows.ca



Explore the **OUTLAW CAVES**
of the

BIG MUDDY



Think Saskatchewan is flat? Think again! A visit to the Big Muddy Valley will leave you in awe of the rugged beauty surrounding the historic buttes and caves of the badlands. Listen carefully and you might hear echoes of the past...

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

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

Spend the night and take in all that our friendly little town has to offer. The Poolside Park is a campground located right in town next to a heated swimming pool, kids spray park, 2 playgrounds, basketball court and a soccer field. One block away is our scenic 9 hole, 3000 yard, grass green golf course which overlooks the Poplar River, rolling hills and grain fields. We also have the Poplar River Community Park campground, 5 kms east of Coronach, located at the Cookson

Reservoir. The park offers boat docks, great fishing and powered sites. **Plan your trip to coincide with our 2nd Annual Street Festival on August 28, 2021.**

Coronach has a motel and hotel in town and a B & B located a few miles outside of town. Some dining options include Deb's Country Kitchen, RC Chinese Restaurant, Coronach Hotel and the Rustic Tavern. Pick up snacks or a lunch at The Nook and stop in at the Mini Mart for some of the best summer treats in the area. Take time to stop at the Coronach District Museum, the site of Coronach's original hospital. You will find local artifacts and history dating back to the 1900's.

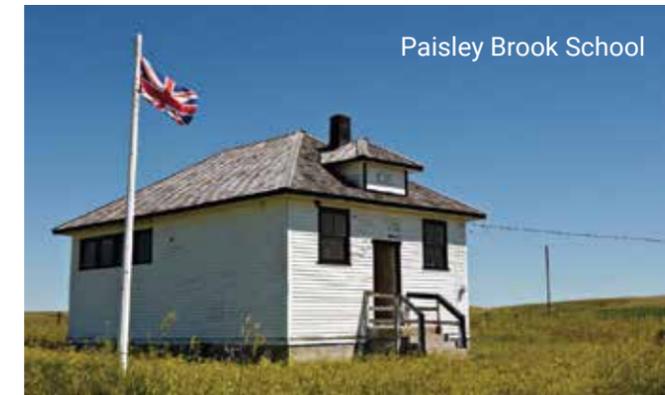
For more information visit our website at <https://coronachrec.wixsite.com/> or call 306-267-3312.

Sam Kelly Outlaw Caves

In 1903, outlaw Sam Kelly joined forces with notorious horse thief, Dutch Henry, and outlaws Bloody Knife and Pigeon Toe Kid. Known as the Wild Bunch, they would steal as many as 200 horses on one drive, alter their brands, herd them into Canada, sell them, and then steal them again for resale back in Montana and the Dakotas.

