



ANDERSON Community Centre
RE-OPENING

The new Boards of the Anderson Community Centre (Lakeland & District Rec. Assoc.) and Lakeland Curling Club are working hard to:

1. **Re-Open!**
2. **Brainstorm new community initiatives (post COVID)**

**All within SHA Guidelines*

Got an idea?
MESSAGE US ON FACEBOOK!

faces of the lakeland

Tunnel Vision Gardens

Vacationland News is a community and submission-based newsletter focused on business, services, community groups, programs and events in the Lakeland and surrounding area. Faces of the Lakeland gives you a glimpse into the lives of local people in and around the Lakeland Area who contribute to the vitality of our communities!

By Jacquie Moore

Watch for profiles, like the one below, for a behind-the-scenes look at the people who contribute to the vitality of our communities!

With several more weeks of winter to endure and no escaping to southern beaches for most of us, a refreshing pick-me-up is to visit Tunnel Vision Gardens Facebook page. It is in those beautiful photos of succulent strawberries and juicy plump tomatoes and crunchy cucumbers that you are reminded Spring is on its way. Sarah Detillieux is the owner and operator of Tunnel Vision Gardens; she has been providing vegetables to the Christopher Lake Farmers' Market for over 15 years now.



"It started off as Garden River Greenhouse with my mother-in law Jo, in 2006," says Sarah, "and then it became Tunnel Vision five years ago." Asked the significance of that name, she says, "When I bought the high tunnels - which are basically really long greenhouses, 300 feet, just the frame and plastic - and I looked down the tunnels it reminded me of 'tunnel vision', so that's how I came up with the name."

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Tunnel Vision Gardens is located between Spruce Home and Paddockwood, and grows quality, handpicked, pesticide-free fruits and vegetables. "The main crops are strawberries and cantaloupe in the high tunnels," says Sarah. "The strawberries are in one tunnel and the melons are in the other. In one section of one of the tunnels I also grow sweet and hot peppers, pickling cucumbers ... sometimes honeydew and watermelon, okra and eggplant - I don't plant these every year but like to try new varieties each year. The 1500-square-foot greenhouse is where I grow the tomatoes, cherry tomatoes and cucumbers. It is also where I start all my bedding out plants as well as lettuce pots, tumbler baskets and annual flowers. Then I grow corn, cabbages, kale, pumpkins and other squash varieties outside beside the tunnels, and all your garden stuff - asparagus, carrots, lettuce, spinach, peas, beans, potatoes, garlic, onions, leeks, radishes - in my garden. This year I'm adding raspberries to my list and possibly a few cut flowers."

Wait a second; melons grow in Saskatchewan? "Yeah, lots of people didn't know you could grow them here," Sarah laughs. "However, without these high tunnels which increase the temperature it would be nearly impossible to grow them here. The first year that I started, I had the best crop ever, it was amazing. I haven't been able to grow them like that again - they're tricky."

"To keep my garden disease and pest free I do a few things, like not growing my tomatoes beside my potatoes or my carrots beside my dill - stuff like that, as they are prone to the same kind of pests and diseases. I try not to plant the same thing where I planted it the year before, to prevent disease. I also will plant nutrient loving crops where my peas were the previous year as peas fix nitrogen naturally." Sarah keeps her soil conditioned with lots of manure, and compost and is hoping to reach out to a few local soil solution companies this spring.

Still, gardening on such a large scale without chemicals must be quite a feat. "Well I do what I can to keep my plants healthy and practice different natural and organic growing methods. One year we had thousands of wasps in the strawberries - I picked 100 pounds of strawberries that day, and 20 pounds or more were all damaged by these wasps. They just stayed for a day feasting on the strawberries and then they left! The other pest I have a problem with is the lygus bug, or a tarnished plant beetle is another name. They pierce the strawberry flower which creates that ugly seedy bottom - a cat-faced strawberry. Honestly I just go along and kill all of these plant beetles by hand which is very rewarding," she laughs.

