

Suddenly Saskatchewan

MAGAZINE | SUMMER 2022



**INDIGENOUS
INGENUITY**
Timeless
Inventions

Flex ED
Virtual School
*Distance Learning
at it's Best*

Back to Batoche
Celebrates 50 years

Steel-Craft Door
Made in Canada

**Rockglen
Paleontology
Museum**

FOOTBALL WEEKEND
in Saskatchewan



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Cover photo courtesy:
ROYAL SASKATCHEWAN
MUSEUM

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is the place to be..."**

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Take the time in Saskatchewan

See the impacts we are making
on the geological record. Learn
how you can make a difference.
Human activity has had a
significant impact on the planet's climate
and ecosystem during the most recent
geological period, the Anthropocene.
Explore the relationship between people
and the environment, as well as the
benefits nature provides at the Royal
Saskatchewan Museum's new gallery
HOME: LIFE IN THE ANTHROPOCENE.

The gallery provides a dramatic, artistic
and educational experience for all ages
about our climate, biodiversity, species at
risk and other global trends. Come and
celebrate our only home, Earth, and our
shared history on this planet.

The exhibit is divided into four major
areas:

1. **What is the Anthropocene?** – Learn
how we affect our world, current
environmental trends, Saskatchewan's
endangered species and what our
future might look like.
2. **Human Impacts** – How does
Saskatchewan fit into the world?
Through an immersive experience,
with data from NASA and NOAA
and using the exclusive Science on
a Sphere floating globe system, find
out how we fit in, and what we can
do to address topics like biodiversity,
climate, resources, agriculture, health
and social justice.
3. **Going Global** – Walk through an urban
back alley to discover how the issues
that we face today were created and
what impacts they are having on us.
4. **A Natural Solution** – Nature has
limits, but it also has healing powers
and can be cyclical. Join in a
celebration of nature through song
and artistry and discover solutions to
create a better future.

*Examples of Anthropocene include global
warming, habitat loss, changes in the
chemical composition of the atmosphere,
oceans and soil, and animal extinctions.*

Be the change you want to see.

Visit [https://royalsaskmuseum.ca/visit/
exhibits/home](https://royalsaskmuseum.ca/visit/exhibits/home) for more information.

For another exhibit that recognizes
changes in time visit the INDIGENOUS
INGENUITY-TIMELESS INVENTION: The
ingenuity of Indigenous Peoples from
North America is all around us, in an
exhibit from the Saskatchewan Science
Centre. Through an interactive quest,
discover how indigenous science is
timeless. With a bear and a trickster as
your guides, take part in a virtual canoe
race, build an igloo, test a kayak's center of
gravity, and discover interactive frescoes.
Observe nature, listen to knowledge
bearers, experiment with scientific
principles, and transmit and share your
experience with others!

For those who can't get enough of
Dinosaurs explore ROCKGLEN and
its new palaeontology informative
museum, with more dinosaurs (here in
Saskatchewan).

BACK TO BATOCHE is celebrating 50
years of Batoche Days. Visit the site of
the historic Battle of Batoche during the
North-West Rebellion of 1885 and take
in the theatre. The show is exciting, filled
with history and lively music.

Further West is the scenic and historic
CYPRESS HILLS, the last refuge of the
old west and the geographic continental
divide. Cypress Hills reach a maximum
elevation of 1,466 m (4,810 ft), rising
about 600 m (2,000 ft) above the
surrounding plains, with an array of
animals and fast moving pronghorn.

Also, be entertained by great music at
DANCELAND, known as the "home of the
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WORLD'S LARGEST
Tyrannosaurus rex

NEW EXHIBIT
HOME: Life in the Anthropocene

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Saskatchewan flora and fauna

EXPLORE
Our shared history

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DINO COUNTRY
Frenchman River Valley



