

# Suddenly Saskatchewan

MAGAZINE | WINTER 2018-19

LIVING SKIES  
SOLAR

DUI Laws: Q & A with  
The Saskatoon Police Service

Ness Creek Events

Save Danceland!



WASKESIU & AREA  
WILDERNESS REGION

BIG RIVER ELK RIDGE LAKELAND PA NATIONAL PARK

Knights of  
Columbus Indoor  
Games

January 24 - 26, 2019  
Saskatoon Field House







January 24 - 26, 2019 | Saskatoon Fieldhouse | [www.kofcgames.ca](http://www.kofcgames.ca)

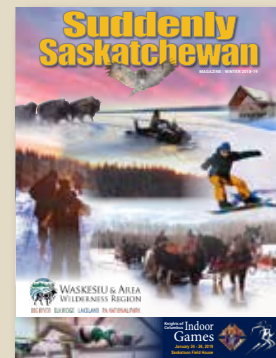
## Canada's only World Class Olympic Calibre Indoor Games & School Relays

**K**nights of Columbus Saskatchewan Indoor Games, is Canada's only International Invitational Indoor Track and Field Meet. Our meet is held in Saskatoon, Saskatchewan, Canada annually each January or February. The January 2019 edition will be our 54th annual meet. Our competition site is the Saskatoon Fieldhouse, a 200 metre flat track with seating for 3500 spectators.

Along with the 3000 plus elementary school students and Special Olympic athletes who compete in our meet, we bring in 35 to 40 of the top international track and field athletes who reside in North America and beyond to compete in the invitational section of the meet.

Our goal in hosting this meet is to provide the youth of Saskatchewan with positive role models by having the elementary school students compete in the same meet as the international stars. We also provide the students of Saskatchewan schools the opportunity to meet and talk with these international athletes, about the value of setting goals and overcoming hurdles in life. These international athletes travel to Saskatoon early to visit inner-city schools around Saskatchewan.

***"Come for the Start, Stay for the Finish!"***



COVER PHOTO IMAGES:  
Courtesy of Waskesiu and  
Area Wilderness Region.

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## THE UNFORGETTABLE NORTH

**T**he Waskesiu and Area Wilderness Region includes the Lakeland area (Christopher Lake, Emma Lake, Anglin Lake & McPhee Lake), Town of Big River, Elk Ridge Resort, Prince Albert National Park and the Village of Green Lake.

Big River was built as a company town for the lumber industry and has a rich history of logging, forestry and tree-planting.

Prince Albert National Park was officially opened in 1928 by Prime Minister William Lyon Mackenzie King, as a gift for electing him as Prime Minister when he was the leader of the Liberal party and needed a seat to run in.

With our northerly latitude, the summer days seem to go on forever. We have almost 17 hours of daylight at the summer solstice, and we log an impressive number of sunshine hours each year...but the sunsets are even more fascinating.

The Waskesiu and Area Wilderness Region is a not for profit organization, established in 2010. The organization is overseen by a Board of Directors and staff. Members of the Board are local tourism operators who volunteer and invest their time to create marketing initiatives that promote visitation to the Big River, Lakeland, Elk Ridge Resort, Prince Albert National Park areas and the Village of Green Lake.

Your "Unforgettable North" encourages visitors to escape the city life and visit the North where you can experience all there is to do in the natural setting of the Boreal Forest in all four seasons. From festivals and events, beaches, fishing, camping, snowmobiling and so much more, the Waskesiu And Area Wilderness Regions welcomes you to pack the kids in the car and head to the North just like your parents did.

For more information call **306-940-7243** or visit our website at [wwrsask.com](http://wwrsask.com). You can also download our mobile App.