Because she grows vegetables and fruit specifically for the Christopher Lake Farmers' Market, Sarah times her sowing to be ready for the May long weekend opening. "That means starting my tomatoes early so they're



producing for May long. I started all my tomatoes for the greenhouse on February 9, I have a little room downstairs with grow lights. Tomatoes have a surge of fruit and it's kind of frustrating because it's usually missed - May long at the lake is still slow, it doesn't get busier until school gets out. So I'll have all these

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tomatoes and not enough people and then when all the people get there, there's not enough tomatoes! This year I started them a little bit later, to try to time it better ... we'll see how it goes. I won't start the cucumbers until April as they only take 6 weeks to start producing."

And then, it's full on. "This is definitely a full time job," Sarah laughs. "There's me, and then my husband Wes who is a farmer so his busy time is the same as mine but he still helps me out so much when he can. We have four kids - the oldest is 12, and then 10, 8 and 5. They all pitch in when they can even if it means playing together so we can get our work done. We also live in the same yard as Wes' parents and when it's strawberry picking day, they come and help as well. It's a family affair."

When the farmers' market ends September long weekend, Sarah moves to the Prince Albert market 'til Thanksgiving weekend. She'll also give away any extra to her mother and family and she does lots of canning and freezing for her own family through the season. Winters find her sewing among other things, and making skincare products. "I love making bug spray, body butters, lip balms, scrubs and salves and I've recently started messing around with micas for mineral makeup. Its so fun!! I usually try to get it out to different markets over the winter. It's just a little fun hobby, kind of a sideline - 'Four Seasons Skincare'."

All in all, the life of a professional gardener is one Sarah loves. "Well," she continues, "it's more of a love-hate relationship. I love it in the Spring, I hate it in the Fall," she laughs, "as by Fall I am very tired from the long season. But I do find it really rewarding. I love that I can get my kids out there and we can all work together as a family. I love growing our own food and knowing where it comes from, knowing that it's nourishing us. Knowing what's in it ... and what's not on it. And having grown up under a long line of crafters, gatherers, canners and gardeners, I feel right in my element. And I love our little market - we've lost some great vendors over the years but I've also met some amazing people along the way!"

The writer, Jacquie Moore, is a book author and freelance journalist. She and her husband Scott have a cottage in the woods at Emma Lake.

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CURBSIDE PICK UP!
Stay tuned to the Christopher Lake
Library Facebook page, email or call
for more details.

park update

Great Blue Heron Provincial Park (as of Feb. 18th)

All the warm-up shelters and washrooms are open. The Tower Cabin is also open as a warm-up shelter. Overnight stays in the cabin are not permitted at this time.

Anglin Lake are groomed and ready for all to enjoy. Most trails are groomed for classical and skate skiing, with room for snowshoeing and hiking on the side. Trailhead parking lot is located at Anglin bridge accessible via Hwy 953.

Valley View trail is located off Highway 953 between Emma and Anglin Lake. This 5.5 km loop offers a beautiful ski through the mixed wood forest. Maps and signage are located at the trailhead. The warm-up shelter and washrooms are open.

Spruce River Highlands Trail is located in Prince Albert National Park, this trail is accessible from Hwy 263 within the national park or via the connector trail from Anglin Lake. This trail is packed using a snowmobile so it makes a great location for snowshoeing and back-country skiing.

Murray Point Campground 2 km walking trail within the campground has been groomed for cross-country skiing. The trail follows Oliver Creek, then winds through the forest on the south side of the campground coming out along the beach and through the tenting sites, known as Coot's Corner. Access the trail via Bedford Street within Murray Point subdivision and Agnes Street within McIntosh Point. Additional parking is available at Murray Point boat launch. The trail is relatively flat so a great option for beginners or those looking for a quick ski.

Walkers and snowshoers, please stay on the edge of the packed trail. Snowmobilers, please stay off the groomed tracks.

A couple of additional notes for all trail users:

Pets must be leashed at ALL times when using the trails.

Remember to pack out what you pack in.



We would like to start an appreciation award for good neighbours here in our area of Paddockwood and surrounding communities, as the positive, small, helpful, everyday acts that we do for one another should be recognized.

Did someone grab your groceries while you were home sick? Did a neighbour shovel your driveway, give your car a boost or pull you out of the ditch? Did someone you know put up holiday decorations that made you smile?

People helping each other out is what small towns and rural communities are supposed to be about.

