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Vacationland News is a submission and community-based newsletter focused on promoting and supporting business, community groups, programs, and events in the Lakeland and surrounding area.

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Did you know? 75% of the human brain is water and 75% of a living tree is water.

faces of the lakeland Steven Ross

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

At this time of year - the anniversary of the end of World War I on November 11, 1918 - we take the time to remember and pay tribute to the many thousands of Canadians who went to war to protect human rights and freedoms. Of those brave soldiers, some 12,000 were Indigenous people who volunteered to step up and fight; 3000 enlisted in WWI, 4000 served in WWII, and more fought in Korea. These Aboriginal men and women served overseas



as soldiers and nurses among other things; many served with distinction, and won medals for their bravery. This is astonishing given that First Nations, Métis and Inuit people were not even granted legal citizenship or voting rights in this country until 1960 - well after all three of those battles - yet they fought as equals alongside their comrades from all walks of life in Canada.

In recognition of the special and selfless service that Indigenous enlistees performed for our country, the Canadian government in 1996 declared November 8 to be National Aboriginal Veterans Day. These veterans were people like Norman Henderson of the Montreal Lake First Nation, who was sent to Germany after the Second World War to do peacekeeping. And Cyrus Standing of the Wahpeton Dakota First Nation, who was brilliant in electronics and spent 10 years in a top-security position with the Air Force repairing radar and radios on fighter jets. And Virginia Pechawis of Mistawasis Cree Nation, who is a WWII veteran (one of the few from that war that are still with us). And Steven Ross of Montreal Lake Cree Nation, who enlisted in the Canadian Armed Forces in 1965 at the age of 18; he served with the Queen's Own Rifles of Canada, and went on a peacekeeping tour of duty in Cyprus.

Steven Ross is also the elected Grand Chief of the Saskatchewan First Nations Veterans' Association (SFNVA). "The Association is made up of veterans, it's all veterans," says Steven. "We have three branches in the province, each with a president and vice-president, and they

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represent their respective areas. We do have veterans almost in any reserve in Saskatchewan. All except there's not too many people from away up north, I guess it's too far"

As November 8 and November 11 approach, members of the SFNVA are invited to schools and communities for remembrance ceremonies. "One of the main things we want to do is make sure that we do not forget the people who did not return," says Steven. "Those that gave the ultimate sacrifice. And we remember those people. It's good for the families, it's good for the communities, because they now realize - especially the young people - that some of our people were heroes as well during the wars. We had real good snipers in the Armed Forces. Lots of Métis soldiers were good snipers too, so they were in demand." First Nations military personnel also contributed significantly as reconnaissance scouts and Code Talkers.

"And I want to salute all the veterans from the Christopher Lake area," says Steven. Off the top of his head he remembers Azaire Bird, Absolum Merasty, Issiah Halket and Simeon Halket - all of the Little Red River Cree Nation, and Sandy Settee of the Christopher Lake Métis Nation. "Then there's Henry Beaudry from Sweetgrass reserve," says Steven. "He was Second World War, and we got to meet him, saw him quite a few times. He was always telling stories of what happened during the war, he was taken prisoner of war and he told stories about his travels, where they were taken, how they were treated by the enemy. Yes, some amazing stories that he told, and he said the people should understand what war is about and also understand what we went through, the soldiers. All the soldiers," Steven emphasizes, "not just First Nations but anyone that signed up."

Steven talks about the lifelong friendships that were formed by soldiers who served together. "Although we have the SFNVA, many of us still have contact with our friends or buddies from the Armed Forces, who are not necessarily First Nation. These are Canadian citizens that we joined up with. I still connect with one of my friends in Vancouver. It's a good connection. We were together many, many years ago."

