

# Suddenly Saskatchewan

MAGAZINE | SPRING 2023



SASKATCHEWAN  
SCIENCE CENTRE  
**WILD WEATHER  
EXHIBITION**

**GEAR UP** at  
PRAIRIE SUMMIT SHOP



**Watrous-Manitou**  
Two great communities—  
one fantastic travel destination!



S A S K A T   N



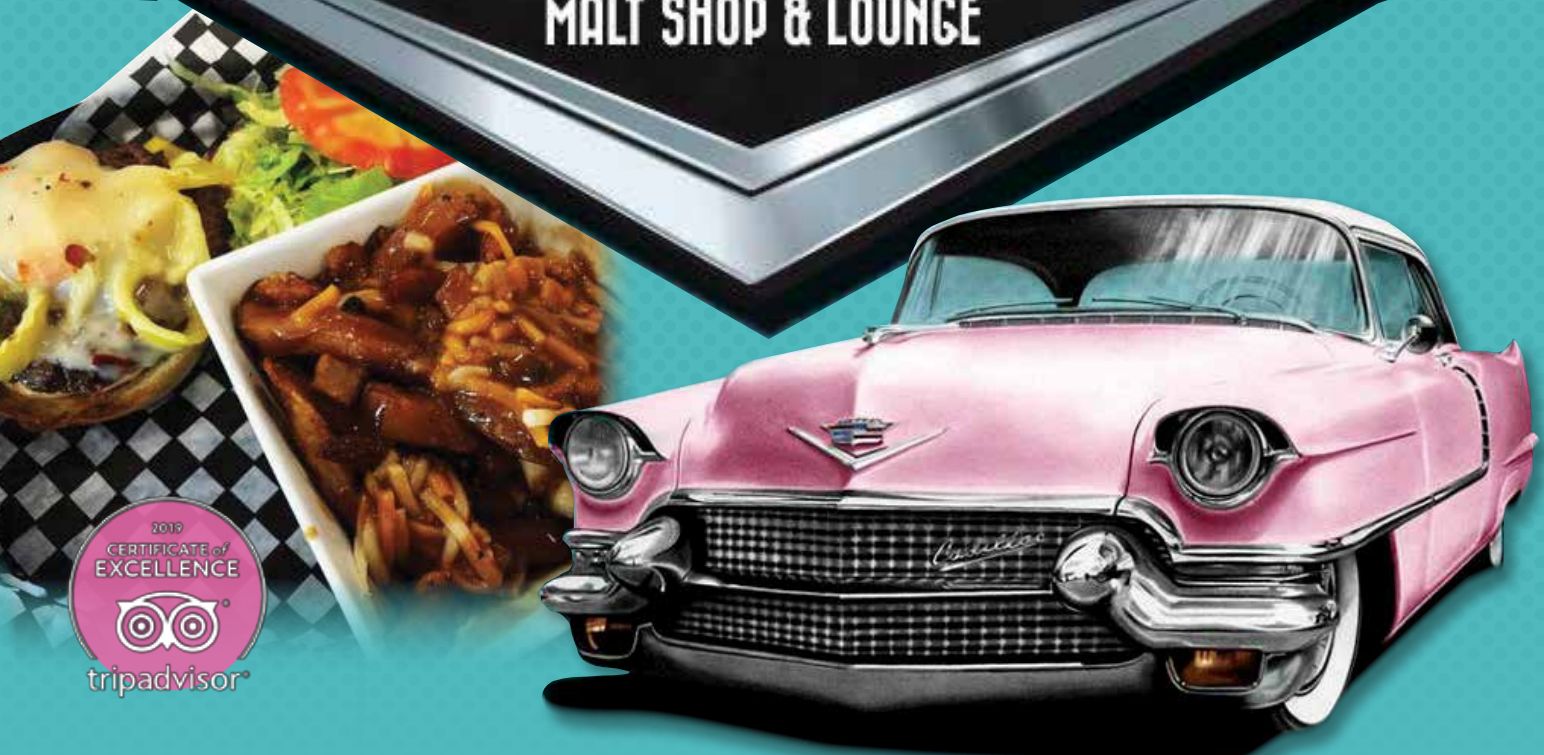
Discover Saskatchewan by train  
**Wheatland Express**

*Glamping Resorts*  
Camping Reimagined



# Pink Cadillacs

MALT SHOP & LOUNGE



## Great food – combined with a good time!

### STONEBRIDGE

503 Cope Way  
Saskatoon  
306-952-1433

### 8<sup>TH</sup> STREET

2600 8th Street East #340  
Saskatoon  
306-974-7465



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



Cover photo courtesy:  
Saskatoon SPCA

*"Suddenly Saskatchewan  
is the place to be..."*

Copyright & Disclaimer:  
The material distributed in the *Suddenly Saskatchewan Magazine* is for information purposes only. *Suddenly Saskatchewan Magazine* assumes no liability or responsibility for any inaccurate, delayed or incomplete information, nor for any actions taken in reliance thereon. The information contained about each individual, event or organization has been provided by such individual, event organizers or organization without verification by us. The opinion expressed in each article is the opinion of its author and does not necessarily reflect the opinion of the *Suddenly Saskatchewan Magazine*. Therefore, *Suddenly Saskatchewan Magazine* carries no responsibility for the opinion expressed thereon.

