

Suddenly Saskatchewan

MAGAZINE | SUMMER 2023



Steel-Craft Door
MADE IN CANADA

CUPE Members Play a
Vital Role in Health Care

*Things to see and do in
North Dakota!*

**MANITOU BEACH
GOLF CLUB**
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Back to Batoche Days

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The Heartland of the Métis Nation

Batoche, Saskatchewan is a
significant, sacred, and storied
spot in the heart of Canada's
Métis Nation.

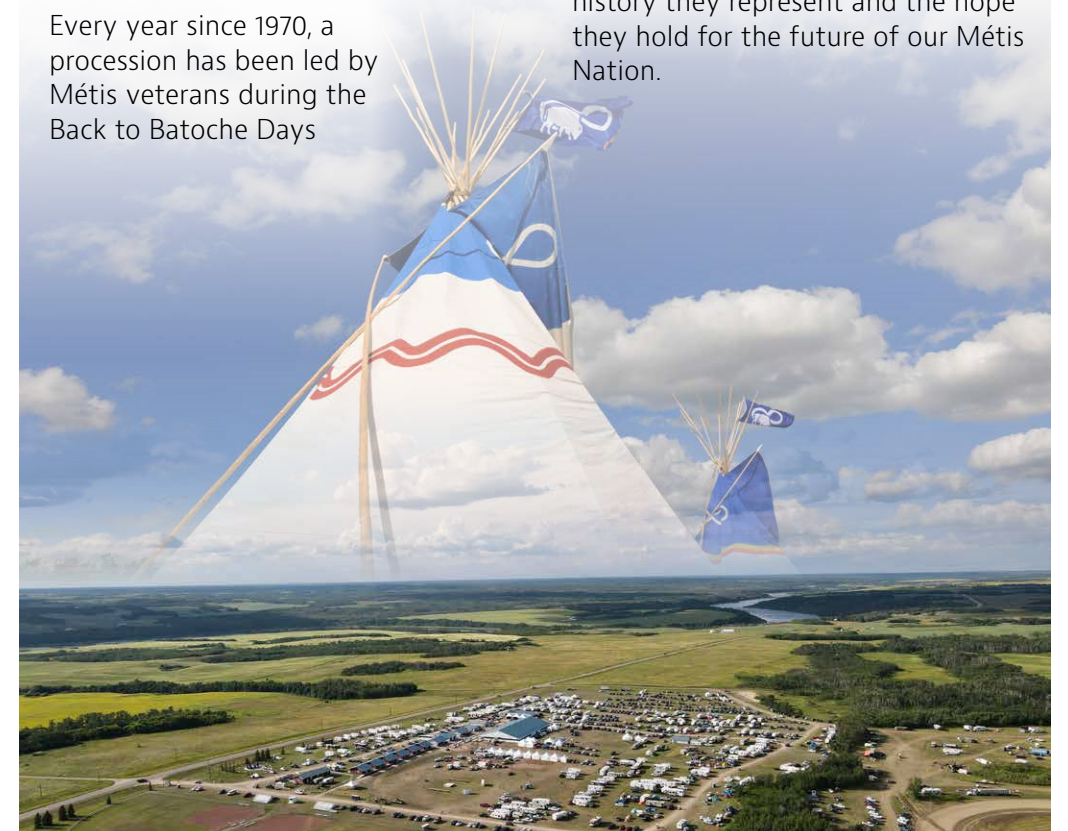
It is the land where revered Métis
leaders Louis Riel and Gabriel Dumont
proclaimed the provisional government
of the Métis Nation in 1885 and where
many Métis warriors stood together
in resistance when government forces
attempted to quash their efforts to
be recognized as equals. The voice
of those Métis ancestors may have
been silenced then, but their spirit and
passion for the cause has lived on in
the leaders, citizens, and children of the
Métis Nation–Saskatchewan (MN–S)
government.