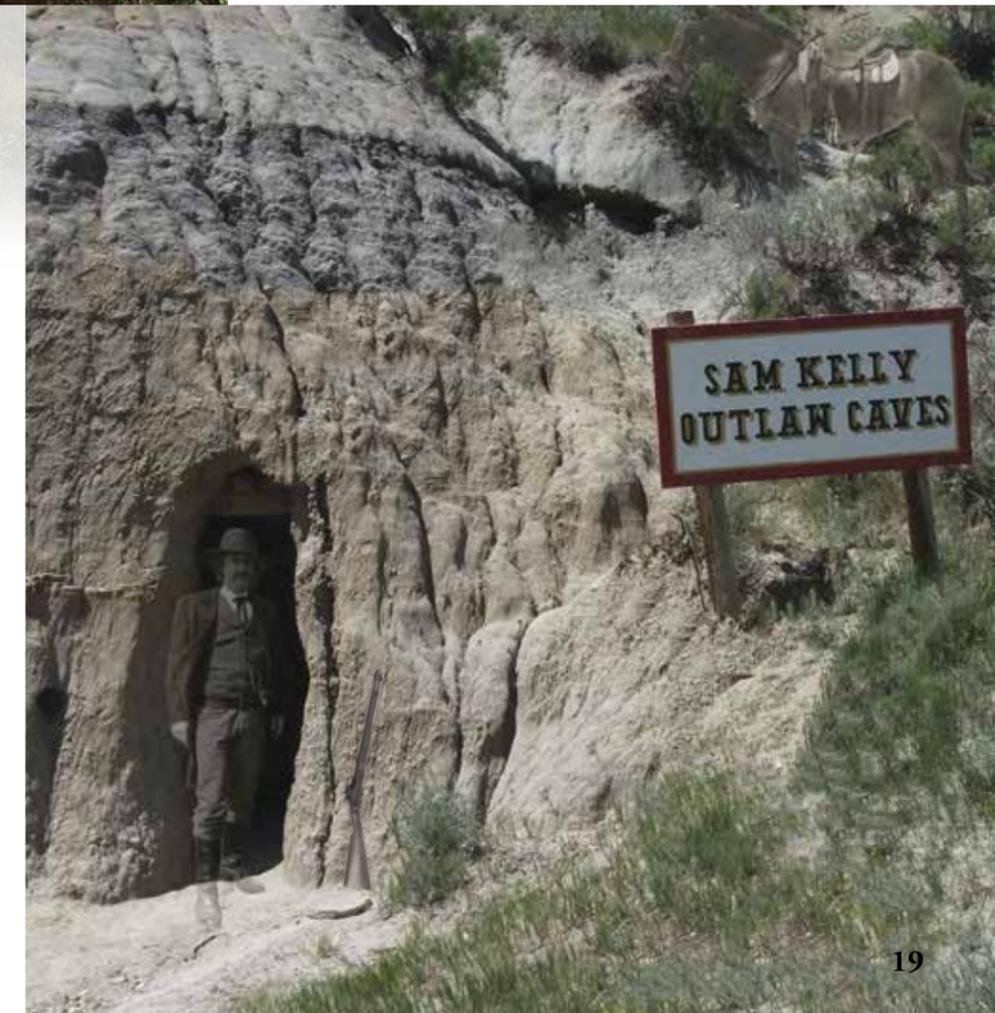
The Big Muddy was an ideal haven for outlaws. Sam Kelly enlarged a weathered wolf den for his living quarters and used a nearby cave to hide his horses.

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



Paisley Brook School

“ These tours will take you through the Valley's spectacular scenery to Castle Butte and on to the caves that were used as hideouts for such American outlaws as Sam Kelly. Here, you will discover why the Big Muddy Valley was known as Station #1 on Butch Cassidy's Outlaw Trail.”





Are you at **RISK** for Magnesium Deficiency?

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- Ideal for people with sensitive intestines



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- Boost immune system
- Fast acting
- Clinically proven



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- Ease joint pain & inflammation
- Helps support bone density
- Supports healthy skin, hair & nails

Who Stole My Collagen?

Age	Collagen Levels in the Body (%)
20	100%
30	80%
40	60%
50	40%
60	20%

Ellen's
Whole Body Health Ltd.



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Long Live the King! – by Cliff Germain

In September 2020, the Saskatoon Public School Board held a press conference on the front lawn of the King George Community School. It was a surprise party to tell the parents, and the students, their school would close along with Pleasant Hill School and Princess Alexandria School.

After 2 years of quiet negotiations, the Public School Board, Saskatoon City Council and the Saskatoon Tribal Council, decided a new school, would be built at the corner of Ave H and 20th street. This new school would have the CPR rail crossing only 50 yards from the front door, a rail line on the north side of the playground, a gas station and pawn shops just across 20th street.

To the School Board, King George is just another old building they want to tear down. To the parents, the kids and the community, it's their neighbourhood, their first memories of learning to read along with friends, sports, and social life of a kid. It's the damp smell of 30 primary snow suits after a winter recess and everybody's wet hair after running in from a summer rain storm.