# U of S Huskies TRACK & FIELD



- Leadan Chartier** – 3rd Year Kinesiology student from Saskatoon. Pole Vault 3.85m & Pentathlon 3271pts. Canada West Gold Medalist and 1st Team All-Star in the Pentathlon.
- Landon Gill** – 2nd Year Arts and Science student from Surrey, BC. Heptathlon 4672pts. 2018 Canadian Canada West Bronze Medalist and 2018 Decathlon National Silver Medalist.
- Kieran Johnston** – 3rd Year Arts and Science student from Saskatoon. Heptathlon 5259pts. 2018 Canada West 1st Team All-Star, Gold Medalist and record setter, and USports National Champion.
- Julie Labach** – 1st year Law student from Saskatoon. 600m 1:28.80s and 1000m 2:43.96s. Canada West 1st Team All-Star and Track Athlete of the Year, 1st in the 1000m and 3rd in the 600m at the 2018 National Championships.
- Brett LaChance** – 2nd Year Education student from Meath Park. Shot Put 13.48m. 2018 Canada West finalist.

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Follow us on **Instagram, Twitter, and Facebook @HuskiesTFCC**

For more information contact Head Coach Jason Reindl at [jason.reindl@usask.ca](mailto:jason.reindl@usask.ca)



[www.huskies.usask.ca](http://www.huskies.usask.ca)

## Competitors to watch for at the KofC Games

We're in the b-r-r and blah of winter. Time for hurdler Michelle Harrison (Young) to crack open a new season. Harrison, 26, gives the 2019 K of C Games gloss. She is a Saskatoon athlete competing in an international field. She'll notice the time she runs and where she finishes. What is more important is what the race tells her. She'll know where she's at. What she does indoors in January is a hint at what might happen outdoors in July. "I often get caught up focusing on my time after every race," Harrison said. "I have learned that it is more important to create small goals throughout the season. "Being patient and working hard to achieve these small goals will pay off. Success will come in the long run when it counts."

for an X-Acto knife in spikes. If she brushes a hurdle with her clearing leg or her heel recovery is too high, she loses time. Every bit counts. In a world of 13-second sprints, fractions are huge. In the land of hurdles, Harrison rules.

As a Grade 12 student at Evan Hardy Collegiate she won 6 gold medals at the High School Provincial meet, setting 2 records. With the University of Saskatchewan Huskies, she won a Canada West conference title and the U SPORTS national title in the 60m hurdles. She also holds the record as the fastest Huskie in the 60m and 60m hurdles all time. She's also been to the World University Games.

"Two years ago I was hurt and unable to compete," she said. "Therefore, it's hard to say what I have improved on. I am just happy to be competing healthy again. "I am working on coming off of the hurdle faster and spending less time in the air over the hurdle." She is a package deal. She is attitude and action.

"The K of C games is a meet I look forward to competing in every year," Harrison said. "I remember competing in the Games in elementary school. I thought it was so cool watching the invitational athletes. I would have never dreamed that one day I would be competing in the invitational event."

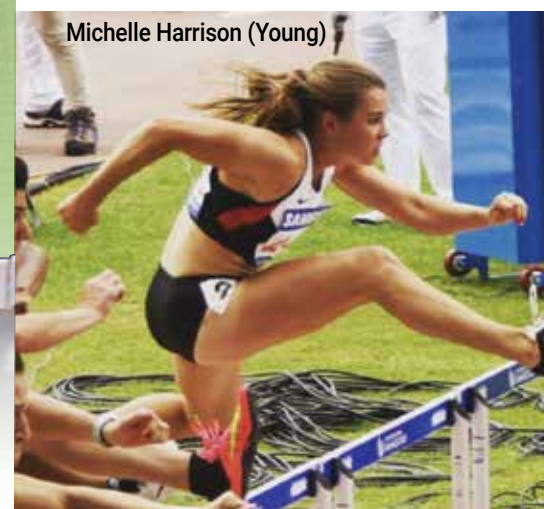
Another competitor, Kayden Johnson, age 22, is a sprinter and hurdler. When he runs in the K of C Games this month in the Field House, the stands will be full, the track busy and the noise

big. That's Games tradition, has been since Saskatoon started the annual indoor athletics meet 54 winters ago. Johnson calls it background noise. With his mind on the race, the Field House is as loud as a nun's sneeze.

Making it quick takes time. In the hour before the race he visualizes and stretches. He takes another hour after the race to cool down. If it's not race day, he is at the track training. He is in the weight room. He eats smart. He deep sleeps. Hurry up is his goal. Getting fast takes patience. Slow down, he tells himself. A 10-second sprint is years in the making.

