

# Suddenly Saskatchewan

MAGAZINE | WINTER 2019-20

*'Aurora borealis'*  
in the north

Guarding against  
**IDENTITY THEFT**

Managing Opioids:  
*Is there a better Way?*

**BEEHIVE  
FLOORING  
SPECIALS**



2020  
Knights of  
Columbus **Indoor  
Games**  
January 23-25

*Featuring the  
Women's 60m  
Hurdles*

*Ellen's Whole  
Body Health*

**FAST Signs  
of Stroke**



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WILDERNESS REGION**  
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[www.lubestation.ca](http://www.lubestation.ca)



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**Natalie Matheson**

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Tel. 306-230-1621  
[replay@sasktel.net](mailto:replay@sasktel.net)  
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## Northern Lights in Northwestern Canada

The bright dancing lights of the aurora are actually collisions between electrically charged particles from the sun that enter the earth's atmosphere. The lights are seen above the magnetic poles of the northern and southern hemispheres. They are known as 'Aurora borealis' in the north and 'Aurora australis' in the south..

Auroral displays appear in many colours although pale green and pink are the most common. Shades of red, yellow, green, blue, and violet have been reported. The lights appear in many forms from patches or scattered clouds of light to streamers, arcs, rippling curtains or shooting rays that light up the sky with an eerie glow.

Variations in colour are due to the type of gas particles that are colliding. The most common auroral color, a pale yellowish-green, is produced by oxygen molecules located about 60 miles above the earth. Rare, all-red auroras are produced by high-altitude oxygen, at heights of up to 200 miles. Nitrogen produces blue or purplish-red aurora.

The connection between the Northern Lights and sunspot activity has been suspected since about 1880. Thanks to research conducted since the 1950's, we now know that electrons and protons from the sun are blown towards the earth on the 'solar wind'.

Because the phenomena occurs near the magnetic poles, northern lights have been seen as far south as New Orleans in the western hemisphere, while similar locations in the east never experience the mysterious lights. However the best places to watch the lights (in North America) are in the northwestern parts of Canada, including the Yukon, Nunavut, Northwest Territories and Alaska. Auroral displays can also be seen over the southern tip of Greenland and Iceland, the northern coast of Norway and over the coastal waters north of Siberia.

There are Saskatchewan tour groups and wilderness resorts which provide a front row seat for sightseeing this natural phenomenon.

.... continued on page 30

Photo by: [richardwear.com](http://richardwear.com)





# Surround Yourself with Nature

## EXPERIENCE WASKESIU ALL FOUR SEASONS



[www.waskesiu.org](http://www.waskesiu.org)

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.

A familiar summer hiking trail will wear a different face in the winter. Since many of the popular trailheads are accessible even

during this season, you may wish to explore the winter profile of a popular trail – like Boundary Bog – that you walked in the summer.

***“One can not beat the scenery of magical Waskesiu covered in winter's white coat.”***

Winter angling is usually a game of patience. It affords an opportunity to scan the horizons for circling ravens – often the signpost of a wolf kill. Or perhaps you will catch sight of a wandering river otter “sliding” across the lake surface. A shadow on the distant shore may focus into a bull elk. You are sure to find an original, handmade ice fishing shack right out on the ice at the main beach to add to your Waskesiu ice fishing experience!

Winter camping is whole different “ball of snow”. The experience has unique challenges, that go along with special rewards of spending a night – or nights – under a canopy of snow-covered spruce and star-spangled skies. Although the park campgrounds are closed in winter, you may camp anywhere in the park that is more than 2 km from public roads and campgrounds. Heated washrooms with running water are available in the Visitor Centre 24 hours a day, in the Waskesiu town site.

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.



**Hawood Inn, Lost Creek Resort, and Waskesiu Lake Lodge are open ALL FOUR SEASONS, so make your reservation today!**

**Hawood Inn** rooftop hot tubs are an excellent viewpoint for our Land of Living Skies. At the end of your day you can take a relaxing soak – up on the roof under Saskatchewan's spectacular star lit night sky. Choose from the selection of guest rooms or premium condos, enjoy the lake front dining room or simply relax in the lounge. Find a unique gift in the gift store, you may take advantage of their free cross-country skiing gear as well. Regardless of whether you are planning an event or want to savor every moment of being in a National Park, the full service hotel has something to offer for every occasion all year long. The Hawood Inn & Conference Centre is located in the heart of Waskesiu. Tel: 306-663-5911 Phone (Toll Free Reservations): 1-877-441-5544 [www.hawood.com](http://www.hawood.com)