It's called a "castle school" because of the medieval look of its exterior towers. The inside stair cases and wrought iron railings have a style and grandeur right out of the movies. The stairs are worn by the feet of a million rushing footsteps. If you listen, you can hear the chatter, the laughter and imagine the misbehavior of a dozen tricksters wearing out their shoes running up and down.



"King George School, built in 1914, has stood for over one hundred years."

Past students, now grandparents, remember when girls couldn't wear pants to school – only dresses and skirts. Young teachers wore crinolines under long skirts, men wore ties and crew cuts.

For over a hundred years Saskatoon's princes and princesses went to their castle every day to laugh, to play and to learn. They formed their early selves through the styles and customs of the day: the noisy movie projectors, the scratchy black boards, and desks with ink wells and nib pens that squirted ink for those who dared.

Today the memories are computer games, new jeans, a rap song, chasing each other around the swings and just hanging out in the shade of the school. The same joys of years gone by ... just a different time.

One of those princes became Gordie Howe. Wayne Gretzky con-

sidered him a mentor and personal friend. He said Gordie was the best that ever played the game of hockey. Howe came to Saskatoon in 1966 to be honored with a parade and the dedication of Gordie Howe Park. He took the time to show his own kids where he went to school (King George), and they visited the house he grew up in before going to the NHL in 1944. He and his wife have their ashes buried in Saskatoon.



King George School, built in 1914, has stood for over one hundred years. It's a place for growing up. Soon it will disappear like it was never there. Soon like Gordie Howe, it will be just a grand old memory and legacy of our past.

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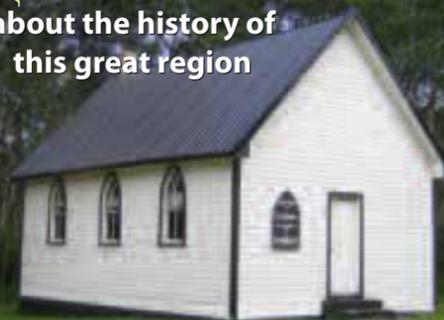
The Riverlands Heritage Preservation Region Tour is a self-guided driving tour that takes you along the west side of the North Saskatchewan River between Petrofka Bridge and Wingard Ferry. It includes cultural and historical sites as well as areas of natural history. Directional and informational signs guide you to over two dozen sites and the tour can be started at any point. For more information about the Riverlands tour and a printable map, go to www.riverlandsheritageregion.ca.

We are a not-for-profit, volunteer organization that relies on memberships and fundraising to carry out our mission of preserving and raising awareness about some unique history along the North Saskatchewan River. In addition to history, there are also many opportunities to enjoy the beautiful river valley scenery and great picnic spots.

While on tour, please respect the natural environment and all private property and also drive safely as you navigate the gravel roads and rural intersections. Be sure to bring your camera; there are many great photo opportunities.

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Taking time for Emergency Preparedness



Natural disasters occur a lot more around Canada than the average person might think. Severe storms, tornados, wildfires, floods, earthquakes and avalanches have all been known to occur within Canadian borders. With climate change contributing to a constantly evolving meteorological situation in the country, too, it seems likely that these natural disasters will only continue to increase in volume and severity. Do you know what to do in case of emergency?

Emergency plan

A plan is a must when it comes to emergency preparedness. Because it could be needed at any time, you won't be able to rely on effective communications during the emergency. Identify the exit points from your house. An escape route may become necessary if you need to get out immediately. You should also designate a meeting area in case you and your family get split up. Be aware of the location of your fire extinguisher, water valve, electrical panel, gas valve and floor drain at all times. If you have children, your emergency plan should also account for situations where they may be at school or daycare while the emergency is occurring. Designate a person to pick them up. The same rule applies to pets and how you will ensure they are taken care of in extreme circumstances.