NOTE: Programs & services may have changed due to health & safety guidelines. Date changes, postponements, and cancellations may occur without notice.

Any form of reproduction of any content in this publication without the written permission of the publisher is strictly prohibited. © 2017 *Suddenly Saskatchewan Magazine*. All rights reserved.

Contact: Jim Germain for advertising and editorial rates.  
Tel. 306-230-1621  
[replay@sasktel.net](mailto:replay@sasktel.net)  
[www.suddenlysask.com](http://www.suddenlysask.com)

Our website is hosted courtesy of WebDexter.ca

## History & Background of the Saskatoon SPCA

The Saskatoon SPCA began its journey in the community in the 1920's, but it wasn't until 1968 that the organization was incorporated as the Saskatoon Society for Prevention of Cruelty to Animals, a separate entity from the Saskatchewan SPCA. From 1968 to 1991, the Saskatoon SPCA was located in Sutherland. During this time, the demand and need for SPCA services and programs steadily increased and they outgrew the relatively small facility.

In October of 1991, the Saskatoon SPCA relocated to its current location 5028 Clarence Avenue S, just outside Saskatoon city limits. The property includes 3 large dog parks and the building houses both the Saskatoon SPCA as

well as the City Pound. The shelter has held the City of Saskatoon Poundkeeping contract for more than 50 years and reunites almost 500 lost animals a year with their owners.

The Saskatoon SPCA is a registered charitable organization that provides care for almost 4000 abandoned, homeless, neglected or abused animals annually from Saskatoon and area. The organization receives some funding for Poundkeeping services but relies upon support from individual and corporate donors. This support ensures that we can provide shelter, sustenance, medical care and enrichment to companion animals in our community that have passed their holding

period in the City Pound. The SPCA provides the public with adoption programs, pound services, lost & found programs, humane education and training programs as well as volunteer programs. The Saskatoon SPCA has had a long history and continues to demonstrate its commitment to the humane treatment of animals.



Ricquelle Fedyk with Annie, a 16yr old cat she adopted from the SPCA as a kitten.



S A S K A T O O N

### PROGRAMS AND SERVICES

#### Foster Care Program

Love pets but don't want the lifetime commitment? Become a foster! Some pets require a little extra help before they can move on to their forever homes. All medical care, food and supplies are provided.

#### Adoption Ambassador Program

Created to help current shelter residents find their forever families while in foster care. By sending adoptable animals out into the Adoption Ambassador Program, foster parents can help make successful adoption matches between pets and people.

#### Office Cat Foster Program

Can't foster a cat at home? Convince your boss to get an office foster cat. The Saskatoon SPCA provides all supplies and covers the cost of medical care for your new employee.

#### Borrowed Buddies Program

Don't have the space or time to commit to fostering full time? Borrowed Buddies is the

program for you. We'll pair you with a pet that you can take out for a few hours or a whole day. We'll provide everything you need to make these outings successful.

#### Pawsitive Pups Training... Coming Soon!

Need a little extra help getting started your new pup? We've got you covered! Pawsitive Pups training is a low-cost subsidized training class that follows our positive reinforcement training philosophies.

For more information about any of these programs contact [fostercare@saskatoonspca.com](mailto:fostercare@saskatoonspca.com).



Madelyn Fedyk with OTIS, adopted from the SPCA 6 yrs ago.



## Safe Shelter. Happy Home.

If you love animals as much as we do, you understand why we work so hard to provide the best life possible for the animals in our care and the people who bond with them. Yes, we provide safe shelter, sustenance, medical treatment, and enrichment to thousands of abused, neglected, abandoned or lost animals in our community but most importantly we offer these pets a second chance at finding loving, happy homes.



“From the very moment an animal comes into our fold, their wellbeing is our priority.”



### Our Impact

From the very moment an animal comes into our fold, their wellbeing is our priority.

### How do we do serve the community?

The Saskatoon SPCA is an essential service that provides care to vulnerable animals in our community 24 hours a day 365 days a year.

- Our animal care attendants look after shelter animals as if they are their own ensuring they receive enrichment (playtime, affection and training) as well as sustenance (food, water and of course treats).
- We provide health assessments, vaccinations, deworming treatments, microchipping and spay/neuter surgeries to all animals that come through our doors.
- Our adoption counsellors are dedicated to making the perfect match and transitioning animals from safe shelter to happy homes.
- We have a network of over 100 fosters and volunteers dedicated to the health and well being of animals in our community.
- Our lost and found services helps reunite owners with their lost pets.
- We offer education, training and programming to the community to help build stronger human-animal bonds.
- We hold the City of Saskatoon Poundkeeping Contract and provide safe shelter, sustenance and medical care for all Saskatoon stray animals with the goal of reuniting it with their family.