**Waskesiu Lake Lodge** luxury suites overlook beautiful Waskesiu Lake. The 1, 2 and 3 bedroom suites provide all the comforts of home with full kitchen's, BBQs, full baths, balconies, satellite TV and internet. Daily, weekly and monthly rentals available. Take in the convenience of your home away from home, along with an awe-inspiring view made to revive your soul. Tel: 306-663-6161 [www.waskesiu lakelodge.ca](http://www.waskesiu lakelodge.ca)

**Lost Creek Resort** is Waskesiu's favourite four season cottage resort, just a short walk from the townsite. Featuring 1, 2 and 3 bedroom cottages with gas-burning fireplaces. Surround yourself with nature when you enjoy the outdoor hot tubs or sitting around a huge outdoor fire pit. Hiking and cross-country trails are right out your back door. Lost Creek Resort in the park, specializes in providing quality accommodations and is the perfect setting for large gatherings, events, reunions or weddings. Tel: 306-663-5025 Phone (Toll Free): 1-866-663-8622 [www.lostcreekresort.com](http://www.lostcreekresort.com)





# Act FAST to save lives!

In February 2018, then 8-year-old Max Pozzo learned the FAST signs of stroke at his Calgary school's Jump Rope for Heart assembly. Just five days later, his dad, Mike, had a stroke – and Max jumped into action. Because Max knew to call 9-1-1, his dad received speedy treatment at the nearest stroke centre and has recovered fully.

*“Because Max knew to call 9-1-1, his dad received speedy treatment at the nearest stroke centre and has recovered fully.”*

While stroke is most common in men and women over 65, it can happen to anyone. Mike Pozzo was



*“Mike Pozzo was only 40 years old, as a firefighter he stayed in good shape and had no known risk factors.”*

only 40 years old, as a firefighter he stayed in good shape and had no known risk factors.

Stroke is a medical emergency. The faster someone gets medical help, the better their chances of a full recovery. Knowing the signs and calling 9-1-1 can make the difference between life and death, or between full recovery and lasting disability.

That's why teaching the FAST signs of stroke is a key priority for Heart & Stroke in Saskatchewan. And we're so fortunate to have support this year from the Government of Saskatchewan to deliver this life-saving knowledge across the province.

**FAST** is an easy-to-remember acronym:  
**Face** – is it drooping?  
**Arms** – can you raise both?  
**Speech** – is it slurred or mumbled?  
**Time** – to call 9-1-1.

Learn more at [heartandstroke.ca/fast](http://heartandstroke.ca/fast).



## Learn the signs of stroke

**F**ace is it drooping?  
**A**rms can you raise both?  
**S**peech is it slurred or jumbled?  
**T**ime to call 9-1-1 right away.

Act **FAST** because the quicker you act, the more of the person you save.

[heartandstroke.ca/FAST](http://heartandstroke.ca/FAST)

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# “We Bring People and Nature Together”



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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

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

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)
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- Butterfly Feeders and Houses
- Solitary Bee Houses
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- Squirrel Solutions
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## Guarding against Identity Theft

With technology advancements and upgrades coming at breakneck speed, there's always something newer and more up-to-date to make our lives easier. Unfortunately, things that make our lives easier can also make life easier for criminals – notably, fraudsters and identity thieves. The Canada Safety Council and TELUS teamed up to shed light on how seniors can keep themselves and their information safe, and out of the hands of criminals.

The Competition Bureau of Canada estimates that seniors between the ages of 60-79 were scammed out of \$94 million between January 2014 and December 2017.

"Criminals tend to look for the path of least resistance and, too often, that passes through our most vulnerable sections of society," said Jack Smith, president of the Canada Safety Council. "Seniors seem to be easy targets for a lot of scammers, which is why we feel it's crucial that we do our part to keep the elderly as informed and prepared as possible to avoid being victimized."

When it comes to email scams, fortunately, there are some clues that can indicate if a message is legitimate or an attempted scam. Unlike professional emails, scam emails are often littered with spelling and/or grammatical errors. These messages also frequently come from unknown email addresses, do not address the recipient by name and feature low-quality images.