The SFNVA is active year-round. "There's a number of things that we're doing right now," says Steven. "Every time we lose a First Nations veteran from Saskatchewan, we provide a semi-military funeral for that person in their hometown or home reserve. That's what we do for veterans to honour them, but also bring a little bit of pride and recognition for the families, and their communities. The other thing we've been working on, it's a real challenge, is trying to get military headstones for all our veterans that still don't have them. Some veterans, their families are all gone, and it's really hard to get information on the veteran when you don't have his full name, his regimental number, when he served. But we have a line to Ottawa if we can get some of these details provided, then they can do research on that person in Ottawa. When people see a military marker in the cemetery, they normally go and check it out: who was this person, when did they serve, where was he ..."

This year, the SFNVA put out a commemorative book called "Courageous Warriors of Saskatchewan: We Answered the Call." The book is based on interviews with veterans and their families. With photos throughout, the book highlights 50 First Nations veterans in the province.

"We are also continuously active in recruiting," says Steven, "but we've got to start recruiting from the north. We need our veterans to go from reserve to reserve, talking to the youth, talking to the schools, talking to the councils, about life in the Armed Forces and how beneficial it can be to a young person. If you're young, you get to meet people and you get to travel. You can be posted anywhere. There are some trouble spots yet, we continue to go where we're sent. We answer the call. We each signed up, ready to give up our lives for our country - some for the Queen, some for their land, for their families, for their Treaties. The other reason people join is

for economic reasons. It's a good life, you can stay for a length of time or a good length of time. Then you get to travel, you get to meet people, you get to enjoy it. You can also take all kinds of classes while in the Armed Forces. You can upgrade yourself, raise your grades. And the Armed Forces will pay for your education - the only thing they want in return is to give them a few more years. And also with higher education you can advance in the Armed Forces."

First Nations people continue to answer the call to duty, and play a significant role in Canada's effort to promote and protect security and peace around the world. Today there are some 2700 Indigenous people in the military forces. In 2015, the federal ministers of Indigenous and Northern Affairs, and Veteran Affairs, issued a statement recognizing the invaluable contributions of First Nations people as far back as the War of 1812, as well as WWI, WWII, and the Korean War. "Their wartime participation over the last century was proportionately amongst the highest of any other group in Canada, and their contributions have shaped the Canada we know," the statement said.

"Courageous Warriors: We Answered the Call" is available for purchase by contacting Shelley Mike at (306) 222-8022. The cost per copy is \$20.

Jacque Moore is a writer from Saskatoon. She and her husband have a cabin at Emma Lake.

park update

Great Blue Heron Provincial Park

Winter Camping at North Anglin Campground and Tower sites

This season, the park will be offering non-electric camping at Anglin Lake; 5 sites are available at North Anglin Campground and 3 tenting sites are located at the Tower Cabin. Reservations are required. Bookings are available at parks.saskatchewan.ca. Search 'Great Blue Heron' in the Choose Your Adventure Box.

Please note that all other campgrounds in the park are closed for the season.

Fall Projects

Park staff have been busy doing fall tree removal, clearing the trails and upgrading park facilities. Work has also started on Poacher's Road, one of the designated ATV trails within the park, so please take caution when using this area and watch for equipment on the trail.

It's Hunting Season

Hunting is permitted in some areas of the park. Email or call the park office for a map of 'No Hunting' areas.

Hiking Trails

All trails are open for hiking. Some trail work is being completed this fall, so please adhere to cautionary signage posted when equipment is present.

Park Vehicle Entry Permits

A reminder that vehicle entry permits are required year-round in all provincial parks. Daily entry permits can be purchased online at parks.saskatchewan.ca. Search park entry in the 'Choose Your Adventure' box. Entry permits are also available for purchase at the park office. For those who purchased an annual permit, it is valid through April 2022.



St Christopher's Anglican Church

Christmas Pajama Drive

for the Prince Albert Women's Shelter

Blessing Day: Sunday, Nov 28

Please bring new or gently used PJ's, housecoats and slippers for women and children to a drop-off location before November 26. Fuzzy stuffed animals also appreciated!

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(306-961-6772)

With thanks from St Christopher's Anglican Church



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by Leslie Blacklock

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papl

save the date

This listing features community-based events in the Lakeland and surrounding area. Note: events and programs are subject to change particularly in the event of COVID-19 restrictions. Email hello@besmartcommunications.com if you would like to place a date in the listing - community events are free!