We aspire to improve the quality of life for companion animals in our community through education, adoption, and the enforcement of animal welfare legislation.

### Why is this important?

For animals, a life where they are loved and cared for ensures they are free from distress and discomfort. For people, connecting with and caring for an animal creates healthier and happier homes. We like to say that we are at the centre of a happy community of people and their pets. It thrives because of the dedication of our staff and volunteers, the people we serve, and the animals we nurture together.

It is only with the support of donors that we can ensure that all animals who come through our doors receive the care they deserve and are matched with loving homes.







**Connecting with and caring for an animal creates healthier and happier homes."**



## Walter White's Epic Reunion

**W**alter White disappeared more than three years ago. His family had just moved into a new house, and he couldn't find his way home. His mom Nikky spent months searching for him. She posted about him online, she came down to the shelter regularly, she submitted a lost report and even posted a reward for his safe return. She did everything possible to find Walter but after a year, Nikky and her family lost hope. They cried and mourned the loss of their kitty and tried to mend their broken hearts.



Three and half years later a good Samaritan brought a handsome, fluffy grey cat to the Saskatoon SPCA. He had been hanging around her yard for a few days and she was worried about him. The front office staff signed him in, and after scanning him for a microchip, they discovered it was Walter White! When Nikky was called, she

dropped everything and raced to the shelter to collect her long lost cat. She was overcome with joy and gratitude. Both Nikky and the staff witnessing this beautiful reunion had tears of happiness in their eyes.

**"Because Nikky had Walter microchipped, he found his way home."**



Jacolen, a long-term Adoption Counsellor with the Saskatoon SPCA, has witnessed reunions after animals had been missing for 6 months and even a couple around a year, but she told Nikky that she has never seen a reunion take place after 3 ½ years. It can be devastating to lose a pet, but because Nikky had Walter microchipped, he found his way home.

The Saskatoon SPCA microchips every animal that is adopted and recommends updating the information if you move or change phone numbers, so that if your pet ever becomes lost, your happy reunion can take place. If your pet isn't microchipped, check with your local vet as it is a quick, easy procedure.

## A Second Chance for Arlene

**H**i I'm Arlene! I was a different dog when I first arrived at the Saskatoon SPCA. I was skinny, scared, dirty and so very hungry. I was also extremely lonely. Today my life looks much different. I have a new family and I am so lucky to have new siblings Ella the Weimaraner and Paisley the Dalmatian who are the best playmates. I'm living the life that I always dreamed of, *and its all thanks to you.*

Just a few months ago, I had lost all hope. I did not have enough to eat or drink and sadly I did not have a loving family to provide me with the care and attention I needed to be a happy, healthy dog. I wasn't sure could go on much longer.

*Then suddenly my life changed.* I felt the gentle hands of an Animal Protection Officer lift me up and he whispered you're

going to be okay. He rushed me to the shelter where caring people gave me food and water and most importantly the will to survive. For the first time in my life, I realized that humans can be kind, caring and compassionate.

*If you are reading this, you must be one of those people.*

My road to recovery wasn't easy. I was so malnourished that I needed to be put on a special diet and feeding program so that my body could adjust. I was also severely under socialized. I didn't know how to be a good dog. My heart was still broken by the mistreatment I had experienced, and I needed to learn how to trust humans again.

Lucky for me once I was stable, I got to go to an incredible foster home. My foster mom helped me learn how to be a confident, happy dog. I had 4 other dogs, a cat and even a pig to play with. I was thriving and making progress every day but what I really wanted was a forever home.

The Saskatoon SPCA cares for thousands of animals every year. Some will need specialized care like me to overcome abuse. Others will need medical intervention or emergency surgery just to survive. *Without the support of our community, none of that would be possible. You help animals put their painful pasts behind them and give them the happy life and healthy futures they deserve.*



**I needed to learn how to trust humans again. I didn't know how to be a good dog."**

I am just one of the lucky ones who received the care and time I needed to heal so that I could find my forever home, but not all animals are as lucky as me.

**Arlene,**  
*A Grateful SPCA Alumna*



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





2310 Hanselman Avenue  
Saskatoon SK S7L 5Z3  
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:



*No Power – No Problem*



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



Heat your garage for only pennies per hour

## RESIDENTIAL GARAGE RADIANT HEATER

- Safety • Comfort • Low, low fuel costs!



**SUPERIOR**  
RADIANT PRODUCTS



## Experience the Regina Folk Festival

The summer air in Regina will be infused with sea-salty folk rock, hip-hop awesomeness, soaring voices, rock psychedelia, gentle acoustic guitar, and lots more. Experience the Regina Folk Festival this August in downtown Regina on August 11-13 at Victoria Park for a summer music festival experience you just can't miss.