In 2019, those sacred lands were
rightfully returned to the Métis
people of this province. It marked
a monumental move toward
reconciliation in Canada and presents
opportunities for education, economic
development, and enlightenment for
Métis residents.

Every year since 1970, a
procession has been led by
Métis veterans during the
Back to Batoche Days



cultural celebration to the gravesite
of Gabriel Dumont and his warriors.
Today, the Métis grounds at Batoche
are honoured and respected for the
history they represent and the hope
they hold for the future of our Métis
Nation.





This year's theme is the Year of the Youth, honouring the next generation of Métis leaders and knowledge keepers. Since its inception, generations of Métis have grown up attending the festival with their families and continue the tradition with their own children today. For Métis youth, the festival is a unique opportunity to form a deeper connection to their culture, develop relationships and a sense of community, and ensure essential knowledge is safeguarded for future generations.

“ Experience the rich culture and resilient history of the Métis.



Back To Batoche

Join Métis Nation–Saskatchewan at the 2023 Back to Batoche Days festival, held at the Batoche Festival Grounds July 20 to 23.

Renowned as one of the most significant Métis cultural events of the year, the Back to Batoche Days festival welcomes participants from across Canada and beyond to experience the rich culture and resilient history of the Métis over a four-day showcase of Métis traditions, teachings, and talent. The first celebration was held in 1970 and has since attracted thousands of Métis and non-Métis alike to share in the preservation and promotion of Métis history, culture, and language.





Attendees can expect a jam-packed schedule of exciting activities and events for all ages, including an incredible lineup of live performances, traditional food and handcrafted goods from Métis vendors, fiddling, jigging, square dancing, storytelling, voyageur games, traditional land use teachings, sports, chuckwagon races, and much more!



Don't miss the Back to Batoche Days festival!
Save time and buy your passes online.
For more information, visit backtobatochedays.ca.

“ For Métis youth, the festival is a unique opportunity to form a deeper connection to their culture.





The Duck Lake Regional Interpretive Centre

Frontier of First Nations, Métis, and Pioneer Society

Vitamin C & the Immune System: Everything You Need to Know

Vitamin C is one of the most well-known vitamins people think of when they think of immune support. But how does vitamin C help the immune system?

How does vitamin C support the immune system?

Vitamin C is considered an essential vitamin, which means that your body can't produce it on its own, and therefore you need to get it from either food or supplements. Like the B-complex vitamins, vitamin C is water-soluble. The body doesn't store water-soluble vitamins very well, which is why you must replenish your body with vitamin C every day.

One of the reasons vitamin C is so closely linked to the immune system is its role as a potent antioxidant. It helps both the innate and adaptive immune systems by protecting the body against oxidative stress.¹ The innate immune system exists within the body from birth, and once activated against a specific type of antigen the immunity remains throughout the life. Adaptive immunity, on the other hand, is created in response

to a foreign substance and can be lifelong or short.²

What's the difference between Ester-C® and regular vitamin C?

There are so many different forms of vitamin C out there that it can be overwhelming. Put simply, Ester-C® is a patented version of vitamin C that is less-acidic and better-absorbed. Vitamin C is acidic and can cause stomach irritation for some people, so Ester-C® was created in response to this issue.

Studies also show that Ester-C® stays in the body in white blood cells for up to 24-hours, or up to two times longer than regular vitamin C.³

Vitamin C supplements

Sisu offers a wide range of premium vitamin C supplements to support your individual needs. Here are our favourites:

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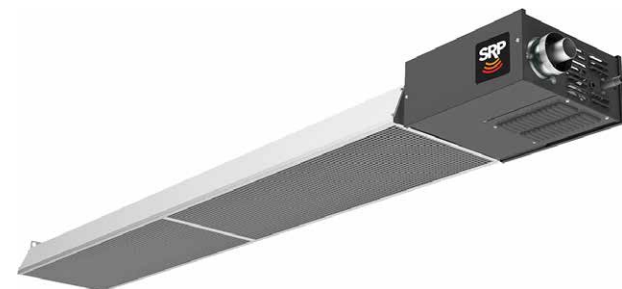
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“ We are a full service facility with a complete bar and a varied menu.