Additionally, malicious messages may encourage recipients to take urgent actions, involving clicking on links or opening attachments, providing private information, or calling a specific phone number. Unless you're absolutely certain of a message's origins, do not download attachments or click on links as they may contain viruses, spyware and malware. Further, refrain from using any method of contact shared in the message. Rather, contact the organization using the phone number or email listed on their website and inquire about the message's legitimacy. Messages that appear malicious in nature should be reported to the Canadian Anti-Fraud Centre and deleted.

"It is unfortunate that seniors are often the target of cyber scams. Recognizing this vulnerability, we are pleased to team up with the Canada Safety Council to help empower them to stay safe online," said Nimtaz Kanji, Director, TELUS Wise. "Providing seniors with online safety tips and information will allow them to participate in our digital world without fear, and enable them to take advantage of the positive benefits technology has to offer."

Here are five other useful tips to keep your information out of the wrong hands:

1. Limit what you share online; do not give out your social insurance number online under any circumstances.
2. Don't share personal information online, including credit card numbers and your address, unless you are on a secure website. To check, look for a padlock icon next to the site's address.
3. Many scam calls are of the "cold call" variety. If you're unsure, let the call go to voicemail.
4. If you are asked for information over the phone, ensure that you are the one who initiated the call and you know who you're talking to. Be wary of incoming calls as you may be speaking with someone who is not affiliated with the organization they claim to be from.
5. Keep your digital household clean – ensure your software is kept up to date and deactivate/delete accounts or apps that are no longer in use.

Source: [www.canadasafetycouncil.org](http://www.canadasafetycouncil.org)



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# Home Safety and Carbon Monoxide

As the colder weather starts to settle in, people use fuel-burning appliances more frequently in order to keep themselves warm. People need to be extremely vigilant when using these appliances to prevent deadly exposure to the serious hazards of carbon monoxide (CO).



Carbon monoxide is often called the “silent killer” – its victims cannot see it, smell it or taste it. It is an invisible, odorless gas that can poison, and even kill you. Breathing in carbon monoxide can make you feel sick, and feel as if you have the flu. You may experience headaches, nausea, dizziness and shortness of breath. People most at risk are infants, small children, pregnant women, elderly people, and people with heart or lung problems.

Carbon monoxide gas is produced by the incomplete burning of fuels. It can be released by gas furnaces, hot water heaters, cars, fireplaces, wood stoves and kerosene heaters. Faulty burners or clogged chimneys are often part of the problem. To avoid the production of CO, you should have your chimney, furnace and gas-fired appliances checked by professional technicians every year.

In Ontario alone, from 2001 to 2007, there have been 74 accidental deaths from asphyxia due to vehicle exhaust and furnace fumes. In 2008, the London Fire Department responded to over 800 calls from people whose CO alarms sounded or who suspected they might have been exposed. In many cases, fire crews found dangerous levels of carbon monoxide.

A carbon monoxide detector is the best way to protect you and your family from this potentially deadly threat. Install CO alarms where they can be easily heard, outside each sleeping area and on every level of the home. When installing a CO alarm, always follow the manufacturer’s instructions. Test CO alarms at least once a month and replace batteries according to manufacturer’s instructions.

To reduce the chances of you or a loved one getting carbon monoxide poisoning, follow these tips:

- Eliminate CO at the source. Make the maintenance of your furnace, fireplace, and all fuel-burning appliances an absolute priority. Have them checked and cleaned each year.
- Install a certified carbon monoxide alarm in your home and check it regularly to make sure the battery is working.
- Know the symptoms of CO poisoning. If they appear, it is important to get everyone, including pets, outside to fresh air immediately.
- Never heat your home with a gas stove.
- Never use a barbeque, charcoal or hibachi grill in the home or in an enclosed area.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove and fireplace are clear of snow.
- Never use a gas-powered generator inside your home.

If your CO alarm sounds, make sure to get out of your home immediately and call 911 from a safe place.

Source: [www.canadasafetycouncil.org](http://www.canadasafetycouncil.org)



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

**Josh Websdale** – Pole Vault (4.57m), 2019 Canada West Silver Medalist, 8th place 2019 USports National Championships.

**Brennan Degenhardt** – Shot Put (16.35m), 2019 Canada West Gold Medalist, 2019 USports National Championships Bronze Medalist, #4 Huskie All-Time Top 10.