The 1st round of performers for the 52nd RFF features: Alan Doyle, Allison Russell, The Halluci Nation, The Strumbellas, Abigail Lapell, Chad VanGalen, Kinnie Starr, Logan Staats, Polky, Shad, Socalled, TEKE::TEKE, & The Weather Station. The full line up will be announced on May 4th.

The festival is proud to have Music Declares Emergency as 2023's guest curator for the 52nd Regina Folk Festival! Music Declares Emergency (MDE) is a group of artists, music industry professionals, organizations and music fans that stand together to declare a climate and ecological emergency. We believe in the power of music to promote the cultural change needed to create a better future. MDE's RFF curatorial selections include Abigail Lapell, Kinnie Starr, Logan Staats, Shad, and The Weather Station.

*"This year we celebrate our interdependence with the natural world (a web of life!) and some of the musicians and groups working toward environmental sustainability. While being the biggest party of the year, the Regina Folk Festival also pays attention to emerging dialogues in the community, including the climate emergency. The ReginaFolk Festival is also pleased to announce that we are starting to build our own climate action plan to ensure we also contribute towards a carbon neutral future."*

- Amber Goodwyn, Artistic Director



The summer festival will offer free daytime concerts and workshops on several Sunlit Stages on Saturday and Sunday, as well as a noon hour concert on Friday to kick off the festival. There's a dedicated Children's Area with music, dance & crafts plus a parade for everyone to join. There is a huge vendors market with all sorts of one-of-a-kind stuff and tasty treats. The festival beer gardens is stocked by Pile O' Bones and Rebellion Brewing for the first time ever. There is a pop-up merchandise and record store where you can pick up some artist and RFF merch. The highly anticipated Main Stage evening concerts are something else with the fun not stopping there but continuing at the official RFF After Dark parties.

For details and tickets visit the Regina Folk Festival's website [reginafolkfestival.com](http://reginafolkfestival.com). You can sign up to volunteer and help host one of Saskatchewan's favourite summer parties. There are many more artists, partners and plans to be announced.





# GEAR UP FOR SPRING & SUMMER

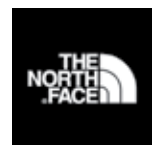
## *Adventures*



SHOP OUR REGINA & SASKATOON LOCATIONS  
**2018 PARK ST, REGINA — 601 51<sup>ST</sup> ST, SASKATOON**  
Shop online at [www.prairiesummitshop.com](http://www.prairiesummitshop.com)



INDY EVA





# WILD WEATHER

## APRIL 5 - AUGUST 21

Delve into the science of extreme weather, discover cutting edge technology and investigate the stories of scientists, forecasters and enthusiasts!



Wild Weather is a production of Science North, Sudbury, Ontario, Canada in partnership with the Ontario Science Centre.



Eight exhibit zones lead visitors through a series of Wild Weather experiences, beginning with an entrance zone that introduces the overall theme of the exhibition. This is followed by a zone featuring tornadoes – one of our planet’s most unpredictable forms of weather.

From thunderstorms to summer heat waves, hurricanes to blizzards, uncover the science behind the weather all around us and learn how exciting new discoveries are unraveling many of weather’s mysteries.

Fly through the eye of a hurricane, create a mini-tornado and dance up a storm as the weather around you responds to your movements and get blown away in a staged hurricane photo op.

Experience weather in its many powerful and unpredictable forms in this new exciting exhibition open at the Saskatchewan Science Centre until August 21!







Locally owned and operated



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



**AMISH HEIRLOOMS  
FURNITURE**

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*

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



# ALL ABOARD!

## Authentic Prairie Railway Experiences

Wheatland Express is rolling down the tracks again this summer with new features and shows for passengers to experience!

Since 2018, Wheatland Express Excursion Train has been taking passengers on acclaimed journeys across the heart of Saskatchewan's prairie grain belt. Choose from railway robberies, mock weddings, and dinner trains offered annually between May and December.

New to the Wheatland Express this summer is the opening of "Little Big Town". A faux westerntown front is now located along the railway tracks for passengers to explore before their tour. Meet the characters, listen to music and wet your whistle at the 9 Mile Saloon. Additionally, we've added a new railcar to our fleet!

## Discover Saskatchewan by Train

Centrally located one hour from Saskatoon, Prince Albert and three hours from Regina, Wheatland Express operates between the rural communities of Wakaw and Cudworth, SK.

Experience more than just a train ride with an array of characters, musicians and our charming excursion guides. You'll enjoy prairie-inspired menus with locally sourced ingredients, delighting each of your senses on the round-trip journey.

Don't miss your chance to climb aboard and experience everything this award-winning railway has to offer!