WORLD'S LARGEST
Tyrannosaurus rex



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Cretaceous to Palaeogene



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CYPRESS HILLS – GRASSLANDS DESTINATION AREA

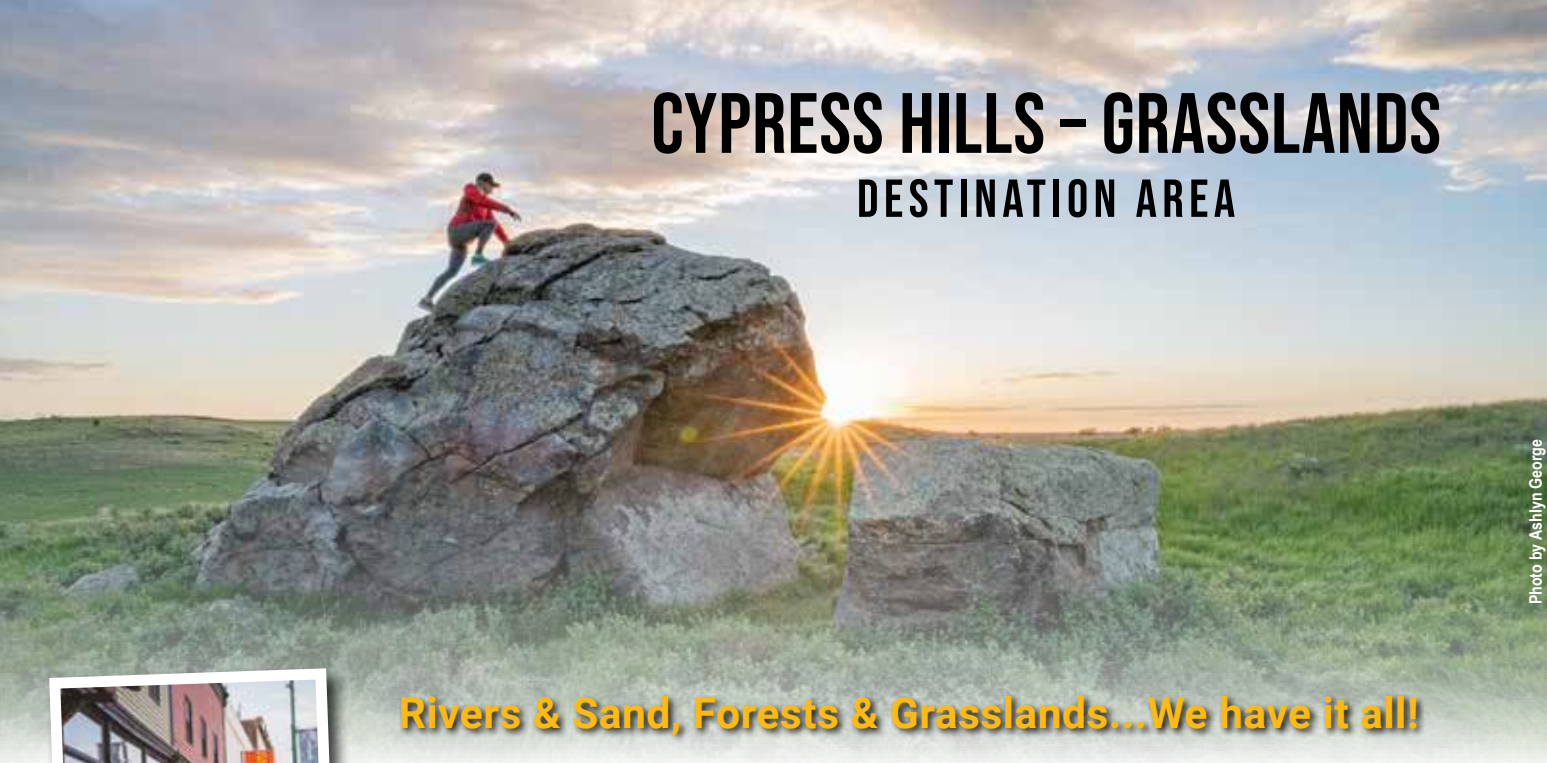


Photo by Ashlyn George

Rivers & Sand, Forests & Grasslands...We have it all!

Hazlet is a village located a little off the beaten path, but worth the drive! Approximately 65 km northwest of Swift Current or 40 kms North of #1 Highway at Gull Lake. This active community is surprisingly busy with music events at a restored historical church, golf tournaments at a beautiful sand green course and campground with monthly organized family activities like kayaking and movie nights.

Known as the first “Cow Town” of the old West, historic **Maple Creek** is a growing community that serves as a gateway for an estimated 300,000 tourists each year heading to the Cypress Hills Interprovincial Park, Fort Walsh, and Cypress Hills Massacre National Historic Sites. This energetic town is home to signature events and provides services and amenities to cater to the needs of visitors.