November The Grace Campbell Gallery in the John M Cuelenaere Public Library in Prince Albert features work by Leslie Blacklock for the month of November. An opening reception is being held on Sat. Nov. 6th from 2 until 4 p.m. The show is titled: Cows - Clouds - Barns and Elevators, see poster in this issue.

Nov. 6th & 7th Focus on Christmas The P.A. Exhibition association is hosting our Annual Focus on Christmas Trade show and Sale! Admission is \$2.00 a person Kids 12 & Under are free when accompanied by an adult. Mask and proof of vaccination are needed upon entry to building.

Thurs. Nov. 11th Royal Canadian Legion Paddockwood Branch #31 Remembrance Service including laying of wreaths will be held at the Cenotaph in front of the Elks Hall at 10:45 am followed by a visit to the Paddockwood cemetery to honor the veterans who have been laid to rest in the cemetery.

To lay a wreath or have a wreath laid in honor of a loved one please phone Wayne Pazcay 306-989-4701 or Reg Hamlin at 306-930-1496. Proceeds of wreath sales are used to help veterans and their families.

Thurs. Nov. 11th Royal Canadian Legion Christopher Lake Branch #159 will be hosting a Virtual Remembrance Day Ceremony. Search Facebook: Christopher Lake Legion # 159 to watch the service.

To lay a wreath or have a wreath laid in honor of a loved one please contact Dean or Marlene at Lake Country Cottage Restaurant, 306-982-3060.

Fri. Nov. 12th The AGM's for the Lakeland and District Recreational Association (LDRA) which manages the Anderson Community Centre and the Lakeland Curling Club (LCC) will be held consecutively at 7 pm (LDRA), followed by the LCC at approximately 7:30 pm.

If you participate in any functions or activities at the Anderson Community Centre you are a member of the LDRA. As such you are encouraged to attend the LDRA AGM meeting, and to nominate and vote for board members.

All members of the Lakeland Curling Club are also encouraged to attend the LCC AGM meeting, and to nominate and vote for board members.

Mon. Nov. 15th Age Friendly Saskatchewan - join the Lakeland District for Sport, Culture & Recreation at 1:30 p.m. on Zoom to talk about how to make your community more accessible for older adults. Visit <https://www.lakelanddistrict.ca> to register.

Sat. Dec. 4th Shop local and celebrate the Christmas season in the Lakeland area as local businesses and organization host the Annual Christmas in the Country local shopping tour. Stay tuned to the next two issues of the Vacationland News for details.

Fri. Dec. 10th Christmas BINGO at the Christopher Lake Legion. Doors open 7 p.m. Bingo starts at 7:30 p.m. Have to be fully vaccinated and show proof. Wear mask until seated at tables. Tables will be separated.

important - your input is required!

CPL Recreation Committee members and the Municipal Partners (Villages of Christopher Lake and Paddockwood, District of Lakeland, RM of Paddockwood) will be engaging in a four-year strategic planning update. This will enable CPL Recreation to continue to provide sport, culture and recreation programming to our communities. Members of all communities are being asked to provide input through a survey. The results of the survey will be used to provide the direction for future CPL Recreation programming and operations.

Scan the QR code to complete the survey on line, or pick up a hard copy at the District of Lakeland Office, Paddockwood Coop, Full Circle Gas, or Ambrose Grocery.



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Schedule

Mondays - 6:30 pm
(Kickboxing/
Functional Strength
Class) in
Paddockwood

Beginning
September 27



More classes will be announced, stay tuned. And join the fb page CPL February Fitness or web page www.cplrecreation.ca

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per class or
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drop in fee for each Monday

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fun with lakers

Enjoy the following fun features brought to you by Christopher Lake Public School students: Alexis, Kianna, Mason, Ryleigh, Charlie, Bladen, Gabe, Kelly, Kingston, Carter, Everett, Staiden, Cohen and Nola.