Supplies

In planning for disaster, the key to keep in mind is that it may take time before emergency responders are able to assist you. When building your emergency kit, prepare for at least 72 hours (three days) of self-sufficiency. Your supplies should include: at least two litres of water per person, per day; non-perishable food items like canned food, granola bars and dried food; a manual can opener; a manual flashlight or a battery-operated one with extra batteries; a battery-powered radio; a first-aid kit; specialty items including medication, formula and equipment, as well as any specific items customized to the potential risks in your area. These supplies should be stored in a backpack, suitcase or other easily transportable means of storage and placed in an easily accessible place. In case of an emergency that forces you to evacuate, you won't necessarily have the time to go looking for your kit.

Contact information

Write down the phone numbers for emergency contacts – you may not be able to access the Internet in an emergency situation. Have phone numbers on hand for family, an out-of-town emergency contact, doctor, veterinarian (if applicable,) poison control and non-emergency calls. The main emergency number

will likely be busy during natural disasters, but for urgent situations only, don't hesitate to call 9-1-1.

During an emergency

Your first priority should be to ensure your own safety. You'll be of no help to anybody if you put yourself in harm's way. Assist others as soon as you're safe. Follow the plan you've set out, making sure to stay put until all is safe or you're ordered to evacuate. Listen to the radio or TV, if possible, for further information. Avoid using electronic devices unnecessarily – too much cellular activity can jam up the signals and, besides, you may need to conserve battery power. If you're ordered to evacuate, make sure to take your emergency kit as well as any essentials, shut off water, electricity and gas if instructed to do so, notify your out-of-town contact and provide details of where you are going. Lock your home before leaving, and register with a local reception centre where you will be kept up to date. Emergency preparedness is a group effort – community safety depends on everyone doing their part to keep the neighbourhood safe even in the face of emergency. Make a plan, stick to it, and trust emergency responders to do their part, too.