If you know of someone in the community deserving of the 'Good Neighbour Award' then come into the Library or call us during Library hours at **306-989-0045** to nominate them for our award, at the end of each month all nominees will be recognised and we will draw one name as a recipient of our Good Neighbour Award prize.

This month's prize will be a gift certificate to our local Co-op sponsored by **Marg Dinius in memory of her husband John**, we will be graciously accepting sponsors and prizes from community businesses and members and will happily provide your business with some free advertising.

Let's spread something positive for a change.



MARCH IS AROUND THE CORNER...

...and so are some warmer temperatures! Get out there and enjoy those great trails.

Check out our virtual rally. Facebook has the info. you need.

HAPPY TRAILS EVERYONE!

@Lakeland Treedodgers

llsledclub@gmail.com

*I don't mean to brag, but...
I just put a puzzle together in one day, and
the box said 2 to 4 years!*

*I can't believe I forgot to go to the gym today,
it's been seven years in a row now!*

*The first five days after the weekend are the
hardest!*

for the love of language

TO CATCH THE WIND

I was seated upon a
rock one-day
When the wind brushed bye
Trying to catch it in my fist
I'd reach out, grasp 'n try
But each time I missed
And the wind would slip away!

T'was as if the wind
Was trying, laughingly to say
Have fun, keep trying
But I can never be
Caught 'n held that way!

So I cupped my hands
Closed but for a tiny space
The wind came bye again
Teasingly across my face
I felt it brush into my palms
Where I held my fingers interlaced!

As i quickly locked my hands
A sudden silence fell
Tall grasses no longer could swoosh 'n swing
I couldn't even imagine the sound
Of soft knells, blue bells would make
If they could really ring!
And no more sweet songs
Of birds across the valley sing!

I quickly pushed my face
So I'd be able to see
If the wind I'd caught 'n held
In there, was angry with me!

I was blinded by surprise
From what was cupped inside my hands
In stunning beauty before my eyes
Appeared a most wondrous magnificent
land!

With a sky of the most beautiful blue
Where the sun never hides its face
Though it moves through shade
So dew can form
And fire-fly's blink their grace.

Fields of flowers, trees 'n vines
All people from every where
Their faces adorned with genuine smiles
Only kindness and harmony lives there!

Is this where the wind in made?
Could such a dream come true?
Our imagination on parade.
Does reason not dare us to compare
With realities long succession of charades!?

**Quill's Spilled Ink book of poetry can be found
at the Christopher Lake Library, or requested in
writing to: W. Quill, Box 131, Paddockwood, SK S0J 1Z0**



calling all lakers!

**lak•er / lākər/ noun / a
person associated with a
lake, as a resident, visitor,
or worker.**

There has never been
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SUPPORT LOCAL!

The Lakeland Cabin
Stuffer is an annual
publication for readers to
learn about and support
local businesses, services
and community groups
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and surrounding area.

Our goal is provide the
most comprehensive
LOCAL SERVICE GUIDE
for residents and
visitors alike.

**Are you a non-profit,
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organization that
services the Lakeland
and surrounding area?**

We want to include you
in this year's Lakeland
Cabin Stuffer extended
directory - **FOR FREE!!!**

The intent is to celebrate
volunteerism and
showcase all that the area
has to offer.

Fill out your
organizational details
under the Non-Profit /
Community Organization
directory section of the
online booking form,
or get in touch for
more info.





pink shirt day contest

A part of SaskTel's Be Kind Online campaign.

One creative participant will win \$5,000!

\$2,500 FOR THEM, AND \$2,500 TO PAY IT FORWARD TO A DESERVING PERSON, CHARITY, OR ORGANIZATION.

On **February 24th** we're asking you to do two things:

Wear a pink shirt

BE KIND!

We're committed to spreading kindness and stopping the spread of cyberbullying and we want to reward those that make the world a happier (and pinker) place!

Check out our Instagram contest to learn more: <https://bekindonline.com/pinkshirtday/>



Lakeland Snowmobile Club Virtual Rally Feb. 12th to Mar. 22nd

Tickets \$20 each, only 300 tickets available.