FUN FACTS

Going back in time with Christopher Lake School!

Hello! Today we will take you back in time with some history facts from around the province!

Did you know that Prince Albert was named after Queen Victoria's husband Prince Albert? This was decided in 1904.

In 1883, the people of Saskatoon decided to name their town Saskatoon for the word "Misaskwatomina," which refers to a sweet, purple berry. They are now known as the Saskatoon berry.

LAUGHS

Why is it good to laugh? Laughing causes less stress. Laughter can also stimulate many organs, relieve your stress, soothe tension, increase immune cells, and create infection fighting antibodies.

Why do bicycles fall over?

Because they're two-tired.

Why was the picture sent to jail?

It was framed.

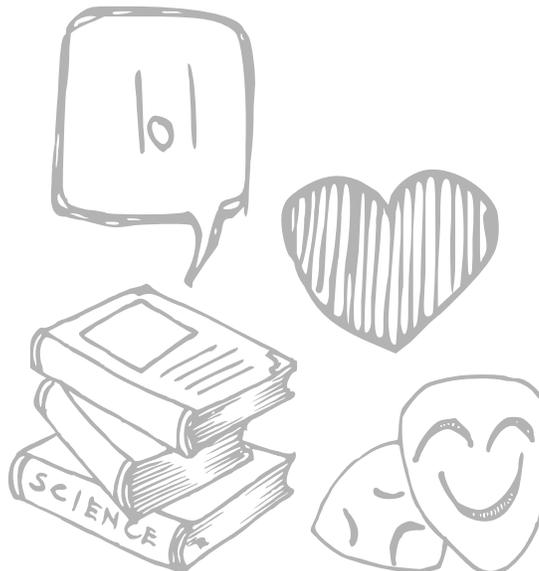
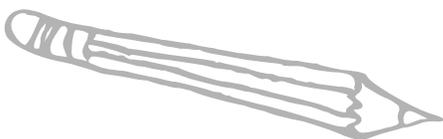
Why did the toddler toss the butter out the window? So she could see a butter-fly.

What do you call a magic dog?

A labracadabrador.

Where do ghosts go to learn to be a pilot?

At fright school.



YUM!

TIME TO COOK!

Bannock

- 3 cups all-purpose flour
- 1 teaspoon salt
- 2 tablespoons baking powder
- ¼ cup butter, melted
- 1½ cups water

DIRECTIONS

Step 1

Measure flour, salt, and baking powder into a large bowl. Stir to mix. Pour melted butter and water over flour mixture. Stir with fork to make a ball.

Step 2

Turn dough out on a lightly floured surface, and knead gently about 10 times. Pat into a flat circle ¾ to 1 inch thick.

Step 3

Cook in a greased frying pan over medium heat, allowing about 15 minutes for each side. Use two lifters for easy turning. May also be baked on a greased baking sheet at 350 degrees F (175 degrees C) for 25 to 30 minutes.

SPORTS

The Boy's volleyball team have won all their games and sets. They had first played Queen Mary and played very well, and Wednesday they played Westview. They are also undefeated while facing the girls. Speaking of the girls volleyball team, they have won all their games as well. They had faced the Vickers girls' volleyball team and won 2 out of 3 sets. Then off to play Westview, where they had won all 5 sets.

On the topic of sports, The Christopher Lake Public School cross country team won the banner! Congratulations to those who participated.

We will be interviewing the coaches of the Boys and Girls volleyball, asking the same questions. First up for the interview is Mrs. Bates, the girls' volleyball coach.

Our first question is, "how do you think your team is doing?"

Mrs. Bates responded with, "I think our team is doing very well, we have continued to improve since the first practice, we've won our last two games, which was very exciting, And I just see us continuing to improve, and I'm really excited for our team this year!"

Our second question was, "is there anything you can work on?"

She had responded with, "Always, and I think that after every game, and after every practice we're always reflecting on things that we can do better, you know, different skills and things like that!"