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MANITOU BEACH
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— EST. 1930 —

MANITOU BEACH GOLF CLUB is a fun 9 hole track located just north of Watrous. The driver will need to be dialed in for the tree lined fairways and challenging greens. The course also features a number of cool risk/reward holes that keep players coming back for more!



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Friday, June 2 nd	Partners Classic
Sunday, June 11 th	Ladies Open
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Saturday, July 8 th	Winterhawk Tournament
Friday, July 21 st	Par 3 Tournament
Wednesday, July 19 th	Centennial Ford Junior Par 3 Tournament
Friday, July 28 th	MBGC Texas Scramble
Wednesday, August 9 th	Junior Members
Sunday, August 20 th	Adult/ Junior Tournament
Monday, August 28 th	Senior Mixed Open
Sunday, September 17 th	Couples Classic



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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.

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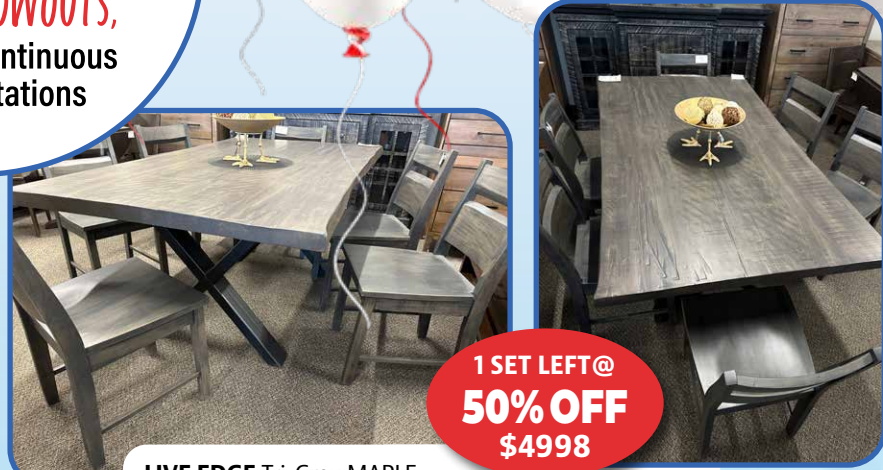


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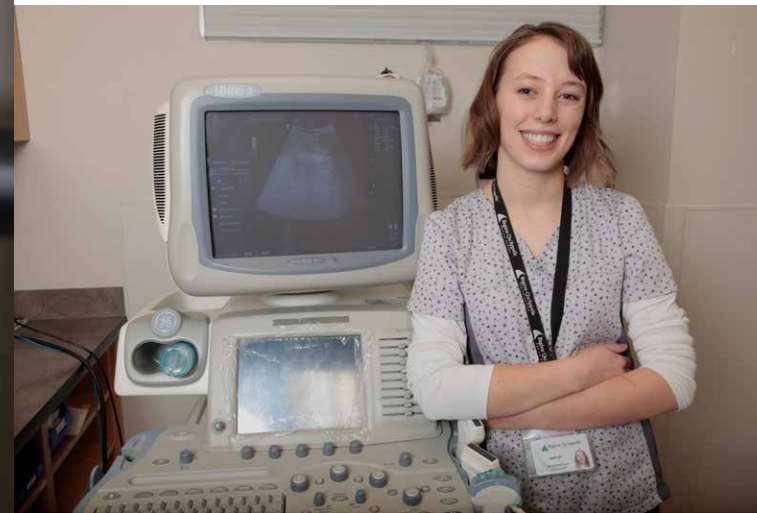


Saskatchewan can attract and retain talented health care providers, ensuring a stable and experienced workforce.