Prize Draw - March 23rd, 2021
on Facebook Live

PRIZES

1st place 25% of tickets sold
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*Ah, the modern days. I just saw a grandpa
help a youngster who was staring into his
phone to cross the street.*

save the date

This listing features community-based events in the Lakeland and surrounding area. Contact us if you would like to place a date in the listing - it's free!

Tues. Mar. 2nd Saskatchewan Virtual Job Fair connects candidates and industries across the province of Saskatchewan, 1 to 4 p.m. Free admission for job seekers. Visit www.jobscanadafair.com for more info



April 12th to 23rd 2021 Saskatchewan Park reservations open for seasonal camping, nightly camping, camp-easy, Mongolian yurt, equestrian groups, rec-halls & picnic shelters. Reservations begin each morning at 7 a.m. Visit saskparks.com or call 1-800-667-1788 for more details.



April Parks Canada 2021 Reservations Service for booking camping spots by phone or on-line in the Red Deer Trailer Park and Beaver Glen Campground will launch in April NOT January as in the past. This will give more time to consider the latest COVID-19 measures. It may also help reduce the need for cancellations. Upcoming visits will be different than in past years, due to the ongoing pandemic. Visit waskesiu.org to check what services will be available.



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Are you missing activities due to COVID restrictions?

Would you like to stay socially connected?

Would you like to participate in creative activities?

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- a FREE interactive telephone-based program that connects adults 55+ in creative activities
- available to anyone 55+ living in Saskatchewan
- supplies are provided by mail at no cost to participants

Workshop Schedule

Series #1: Visual Art & Art Cards with Shon Profit

1:30-2:30pm Thursdays, Feb. 18, 25, Mar. 4, 11, 18 & 25

Series #2: Writing Fiction & Non-fiction with Judith Silverthorne

1:30-2:30pm Mondays, Feb. 22, Mar. 1, 8, 15, 22, 29

Series #3: Creative Writing & Life Story Writing with Lynda Monahan

1:30-2:30pm Thursdays, Apr. 1, 8, 15, 22, 29, May 6

Series #4: Painting & Drawing on Nature Themes with Jamie Reynolds

1:30-2:30pm Mondays, Apr. 5, 12, 19, 26, May 3, 10

Series #5: Journaling, Collage & Painting with Berny Hi

1:30-2:30pm Thursdays, May 13, 20, 27, June 3, 10, 17

Series #6: Painting to Music with Marilyn Nelson

1:30-2:30pm Mondays, May 17, 31, June 7, 14, 21, 28

For more information and to register call:

306.527.4379

Dr. Amber Fletcher / Dr. Barbara Meneley
Raegan Moynes / Cassie Ozog

StudioWithoutWallsSaskatchewan@gmail.com

PO Box 33125 Cathedral PO Regina SK S4T 7X2

These workshops are part of a research project at the University of Regina. You will be asked to participate in 3 confidential interviews (approximately 30 minutes each) with a student researcher, who will ask about your experience with the program and social connection. Participation is voluntary.

You can withdraw from the project at any time, up until the 6 sessions have ended. This project has received ethical approval from the University of Regina.



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community notices

Ambrose Grocery & Bear Country Fudge is looking for energetic, outgoing, reliable, people to join our team! Resumes are now being accepted for temporary part-time and full-time positions in our very busy grocery/liquor store. Applicants must be able to physically handle large liquor and grocery orders. Must be 19 years of age and older, have or be willing take the Serve it Right course and certify in propane delivery. Resumes can be dropped off in person or emailed to ambrosegrocery@gmail.com

Paddockwood Library Announced the start of our 'Good Neighbours Award' program (see poster in this issue).

Library Hours are:
Tues. 1 - 5 p.m.
Wed. 11 a.m. - 5 p.m.
Thurs. 11 a.m. - 5 p.m.

Call (306) 989-0045 for more information.

PLN Yoga Thankful Thursday Yoga

Gentle/restorative yoga helps to rejuvenate and recuperate all the cells of the body. Bringing a relaxed vitality back to your body, breath and mind.

Thankful Thursday classes are by donation for local charities 7 to 8:15 p.m.

If you are unable to donate at this time please still message for the link.

Yoga is for everyone.

Email info@plnyogastudio.com to register.

Christopher Lake Library Take and Make Craft Kit Free - String Art craft kits available at the library.