Johnson first came to the K of C Games from Kindersley almost a decade ago, not to run, to watch. His father, Winchester, competed in the K of C Games in the 1980s and went on to break the Saskatchewan record in decathlon, finishing third in the run, jump and throw event at the 1991 Canadian track and field championships in Montreal. His mother, Angy, played soccer and basketball for the University of Saskatchewan Huskies. Angy and Winchester have schooled Kayden and his two brothers in sport.

... continued on page 14



Last summer was a scorcher. She ran 13.28 seconds in the 100-metre hurdles, her best time ever and the third-fastest in 2018 by a Canadian. She has been hitting 13-and-change since 2013. The faster she goes the more precise she is. She has to be. Figuring out hurdles is a job





# BIG RIVER | *Nature's Doorstep*



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

## SKI TIMBER RIDGE

If you love to ski or snowboard and live in Saskatchewan, then come visit Ski Timber Ridge. Located only 2 1/2 hours from Saskatoon and 1 1/2 hours from Prince Albert, our community run ski hill is the perfect escape. Ski rentals available at the chalet. Bring a packed lunch or purchase it from the canteen and warm up by the fire inside the cozy chalet after your day on the slopes.

<https://www.facebook.com/skitimberridge/>



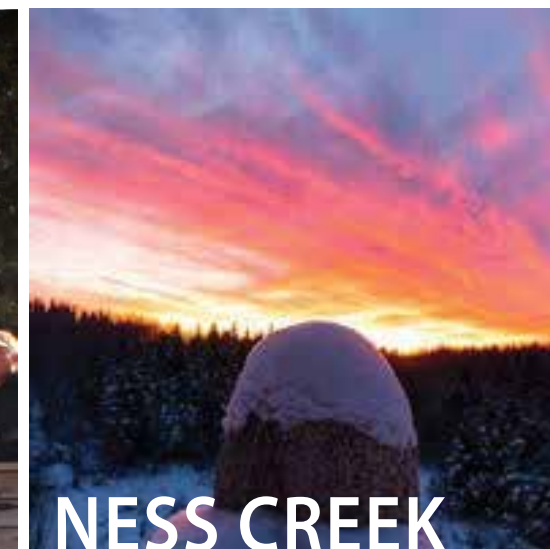
## TIMBER TRAILS SNO RIDERS



A community service club dedicated to maintaining and upgrading the snowmobile trail system in the Big River area. We are also highly committed to promoting the sport of snowmobiling to Big River, our province, and our country. A SnoRider's Rally will be taking place on Saturday February 9, 2019.

Facebook: Timber Trails Sno Riders

## STURGEON RIVER RANCH



## NESS CREEK



Ness Creek is a multi-use and multi-service facility nestled into the Boreal Forest Northeast of Big River Saskatchewan. Open all year round. Cabin and campsite rentals, winter, spring and summer festivals.

<https://discovernesscreek.com>

Sturgeon River Ranch offers winter and summer rides. Escape the city and enjoy the quiet of the boreal forest on horseback this winter. Rides start at the westside of Prince Albert National Park. [sturgeonriverranch.com](http://sturgeonriverranch.com)





## BIG RIVER

Big River is a beautiful town to live in, with a great community, located on the southern end of Cowan Lake in north central Saskatchewan. They will play host to an Ice Fishing Derby - March 23, on Cowan Lake. Looking to move here? Island View Shores and Lakeshore RV Properties have fully serviced lots for sale just minutes from town.

<http://www.bigriver.ca>



## THIRD AND MAIN

The corner of "Third and Main" has been a major centre of business in Big River since the early '30's. Many changes have taken place. An addition to the original building in 1991, the addition of Thelma & Louise's Lounge in 2000, plus many new menu items. Third and Main takes pride in their homemade specialties and recipes that they have created. Absolutely AMAZING.... from the phenomenal rib eye to the great live music in the bar to the great service...It's a meal you won't quickly forge! They cater from 3-500.

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

Instagram and Facebook icons.