Weary travellers will welcome **Gull Lake** as a haven located just seconds off the Trans Canada highway. With a treed and grassy campground, monthly markets, events and plenty of other amenities to make your stay welcoming, you’ll soon feel a part of this warm community.

The Town of **Leader** is a quaint little town with big services. The Gateway to the Great Sand Hills, they offer self-guided tours of the larger-than-life sculptures, a large family friendly swimming pool, campground and excellent golf course near the South Saskatchewan River.

Home to Scotty, the World’s Largest T.rex, **Eastend** offers activities for all the family to enjoy. Golf along the scenic Frenchman River at our 9-hole Streambank Golf Course. Have a family fun day at our Swimming Pool and Splash Park. Visit our Historical Museum highlighting the lives of early settlers. Walk on one of our many trails or take a self guided Auto Tour for breath taking views. Spend the evening star gazing at the Wilkinson Observatory and much more! Discover Eastend in the Valley of Hidden Secrets.

Small but mighty **Val Marie** offers travelers a quiet shady respite from the open prairie landscape. A short drive from Grasslands National Park, and home to its Visitor Centre, this quiet community hosts amenities and events you wouldn’t expect from a community of this size.

A village large enough to serve you, but small enough to care. **Frontier** is located on highway 18, south of Shaunavon and Eastend. This boundary town (located just north of the USA border) has accommodations and activities for all types of travellers – including a campground, renovated motel, gift shop, greenhouse and an active recreation centre with bowling and food booth. Stop by the museum on Fridays in July and August for markets featuring handmade and baked goods!

www.visitcypresshills.ca



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Football Weekend in Saskatchewan

The Saskatchewan Roughriders, alongside Football Saskatchewan, the University of Regina Rams, University of Saskatchewan Huskies, Regina Thunder and Saskatoon Hilltops are excited to declare September 16th and 17th as "Football Weekend in Saskatchewan."

This football filled weekend will begin with the Roughriders Lights Out Game on Friday, September 16th 7:30 pm against the Edmonton Elks and continue through Saturday when the Saskatoon Hilltops visit the Regina Thunder at 2 pm in the afternoon, and the Huskies play the Rams Saturday evening at 7 pm.

Fans will be able to buy bundled ticket packages for all three games during Football Weekend in Saskatchewan, with special student sections at the Roughrider game set aside for Hilltops and

Huskies fans and Thunder and Rams fans to sit among friends and fellow supporters.

Ticket packages for Football Weekend in Saskatchewan are on sale through the Roughriders, Rams, Huskies, Hilltops and Thunder and include adult and youth pricing.

"We know how passionate Saskatchewan football fans are and we wanted to give them a weekend full of the best football this province has to offer," said Jeff Yausie, Executive Director of Football Saskatchewan. "From our Green and White to our elite teams at the university and junior level, you won't want to miss any of the action."

After visiting Coors Light Party in the Park and taking in the Rider Lights Out game on Friday night, fans are encouraged to spend the whole day at Mosaic Stadium



and the REAL District on Saturday where Confederation Park will come alive with activities including an outdoor concert (artist to be announced) between the two games.

"The Saskatchewan Roughriders have always been strong supporters of amateur football in the province at every level and in the last year, through the Saskatchewan Roughrider Foundation, we were able to provide more than \$1-million in funding to football across the province," said Roughriders President and CEO Craig Reynolds.



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- ✓ Student Orientation
- ✓ Staff Orientation
- ✓ Virtual Field Trips
- ✓ Clubs & Activities
- ✓ Events
- ✓ Games
- ✓ Student Chat Times
- ✓ Online Graduation
- ✓ Points Store

Students First Approach

Flex ED
Integrity
Respect
Service
Teamwork

We pride ourselves on our foundational **students FIRST** approach.

We aim to empower our students so that they can flourish far past their primary, middle, and high school years.



Flexibility To Pursue Your Goals & Dreams

Flex ED Qualified Independent School was created to provide students and parents with a Ministry-Approved distance learning alternative to traditional education models.

With Saskatchewan certified teachers, Flex ED also provides opportunities for virtual events, activities and clubs as well as Driver Education.



K-12

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After enrolment, you'll be able to access your teachers and online courses through Flex ED's unique online learning platform from anywhere.