Included in the kit is a board, template, nails, your choice of embroidery thread, and an instruction sheet.

You will need a small hammer for this project, it is not included.

Limited kits available, contact the library if you would like one.

Embroidery thread was donated by Amber Johnson, thank you!!

211 is a three-digit phone number and website that provides information to community services in Saskatchewan.

Dial 211

Text 211

or go to sk.211.ca

St. Christopher's Anglican Church has suspended all in person services and events until further notice. Email Andrew Hoskin priest in charge to get the Zoom link at hoskin@sasktel.net or (306) 922-4216.

St. Mary Parish

Christopher Lake Masses
Saturdays 4 p.m.
Sundays 11 a.m.
Please pre-register for all masses. Limit 30 people.
stmary13@sasktel.net or text (306) 941-8710.

Saskatchewan Health Authority Prince Albert COVID 19 Drive-Thru

Testing Site is open at The Cone Shop Car Wash, 890 6th Ave E. Open every day 8:30 a.m. to 4 p.m.

CPL Recreation Winter Challenge

Last week to get your KM's logged. Be sure to check out the Winter Trail Challenge (see poster in this issue). Ski, snowshoe or walk 50 km during the month of February on area trails and you'll be entered to win some great prizes.



Pre-registration for 2021

Baseball Register on-line visit our web page www.cplrecreation.ca

Choose "Events" and fill out the online form.



Jewel of the North

Kitchen and food services are under NEW management, watch for new menu and specials coming soon!

Lake Country Cottage

is looking for summer staff. Email your resume to lccrdean@gmail.com.

District of Lakeland next council meeting is on Mar. 8th, 2021. Anything submitted to council must be submitted by Wed. Mar. 3rd.

Lakeland Curling Club

Last Chance! Only 14 days and counting to buy your Naked Calendar / Cash draw ticket!

Draw to be made March 10th - it could be you!!!

The Lakeland Curling Club an Anderson Community Centre thank you for your support!



Village of Christopher

Lake Regular Meeting of Council is Mar. 18, 2021 at 9:30 a.m.

Growing Up Summer Fun 2021

Exploring Nature

Watch for FB Posts or visit our web site www.cplrecreation.ca for continuous updates and registration opportunities.

These are activities we have planned for Summer 2021. When funding is secured and restrictions are lifted. Sounds like a lot of FUN!!

Sports

May - June, a variety of Ball will be offered for children. Coaches will be needed.

May - September, Pickle Ball, outdoor fitness, Nordic Pole Walking and Learn to Row classes on the Lake

Arts

July, Learn to Draw (Thursdays weekly Lakeland and Paddockwood area August, Woodburning classes (Thursdays weekly) in the Lakeland area and Paddockwood

Growing up Wild

July - August, Tuesdays and Wednesday weekly. This is an Outdoor Educational program that will bring out the curiosity of nature in your child.

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Nadine Wilson, MLA for Saskatchewan Rivers
saskrivers@sasktel.net / 306-763-0615 / 1-888-763-0615

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Source: Business Insider/MediaPost

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 8 Pretzel topper
 12 Past
 13 Travel permit
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 15 Brock of base-
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 16 Alaskan city
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 50 Early bird?
 51 PBS funder
 52 Cartoon frame
 53 Yucatan year
 54 Wildebeest

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strange but true
 By Lucie Winborne

- In 2008, two sisters from Virginia sold their Illinois-shaped corn flake on eBay for \$1,350.
- One of the first diet books, "The Art of Living Long" by Luigi Comaro, came out in 1558 ... and is still in print.
- Folks who enjoy collecting ties are known as grabatologists.
- The mostly unknown second and third verses of "Take Me Out to the Ball Game" reveal the song was originally written as a feminist anthem about a woman wanting to go see a baseball game rather than go on a date to a show.
- Cinderella's shoes were made of fur, not glass, in the tale's original version.
- Overdo it on the garlic or onions and need to freshen your breath? Try roasted coffee beans instead of gum or mints. Israeli scientists have found that coffee can inhibit the bacteria that leads to bad breath, but if you prefer drinking it to chewing, you'll do best to take it black.
- "Scurryfungue" is an old English word meaning to rush around cleaning when you see company is on their way over.

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