## Featured Tours

### JOHNNY CASH TRIBUTE

David James and Big River are back aboard the Wheatland Express! Described as one of the most authentic Johnny Cash tribute shows touring today. Thousands of fans agree with those reviews. Climb aboard for a three-hour round trip excursion followed by a gourmet catered meal and concert performance at the local community hall.

### \*NEW\* ADELINE'S WEDDING

Wedding Bells are ringing! That's right, Little Big Town is host to nuptial bliss as Adeline St. Laurent announces her newest engagement! She has been married 14 times already so she knows what she is doing. Hopefully, this is lucky 15! Come join the friends and family of the blushing bride and the handsome groom as they tie the knot in the town square before embarking on the Wheatland Express for their reception. Come out and toast the happy couple!



## GREAT PRAIRIE TRAIN HEIST

Come on down to Little Big Town! A town on the rise nestled in the heart of Saskatchewan! The year is 1892 and Little Big Town is no longer a one-horse town, we have four now! Check out everything our town has to offer but don't go breaking any laws ya hear? Or Sheriff Breakstone will have to lock you up! Speaking of which, don't believe all the rumours about Lucky LaChance and his gang of outlaws robbing the Wheatland Express!

The rise of train robberies is hogwash ya hear?! Besides, Lucky told me that all the proceeds from the robberies go to local charities, so IF you do get robbed it's for a good cause.

## MURDER ON THE WHEATLAND EXPRESS

The small industrious frontier town of Little Big Town was shocked this past week as a beloved cobbler, Grover Anderson, was found dead by the saloon. The cause of his death is unknown, the murder is unknown, and the motive is even more unknown. Sheriff Breakstone is calling on all amateur sleuths, Sherlocks and detectives to come to Little Big Town and help him solve the murder. Can you unravel this story of love and murder? (Ok, maybe there is no love story but it sounded better that way)

Search the town for clues, talk to the townsfolk and discover the truth as you ride the rails on the Wheatland Express.

## Book a single car or the entire train!

Perfect for those wishing to create a truly unique and memorable experience! Come aboard one of our regularly scheduled itineraries or create a tour of your dreams! Our train is available for individuals, corporate and special events, gatherings and tour groups.

*Gift Certificates available.*



Tel: 306-233-3068

Toll-Free: (833)233-3068

Email: [reservations@wheatlandexpress.net](mailto:reservations@wheatlandexpress.net)

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



# A get-away close to home

Watrous-Manitou offers so many ways to lift your spirits...



The clean, healing mineral waters of Manitou Beach await you. Manitou Springs Mineral Resort and spa, golf course, mini golf, disc golf, walking trails, hotels and motels, restaurants, beach bar, Heritage Centre, art galleries and Danceland, home of world famous dance floor suspended on horse hair.

*Two great communities—one fantastic travel destination!* Located in the heart of Saskatchewan. Whatever your pace or your desire, you can find it in Watrous and Manitou Beach.

Experience travel packages available.

## Events for 2023

- July 1 Canada Day – fireworks at Manitou Beach
- July 7 & 8 The Salt Shaker – Danceland and other Manitou Beach locations
- July 9 Spirit of Manitou Studio Trail – several community and regional locations
- July 21 & 22 Manitou Beach Busking Festival – several Manitou Beach locations
- July 29 Watrous Fun Run Show n Shine – Main Street, Watrous
- August 4 & 5 WOW! Manitou (Wonder of Words Literary Festival) – several locations
- August 6 Sunday in the Sand! – Mike's Beach Bar
- August 9 - 13 Chainsaw Carving Festival – Manitou Beach
- Sept 1 & 2 Rock n Roll Weekend at Danceland
- Sept 3 Manitou Music Fest – Little Manitou Art Gallery



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







## Choose DANCELAND for your next occasion

**D**anceland has become very popular for weddings and conventions. We are a full service facility with a complete bar and a varied menu. We have tablecloths, wine glasses and can help with any ideas you may need for your event.

“ We are a full service facility with a complete bar and a varied menu.



Danceland also does **family reunions, anniversaries, and birthdays.** We can do this **in conjunction with a Saturday night dance** or in the middle of the week on advance notice. We have special group rates for over 25 people. Call and let us give you a quote for your event.

To find out more about our rental options contact:  
 Danceland Ballroom  
 511 Lake Ave Manitou Beach, SK  
 Tel (306) 946-2743 | Toll Free 1-800-267-5037  
 Email: danceland@sasktel.net  
[www.danceland.ca](http://www.danceland.ca)



# FESTIVAL FRANSASKOIS

## femmes d'ici

women from here



**JULY 7-9 JUILLET 2023**  
**PARC PROVINCIAL PIKE LAKE PROVINCIAL PARK**

Come and celebrate with the French-speaking community!  
 Everyone can join the **francoFUN**

**WWW.FESTIVALFRANSASKOIS.ORG**

#FestivalFransaskois2023   

PRÉSENTÉ PAR LE CCF








The Saskatchewan Cycling Association (SCA) is actively involved in road and mountain bike racing, BMX, randonneur cycling, recreation, transportation, off-road touring, trail access, and safe cycling education programs. The SCA is a volunteer non-profit association that promotes bicycling for sport, recreation, and transportation..