Book A FREE One On One Virtual Tour Today

In this free virtual tour, we'll show you:

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- ✓ How to submit assignments and other helpful tips
- ✓ How you can interact with other students taking the same courses and with all your teachers
- ✓ Our online platforms and the benefit they can have in your child's education
- ✓ Q & A to help answer anything we don't cover
- ✓ And much more!

www.FlexED.ca/book-a-tour



The average resident fills 60 household garbage bags each year.

How can you reduce your waste?

Scan the QR code to learn how.



saskatchewan.ca/recycling

Saskatchewan



Whether it's a car crash, damage to your home, or a stolen possession, things can get expensive quickly if you don't have the proper insurance coverage. With over 225 years of combined experience, the staff at Rayner Agencies offer the professional advice and insurance products you need to protect yourself, your family, and your property.

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Home Auto Business Travel Notary



Get Active... Stay Active. Be the Active Person You Want to Be!

When you hear the word "active", what do you think of? Moving forward in our ongoing COVID environment, "active" can take on a whole new meaning. It forces each of us to be creative and figure out a way to continue on with our lives to keep healthy both physically and mentally, while still being safe. As the temperatures begin to climb upward, be sure to dress for the warmer weather and carry a water bottle with you to stay hydrated. Better yet, take your four legged furry friend with you. I know my dog loves it! Dog-walking is an excellent way to get moving!

Benefits of Walking

Walking is something most of us can do, whether a leisurely stroll or a marathon walk. We can walk indoors or outdoors. Put on a good pair of walking or running shoes that have adequate support and fit you properly. It's a great activity that can be done by yourself or with others.

Walking is often underrated. Research shows that walking daily can improve cholesterol levels, lower blood pressure, prevent weight gain or assist in losing weight, increase energy and stamina, boost bone strength and increase your immune system. Recent evidence also points towards walking as a means to reduce the risk for Alzheimer's.

In addition, **walking increases one's sense of well-being and calmness, while making us feel more alive and energetic.** It provides an opportunity to explore nature in the great outdoors or to check out local fitness centers. You may even find you sleep better too.

Stepping into summer – Walk your way to a healthier, more active you! If you want to change things up, go for a hike along a new trail! Ride a bike. Throw a frisbee. Play ball. The options are endless!

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

Conditions commonly treated at Westlake Physical Therapy:

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



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

Often, best results are achieved when combining physiotherapy with acupuncture. Westlake Physical Therapy and Acupuncture is dedicated to professional, individualized, hands-on treatment to get you Back on Track. Owner, Sandy Westlake, your neighbourhood physiotherapist and acupuncturist, obtained her Physiotherapy Degree from the U of S, Certification

in Medical Acupuncture from the U of A, completed an internship in Beijing, China under the direction of Dr. Aung, and has over 25 years of experience in Physiotherapy and Acupuncture. Sandy's philosophy is to assess and treat each patient according to their needs.

Don't let pain and injury stand in your way in enjoying life. This summer, embrace the season. – Let's get moving!

Westlake Physical Therapy

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50TH CELEBRATION ∞ JULY 21-24 /2022

Back To Batoche

Celebrate Métis culture and heritage

at the Batoche National Historic Site and Festival Grounds with four days of entertainment, including live music, food, dance, a slo-pitch tournament, chuckwagon races and fiddle, jig and square-dance competitions.



GENERAL INFORMATION, VOLUNTEERING, GATE FEES:
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"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



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.

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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

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- Certificate in Religious Literacy
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- Major and Minor in Religion and Culture
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For more information, visit our website at stmcollege.ca or contact our friendly STM Academic Advisors at 306.966.8900



ST. THOMAS MORE COLLEGE
UNIVERSITY OF SASKATCHEWAN

Rockglen's Unique Regional Paleontology



For those interested in Paleontological history, the Rockglen region offers an especially unexpected menu. Here, within a sixty kilometer area of the Wood Mountain Uplands, lies the richest collection of Miocene Era fossils to be found in Canada, associated with fossils going back in time some sixty-five million years ago when, in 1874, Canada's very first dinosaur fossils were discovered in the Killdeer Badlands by George Mercer Dawson, the Science Officer with Her Majesty's British North America Boundary Commission.

This rare combination of paleontological treasures results from the area's elevations, topping out at 3,500 feet, that withstood the final advances of the last glacier. This has left most of the hills unglaciated so that the fossils of the creatures that died have remained relatively undisturbed near where they fell. This has been especially important for the Miocene Era fossils that are readily found near Rockglen, but it has also resulted in the massive proglacial floods that laid bare the dinosaur fossils of the Killdeer Badlands in the East Block of Grasslands National Park.

