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- **(**306) 981-3372
- @cpl recreation

jumping into fall

Adapting to the ever changing Covid guidelines, Recreation Director Linda Rogozinski has been offering up a full plate of socially-distanced programs and opportunities in the Lakeland and surrounding area. Here are just a few:

CPL received funding for a COVID-19 Senior Meal Delivery Initiative. Based on specific criteria, thirty-one seniors registered for a coordinated meal delivery program supported by local businesses in the communities of Christopher Lake, Northside and Paddockwood.

Fitness Classes are offered in both Christopher Lake and Paddockwood and have gone virtual and outdoors to ensure adherence to social distance guidelines. There is a small drop in fee and the classes are instructed by skilled fitness leaders.

After the success of the summer program, Forest Kids, CPL partnered with the Lakeland Early Learning Cooperative to facilitate Fall Programming at the Centre once a week. Programs are outside and instructed using the Growing Wild curriculum - giving toddlers hands-on and interactive experiences in nature this season!

Contact CPL Recreation for more information on local program opportunities.

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thanks a bunch!

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

With a whirlwind of a summer behind us and in the spirit of Thanksgiving, Vacationland News would like to thank all the seasonal distributors who helped get the paper into the hands of our readers - we couldn't have done it without you!

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find the leaves

Count the number of *single* falling leaves in this issue (like the one below). Post your answer on this issues Facebook post for your chance to win a \$20 gift certificate from the advertiser of your choice!

faces of the lakeland - NOLAND HENDERSON

A glimpse into the lives of local people from around the Lakeland area, who contribute to the vitality of our communities!

By Jacquie Moore

It's an early evening in fall at Northside's Full Circle station; the sky is dramatic with clouds and the geese are on the move in their perfect 'V' formations. A Toyota Hybrid pulls up and parks. Noland Henderson enters the restaurant, gently nods and smiles at the waitress, and in a soft voice, orders Earl Grey tea with honey.

Brandy Smart (publisher of the Vacationland News) has asked me to do a story on Noland. He and his wife Shirley are her neighbours in the Lakeland, and she is clearly very fond of them. Over our refills of tea, I understand why. A member of the Montreal Lake Cree Nation (MLCN), Noland is respected for his leadership in Saskatchewan. He was a teacher for four years, a principal for seven years, and has always been a mentor to local youth. He was an RCMP officer for 3 years and on the SK Police Commission for 7 years, an advisor for aboriginal policing. He has served the Montreal Lake Cree Nation as the director of resources and environment, as well as three terms as the elected Chief.

Noland grew up in a small community 15 km north of the reserve. "Although my family comes from Montreal Lake, my dad decided to raise us on Timber Bay," says Noland. "He was a trapper - he lived a very nomadic lifestyle now when I think back on it - so part of my life has been in the provincial student residence at Timber Bay. I was there part-time, whenever my parents had to leave to go to the trapline." As the years passed, Noland and his siblings learned to trap and hunt too. "We'd trap for squirrels, weasels, mink, I remember snaring fox ... and then we hunted rabbits, chickens. Most of the northern kids came from environments where it was survival off the land, so dressing and cooking wild animals was second nature." Noland points out the window at the #2 highway. "Just the other night, there was a vehicle disabled here by hitting a big buck. They were community members of Montreal Lake so I got a phone call asking if I'd be willing to come and salvage as much of the deer as

possible. The volunteer fire crew was here managing the traffic on the highway. We salvaged about ¾ of the deer - it didn't take us long, about 20 minutes. I brought bags, and we packed up all the meat." I ask Noland where the meat went, and he replies: "The meat went to the family that engaged with that deer."

Noland has many interesting stories to tell about his days as resources and environment director for MLCN. One project was revitalizing the fishery on Montreal Lake, which had been heavily fished commercially. "In 1989 there was a crash, the fish were not there anymore," says Noland. While he notes that beavers and climate were factors as well, it was when the gill-netting stopped that the fish populations came back. "Today the fishery is very healthy on Montreal Lake."

Another project involved working with the provincial environmental department and other First Nations to reintroduce wild elk to the region. "Starting in 2005 and concluding around 2009, we brought in 1300 head of elk where there were no more. We tagged those animals and released them."