2205 Victoria Ave  
Regina, SK

306-780-9299

saskcycling.ca



The Performance Cycling Program is SCA's provincial high performance cycling program focused on the Olympic cycling disciplines within Saskatchewan.

The Performance Cycling Program delivers High Performance and Development programs to encourage excellence in sport and help SK targeted athletes develop to their full potential. Participants are typically in the 'Train to Train' through to the "Learn to Win" stages of the Long Term Athlete Development model (LTAD).

During the year with the program athletes are offered opportunities to develop with enhanced services including:

- training camps
- high-caliber competition projects
- coaching
- educational opportunities, and more

There are 3 parts of the Performance Cycling Program. The Development Program is aimed at introducing young athletes to competition and structured training in several cycling disciplines. The Performance Program is aimed at preparing athletes to compete and win at Provincial and national level events, building upon the knowledge and skills gained in the Development program. And finally, the High Performance Program is designed to assist Saskatchewan's best riders by helping to provide them the support & resources needed to compete at the highest levels.



## A New Paradigm of Activated Herbs Living Alchemy's Alive Series

Living Alchemy utilizes the ancient art of fermentation to activate herbs and whole foods, transforming them into a superior form that supports our modern-day physical and mental stress. Our Alive Series supplement formulas provide the whole organic herb and food in an activated and highly bioavailable form, thanks to our long traditional fermentation process that contains diverse species of microorganisms from kefir and kombucha cultures.

Unlike other supplements that focus on one particular compound within an herb or food, our Kefir-Kombucha culture transforms the entire herb or food into its activated state. This process delivers exceptional vitality and bioavailability, as well as a complete, activated herb within a living food matrix.

### Physical & Mental Stress Support for Modern Day

Whether you're dealing with physical or mental stress, bringing your body back into balance is essential. While diet and lifestyle changes are necessary, fermented

herbs and foods are powerful in their anti-stress effects. Our Alive Series supplement formulas give you the strength you need to take on your day.

Our Fermented **TURMERIC** Alive supplement is a potent anti-inflammatory and antioxidant, containing an outstanding 983% more tetrahydro-curcumin to enhance overall well-being. It promotes joint health and mobility, provides immune support, and works to provide a healthy inflammatory response to the body.

For those in need of a boost in energy, Fermented **RHODIOLA** Alive provides the stamina and energy you need to power through your day. After seven days of use, it has a 300% greater effect than Rhodiola extract on both stress and anxiety.

If you're looking for support for your mental health, Fermented **HOLY BASIL** Alive is the way to go. It promotes relaxation, reduces stress hormones, and helps brighten your mood. This highly bioavailable form of holy basil provides synergistic support for the nervous system.

Fermented **ASHWAGANDHA** Alive is designed to improve overall vitality and focus on the adrenals. It improves anxiety and mood while also helping with focus and concentration. Our Fermented **ASHWAGANDHA** Alive contains certified organic Bacopa and Turmeric, which have anti-inflammatory and antioxidant properties that help with stress, anxiety, and depression.

Finally, Fermented **MILK THISTLE** Alive revitalizes and strengthens your liver while promoting effective detoxification. It also normalizes liver enzymes and function, filtering toxins from the body by regenerating damaged liver cells and aiding in the production of new, stronger cells.

Our Alive Series supplement formulas contain no fillers, additives, or excipients and are suitable for vegetarians and vegans. Additionally, Living Alchemy is USDA Certified Organic and Non-GMO Project Verified, ensuring the highest quality products for our customers.

Written by: Irene Pauline, Certified Nutritional Practitioner & Director of Education, Living Alchemy

\*This article is for educational purposes only. It is not intended to aid the diagnosis, treatment, or prevention of any disease.

**MOM'S NUTRITION CENTRE**

901 - 22nd Street West, Saskatoon · Tel. 306-652-1118  
momsnutrition.ca





## The Nurture of **Nature**

**Modern living habits have reduced our exposure to nature.** We spend more time indoors, on screens, and performing sedentary activities. Research has shown a strong connection between time spent in nature and reduced stress, anxiety and depression. Did you know:

- ⊕ A 90-minute walk in a natural environment reduces repetitive, negative thoughts.
- ⊕ Calming nature sounds and even outdoor silence lowers blood pressure and levels of the stress hormone cortisol.
- ⊕ Any form of immersion in the natural world heightens an overall sense of well-being.

**Ducks Unlimited Canada Projects like the ones below, make great places to experience the health benefits of nature.**

### McKell Wascana Conservation Park (Regina)

McKell Wascana Conservation Park is a 171-acre space dedicated to the restoration and conservation of a native prairie and wetland habitat. Developed in partnership with DUC and the McKell family, the park offers four kilometres of groomed nature trails with interpretive stations and benches, a dock for getting close to the creek for pond dipping, and an entry plaza and amphitheater for education programming. Open year-round.