Before the great inland sea that covered the Regina Plains began melting, its ice that had pressed up against the Uplands had been pushed higher

than the remainder of the glacier. This allowed vast amounts of the melt water to accumulate behind the southern advancement before the southern edge melted enough to permit the trapped waters to flow southward. As it did it cut out deep melt water channels, resulting in the Frenchman River Valley, Rock Creek and other wide river valleys. In the Killdeer Badlands of the Grasslands National Park, the melt water channel cut away more than 65 million years of topsoil and through K T boundary to it's trove of dinosaur fossils.

To commemorate the Duck Billed Dinosaur (Hadrosaur) discovered by George Dawson, and other more recently discovered Triceratops and other dino's in the Badlands, the Rockglen Visitor Centre has obtained several related Dinosaur fossils to display along with their Miocene collection. This is an evolving project, as we will be adding specimens that reflect the paleontological diversity of our region. When you visit the East Block of the Grasslands National Park, we invite you to see our collections of fossils to better envision what that they are uncovering with their annual fossil digs.



Our Visitor Centre is home to many locally discovered fossils including those of a locally discovered Four-tusked Mastodont. You'll recognize us by the metal artwork Mastodont at the junction of highways #2 and #18.

While you are here we invite you to take time to explore the many other local attractions displayed on our adjoining advertisement.





The magic begins at Danceland

Danceland, known as the “Home of the World Famous Dance Floor Built on Horsehair”, was built in 1928 and has entertained innumerable people since. Now open year round, you are welcome to come down and see the breathtaking architecture and the 5000 square foot dance floor. Danceland is located at Manitou Beach next to Canada’s largest indoor mineral spa, lots of hotels, campground, mineral lake, golf course and only a half-hour drive from North America’s oldest bird sanctuary, so make sure you come and take yourself back in history at Danceland.

When you enter Danceland you are immediately taken away by the atmosphere of the building. The dance floor is where the magic begins; you take the original maple hardwood on top of the cushion of horsehair for an unbelievable dance experience. There is no comparison to any other dance floor when you see the dancers glide smoothly around the floor. The reputation of Danceland is that as soon as the music starts, the dance floor is full. Add the orchestra and entertainment that play at Danceland, who are hired not only for their professional musical ability, but also their professional attitudes as well. The management, staff, and bands are all complimented on the controlled low volume. This means people can not only dance, but also visit with each other throughout the night.

Dancing has always been popular on Manitou Beach. At one time there were three dance halls going seven days a week including a midnight frolic on Sunday night. The first dance hall was built in 1919 but was torn down to make way for Danceland, built by Mr. and Mrs. Wellington White from Moose Jaw. Jitney

dances were popular – the men bought tickets for ten cents each dance or three for a quarter and turned them in to the floor walker who collected them. People got into the hall free of charge but the floor was roped off. Jitney tickets and other historical articles are on display at Danceland. There have been many through the years that have kept Danceland operating. The current owners are Arnold & Millie Strueby who purchased it in 2001 and continue to operate it as a year-round facility.

Danceland has made a few changes this year: The buffet will be supplied by a caterer – TB’s Bar and Grill. So if you are planning on taking in the buffet please phone and let us know so they can prepare for numbers attending. The buffet will be available from 6 pm to 7:30 pm, and is \$20 per person. Dances begin at 8 pm and end at 11 pm. All music played will be danceable.

Schedule for 2022

June 18 Bromantics - Regina - 50’s, 60’s, 70’s
June 23 - 25 Square Dancers
June 25 The Shadows - 4 pc, Oldtime, Country, Rock & Roll
June 28 - Aug 30 Toonie Tuesdays
June 30, July 1, 2 Private function
July 8 The Salt Shaker; The Local Group; The Garrys; The Alley Dawgs (tickets available at broadwaytheatre.ca) Cocktails 8 pm, Dance 9 pm
July 9 Leon Ochs; Landis - variety of music for dancing
July 15 Sugar Top - Oldtime Country, Rockabilly; Unity - One person band
July 16 Old Country Lads - Oldtime Country (Yorkton)
July 29 To be announced at a later time
July 30 To be announced at a later time
Aug 6 Full Tank of Freedom - Middle of the Road Rock/Pop
Aug 13 Bombargo - 70’s Pop
Aug 20 Private function
Aug 26, 27 Private function
Sept 2 50’s, 60’s Rock & Roll weekend - Harry Startup
Sept 3 50’s, 60’s Rock & Roll weekend - England
Sept 9-10 Polkafest: 7-11 pm, Supper: 5-6 pm both nights
 Fri - Dennis & Curtis Ficor / Sat - Dennis & Curtis Ficor, Zaysheyly Band
Sept 17 Norm and the Golden Aces - Oldtime
Sept 24 Wadena Dixielanders - Dixieland swing music
Sept 30, Oct 1, 2 Private function
Oct 8 Octoberfest - Jordon Rode (Edmonton), plays accordion with the Western Senators
Oct/Nov Dances will be announced at a later time
Nov 11, 12 Walter Ostanek