In addition to fair compensation, improving working conditions is crucial in maintaining the overall well-being of health care providers. A positive work environment, characterized by manageable workloads, adequate staffing levels, and safe working conditions, fosters a sense of

Acknowledging the importance of all health care providers encourages a team-based approach that enhances patient care and ensures a comprehensive and holistic health care experience for all individuals.

CUPE health care providers in Saskatchewan play a critical role in delivering quality care to residents across the province. Retaining these dedicated professionals through higher wages, improved benefits, and better working conditions is crucial for ensuring the stability and excellence of Saskatchewan's health care system. By investing in the well-being of health care providers, the province can enhance the quality of patient care, reduce staff turnover, and promote a healthier and more sustainable health care system, which will ultimately improve patient care and create a healthier future for all residents of Saskatchewan.



Health care providers in Saskatchewan play a critical role in delivering quality care to residents across the province

Saskatchewan's health care system relies on the tireless efforts and dedication of its health care providers to deliver quality care to patients and residents across the province. Among these essential professionals are the members of CUPE 5430.

CUPE members include licensed practical nurses, continuing care aids, medical diagnostic professionals, dietary staff, environment services personnel, administrative professionals, and over 200 other classifications. These workers are an integral part of the health care team. Each member brings their unique skills and expertise to contribute to the overall well-being of patients. From assisting

with daily activities to maintaining a clean and safe environment, their contributions are invaluable.

Saskatchewan is currently facing a staffing crisis in health care. Short staffing is leading to service disruptions, emergency room closures, and long wait lists. Many health care providers are leaving the profession due to stress and burnout.

The significance of retaining skilled health care staff cannot be overstated. High turnover rates can have a detrimental impact on patient care, as continuity of care is disrupted, and the loss of experienced professionals can create gaps in service provision. By prioritizing competitive wages and benefits,

“The significance of retaining skilled health care staff cannot be overstated.”

professional fulfillment and job satisfaction. When health care providers feel supported and valued, they are better equipped to provide compassionate care, resulting in better patient outcomes.



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LOCAL 5430

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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. 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:

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

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Stay Alert, Stay Safe!

Not everybody drives the same way you do

A long stretch of empty road and a warm and comfortable vehicle would sound like a terrific combination to many driving enthusiasts. Paired with a lack of sleep, an overworked mental state and eyelids that seem to be getting heavier and heavier, however, this combination can spell disaster. Drowsy driving is a serious problem on Canadian roads.

One of the biggest risks of drowsy driving is impaired driving performance. When drivers are tired, reaction times are accordingly slower. Decision-making ability is impaired. Attention to the road ahead is diminished. These factors can make it much more difficult to respond to unexpected situations on the road, and in turn increase the risk of accidents and injuries.

Fatigued driving is frequently cited as affecting one in five drivers, and even this statistic is underreported owing to the nature of the issue.

To combat the risks of drowsy driving, there are a number of strategies that drivers can use to stay alert and focused on the road. These include, but are not limited to:

- getting adequate rest before driving
- taking breaks during long trips
- avoiding driving during times when you would normally be sleeping.

Avoid relying on methods including drinking caffeine, rolling down the windows or raising the volume of the car stereo. These are temporary at best and fail to address the root of the issue – namely, a lack of proper sleep.

For drivers who struggle with getting enough rest, sleep aids like Sleep Tracks can also be helpful. Sleep Tracks is a series of sleep aids that are designed to promote restful sleep.

Ultimately, the risks and impacts of drowsy driving in Canada are significant, but drivers can and should take steps to protect themselves and others on the road. Be a responsible road user and help keep Canada's roads safe for all.

