

local • relevant • authentic

feature profile A2Z Safety & Training Ltd.

Vacationland News is a community and submission-based newsletter focused on business, services, community groups, programs and events in the Lakeland and surrounding area. Watch for feature profiles, like the one below, for a behind-the-scenes look at the people who contribute to the vitality of our communities. Remember to support and shop local!

Trevor and Elizabeth Montgomery are the dynamic duo behind a local, family-owned and operated business. A2Z Safety & Training Ltd. was established in 2008, and is based out of a training centre in downtown Prince Albert. While centrally located in the city, business takes them all over the province - using a 'come to us, or we can come to you' business model. The idea for A2Z came about as a result of Trevor's employment history in a variety of industries; from oil and gas, to tourism and conservation. He found that the common thread between all workplaces, no matter what industry, is the importance of quality safety management and training.

Born in Yellowknife and having spent his childhood on a farm outside of Saskatoon, Trevor was immersed in nature and the outdoors from a young age. He found himself drawn to the North and worked for many years as a guide in remote areas of Canada's barren land and territories - from Wollaston Lake to Whitehorse. Eventually, the call for higher education came and Trevor enrolled in Conservation Officer training in Prince Albert. In doing so, he soon saw an opportunity to self-employ in the safety and training sector - and A2Z was born.

Trevor and his wife met in 2010. Elizabeth, a former Mental Health Therapist, joined the A2Z team in 2014 after taking a maternity leave with their youngest son. Together, they work with their staff to facilitate a variety of courses and consulting services. Their older children are also involved in the business and have helped to expand the range of services they are able to provide. Trevor's second oldest son, Ashton, has been working alongside as a course instructor. When asked what makes them different, Trevor was quick to point out that their clients always come first - and he is only a phone call away. Trevor likes to work with clients on a one-to-one basis to make sure their needs are met now, and in the future.

A2Z is a proud member of the Canadian Council for Aboriginal Business, the Saskatchewan Safety Council, DATAC, and the Prince Albert and Saskatchewan Chambers of Commerce. They are on the forefront of advancing industry standards, which means, not only are they qualified to facilitate a multitude of trainings - they are involved in the development of training curriculum's! Trevor is a founding board member of the Canadian Trainers Foundation, an organization responsible for developing safety courses and best practices for outdoor power equipment, portable saw mills and outdoor work environments, including interacting with wildlife. If there is a course or training out there, you can surely bet - A2Z delivers it (hence the name!).

Drug & Alcohol Testing, Powered Mobile Equipment Training, Food Safe Handling, First Aid, ATV/Snowmobile Training, Chainsaw Operation, and Wilderness First Aid and Survival - are just a few of the courses they provide, in addition to safety equipment and apparatus rentals.

Consulting services have been most impacted by COVID-19. Trevor says they have experienced a decline in outreach training requests due to community lock downs and gathering restrictions. However, in-class training at their office in PA is operating as usual - with strict COVID protocols in place.

Trevor and Elizabeth nurture their love for the outdoors as much as they can - fishing, hiking, wildlife viewing, etc. In addition to A2Z, they also own two outfitting camps in Saskatchewan's Far North - Tazin Lake Lodge, north of Uranium City; and Camp Grayling, outside of Stony Rapids. When asked how often he gets up there, Trevor jokes, "as often as Elizabeth will let me!"

And if they aren't busy enough as is - Trevor and Elizabeth are expecting a new baby in early February! So one might guess they will be staying close to home - at least for the next little while... Congratulations and best wishes on welcoming the newest addition to your family!

Offering daily courses in the classroom, always available for on-site training. Drug & Alcohol Testing, PDIC, Safety Consulting and over 200 computer based courses.

**www.a2zsafety.ca
(306) 960-2881**



please take me home

next issue: february 10th, 2021



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NOTHING SAYS WINTER LIKE -38*!


The groomer has been out but grooming across water has been an issue, hopefully this cold weather will change that.

FOLLOW US ON FACEBOOK FOR MORE INFORMATION

Get out there and enjoy the newest of the sponsored shelters, remember to follow the Covid guidelines set in place so we can continue to enjoy the facilities.

SAFE SLEDDING!

📱 @Lakeland Treedodgers
✉ llsledclub@gmail.com



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CHRISTOPHER LAKE LIBRARY

District of Lakeland Building

CURBSIDE PICK UP!

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

community notices

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.

Food Bank Drive is open until Jan. 31st. 2021. Collection point is at the church garage, open daily 10 a.m. to 5 p.m. to accept donations. All non-perishable and frozen items are welcome. For more info call Les at (306) 981-5095. or Nancy (306) 961 6772.

PAGC Urban Services Gate Warming Shelter is requesting men's winter gear (bunnyhugs to boots). Contact Natalie (306) 930-1339 if you have items to donate.