Event posters shown include:  
- COUNTRY AT THE CREEK (20-23)  
- FIDDLYNES MUSIC CAMP (1-5)  
- NESS CREEK MUSIC FESTIVAL (18-21)  
- ELECTRIC SKY MUSIC FESTIVAL (2-5)  
- FORESTART (6-9)  
- NORTHERN LIGHTS BLUEGRASS CAMP & MUSIC FESTIVAL (12-18)  
- BACKWARDSNESS (31)



# "We Bring People and Nature Together"



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



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. When



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

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.



# Saskatoon Police Service

*Honour - Spirit - Vision*



## Question & Answer session on the use of Cannabis

**Q: What can I do if my neighbour is smoking cannabis and the smell is bothering me?**

**A:** If your neighbour is consuming cannabis on their private property (this includes the backyard), they are doing so legally and Police are not able to intervene.

**Q: How long do I have to wait after consuming cannabis before I can drive?**

**A:** The length of time that THC metabolites remain in your body depends on a variety of factors: frequency of use (occasional vs. daily), potency (THC level in the cannabis), and dosage (how much you consume). It is also affected by individual characteristics like weight, body fat composition, age, and gender; therefore it is impossible to provide a specific answer as to how long it takes for evidence of cannabis use to leave your system.

**Q: Where can medicinal marijuana patients legally take their medication?**

**A:** In a private residence or on private property.

**Q: How many plants can I have?**

**A:** At outlined in the Federal Cannabis Act, each household is legally allowed four plants for personal cultivation. This does not mean four plants per person per household.

**Q: What are federally-approved screening devices? And what do they do?**

**A:** Police have two options; either the Standard Field Sobriety Test (SFST) or an Oral Fluid Test.

- The only federally-approved screening device available to Canadian Police as of October 17, 2018, is the Drager Drug Test 5000 System. This is a roadside device used in patrol cars that test your saliva for the presence of cannabis and cocaine. It provides either a positive or negative reading and is not a quantitative measurement of THC. If the device displays a "positive

reading," you are subject to immediate roadside suspension.

- If Police determine that you are impaired, you will be arrested and subject to further testing (Evaluation by a Drug Recognition Expert - D.R.E. - or a blood test).

**Q: How are Police going to determine impairment?**

**A:** At this point in time, through a SFST (used to test for the presence of all drugs and alcohol) or by the evaluation of a Drug Recognition Expert (DRE). Being found impaired could lead to criminal charges.





## Competitors to watch for at the KofC Games ... continued from page 5.

"They taught me the base," he said. "I grow from that and try to surpass them. "If I'm hot-headed about something I'll ask them questions. They watch practice. They watch video. They see things I don't."

Sports are in his blood and bio. Kayden played bantam hockey for the Kindersley Klippers. He was co-captain on his high school basketball team at Lutheran Collegiate Bible Institute in Outlook. Last May he was among a group of athletes in Winnipeg for one of the regional camps in the national RBC Training Ground program to identify Olympic prospects in all kinds of sports. Kayden, who is 6-foot-3 and 200-plus pounds, posted the best test results at the camp. In a show

of power, speed and endurance, he had scouts from Bobsleigh Skeleton Canada and Rugby Canada doing somersaults.

For now his commitment is to track and football. Being a fourth-year theatre student at York University in Toronto, school and sports is a heavy load. He plays running back for the York Lions, finishing 10th in the conference in yards rushing last season and scoring four touchdowns. Although he holds the Saskatchewan record in decathlon for the under-20 age class, set in 2015 when he finished fifth at the Panamerican Junior Athletics championships, he decided to target his best track events. He picked sprints and hurdles, a casserole of raw speed

and refined technique.

The meat of his 2018-19 indoor season at York is the Ontario university conference championships in late February and the U SPORTS national championships in early March. He won the Canadian university 60-metre hurdles title last year.

Johnson is tall. He is wide. His arms are tattooed from shoulder to elbow, side to side. His dreadlocks are so long they finish a race a full second after he does. "Not your typical sprinter build," he said. He doesn't have to run up and over the hurdles. He can blast through them. "I've done that," he said. "I lived to tell the story. They didn't." Someone forgot to tell the hurdles to wear Kevlar.