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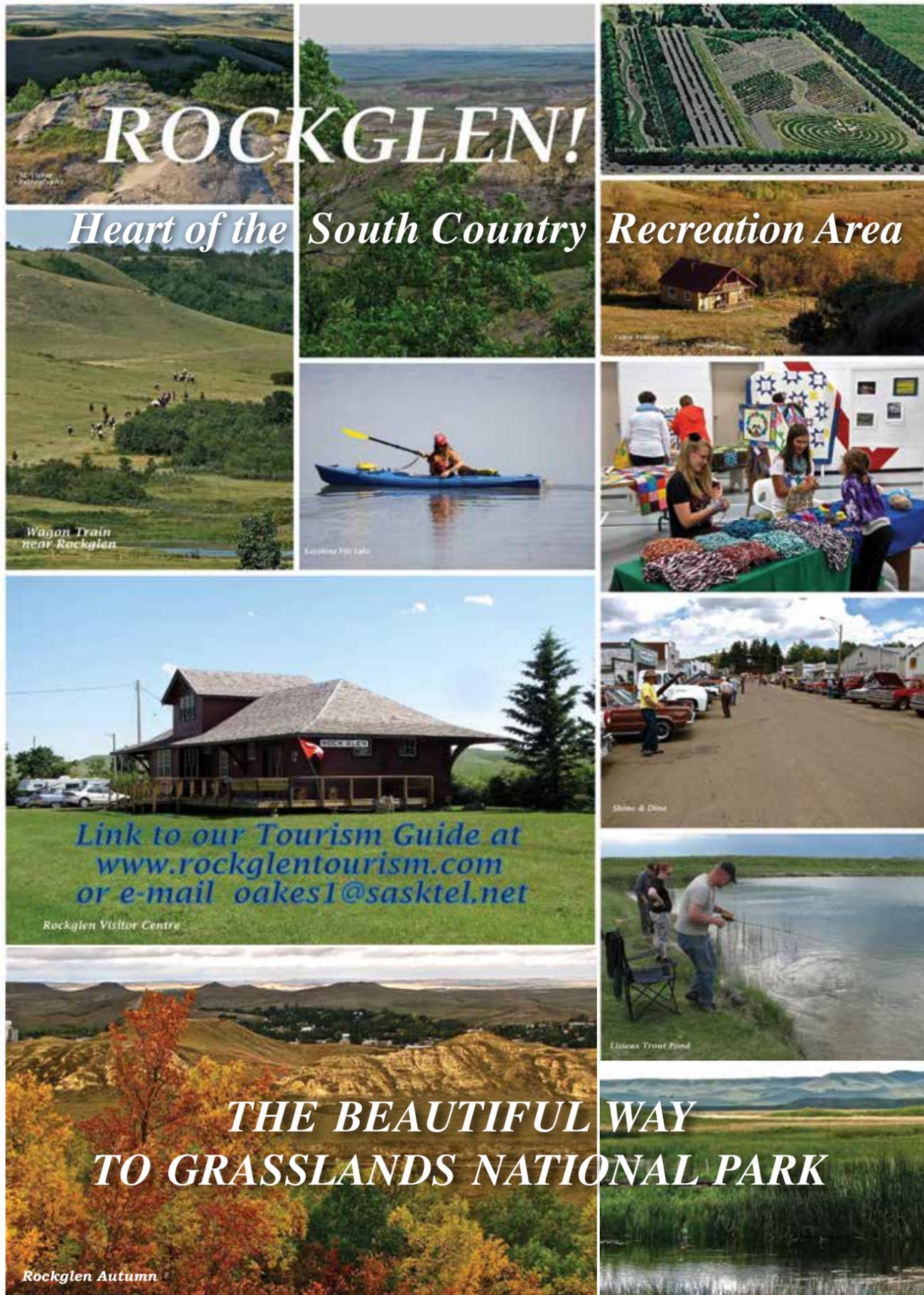
The opportunities to explore and play are limitless. Waskesiu has something for everyone. When the snow flies, Waskesiu's trails are turned into some of the best runs that can be found anywhere. And one can not beat the scenery of magical Waskesiu covered in winter's white coat. Create your own trail across the snow cover! Whether you venture out for a few hours or choose to go for a back-country camping adventure, snowshoeing, skiing and hiking provides a great

way to exercise and experience the boreal forest winter.

"Far from the stress of the everyday – but only moments from everything else."

Winter is a great time to view wildlife! Check the roadsides for elk, deer, wolf and fox tracks. Scan the frozen lakes for wolves. Over 20 species of birds make Prince Albert National Park their winter home.





Safety in the Great Outdoors Expect the Unexpected

Before you set out, try to imagine what conditions you might face. How would you survive if something goes wrong? Even on a short trip, you might need to spend the night—and the weather could deteriorate. How would you get help if you become lost or injured?

Find out about the area you plan to explore. Bring a good map, and check the weather forecast. Tell others of your intended route and timetable. Never travel alone, and always stay with your group. Wear the proper clothes and footwear. You'll also need enough water and food.

Whenever you go hiking, take along something to protect you from cold, rain or wind. A water-proof reflective survival blanket is ideal; it's cheap, reusable, highly functional, and takes very little space in your pack. As well, bring along a whistle so you can let others know your location, and a flashlight in case you are still on the trail when the sun goes down. If you get into trouble, early de-

tection can mean the difference between a safe return and a life threatening situation. The Canada Safety Council recommends that anyone who likes to venture into the wilderness, whether on foot, by water or on a vehicle such as an ATV, should invest in a wilderness survival kit. They come in different levels, with components suitable for the day hiker up to the veteran adventurer.

There are many suggested equipment checklists, but no single list covers every circumstance. The Canada Safety Council advises wilderness adventurers to use common sense and take all appropriate precautions.

Make Yourself Easy to Find
When you head into the wilds, bring a map, Global Positioning System (GPS) and mobile phone. A GPS, used in conjunction with your map, should enable you to find your way out. With a mobile phone you can usually call for help.