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.

Lakeland Curling Club Will accept bottle drop-offs for recycling on Mon. Feb. 1st at the Anderson Community Centre, South doors. Bottles will be picked up throughout the day and stored at the ACC for delivery to Sarcan. Thanks for supporting our local curling club.

Lakeland Early Learning Cooperative Childcare Spaces Available. Infant spots available for both part time and fulltime care. Infants can attend the centre at the age of 6 weeks. Please phone Tonya (306) 982-2133 for more information.

Thank you Brian Ponatowski for your time and dedication to the Lakeland Curling Club. Seven years on the board, five in the role of president - a true community volunteer!

Lake Country Cottage Restaurant has a stockpile of Community Soups available. Half the proceeds go to the local legion. It is a great way to feel good and fill up! Call or stop by today!

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 Facebook Live fitness classes will start next week. 2021 Par-Q forms are required prior to starting the class. Copies of the form can be obtained at the District of Lakeland entrance on Wed. Jan. 27th. Forms can be filled out online through the CPLRec Facebook page or email cplrec@sasktel.net.

Prince Albert & Area COMMUNITY FOUNDATION INC.

The COMMUNITY FUND'S granting priorities for 2021 will focus on benefitting "children, families and less advantaged communities."

- **HEALTH** – Advancing the physical and mental well-being of individuals and families
- **EDUCATION** – Enhancing lifelong learning and educational opportunities
- **SOCIAL DEVELOPMENT** – Creating caring, safe and supportive environments for healthy social development
- **CAPACITY BUILDING** – Supporting innovation that strengthens the community's capacity to care for itself
- **ARTS AND CULTURE** – Supporting the growth and preservation of arts and cultural activities
- **ENVIRONMENT** – Resolving or preventing environmental and wildlife issues

Applicants MUST be a Registered Charitable organization to be funded
Sponsorship – provide additional info on Application Form

The full GRANT APPLICATION FORM may be accessed on the website of the Prince Albert & Area Community Foundation Inc. www.pafoundation.ca under the "Granting" tab

- You may also email our office requesting a copy of the Application.

These funds are offered by PAACF and UNITED WAY for Granting in Prince Albert & surrounding area.

DEADLINE is March 22, 2021

Prince Albert & Area Community Foundation Inc.
P.O. Box 291 Prince Albert, SK S6V 5R5

Email – pafoundation@sasktel.net

website – www.pafoundation.ca

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Chantelle Rodgers

save the date

This listing features community-based events in the Lakeland and surrounding area, as well as, events in Prince Albert with a family focus. Contact us if you would like to place a date in the listing - it's free! **NOTE: Contact the listing directly for information on COVID related safety guidelines and procedures.**

Mon. Jan. 25th to Jan. 31st The Saskatchewan Seniors Mechanism invite you to participate in Let No One Be Alone Week. Isolation is a greater concern than ever for our communities and especially our most vulnerable populations. Throughout the week, the SSM will share ideas on how to combat loneliness and isolation on their website and social media accounts.

You can learn more by visiting them on Facebook or at <https://loom.ly/-n6jrPM>

Sat. Jan. 30th & Sun. Jan. 31st Check out the Quest Canteen - weekend takeout on Christopher Lake. Weather permitting the canteen is open 11 a.m. to 4 p.m. Saturdays and Sundays and serves up yummy soups, sweets and warm beverages. Located right on the beach at The Quest Camp (north-west end of Christopher Lake). Pull up on the ice, or walk down from one of the trails. Ideal for snowmobiler's or outdoor enthusiasts.

Feb. 15th to 19th Prince Albert Historical Society Family Day Activities. Open the entire week of Family Day with free programming every afternoon 1 to 4 p.m. Space is limited so call or email today to book your visit (306) 764-2992 or email museumeducator@historypa.com. Activities will be available virtually as well.

Lakeland CABIN STUFFER

2021 ADVERTISING OPPORTUNITIES



MARCH 1 2021	EARLY BOOKING DEADLINE	APRIL 16 2021	REGULAR SALES DEADLINE	MAY 17 2021	PUBLICATION & DISTRIBUTION DATE
Secure your spot early and get 10% OFF any size ad!		Advertising options to meet all budgets.		Printed and delivered door-to-door in the direct service area.	

OPTIONS

SIZE	B/W	COLOUR
Full page (7.5" x 10")	\$499	\$799
1/2 page (7.5" x 4.9")	\$249	\$399
1/4 page (3.6" x 4.9")	\$129	\$199
1/8 page (3.6" x 2.35")		\$129 NEW
Inside cover (front/back)		\$999
Outside Back cover		\$1499
Inserts*		

All prices plus GST

*Contact for pricing

Design services are available for ad development



park update

Great Blue Heron Provincial Park

Anglin Lake – last track-set January 20, 2021

Anglin 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.