# "IT'S TIME TO PLAY!"

**Outdoor Soccer Registration:  
Mid-February to early March**  
Leagues run from May to June!



For registration information visit our website at:  
**[www.saskatoonyouthsoccer.ca](http://www.saskatoonyouthsoccer.ca)**  
or call **306-975-3413**.

*You may also contact your Zone or Community Association.*



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# Abode Crafted Wood Furnishings



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SOLID HERITAGE "Cumberland" style Bedroom suite  
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- shown in NUTMEG stain



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# Danceland supporters rally to keep doors open

World-famous Danceland has been welcoming visitors for almost 90 years. The historic structure has welcomed big band acts from 40's, rock 'n roll legends, polka kings, and country music acts from Nashville. There is even the famous rumour that The King himself, Elvis Presley, once graced the stage with his blue suede shoes along Hank Snow in 1953.

Today, Danceland still welcomes acts from all over North America and continues to be a major tourist attraction for the resort

community of Manitou Beach and the province. When you combine it with Manitou Springs Resort & Mineral Spa, Manitou & District Regional Park, a 9-hole golf course, a drive-in movie theatre, numerous art galleries, and of course the legendary unsinkable waters of Little Manitou Lake, you have one of the 'must-see' destinations in all of Saskatchewan. But being a large concert hall on the shores of a closed-basin lake on the prairies does come with some challenges.

Though the recent high water levels on Little Manitou Lake have

started to rescind since the start of 2017, water did accumulate beneath the structure forcing the ownership with expensive repairs to the piles that hold the building in place.

Owner Millie Strueby said they have a goal of \$350,000 to make the necessary repairs. "Phase one, we had done that in September, which was jacking and leveling of the building, and we can really tell the difference here, but more work needs to be done," Strueby said. "So that's one of the reasons why we're doing fundraising events such as galas."

Strueby said in a recent interview with 620 CKRM. Strueby said they formed a committee, a committee formed to raise funds in order to 'save Danceland.' "We would hate to lose a thing of the past, something that made Manitou Beach what it is today," Strueby said. "We would hate to lose that building, so that's why we're trying our very hardest to try to keep it going, trying to keep the building intact."

*"Danceland still welcomes acts from all over North America and continues to be a major tourist attraction for the resort community of Manitou Beach and the province."*

The 'Save Danceland' committee has hosted a couple of fundraising galas in the fall of 2018. One event was a swinging 20's themed while the most recent event feature music by Blake Berglund along with a banquet.



Even faced with the huge cost, ownership continues to do what it can to keep the hall active. One such thing is hosting weddings and conferences in the area.

2019 is a significant year in Manitou Beach as it is the Resort Village's 100th Birthday. With many events going on throughout the year, make sure to stop in and take in an event at Danceland. By supporting the business, we can make sure it remains part of the community and the province, hosting events for many years to come.



For more information on upcoming events visit their website [www.danceland.ca](http://www.danceland.ca)



# Hit the slopes!



We have lots of snow!

Table Mountain is located 16 km west of Battleford or 29 km east of Cut Knife on Highway 40, then 9.5 km north and west on a grid road.



Please visit our website for hours of operation and pricing.



Table Mountain Regional Park  
North Battleford, SK  
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[www.tablemountainregionpark.com](http://www.tablemountainregionpark.com)



# FREESTYLE SASKATCHEWAN



**F**reestyle Saskatchewan offers fun and challenging programs for young skiers to progress their skiing skills.

Our coaches are trained to ensure athletes are acquiring the foundations needed to safely progress in Air, Terrain Park and Moguls.

## FREE-STYLERZ

**Learn to Train Stage: Age 8+**  
Learn skiing, air, moguls, and park skills in seasonal programs led by SuperCoaches. Freestylers programs are designed to make sure skiers are developing personal style and control. The focus is on skiing the entire mountain with friends, and introducing fun skills tests at Freestylers events.

## CAN FREE TEAM

**Train to Train Stage: Age 11+**  
TEAM athletes are ready for year-round training and competitions. Through training on trampolines, air bags and water ramps, TEAM skiers can master progressions for inverted skills. The TEAM program supports skiers to learn about fitness, nutrition, managing risk and working as part of a group to attain personal goals.