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Anyone can call our office if they have a concern about a child or youth receiving services from a provincial ministry, agency, and/or publicly-funded health entity.

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Safety Starts at Home

One of the most noticeable effects of this pandemic for all Canadians has been more time spent at home. For seniors, the woes of long-term care homes have been well documented. But what of those who have lived in their own homes and continue to do so? It's a sad truth that home can be dangerous for seniors, whose bodies continue to change as they age.

"Falls are the number one cause of injury hospitalizations for seniors over the age of 65," said Gareth Jones, President and CEO of the Canada Safety Council. "These can happen anywhere, at any time. Home is meant to be a safe place, and for seniors a place where they can live safely, comfortably and without fear."

The top five causes of injury hospitalizations, according to the Canadian Institute for Health Information, are: falls, vehicle collisions, accidental poisoning, attempted suicide and self-injury, and 'collided with or hit by people or objects.'

Here are some preventative measures you can put in place to reduce the odds of a loved one getting injured at home.

Install grab bars and handrails. In 2017-18, 137,568 seniors were hospitalized due to injury, with a staggering 81 per cent being due to falls. This makes it crucial that we are focusing on areas where a senior may face heightened fall risks. In the bathroom, install grab bars near the toilet and bath to help with stability. These should be appropriately anchored to the wall and installed snugly. Along staircases, install solid handrails for the same reason.

Non-slip surfaces will also help. In the bathroom, the tub or shower should be textured and designed not to slip. In living spaces, avoid any décor that could also pose a tripping hazard. This can include rugs, scatter mats and anything that may obstruct pathways. And if the kitchen floor is waxed, make sure you're using the non-skid variety to provide more sure footing. It can also be useful

to wear a set of running shoes at home, as these will provide more traction than socks or bare skin.

Clear clutter. This can include loose wires and cords, furniture, garbage, and anything that isn't put away. When an object is not where we expect it to be, it can and generally does catch us by surprise. Clear away the clutter and keep paths clear — especially those you use regularly, like the path from the bedroom to the bathroom.

Maintain good lighting. This applies especially to problem areas like stairs but is a good rule of thumb for the house as a whole. As seniors age, their eyesight is often one of the first things to fade, making it important to ensure proper visibility. This will help avoid accidental collisions with objects and your loved ones' misjudgement of the space around them.



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Summer has arrived at It's a Dogs Life Pet Spa!



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

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

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

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

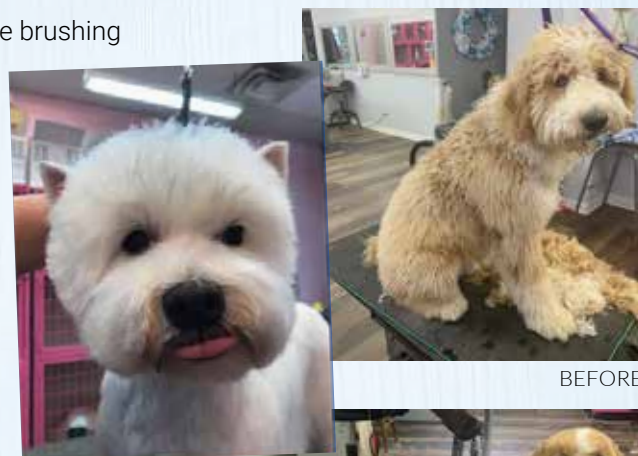
We sell a full line of Evolution raw pet food and bones. These are very healthy for your dog's skin teeth and coat. New to the salon we sell all natural Canadian made snacks. Both products are Sask made. We are all about supporting our local Canadian companies.

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

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

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

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



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