All warm up shelters, including the Tower Cabin, will remain closed at this time, due to Covid-19 restrictions. Picnic shelters at the Anglin bridge and Tower Cabin are open for use. Be sure to maintain physical distancing and adhere to provincial Covid-19 restrictions.

Valley View – last track-set January 20, 2021

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 closed at this time due to Covid-19 restrictions.

Spruce River Highlands Trail – last packed January 21, 2020

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 trail – last track set January 20, 2021

The 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.

Trail updates are also available by emailing greatblueheron@gov.sk.ca.

WINTER TRAIL ETIQUETTE



SNOWSHOEING/WALKING PERMITTED ON THE OPPOSITE TRAIL EDGE OF SET TRACK

2021 RESERVATIONS

APRIL

Nightly Camping, Camp-Easy, Mongolian yurt, equestrian, groups, rec-halls & picnic shelters.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SUNDAY	Seasonal RESERVATIONS all parks offering seasonal camping		Nightly RESERVATIONS Pike Lake The Battlefords Narrow Hills Blackstrap		Nightly RESERVATIONS Bronson Forest Meadow Lake Makwa Lake Lac La Ronge	SATURDAY
	12	13	14	15	16	
SUNDAY	Nightly RESERVATIONS Saskatchewan Landing Douglas Danielson	Nightly RESERVATIONS Buffalo Pound Rowan's Ravine Echo Valley Crooked Lake	Nightly RESERVATIONS Cypress Hills	Nightly RESERVATIONS Duck Mountain Good Spirit Lake Greenwater Lake Porcupine Hills	Nightly RESERVATIONS Candle Lake Great Blue Heron Moose Mountain	
	19	20	21	22	23	

RESERVATIONS begin each morning at 7 a.m.

#SaskParks
 Park Watch: 1-800-667-1788
saskparks.com



plan your stay-cation

Parks Canada 2021 reservations will launch in April. Reservations for trips between May 2021 and March 2022 will open in April, instead of January. This will give you more time to consider the latest COVID-19 measures. It may also help reduce the need for cancellations.

Your upcoming visit will be different than in past years, due to the ongoing pandemic. Plan ahead using our camping during COVID-19 page to check what services will be available. A complete list of launch dates for sites located across the country is available online at ow.ly/3tJa50CsZTW

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!



Heave
CRUHL _____
 Shake
MORTER _____
 Hitch
RECUSE _____
 Meld
MELIGN _____
TODAY'S WORD _____

"We're switching back to _____ vacations"

a moment for healing

breathe♥

Chantelle Rodgers provides healing tools, resources and inspiration on her website. Her books are also available for purchase at Salon 263 and Reflections Gifts in Christopher Lake.

You can think or you can LIVE

Did you know that you can't actually think and LIVE at the same time? You can think and exist but you can't actually think and LIVE.

LIVING means you are engaged in this moment. You engage in the moment by focusing on your senses. When you engage in your senses, you are actually embodying and enjoying what you are doing. You can go through the motions and not pay attention or you can truly enjoy what you are doing – here, now! SEE – HEAR – SMELL – TASTE – FEEL

See the beautiful blue sky – look at your loved one Listen to the amazing birds – hear the music Smell the fresh air – smell the bread baking Taste the incredible food you are eating – taste the snow as you are playing Feel the sun on your face – feel every breath as it enters and leaves your body

These are all ways to truly be here and truly enjoy the moment – when you enjoy, you are LIVING.

Why does this matter? It matters because most of your thoughts bring up fear. 95% of your thoughts come from your subconscious mind and the stories it believes to be true. The subconscious mind tries to make you feel bad about the past and it tries to get you to worry about the future. Your subconscious thoughts remind you what you have to be afraid of, they remind you what you have to fight and they remind you what you have to fix. When you are fearing, when you are fighting, when you are fixing, you are in fight/flight – you are stressed – you are upset.

Being here, engaging in and enjoying this moment means you are LIVING. When you are LIVING, you are relaxed – when you are living, you are at happy – when you are living, you feel free – when you are LIVING, you are loving.

When you are relaxed - when you are happy - when you are loving - you are healing!!! You heal physically - you feel emotionally - you heal mentally and you heal spiritually.

Try to feel your breath and think at the same time – you can't do it. Try to LIVE and think at the same time – you can't do it.

Spend time everyday truly engaging in what you are doing. The more you LIVE, the more you crave life. Choose life. Choose to live. Choose to enjoy. Be here, in this moment.