**Courtney Hufsmith** – 2019 World University Games Bronze Medalist 1500m, 1500m (4:18.66s), 3000m (9:08.47s), #1 Huskie All-Time 1500m and 3000m, 2019 Canada West 1500m and 3000m Champion, 2019 USports National Championships 1500m Silver and 3000m Bronze Medalist.

**Michelle Harrison** – 60m Hurdles (8.27s), 60m (7.54s), #1 Huskie All time 60H and 60m, 2019 Canada West & USports National Championship Gold Medalist 60m Hurdles. 2019 Canadian Championships Bronze Medalist 100m Hurdles.

**ONE TEAM. ONE DREAM. ONE LEGACY.**





## 55 years and counting...

**K**nights of Columbus Saskatchewan Indoor Games, is Canada's only International Invitational Indoor Track and Field Meet. Our upcoming meet will be held in Saskatoon, **January 23-25, 2020**. This edition will be our 55th annual games. Our competition site is the Saskatoon Fieldhouse (located at 2020 College Dr, Saskatoon), containing a 200 metre flat track with seating for 3500 spectators.

Along with the 3000 plus elementary school students and Special Olympic athletes who

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

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 students at the Inner-City School Relay meet held Thursday afternoon with the opportunity to meet and talk with these international athletes, about the value of setting goals and overcoming hurdles in life. For more info please visit online at [www.kofcgames.ca](http://www.kofcgames.ca)

## Women's hurdles features some fierce competition



**Amber Hughes (USA)**  
As a senior at Tennessee State, put together one of the most decorated careers by a Tigerbelle in recent history. Qualified for the USATF Championships for the triple jump. OVC Indoor Champion in the 60m, 60m hurdles, long jump and triple jump.

### **Joy Spear Chief-Morris (CAN)**

An Indigenous Canadian 100m hurdler chasing down the dream of competing at the Tokyo 2020 Olympic Games.

- 2x Ontario University Athletics (OUA) Female Track Event Most Valuable Performer (MVP) (2016-2017)
- 3x Ontario University Athletics (OUA) Champion (60mH, 60m, 4x200m) (2016-2017)
- 4x All Canadian at the Canadian Interuniversity Sport (CIS)/USports Championships (2015-2017)
- 8x Team All-Star at the Ontario University Athletics (OUA) Championships (2015-2017)
- 3x Western Mustangs Women's Track Most Valuable Performer (MVP) (2015-2017)
- 5x Academic All Canadian achievement (2012-2017)
- 2x All American at NAIA National Track and Field Championships (100m and 200m) (2014)
- Western University Record Holder in the 60m, 60m Hurdles and 4x200m First Leg Split
- 2017 - Tom Longboat National Award Winner as the Canadian Female Aboriginal Athlete of the Year
- 2017 - The Honorable G. Howard Ferguson Award for Western University at 309th Spring Convocation
- 2017 - The F.W.P. Jones Award as Top Graduating Female Athlete for Western University Athletics (The University of Western Ontario)
- 5th World University Games 2019



Personal Bests:  
100m Hurdles - 13.37  
60m Hurdles - 8.28  
100m - 11.68 (11.52W)  
60m - 7.40  
200m - 24.03 (23.97W)



### **Katelyn Lehner (CAN) Athletic Achievements:**

- Canada West Silver Medalist - 60m Hurdles (2018-19)
  - 2017 - Canada Summer Games
  - U SPORTS Bronze Medalist 60m Hurdles (2018-19)
  - Canada West Gold Medalist 60m Hurdles (2017-18)
- Saskatchewan Pentathlon & Indoor Long Jump record holder.  
Favourite moment as a Huskie:  
Winning the Canada West Women's team Championship



### **Knights of Columbus Indoor Games**

**January 23 - 25, 2020  
Saskatoon Fieldhouse**

***"Be there to watch the 60m Women's Hurdles, which will run Saturday afternoon at approximately 1 pm."***

### **Breanna Norman (USA) Professional Track & Field Athlete and Substitute Teacher.**

- Competed at Hampton U, VA
- Conference Champion in 60 and 100m hurdles, high jump and 4 x 100 relay
- Bests of 7.31 for 60m and 8.22 for 60m hurdles (both in 2017)
- 2019 Winner



**Michelle Harrison (CAN)** is a 100m Hurdle athlete based out of Saskatoon. She was the bronze medalist at the 2019 Canadian Championships finishing a mere five one thousandths of a seconds out of 1st place. She ran a life time best of 13.13s (3rd fastest time in Canada) this summer and has previously represented Canada on 4 occasions. 2019 has been a remarkable year for Michelle. In March Mishelle won the Canadian university national 60 m hurdle title, for a second time, and set new UofS Huskie records in the 60m and 60m Hurdles. During the 2019 year she has run lifetime bests in the 60m, 60m Hurdles, 300m, 100m, 100m Hurdles, has won numerous competitions in both Canada and the United States, and has shown that she is ready to run faster than ever in 2020.