Noland is obviously very knowledgeable about the natural world, although modest in that. "In consultation with people older than ourselves," he says thoughtfully, "we heard that

nature is a very difficult animal to control. It's got its ways." He smiles. "I can tell you that I think we fed a lot of wolves with the elk that we brought here! Those elk came out of a national park, an enclosed land base with no real predators - they were probably thinking 'What is this thing running at me?" he laughs.

At this point, he politely excuses himself from the table to go over and say 'hi' to a former student. Once back, Noland tells me about a project he continues to be involved in: partnering with provincial outfitters to get wild goose meat up into northern communities. "Birds in flight bypass all those northern communities," he explains. "They come and land here. The outfitters guide these American hunters, but then they can't really take the birds back across the border, so we made arrangements where we were getting those birds - something like 10,000 birds each season. We'd work with the community leaders to get birds to the Elders, and to school groups to teach them about dressing the birds, and share recipes for cooking them. Covid has stopped that now, I don't expect this year there will be much of that."

In his teaching days, Noland was an outdoor educator. "I organized all the canoe trips, winter trips, ran the Nature and Culture program. That involved taking the kids out of the classroom and teaching them some of the cultural skills of our people - trapping, skinning animals, fishing, preparing fish for food, learning to sustain yourself out in the wild. We'd take out a group of kids, teach them how to survive in the wilderness; how to dress for that environment, how to get dry and warm - what will make a fire, what will burn, we'd send them into the forest with three matches. It was about getting them proud of what they can do, getting them proud of themselves."

Noland retired from full-time work five years ago - but he's still busy. He has been a board member on the First Nations Trust since it started in 2003; this organization distributes a portion of the net profits from the province's seven casinos - some \$55 million annually in recent years - to First Nation communities for specific uses. He's also a senator with the Prince Albert Grand Council (PAGC). "We are a sounding board for the Tribal Council decisions," says Noland. "It's basically an advisory role. Most decisions usually have to do with the protection of treaties, and treaty positions. As senators, we will evaluate - to the best of our ability - as to how things will work out and what the best possibility of success is." And if that's not enough, he is the Chair of the Board of Directors for Montreal Lake Business Ventures, as well as for some of their subsidiary companies.

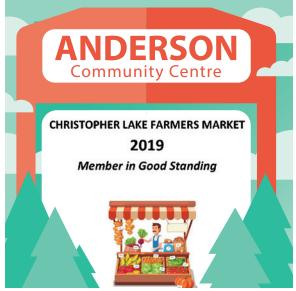
For the last 33 years, Noland and Shirley have divided their time between Montreal Lake and their Lakeland home. Shirley was a Councillor, an elected official, with the MLCN for 22 years. "Shirley is currently the PAGC women's chair," says Noland. "She is very involved with the decision makers of PAGC which would be the Grand Chief, Chiefs, and Vice Chiefs." Their daughter, now 37 and a nurse, went to Christopher Lake school. Their son stayed in MLCN, he's the Vice-Chief there now.

The waitress comes over to our table and asks,"Where's my little princess?" Noland beams and replies that she's back in school now, "but maybe after 3 tomorrow, we'll bring her over here." Noland is also a grandfather. When the waitress leaves, I ask Noland what more he would like to accomplish, what work still needs to be done. He's thoughtful, then answers softly: "I think one of the things I've always wanted is that, as citizens, we accept one another for what we are. For who we are. I think that there's so much bringing out the differences, and less accepting the differences."

There are some people who, after talking with them, you feel better about the world in general. Noland Henderson is one of those people.

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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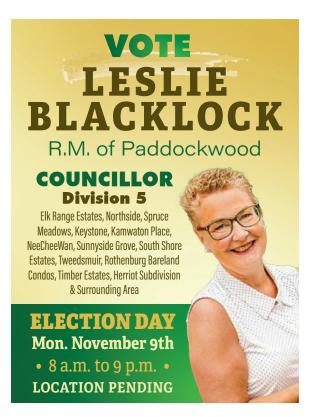
local municipal projects recommended for infrastructure funding

The Government of Saskatchewan issued a press release last month with the announcement that over 120 infrastructure projects are being recommended for final approval under the Canada Infrastructure Program (ICIP) - a total over \$192 million in provincial funding.