#### Directions

Located at 12001 Wascana Circle in Regina. Follow Prince of Wales Drive south to Wascana Gate S, turn east to Wascana Circle, turn south and continue for about a half-kilometre.

### Chappell Marsh Conservation Area (Saskatoon)

Located in the RM of Corman Park southwest of Saskatoon, this 131-acre habitat project offers a network of trails with interpretive stations, benches and a shelter for educational programming. The marsh has grown into a unique outdoor classroom and education destination and it is open year-round.

#### Directions

From Circle Drive, take the Valley Road Exit. Continue on Valley Road for two kilometres to Cedar Villa Estates Road (Township Road 362A). Turn right and head west for 2.1 kilometres. Turn left on Range Road 3062 and head south for 0.2 kilometres. Park in the designated parking area.



**1-866-252-DUCK**  
[ducks.ca/saskatchewan](https://ducks.ca/saskatchewan)

*Back To Batoche*  
**JULY 20-23/2023**

**get jiggy with us.**

[backtobatochedays.ca](https://backtobatochedays.ca)

Batoche  
 National Historic Site

**Your story starts here**

Journey back to 19th century Métis settler life on the banks of the South Saskatchewan River.

306-423-6227  
[parks.canada.ca/batoche](https://parks.canada.ca/batoche)

Parks Canada Parcs Canada





Ignite Your Sense of Adventure with a Truly Unique Camping Experience



Buffalo Pound Lake



Saskatchewan Landing



Scan to Learn More



www.glampingresorts.com  
info@glampingresorts.com

## River & Rail ArtVenture 2023

Imagine loading up the SUV with friends or family for a warm weekend of interesting sights, people and conversations. Or perhaps a daytrip with the special people in your life to make memories. After such a long winter, we all need some RnR...rest and relaxation? Or...River and Rail ArtVenture!

Now in its third year, River and Rail ArtVenture is a free, self-guided tour encompassing 9 communities, with 28 venues and representing over 60 Makers. Makers are the local artists, artisans and agricultural entrepreneurs who will be ready to welcome you to their studios, show and explain what they are passionate about, and offer a wide variety of products you can take home with you.

The River and Rail ArtVenture takes place Saturday, June 24 and Sunday, June 25 from 10:00 am to 6:00 pm daily. The route includes the communities of Outlook, Broderick, Strongfield, Loreburn, Ebow, Davidson, Tugaske, Central Butte and Riverhurst. Start where you like and plan your own ArtVenture! Look for the venue signs and flags once you get close.

For so much more information, a map and a printable PDF brochure, check out the excellent website at [www.riverandrailartventure.ca](http://www.riverandrailartventure.ca)

The Tour features potters, painters, weavers, quilters, orchards, a winery, a luthier, photographers, woodworkers, sculptors, alpaca experts, as well as artisans of all types. They will warmly welcome you while you learn all about what goes into their process and craft. Conversations at the venues spark friendships, uncover acquaintances and find common ground. Laughter, stories and shared experiences are enjoyed by visitors and Makers alike. Many visitors comment on the open-hearted communities, the warm welcome and the opportunity to shop, dine, tour and spend the night in the heart of the region. Many have not visited these west-central communities before or it was long ago. Visitors are amazed to learn that there are so many talented Makers in the region. Who knew?

What else can you do during the weekend? There are golf courses, all that Lake Diefenbaker offers and homestyle restaurants. Stay overnight, spend an evening hiking, biking, or just relaxing around the campfire to the sounds of the prairie. This is an immersion into the soul of West Central Saskatchewan.

While many months of planning are needed for a successful event, it is you, the visitors, who make the event worthwhile. Your feedback and financial support encourage the Makers to pursue their passion.

If you have already been on the River and Rail ArtVenture, you know that this is no ordinary gallery tour. If you haven't, check it out online, on Facebook and on Instagram. Then come for the real deal on June 24-25. You'll be glad you did!







### 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

**Regina**  
1233 Winnipeg Street  
Phone: 306-569-9311 / 306-569-0440  
Fax: 306-569-9521  
Email: [rwdsu.regina@sasktel.net](mailto:rwdsu.regina@sasktel.net)  
Toll Free: 877-747-9378

**Saskatoon**  
2154 Airport Drive  
Phone: 306-384-9885  
Fax: 306-384-1006  
Email: [rwdsu.saskatoon@sasktel.net](mailto:rwdsu.saskatoon@sasktel.net)  
Toll Free: 877-747-9378



### New and emergency patients welcome

#60-304 Stonebridge Blvd, Saskatoon

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

Stonebridge Location  
**306-244-2266**



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



## Think Twice Before You Send!

The pandemic has pushed and continues to push many of our day-to-day interactions online. For those familiar and proficient with technology, this presented a mild learning curve, at best. But for those less familiar with the tools, it came along with risk.