- 2019 Canadian National Medalist, Huskie record holder in the 60m and 60m Hurdles
- In present pursuit of competing at the Tokyo 2020 Olympic Games

## Barber Twins return as 2019 Silver and Bronze medalists



The 55th edition of the Knights of Columbus Indoor Games in Saskatoon, will include two close American sisters who will be competing in the invitational women's 60-metre hurdles and 50-metre sprint events.

- finished one-two in the invitational women's 60-metre hurdles event in 2018 at the K of C Games and both are participating again both are 26
- Jade is in year 5 in Saskatoon a former five-time NCAA all-American at Notre Dame.
- train outdoors year-round, in Columbia, South Carolina

### **Kaila Barber (USA)**

Recent graduate of Notre Dame University.

- 100mH PB: 12.91
- 60mH PB: 8.05
- 2012 World Junior Championships Bronze Medallist (400mH)



### **Jade Barber**

Competing with a 60m (H PB of 8.06).



### **Chantel Ray (USA)**

Hampton High hurdler Chantel Ray, who nearly single-handedly led the Crabbers to the Group 5A outdoor state championship, was named the Gatorade female track and field Athlete of the Year in Virginia.

Ohio State Univ. - Buckeye Tune-Up 2018

- 60 7.70 4th (P)
- 60H 8.30 1st (F)
- 60H 8.29 1st (P)

Big Ten Indoor Track & Field Championships 2018

- 60H 8.21 1st (F)
- 60H 8.21 1st (P)



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*"Many people do not realize shedding dogs loose most of their coat when daylight hours change."*

Double coated shedding dogs (Labs, Pugs, Shepherds etc...) get very packed with undercoat and do not allow the coat to circulate air. This causes a few problems; moisture stays in the coat longer and can cause skin problems. Shedding in your house can be problematic as well, grooming releases all of the undercoat and helps keep the skin and coat healthy. You leave the hair at our shop and take home a nice clean dog! We have special enzyme shampoos dryers and tools that help us to release the coat.


Many people do not realize shedding dogs loose most of their coat when daylight hours change. When the days get shorter and then longer again that is when we see most of the coat change (July, December). Pets that do not shed (poodles, shitzus, yorkies and everything in between) also need regular winter grooming. In the winter our furnaces dry out our pets skin, Dogs Life moisturizes every dogs skin and coat to help alleviate dandruff and dry skin. It is a misconception that more coat

keeps your pet warm, matted hair actually holds the moisture like a diaper. Keeping your dogs coat short and putting a sweater on is actually warmer than a matted coat we carry all of the top quality products and tools to help make your home hair free and have a clean dog all year long. Call and book your pet's next appointment 306-651-3023.

In the New Year we are providing maintenance classes for pet owners to teach tricks of brushing and dematting their own dogs. **If you are interested please call and book for the class. Jan 28th, Feb 25th March 17.**



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## Safety on the Slopes

Downhill skiing and snowboarding are widely popular winter sports, but they can also be dangerous sports if safety precautions aren't taken. According to the Canadian Ski Council report, 2007-2008 Canadian Skier and Snowboarder Facts and Stats, there was over four million Canadians participating in downhill skiing and snowboarding activities.

***"Falling, colliding with other people or objects, or losing control are the most common causes of skiing injuries."***