Our third question was, "do you think you will do well in your next game?"

She responded with "I do, I always think we are going to do well, I think that goes with having a positive mindset, but yes, I think we are going to do well. I think the girls are very passionate about their team and we're having a lot of fun."

We asked, "what are your strengths in volleyball as a team?"

And she responded with, "I think one of our biggest strengths is that we have a sense of community on our team where we all want each other to do well, and I think that's really important. I also think that we dig deep when the game gets close. The girls are very good at digging deep and putting forth their best effort."

The final question was, "do you think your team has a chance at winning the banner?"

And she had said "Always, I never enter a season thinking that one of my teams won't win the banner, I hope for the best and if we don't, I'm still going to be super proud of them but yeah, there's always that chance."

Go Lakers! Stay tuned for more interviews in the next issue!



ANDERSON Community Centre

ANNUAL GENERAL MEETING

LDRA and LCC
Friday, November 12th
7 p.m. / 7:30 p.m.

See Save the Date for details

Questions?

Call Jaysan Marsh
306-960-6651

community notices

CPL Recreation is looking for donations again for the Seniors Christmas Giving Tree.

The Giving Trees will be displayed at the District of Lakeland and the RM of Paddockwood offices starting Nov. 12. You can take a card and purchase the list inside. Or you can purchase items, like bar soap, shampoo, puzzle books, etc. These items will be used as stuffer's for the bags that come in.

Spruce Home Seniors meets Wed. 1 p.m. at the Spruce Home Hall Hwy 2 North, north end, to play Kaiser. You don't have to be a "senior" to play, everyone is welcome. We play for fun and to socialize. For more information contact Moe Dogniez at 306-930-8113.

You are invited to Lakeland Bible Church, a non-denominational worship service at Anderson Community Centre in Christopher Lake. Every Sunday at 10 a.m. Everyone welcome.

Christmas Services
Christmas Eve Service Dec. 24 at 7 p.m.
Regular Worship Service Dec. 26 at 10 a.m.
New Year's Eve Service Dec 31 at 7 p.m.

St. Christopher's Anglican Church is open to full capacity. Stop by Sundays at 10 a.m. for worship and join us afterward for coffee and fellowship. Everyone is welcome!

Christmas in the Country is coming soon! The local event has been held every December for the past 20 years!

Watch for full details in the next two issues of Vacationland News.

Looking for volunteers to help with bingo's. This is a great way to help your local **Anderson Community Centre!**

Nov. 21st 12 - 4 p.m.
Dec. 26th 12 - 4 p.m.
Jan. 20th 6 - 10 a.m.

Must be fully vaccinated.
Contact Tasha at (306) 961-1846

St. Mary Parish Roman Catholic Church
Mass Times with Father Michael Fahlman
Sat. 4 p.m.; Sun. 11 a.m.; Thurs 3 p.m.
No Restrictions. Masks are mandatory. Call 306-982-2538 st.mary.cl@gmail.com

Women's Bible study meets every Monday afternoon at 1 p.m. All SHA Covid rules apply.

Christmas Mass
Dec. 24th - 5 and 7 p.m.
Dec. 25th - No Mass
Dec. 26th - 11 a.m.
Dec. 31st - No Mass
Jan. 1st - 11 a.m.
No Mass at 4 p.m.
Jan. 2nd - 11 a.m.

Pickleball is back at the Anderson Community Centre! Mon., Wed., Fri. 9 a.m. to 12 noon, and Fri. evenings 7 to 10 p.m. \$5/person/session. Call Tom or Leah for more info at 306-229-9003.

Lake Country Cottage
Get your Community Frozen Soup for \$6 and \$3 of will be donated to the local Legion. Pot pies are still available and \$1 from each pie will be donated to the local Legion as well.

Congratulations Waskesiu Heritage Museum on receiving the Lt. Governor Heritage Award in the Public Outreach category for your Heritage Moments Project!