There's been a great uptick in the last two years of seniors being more willing to use email and social media. The Canada Safety Council is calling attention to the disproportionate rate of seniors being targeted in online scams.

Read on for useful safety tips to help you identify common scams and prevent yourself from becoming a victim:

- Never share personal information over the phone or email. This includes social insurance numbers, health card numbers, passwords and personal identification numbers. The phone and email are unsecured connections and you can't be sure the person on the receiving end is who they say they are.
- Share no information on cold calls. If someone calls you and begins asking for information, inform them that you would be more comfortable hanging up and calling back. Always use a public-facing phone number to call back – do not simply dial the number that appeared on your caller ID or a number given to you by the caller.
- Do not open emails, attachments or messages from people you don't know. They may be intentionally exposing you to a virus or a program that will log your activity. If you don't know and trust the sender, simply delete the message.
- Do not be intimidated. Many scammers use this method, where they will attempt to intimidate and bully you into paying them or giving them information. It is designed to catch you off-guard and to make you assume you did something wrong. Your focus should be on what is being said, not how it is being said. This tactic is also typically used in cold calls and should be paired with the advice above.

If you fear you may have been victimized by a scam, you should report the incident with your local police or log it through the Canadian Anti-Fraud Centre.

Reprinted with permission from Canada Safety Council.

IT'S A DOG'S LIFE PRESENTS

## The Process of Grooming

At It's a Dog's Life, we take great pride in our quality of grooming. With care and compassion we will work with you to find a style that fits your lifestyle. Our salon has been open for 22 years fully staffed with experienced professionals. Your dogs health skin and coat are important to us, we will work with you to make sure all of your pets needs are met.

Every grooming includes:

- Nail trimming and filing
- Ear plucking and cleaning
- Tooth polishing (add on)

The pets are bathed with top-of-the-line shampoos and conditioners. We bath every dog twice to make sure they are squeaky clean. We use conditioners to help keep the skin and coat moisturized. Our products are all natural and scented with natural essential oils. We offer our products for sale in store.

Dogs are fluff dried to prepare them for their finished style and sent home with a cute bandana or collar embellishment.

As a new customer you will receive a goodie bag with a leash, info about us and some snacks to take home.

In store we sell Evolution Raw Dog Food products and Tilted Barn dog treats. Both of these companies are preservative free and local.

Our stylists can add some flair and colour to your pet if so desired. We use Crazy Liberty pet hair dye to colour the coat. Dolly is the cute model in our picture, and she loves to show off her funky styles.

Give us a call to book your pet in for a full groom at **306-651-3023**. Check us out on Facebook or [dogslifespa.ca](http://dogslifespa.ca)



#6-1025 Boychuk Dr  
Saskatoon SK  
(306) 651-3023  
[www.dogslifespa.ca](http://www.dogslifespa.ca)



**JUNE 22-25 2023**

# LONG DAY'S NIGHT MUSIC FESTIVAL

TICKETS ON SALE NOW!  
LONGDAYS NIGHT.CA

THURSDAY JUNE 22  
**ARCANA KINGS**

FRIDAY JUNE 23  
**THE ROYAL FOUNDRY**

SATURDAY JUNE 24  
**BEGONIA**

SUNDAY JUNE 25  
**MARIEL BUCKLEY**

**BLENDERS**

HOTEL PACKAGES AVAILABLE! | SWIFT CURRENT, SK | @BLENDERSMUSIC

The Beautiful way to the Grasslands National Park

## ROCKGLEN!

www.rockglentourism.com

June 24 & 25  
SaskPower  
**WINDSCAPE Kite Festival**

Swift Current, SK Free Admission  
Experience the majesty of the prairie sky with fun for the whole family!

Hotel Packages Available!

windscapekitefestival.ca

### EXPERIENCE THE HEART OF THE GOLDEN SOUTH.

Gateway to the Big Muddy Badlands and Grasslands National Park

*Assiniboia*  
Heart of the Golden South

- Southland Co-op Recreation Centre: Ice Arena, Climbing Wall, Simulator Room, Teen Centre
- Prince of Wales Cultural & Recreation Centre
- Museum, featuring the Prentice African Safari Exhibit
- Shurniak Art Gallery
- Olympia Movie Theatre
- Outdoor Pool & Spray Park
- Campground
- Golf Course
- Year Round Events

VISITOR INFORMATION CENTRE 306.642.5353  
506 - 3rd Ave W, Assiniboia, SK  
Open June 1 to August 31

WWW.ASSINIBOIA.NET Town Office: 306.642.3382





IS YOUR WORKPLACE A

**DEMOCRACY**

OR A DICTATORSHIP?

**UNIONS GIVE YOU A VOTE**



Contact us today: [SEIUWEST.ca](http://SEIUWEST.ca)