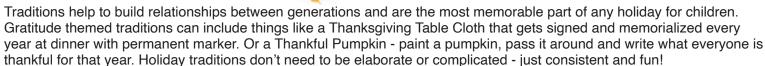
"The two infrastructure funding streams accepting applications during that intake were Green, along with Community, Culture and Recreation. The province recommended projects to the Government of Canada as part of the process. Funding contributions from the federal government, provincial government and approved applicant can vary for each project, depending on its type and the final contribution agreement. Any additional costs for an approved project is the responsibility of the applicant."

District of Lakeland project McPhee Lake Landfill Cover \$ 353,270 Village of Christopher Lake Park Enhancement 2020 \$ 246,700 Plans within the Park Enhancement project include, the completion of the outdoor rink and an outdoor community gazebo structure - both of which can be used to enhance community programming and partnerships.

Government of Saskatchewan. More Than 120 Saskatchewan Infrastructure Projects Submitted To Canada (Sept. 16, 2020). Available from: https://www.saskatchewan.ca/government/news-and-media/2020/september/16/icip-project



start a tradition of gratitude





save the date

This listing is focused primarily on events happening in the Lakeland and surrounding area. Events in Prince Albert with a family focus or connection to local people and businesses, are also included. Contact us if you would like to place a date in the listing.

NOTE: Events will be added as they resume. Contact the listing directly for information on COVID related safety guidelines and procedures.

Tues. Oct. 20th Lakeland and District Fire Department Annual General Meeting 7:30 p.m. at the Christopher Lake Fire Hall. Social distancing and sanitization procedures will be enforced.

Sat. Oct. 24th Flu Shot Clinic 10 a.m. to 4 p.m. at Ambrose Pharmacy, 191 Ambrose Lane, Emma Lake. Call (306) 982-4998 for details.

Sat. Oct. 31st Flu Shot Clinic 10 a.m. to 3:30 p.m. Christopher Lake Public School. Call 1-877-670-1226 to book an appointment.

Sat. Oct. 31st Lakeland Lions Community Halloween - stay tuned for details to be announced soon.

Mon. Nov. 9th R.M. of Paddockwood Municipal Elections 8 a.m. to 9 p.m. Location to be announced.



PLN Yoga Free / By Donation Classes

Sat. Oct. 10th Thanksgiving Weekend outside yoga class 1:30 to 3 p.m., by donation, funds raised go towards Alagille Syndrome Alliance.

Thurs. Oct. 15 Restorative Yoga, by donation, funds raised go towards Canadian Mental Health Association - P.A. Branch.

Sun. Oct. 25th Sunday Morning Peace Practice 8:30 a.m.

Mon. Oct. 26th Facebook Live virtual yoga 7:15 to 8 p.m.

Email info@plnyogastudio.com to register and receive links to attend virtual classes

CPL Recreation Fall Fitness Classes

Mondays 6:30 p.m. (outdoors as weather permits) meet at the R.M. of Paddockwood building. \$5 drop-in fee.

Tuesdays 11 a.m. (virtual via Zoom)

Thursdays 12 p.m. (virtual via Zomm)

See CPL Recreation ad for contact details.

did you know?

Canadian Thanksgiving is actually older than the American holiday. The first reported instance of a Thanksgiving in what is now Canada was in 1578, when Martin Frobisher and his crew celebrated safely landing in Nunavut - well before the American feast at Plymoth in 1621.

Thanksgiving is a statutory holiday throughout all of Canada except the Atlantic provinces (New Brunswick, Newfoundland and Labrador, Nova Scotia, and Prince Edward Island).





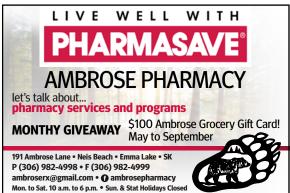
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Q: Why was the turkey the drummer in the band?

A: Because he had the drumsticks.

Q: Who is not hungry at Thanksgiving?

A: The turkey because he's already stuffed!

support for local charities

Prince Albert & Area Community Foundation Inc. announced it will provide \$50,000 to support local charities responding to COVID-19 as part of an ongoing partnership with Community Foundations of Canada, United Way Centraide Canada and the Canadian Red Cross, funded through the Government of Canada's \$350M **Emergency Community** Support Fund (ECSF).