## Skier Programs

## FUN-DAMENTALZ

**Fundamentalz Stage: Age 6+**  
Young skiers who are looking for new challenges will love the Fundamentals program. Develop the physical literacy and confidence to carve turns, take air on small features and ski up to black diamond runs.



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Whole Earth & Sea

## Fermented Organic Protein & Greens

**100% fermented, plant-based superfood formula featuring 21 g of vegan protein per serving**

**T**his unique food supplement harnesses the power of natural fermentation to deliver a broad spectrum of highly bio-available nutrients and protein in a single, convenient serving.

Fermented Organic Protein & Greens features organic vegetables, grasses, and herbs grown at certified organic Factors Farms in British Columbia's Okanagan Valley. Factors Farms grows true species, non-GMO

plants, nurturing them with compost and nitrogen-rich sea plants, with zero synthetic or organic pesticides. Plants are harvested when key actives reach their peak, and their vibrant goodness is protected and concentrated using the gentle proprietary EnviroSimplex® process.

The formula also features a blend of micronized medicinal mushrooms including cordyceps, reishi, himematsutake, shiitake, maitake, and turkey tail

rich in polysaccharides to help you thrive.

In recent years, scientists have found that fermentation, a traditional food preservation technique, can enhance the bioavailability of nutrients from food, effectively "predigesting" otherwise indigestible plant materials to release a food's full nutritional potency while easing digestion. Fermentation also enhances protein quality and can produce unique polyphenolic compounds including antioxidant flavonoids!



Fermented Organic Protein & Greens is a vegan-friendly, gluten-free, non-dairy, and non-GMO formula sweetened with low-glycemic stevia, and only contains natural organic flavours. This innovative formula goes beyond standard greens or protein powders, providing a naturally concentrated source of quality protein and highly bioavailable nutrients to support your active lifestyle.

- **The ONLY 100% fermented and 100% organic** fermented greens formula
- **21 g of the cleanest plant-based protein available** in the Protein & Greens (6 g in the Greens)
- Includes over 28 grasses, fruits and vegetables
- Provides a powerful blend of immune-boosting mushrooms
- Each one-scoop serving is packed with **8 servings of fruits and vegetables**
- **Vegan-No wheat, yeast or animal products**

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# Safe Snowmobiling

## Sports and Active Living



**S**nowmobiling has become a very popular winter sport for Canadians. There are currently over 700,000 registered snowmobiles in Canada and over 125,000 kilometres of snowmobile trails.

***“Remember, if you can ride and turn in any direction, without boundaries, so can other riders. The threat of a collision, then, can come from any direction.”***

Every year people are injured and killed while participating in a pastime that should be remembered with only fond memories. Injuries and deaths that are related to snowmobiling can be prevented. Frequently reported contributing factors in collisions include excessive speed, drowning, unsafe operation, inattention, and operating under the influence of alcohol.

One of the safest snowmobiling rules is never to cross lakes or rivers. Besides the danger of plunging through the ice, you have far less traction for starting, turning and stopping on



ice than on snow. Collisions on lakes account for a significant number of accidents. Don't hold the attitude that lakes are flat, wide-open areas, free of obstructions. Remember, if you can ride and turn in any direction, without boundaries, so can other riders. The threat of a collision, then, can come from any direction.

However, if you do snowmobile on the ice, make absolutely sure the ice is safely frozen. Don't trust the judgment of other snowmobilers. You are responsible for your own safe snowmobiling.

Drowning is a leading cause of snowmobile fatalities. Consider buying a buoyant snowmobile suit. If you go through the ice, remember that your snowmobile suit (even a non-buoyant one) and helmet may keep you afloat for several minutes. Slide back onto the ice, using anything sharp to dig in for better pull. Kick your feet to propel you onto the ice, like a seal. If the ice keeps breaking, continue moving toward shore or the direction from which you came. Don't remove your gloves or mitts. Once on the ice, roll away from the hole. Don't stand until well away from the hole.

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