Feel free to check out more healing tips, including free online workshops on my website www.letlovelead.ca

strange but true

By Lucie Winborne

- The human brain would be able to perform 38 quadrillion (38 thousand trillion) operations per second if it were a computer.
- Pope Francis was once a nightclub bouncer in his native Argentina.
- Neptune was the first planet to be found through mathematical predictions rather than telescopic location.
- Allodoxophobia is the fear of opinions.
- "Psycho" was the first movie to show a toilet flushing.
- As part of standard convention, pilots and co-pilots do not eat the same food before a flight in case of food poisoning (or worse). If one of the pilots is incapacitated (in other words, unable to leave the bathroom), the other pilot can take over.

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local talent shines big!

The Shooting Stars won top spot for the second year in a row at the annual Canadian Tire Search for the Stars Program (last year under the band name, Rose Petals). The program was virtual this year - live streaming the production from the E.A Rawlinson Centre for the Arts in Prince Albert. The Search for the Stars program showcases local musical talent of youth ages 8 to 18 years. The Shooting Stars won the Junior Band category with their rendition of 'Believer'!

Members of the all girl band have been taking lessons at Jam Street - from as early as Fall 2017. Jam Street was founded by Lucy James, originally from Christopher Lake, who moved back to Switzerland with her husband and children in July 2020. Ben Myo has carried on her legacy and taken over teaching lessons at Jam Street.

All members of the Shooting Stars are from the Christopher Lake / Lakeland area. The foursome have formed strong bonds over their shared love of music - which is obvious when watching their enthusiasm and energy on stage. Congratulations Stars! Rock On!

Here is what a couple of the girls had to say about the experience:

"I would like to send a huge shout out to Jam Street Music for helping me improve my musical abilities. Without their help I wouldn't have got to have the Search for the Stars experience. I'm very happy we entered even though it was very different this year than last, as we didn't have an audience and had to social distance and wear masks all weekend! I absolutely love being in a band." ~Brynae

"You know you've found your place in something when you feel that you belong there and you are good at it- Jam Street & Search for the Stars helped me discover that music is my place." ~Olivia



The Shooting Stars

Rozelyn Barlow (piano)
Calista Taylor (bass)
Brynae Quick (lead vocals)
Olivia Schlamp (drums, back up vocals)

Photo Credits: Shannon Schlamp



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top ten

Creative Hobbies During COVID

1. Trying new recipes
2. Gardening
3. Painting
4. Photography
5. Drawing
6. Creative writing
7. Dance
8. Interior design
9. Digital design
10. Non-fiction writing

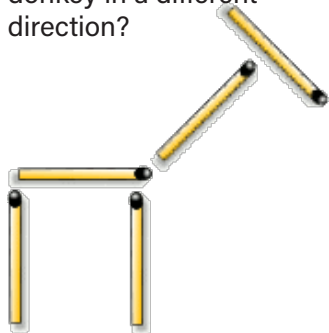
Source: Canva



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riddle me this

Can you move only 1 match to point the donkey in a different direction?



SCRAMBLERS

solution

1. Lurch 2. Tremor;
3. Secure; 4. Mingle

Today's Word
SUMMER

for the love of language

PADDOCKWOOD

Before he got his name,
On the bridge across a river,
Dief. was court'n a girl,
Thought he'd marry her for life.

In the countryside known,
For its cordwood 'n courage,
Dief. found a companion,
And made her his wife.

Paddockwood then was a thriv'n,
Daddy's were drive'n,
In summer by wagon,
And winter by sled.

Come hook up the horses,
We'd say to our daddy,
Going to town to get flour,
So, mom can bake bread.

Our cordwood was sold,
All through the province,
To keep people warm,
In the cold winter climes,
When no woodstoves or heaters,
Were used in houses,
Paddockwood's cordwood saw
its decline.

Then away went the railway,
Down came the buildings,
That held garnered grain,
Farmers forced to take,
Livestock 'n grain elsewhere,
T'was just the big farmers,
That made any gain.

Now that cordwoods not thriv'n,
Our daddy's aren't drive'n
Were all walk'n in summer,
And winter time too.

No horses to harness,
Or bread dough to poke,
No milk to go sour,
Cause our daddys' are broke.

Now the countryside once,
Known for its
cordwood 'n courage,
Has old rusted machines,
Beside broken down barns.

The countryside's churches
abandoned,
Where once families gathered,
Singing heavenly praises,
For strong families 'n farms.

**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**



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February 1 - 28 Winter Trail Challenge 2021

Trails -
Christopher Lake Nature Area Trails - 5 km
Great Blue Heron Provincial Park Trails;
Valley View - 5.5 km
Murray Point - 2 km
Anglin Lake - 20 km
Special Recognition Awards for:
Oldest participant
Youngest participant
Most kms completed

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Nadine Wilson, MLA for Saskatchewan Rivers
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