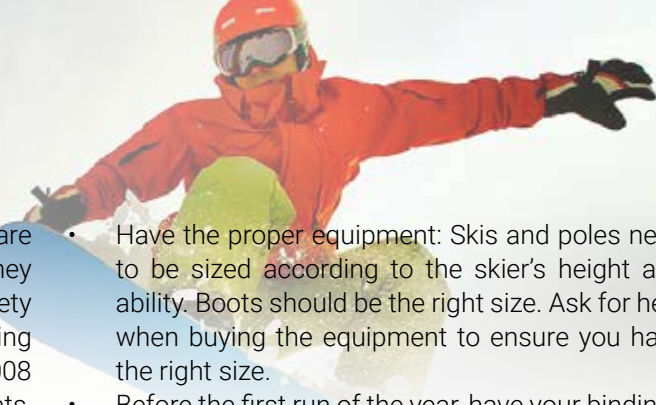
With increasing popularity, comes an increase in the number of traumatic injuries and even fatalities, with traumatic brain injury cited as the main cause of death. Each year, hundreds of preventable head injuries are reported on Canadian ski, snowboard and toboggan hills. Injuries such as sprains and broken bones are also common. Most of these injuries can be prevented by wearing appropriate gear, such as a certified helmet, or obtaining proper training and knowledge, so you can have a fun-filled day on the slopes – accident free. Helmets cannot prevent all head injuries, but it can significantly reduce your risk of a head injury. A study published in the Journal of the American Medical Association in 2006, showed that helmets used for skiing and snowboarding are associated with 60 per cent reduction in head injuries. Skiers and boarders must always be aware of their surroundings at all times and perform activities that coincide with their skill level. Falling, colliding with other people or objects, or losing control are the most common causes of skiing injuries. Take care on the slopes and follow these simple steps on how you can prevent injuries:

### Learn the slopes!

Enrolling in ski or snowboard lessons with a certified instructor is a great way to learn the principles of your chosen sport, develop a proper technique, as well as learn the proper way to use the ski lift.

### Get geared up!

- Wear a certified ski helmet that has side vents to allow for hearing.
- Equipment should be properly fitted and well maintained. Don't use hand-me-downs if they are not the right size.



- Have the proper equipment: Skis and poles need to be sized according to the skier's height and ability. Boots should be the right size. Ask for help when buying the equipment to ensure you have the right size.
- Before the first run of the year, have your bindings checked by a professional to ensure they work properly.
- Wear sunscreen to protect exposed skin and ski goggles or sunglasses to protect your eyes.
- Wear windproof and waterproof clothing. It can get very chilly on the top of a slope.
- Wear multiple layers of lightweight clothing, so articles can be taken off, or added as conditions or exertion levels change.

### Responsible skiing and boarding

- Stretch and warm up before your activity.
- Always stay with a buddy – never go it alone.
- Only ski, snowboard or sled on hills that are appropriate for your ability.

### FOLLOW THE SKIER'S RESPONSIBILITY CODE:

- *Always stay in control, and be able to stop or avoid other people or objects.*
- *People ahead of you have the right of way. It is your responsibility to avoid them.*
- *Do not stop where you obstruct a trail, or are not visible from above.*
- *Whenever starting downhill or merging into a trail, look uphill and yield to others.*
- *Always use devices to help prevent runaway equipment.*
- *Observe and obey all posted signs and warnings.*
- *Keep off closed trails and out of closed areas.*
- *Ensure you have the knowledge and ability to load, ride and unload safely prior to using any lift.*

Make sure to take lessons, follow the rules of the slopes, and avoid risky behaviour, then you are on the right track to having a fun injury free day on the slopes. Know your limits before you set off on a winter adventure. Remember, if you are tired – take a rest, if you are cold – go inside and get a warm drink!



Source: [www.canadasafetycouncil.org](http://www.canadasafetycouncil.org)

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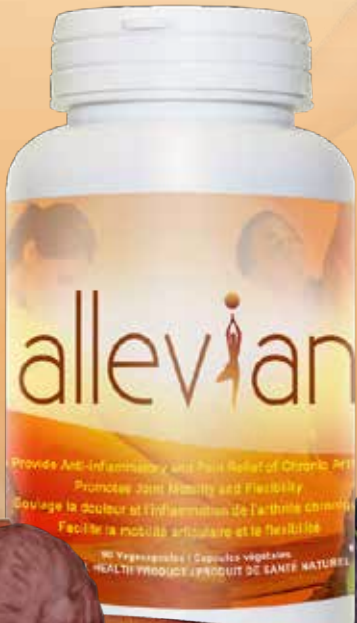
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# The Changing Times MANAGING OPIOIDS: IS THERE A BETTER WAY?

by Sandy Westlake

We all know someone who has experienced pain. Some pain is acute. Other pain can be chronic and debilitating, causing lifelong problems well past the initial injury or disease that started the whole process. Likely, we have all experienced pain at some point in our lives.

We have also all been exposed to the ongoing opioid crisis that continues to make headlines. Medications and analgesics all have their place, but is there another alternative that might possibly reduce the need of opioids and the further addiction and abuse of some of these substances?