For more information please visit:

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WELCOME TO FALL IN LAKELAND

What a beautiful time of year. Crisp mornings & shorter days! It reminds us that winter is around the corner. Stay tuned to Vacationland News for information you need to know about the upcoming snowmobile season.

> @Lakeland Treedodgers

safely celebrate fall

The Government of Saskatchewan has established guidelines for Fall Activities. These guidelines provide information on how to safely enjoy fall celebrations and honour Remembrance Day while reducing the potential spread of COVID-19. Events that exceed allowable gathering sizes and do not follow public health protocols have been a major source of COVID-19 transmission.

Guidelines include, General Recommendations, Thanksgiving and Private Gatherings, Fall/Fowl Suppers and Similar Events, Trick-or-Treating, Haunted Houses, Pumpkin Patches and Remembrance Day Ceremonies.

Visit https://www.saskatchewan.ca/covid19 for details.

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IMPORTANT CHANGES TO CURLING REGISTRATION DUE TO COVID-19.

SEE COMMUNITY ANNOUNCEMENTS FOR DETAILS.

GET YOUR CHRISTMAS GIFT TODAY!

Lakeland Curling Club Naked Calendar and Cash Raffle

Call Jacquie (306) 940-4888



community notices

Lakeland Lions Halloween Lions have plans in the works to provide a super Halloween celebration that respects COVID distancing requirements. Details to be announced soon.

Christopher Lake Public Library New limit on number of books allowed for borrowing is fifty.

St. Mary Parish **Christopher Lake**

Sunday 11 a.m. Thursday 3 p.m. Services with Father Michael Fahlman. Registration not required. Limit 81 people.



Lakeland Curling Club There is interest in curling this fall, but also uncertainty. To ensure opening is financially feasible, we are requesting curlers register and pay fees by October 15th. If there are enough to proceed, we will prepare the ice, and if not, all fees collected will be refunded. The curling season will begin the week of November 16th and run for 5 weeks, following COVID-19 guidelines from Curling Canada, CURLSASK & Sask Health Authority. If you haven't seen the details and reopening plan, email lakelandcurlingclub@ outlook.com

Lake Country Cottage Due to the cancellation of the annual Fall Supper due to COVID-19 restrictions, Lake Country Cottage is selling pot pies and will donate \$1 from each sale to the local legion branch.

Terry Fox Run

Thank You to everyone who supported the Terry Fox Run at McPail Cove. We raised \$800.00! I look forward to seeing you next September.

Zenia Kalyn **Event Organizer**

St. Christopher's **Anglican Church**

welcomes you. Our Sunday worship is at 10:00 a.m. with up to 25 people allowed in the congregation at this time. With regard to this we continue to broadcast the service each week on Zoom live starting at 10 a.m.

To arrange to attend the service in the building or to get the Zoom link please email Andrew Hoskin, priest-incharge, at hoskin@ sasktel.net or phone 306-922-4216.

Christopher Lake Legion Would like to remind you to support veterans by buving wreaths from your local legions. All proceeds go to veterans and veteran affairs.

We are looking for photos of fallen family members from our Christopher Lake Branch for a Remembrance Day slideshow. Remembrance Day will be digital this year to show support for our veterans and stav safe. If you want to show your support to your fallen hero, email photos with the following details: who it is, date of birth, date of death, rank and company (as soon as possible)

Email: christopherlakele gion159@gmail.com.

Christmas in the Country

CPL Recreation seeking interested artists, crafters and businesses who would like to participate in a social distanced Christmas in the Country. With the goal to build community spirit and provide local businesses with as much support as we can. Call Linda at 306-981-3372 to discuss details.



"Guess what, I was invited up to the house for Thanksgiving!"

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thanksgiving dinner hacks

Regardless of the number of people around your kitchen table this year, here are a few ideas sure to help with prepping for a holiday where dinner is the main event!

Use a hollowed-out pumpkin to hold flowers for a table centre piece.

Cover the kids table with paper - set out crayons and give them artistic freedom!

Bake stuffing in muffin tins for easy serving and delicious, crispy edges.

Once cooked, keep mashed potatoes warm in a slow cooker.

Use a thermos as a gravy warmer to free up space on the stove.

Boil cinnamon sticks, apples, oranges, and cloves in water for a festive-smelling home.



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