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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)

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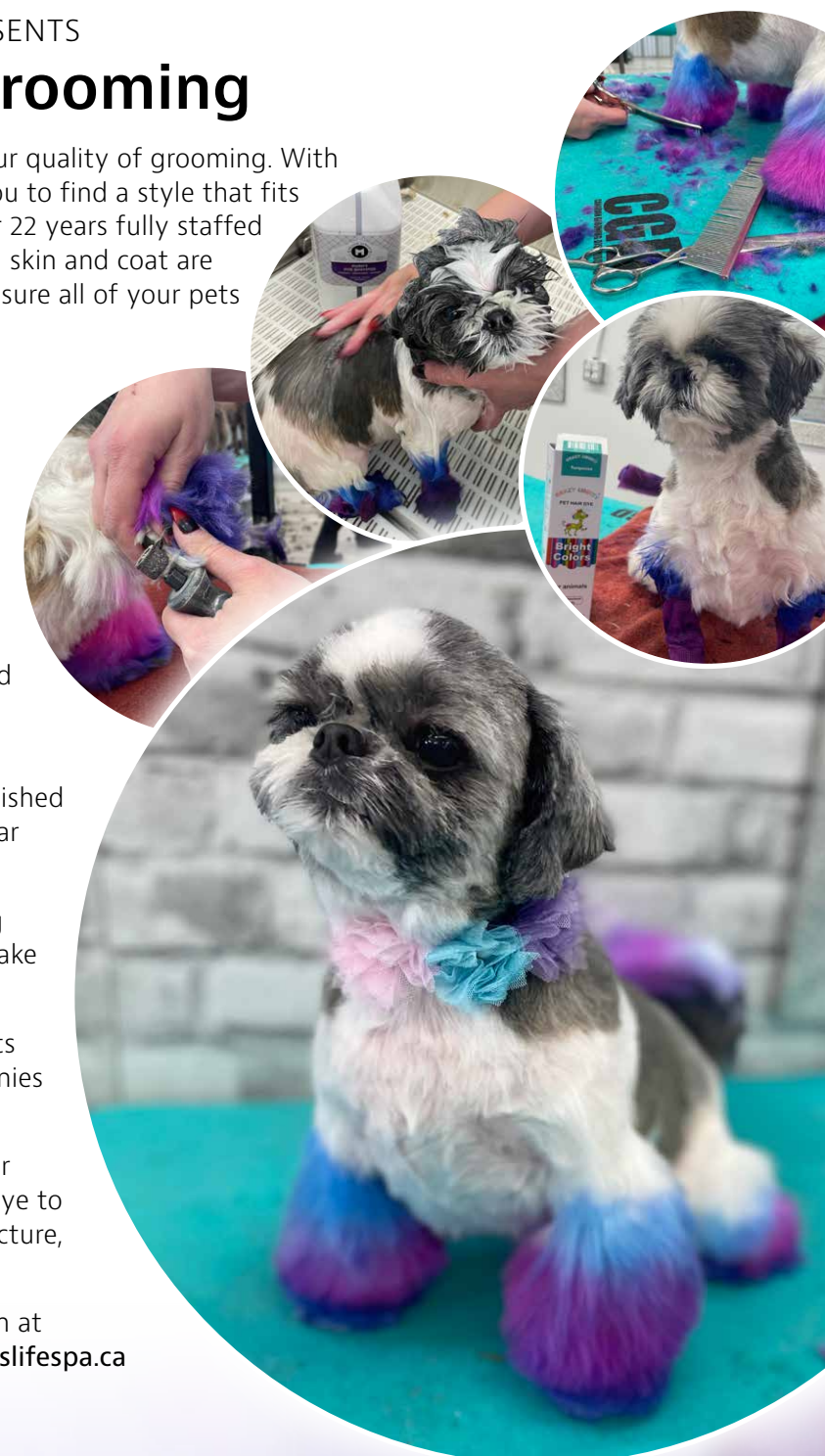
Dogs are fluff dried to prepare them for their finished style and sent home with a cute bandana or collar embellishment.

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.

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- wall units
- kitchen pullouts
- odd spaces
- floating shelves
- barn doors



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- shutters
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