As a physiotherapist and a member of the Canadian Physiotherapy Association (CPA), I have become much more aware of the problem when I received an article, Physio-



*“There are many ways to address pain with alternatives that are less risky than opioid use...”*

therapist’s Role in the Opioid Crisis, from our Association. The article describes how big of a problem it is becoming, in part due to its use in treating pain. It demonstrates a need to optimize pain management and reduce the need for opioids. It calls on physiotherapists to strive to educate the public and the government about physiotherapy as a safe and effective primary care strategy to manage pain.

In June of 2019, CTV News published an article with data provided by Public Health Agency of Canada: *Opioid-Related Deaths in Canada*. The data is heart wrenching and shows the need to address the use/overuse/addiction of these substances.

- The amount of opioid deaths involving fentanyl (in Canada) have increased a staggering 121% from 2016-2018.
- SK STATISTICS:
- In 2016 - 11 % of opioid deaths involved fentanyl.
- In 2018 - SK saw this number INCREASE to 45% of opioid deaths involved fentanyl.
- Saskatchewan's increase in fentanyl- related opioid deaths was the largest increase of any province or territory in Canada for that time period.
- 4400 Canadians died in opioid-related overdoses in 2018; 95 deaths were in Saskatchewan.

Physiotherapists treat pain on a daily basis and it is one of the main reasons that people seek physiotherapy. Some therapists, including myself, use acupuncture as a further means to manage pain, where traditional methods have perhaps not been as effective. There are many ways to address pain with alternatives that are less risky than opioid use, and that offer hope to those who want to live with less pain and still be able to enjoy a better quality of life. CPA is working with Health Canada and

organizations such as the Canadian Medical Association (CMA) to improve treatment of both acute and chronic pain.

Education is paramount in ensuring that all people have access to the best health care options to help address pain. There is a place for many avenues of pain management, and as both a physiotherapist and one who is also certified

in Medical Acupuncture, I am compelled to work towards informing the public of the other options available to them. If we can try non-opioid options first or early on in managing pain, it is my hope it may lead to improved health and well-being, and be a step towards reducing the “opioid crisis” that we now hear more and more of.



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## Watrous-Manitou community remains vibrant throughout the winter months

### Winterfest

Feb 29th is the Manitou Beach Winterfest event. Come to Danceland for the Pancake Breakfast 9:00-11:00am; vendor tables, food fair, cribbage tournament, and live music all afternoon. At the skating pond you can join the skate party and enjoy some hot chocolate around the bonfire provided by the Recreation Board.

### Cross-Country Skiing

The Recreation Board at Manitou Beach manages three cross-country ski trails. For information about the trails and conditions like the Facebook page "Watrous Manitou Cross-Country Ski Trails." In 2020 the Rec Board purchased new cross-country skis, boots, and poles. The ski equipment is available for rent - \$20 adult, \$10 child.

### Skating Pond

The skating pond in Manitou beach is located at the "top" of Jean Street. Park on the East side of the street and walk down into the pond. The Rec Board volunteers clear the ice regularly and have provided a fire pit and picnic table – so bring your hot chocolate!

### Equipment Rental – Ski & Skate

Little Manitou Art Gallery rents the Rec Board equipment. Cross-Country Skis, and skates are available, as well as firewood for your bonfire. Drop in at 204 Elizabeth Ave. Manitou Beach or call 1(306)759-7889 for info.



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

## The Cold Facts on Hypothermia

**W**e Canadians pride ourselves on our ability to cope with our severe winters. But we forget that the cold can and does kill. The dangers become all too clear when there is a disaster, and unprepared people become stranded or fall into cold water. Hypothermia, sometimes called exposure, occurs when the body can no longer produce more heat than it is losing. The body's internal temperature then drops below 35°C or 95°F.

It's important for Canadians to know what leads to hypothermia. Wind, wet and cold are the key factors. Wind can chill the body as air moves over it. Water rapidly absorbs body heat; wet clothing is a common cause of hypothermia, and casualties in lakes and rivers are often due to hypothermia, not drowning. Cold air cools down the body – but it does not have to be frigid; hypothermia can happen at under 10 C, so it's a threat even with above-average winter temperatures.