As soon as you realize you are lost or need help, stop. Staying in one

place makes you easier to find. In case of a serious injury, build a shelter and wait for rescuers. Trying to transport an injured person may lead to exhaustion or further injury. If you are stranded because of a broken-down vehicle, such as an ATV or aircraft, it is usually best to stay where you are. Large objects are easier to spot than a lone hiker.

If you need to signal, move to higher ground. Aerial flares and signal mirrors can attract attention. Once help is on the way, smoke flares, whistles and distress flags can help rescuers identify your exact position and keep them on course.

Teach Your Children Well
Supervise your children closely and make sure they know what to do should they get lost.

Tell them to choose a tree near a clearing and stay there. They can hug and talk to the tree if they feel frightened. Tell them to yell at noises that scare them. This scares animals away and helps searchers find them.

Continued on next page...

Above all, tell them no one will be angry at them if they get lost. Children have been known to hide from searchers for fear of punishment.

Beware of Bears

Canada is known around the world for its bears. However, confronting a bear in the wild can be deadly.

Bear behaviour is complex and there is no single strategy to protect yourself. First and foremost, take measures to keep bears away. Never prepare, eat or store food in your tent when camping. If you are hiking in the woods, make noise to advertise your presence, and stay in a group. Bears are attracted by scents, so keep food and garbage in airtight containers, and avoid perfumed toiletries. Before planning a trip in bear country, seek instruction on how to deal with specific types of bears and confrontations.

What If Lightning Strikes?

Don't let yourself be caught in the woods in a bad thunder storm. If storms are in the forecast, postpone your trip until the danger is past.



Take shelter as soon as you see dark storm clouds gathering, feel the wind, or hear thunder in the distance – but not by standing under a tree. When lightning strikes a tree, electricity runs down the trunk, through the roots and into the ground, causing a strong shock.

If possible, head for a house, a large building or your car. Then shut all the

windows and doors and stay inside. In a car, move away from a high location or trees, turn off the engine, put your hands in your lap (so you don't touch anything metallic), and wait out the storm. It's usually safe to come out after there has been no thunder or lightning for thirty minutes.

Otherwise, seek shelter in a depressed area such as a ditch, or a cave. Crouch with your feet close together and your head down, minimizing your contact with the ground to reduce the chance of being electrocuted.

To figure out how far you are from the lightning, count the seconds between the flash and the thunderclap. If you count fewer than five seconds, take shelter immediately.



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Pick PORK

YIELD: 4 SERVINGS

Ingredients

4 - 4 oz (125 g) pork sirloin (or blade) steaks

Dijon-Raspberry Marinade:

- 1/2 cup (125 mL) canola oil
- 1/2 Tbsp (7 mL) fresh basil, chopped
- 1/3 cup (75 mL) raspberry balsamic vinegar
- 1/2 tsp (2 mL) dried oregano
- 1 Tbsp (15 mL) Dijon mustard
- 1/2 tsp (2 mL) salt
- 1 tsp (5 mL) garlic, minced
- 1/4 tsp (1 mL) freshly ground black pepper

Instructions:

1. In a small bowl whisk together canola oil, raspberry balsamic vinegar, Dijon mustard, garlic, basil, oregano, salt and pepper.
2. Place pork steaks and marinade into a resealable bag. Marinate in the fridge for 6-8 hours or overnight.
3. Heat grill to medium-high heat. Place pork chops on the grill and set marinade aside. Grill for 6-8 minutes on both sides or until internal temperature reaches 160 °F (71°C). Remove from the grill and allow to rest 3 minutes.
4. While steaks are grilling, place marinade into a small saucepan over medium-high heat. Bring to a rolling boil, reduce heat to medium-low and simmer until sauce has reduced in half about 15 minutes. Stir occasionally. Serve with steak.

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