The Lakeland Curling Club was represented at the Mixed Provincial Curling Championships held in Prince Albert, October 14 to 17 by the Daley team. Skipped by Pat Daley, the team also included Avis Halcro at Third, Daniel Moerike at Second and Leslie Blacklock at Lead. The team won 2 games and conceded in 3. The Grindheim team from the Twin Rivers Curling Club won the event and will represent Saskatchewan at the Canadian Championship in Canmore, Alberta in November.

The Prince Albert Historical Museum will be open: Nov. 11 from 1 to 4 p.m. to remember those who have served in the Armed Forces from the Prince Albert area. Nov. 13 for community programming- "Behind the Scenes- Artefact Handling." Please watch our Facebook page for more information. Nov. 27 from 12 to 4 p.m. after the Santa Claus parade.

Entry is free for these openings. Proof of vaccination or negative Covid test is needed. Please contact Joanna at museumeducator@historypa.com for more information.

Lakeland Lions
Our first and very successful Chase the Ace season ended on Oct. 16th with Danny Feychet cutting the ace of spades for a win of \$3887. A huge thank you to our vendors and the community at large for the tremendous support. Watch for the return of Chase the Ace next spring!



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Bring on winter!!

Sorry....too soon?!

The weather has been incredible! This weather gives our hard-working guys and gals time to sign and stake those future to be groomed trails. A huge pat on the back to those working so hard to make those trails safe!

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**A message from Nadine Wilson,
MLA Saskatchewan Rivers**

For 102 years Canadians have gathered on November 11 to remember those who left family and country to defend the freedoms of citizens in Canada, and throughout the world. That generation knew if the forces moving to strip countries of their cultures and lifestyles were not stopped, the next generation would never understand, or enjoy those liberties.

Many never returned, wounding a nation of families with grief. Others that did come back, often carried the burden of lifelong disability. All carried the wounds inflicted on their hearts, minds and souls.

Former American President Ronald Reagan stated it well when he said, "But freedom is never more than one generation away from extinction. We didn't pass it on to our children in the bloodstream. The only way they can inherit the freedom we have known is if we fight for it, protect it, defend it and then hand it to them with the well thought lessons of how they in their lifetime must do the same. And if you and I don't do this, then you and I may well spend our sunset years telling our children and our children's children what it once was like in America when men were free."

The responsibility is upon us to honour the great price paid for our freedoms, by ensuring no one, under any pretense, is allowed to take it from us.

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Thank you!

Cody and Jenna Penny, the Lakeland Lions, and all the volunteers who helped make **Terror in the Park Part II** a huge success! Your efforts brought smiles to many scary little faces and an opportunity for everyone to feel a part of a safe and fun community event!

coconut curry butternut squash soup with a wild rice cake

Diana Bird is an Indigenous Food Sovereignist. She has her Psychology degree, her Indigenous Social Work Degree and is going for her Masters Degree. She works at the First Nations University and is the proud momma to Gabrielle.

Ingredients

- 1 butternut squash (other varieties work too)
- 1 diced onion
- 3 minced cloves of garlic
- 1 tbsp grated fresh ginger
- 1 cup coconut
- Spices: salt, pepper, curry blend powder.

Directions

1. Peel, seed and cut up the butternut squash. Sprinkle with olive oil and salt and pepper and roast at 350 for 30 minutes until soft.
2. In a large soup pot add olive oil and onion, garlic, ginger and spices. Cook until the onion is translucent and add the squash and coconut milk. Bring to a boil.
3. Turn off the heat and with a hand blender, blend the soup.

Wild Rice Cracker

1. Cook 2 cup of wild rice until El dente (not fully cooked).
2. Shred half an onion and 2 garlic cloves and add to a bowl with 1 egg.
3. Add the strained and cooled wild rice and mix with 1 cup of bread crumbs.
4. Form into patties and fry the wild rice cracker in bacon grease for 3 minutes on each side or until crispy.

Serve with yummy curry butternut squash soup.

This recipe was created and served at the Tea Room Restaurant when Bird's Kitchen Catering company ran it in the year 2018.