### Precautions Anyone can Take

The Canada Safety Council recommends preparing yourself against hypothermia if you are working outside or taking part in outdoor recreational activities:

- Wear a warm hat. Most body heat is lost through the head.
- Wear layered clothing. Proper layers will allow warm air to stay trapped but do not trap perspiration next to the skin.
- Protect your feet and hands. Wear loose waterproof boots. If the boots have felt liners, carry an extra pair to replace damp ones. Mittens warm the hands more effectively than gloves. Carry an extra pair of these too.
- Prevent dehydration and exhaustion, which can lead to hypothermia. Drink plenty of non-alcoholic fluids. Pace yourself when doing vigorous activity.
- Stay fit through good physical conditioning and good nutrition. People who are fit are less susceptible to hypothermia. And don't let yourself become weakened through fatigue.
- Try to stay in a heated environment, but not so hot as to cause excessive sweating. You risk hypothermia when you seek to cool down by leaving a hot environment for a cool one.
- Eat high energy food, such as nuts and raisins.
- Avoid alcohol, coffee, tea and tobacco. They can cause heat loss.
- If you are traveling (on the road or in the wilderness) carry emergency supplies.

Sudden heart attacks increase during a cold snap. Cold air can cause blood pressure to go up, especially when skin is exposed. Shivering is a serious warning sign to seek a warmer, sheltered place.

### Beware of the Symptoms

#### INITIAL SIGNS (MILD HYPOTHERMIA)

- Bouts of shivering
- Grogginess and muddled thinking
- Breathing and pulse are normal

#### DANGER SIGNS OF WORSENING HYPOTHERMIA (MODERATE HYPOTHERMIA)

- Violent shivering or shivering stops
- Inability to think and pay attention
- Slow, shallow breathing
- Slow, weak pulse

#### SIGNS OF SEVERE HYPOTHERMIA

- Shivering has stopped
- Unconsciousness
- Little or no breathing
- Weak, irregular or non-existent pulse

### What to do if you Suspect Hypothermia

If you suspect hypothermia, take measures to prevent further heat loss and get medical help as quickly as possible. Continue the warming efforts even if there is little or no pulse or heartbeat. Severe hypothermia can be mistaken for death.

Move the casualty to a dry, warm location if possible, or provide protection from the wind. Keep the person in a horizontal position. If you can't replace wet clothes with dry ones, cover the wet clothes with warm dry clothing or blankets, and place something warm and dry under the casualty. If the person is conscious, supply a warm drink, but avoid alcohol and caffeine.

Knowing first aid is a tremendous help. But most deaths from hypothermia can be prevented if you use common sense.

### Wear Layers to Keep Warm

Inadequate clothing lets the warmed air around the body escape. Proper clothing and protection trap the warm air around the body. The key is to keep warm and dry.

The first layer lets the skin breathe. Underwear, socks and glove liners of polypropylene or knitted silk lets perspiration escape from next to the skin. The second layer absorbs perspiration without allowing heat to escape. Wool is ideal because it stays warm even when wet. It also comes in many thicknesses. The third layer traps heat in, and keeps water or dampness out. A quilted coat filled with down or a lightweight microfibre is ideal. If it's not waterproof, wear a water-resistant shell or windbreaker.



Source: [www.canadasafetycouncil.org](http://www.canadasafetycouncil.org)

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.... continued from page 3.

The other northern lights in Saskatchewan are the star athletes at the **The Knights of Columbus Indoor Games** returning for its 55th year in Saskatoon. After many years of continued success, the Games continue to thrive with its skilled athletes and the participating local schools creating a exciting legacy and culture of a sporting community.

Most people who have lived in Saskatoon for a few years, have either had a family member, child or someone they know participate in the school relays or track clubs at the Games, attended the Games to support them, and have pictures to remember it. As one acquaintance said, "I've remember going to the K of C games as a kid decades ago and I still go if I can to support my kids."

Others have gone to the Games to watch the skilled local athletes of our track clubs and U OF Saskatchewan, as well as international athletes – some who are world top-10 ranked competitors. Some have gone on to the Olympics, and keep coming back. As one of the American stars said, she keeps coming back for "the atmosphere" and upbeat excitement surrounding the kids and their schools relays. Many of the participating athletes participate in group sessions with the youth at schools promoting careers and inspiring goals while also signing autographs.

For the many reasons the Games succeed, and many are glad to have them back, and thank the KNIGHTS OF COLUMBUS for their work and continued success with the GAMES. It has put Saskatoon on the map internationally.

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