

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.

# feature profile

Vacationland News is proud to work with many businesses that service the Lakeland and surrounding area. Feature Profiles, like the one below, give you an inside look at the talented local people behind the business.

# Cataclysm Tattoo & Piercing

On July 8th, 2021 the Lakeland area welcomed the opening of transformative services offered by Cataclysm Tattoo and Piercing. Leanne and Mike Thompson-Hill are the dynamic duo behind the new business. They bring twenty-plus years of experience to a brand new private studio located just north of the Christopher Lake junction on Hwy 2. The business itself has been three years in the making, including a year and a half during Covid, which means the process was not without its challenges. They attribute much of their startup success to local 'cheerleaders' who have offered encouragement and support from the get go - neighbours, local contractors and municipal staff.

Like so many Lakelander's, the Thompson-Hill's spent every summer camping in Waskesiu since starting their family nearly 20 years ago - with their daughters, Elizabeth(19), Bella(16), and their dog Ava(11). The couple always envisioned finding a piece of property in the area to retire. After



finding one on Kijiji, it didn't take them long to fall in love with the land where the studio now sits, "We used to come out and walk the trails (on the property) once a week no matter the weather. We both fell in love with the area and said, 'Hey, what if we open a tattoo business out here?""

Leanne and Mike are no strangers to the industry. Leanne specializes in piercing and Mike, tattoos - together they founded and continue to operate the successful studio, Tantrix, in Saskatoon. They have developed a very strong and loyal clientele from across the province. "Many of our clients come from PA and La Ronge," says Leanne. "It's more convenient and a lot of our clients prefer to come to the lake." Catalyst has more of a destination feel to it and clients are loving the peaceful atmosphere. The studio is private, it has big windows and an open air concept that contributes to a more relaxed experience. Leanne and Mike are finding they are able to spend more one on one time with clients, and are able to add those personal touches with things like refreshments, snacks, the option to go for a hike, visit the chickens, or just enjoy the beautiful view. Next year you may even be able to take a dip in the pool! "Clients have mentioned that time seems to go by quicker out here," says Leanne - which would be a good thing considering what they are undertaking! Leanne reflects on the trust that clients place in them, and how sometimes a session is a life changing experience. "Tattoos don't always



have to have meaning, but when they do - memorial tattoos, like when a parent loses a child, are by far the most significant. Thank you for letting us do that - it is a huge honour!"

The Lakeland area is home to a number of quality businesses of which Cataclysm is now a part of. When asked to think of a word that past clients would use to describe their business, Leanne was quick to answer, "cleanliness - we are beyond clean!". The shop was built to Association of Professional Piercers (APP) standards - the highest quality of very specific standards in the piercing industry. Once their membership is finalized, they will be the only APP studio in the entire province!

If you find you fattoo work the second secon

If you find yourself considering your first tattoo or piercing, here are some words of advice from the pro's:

If you have always wanted a tattoo then get one, they do not have to have any meaning it can simply be something you like. Ensure you are one hundred percent okay with the design and if you are not, say something to your artist - they will change it. Reference photos are a must and every artist has a style, don't assume it is yours, check their portfolios.

Mike and Leanne Thompson-Hill, Owners Cataclysm Tattoo & Piercing

For a piercing, if you are nervous feel free to bring someone you find calming and supportive. Make sure to eat before any service. Make sure you understand the healing commitment involved and always seek out piercers who use high quality jewelry (Neo metal, anatometal, infinite, etc.) and follow APP standards.

Cataclysm has a presence on the web, Facebook and Instagram - be sure to check them out and welcome one of the newest local businesses to the area (see ad for details)!



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# FEATURE LISTINGS OF THE WEEK



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525 Ajawan Street Christopher Lake Private 2.42 Acre Lot Priced at \$49,900 MLS®



Lot 7 Poplar Crescent Emma Lake 1.23 Acre Lake Lot Priced at 49,900 MLS®



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# faces of the lakeland Lakeland Life is a Bowl of Cherries

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

When I first called the Frandsen Sour Cherry U-Pick Orchard to speak to Dan and Judy, Judy wasn't there. As a volunteer with the Canadian Red Cross, she was helping wildfire evacuees from the community of Southend. Once she's home again, we connect by phone. Judy then explains: "I'm with the Emergency Response Team, we were helping find accommodations, food, clothing, providing money cards or vouchers and general information like where to get laundry done ... just anything to help the beneficiaries to be as comfortable as possible while they're away from home." The last time Judy was involved with the Emergency Response Team was February of 2020 when 122 Canadians were repatriated after being stuck on the Diamond Princess Cruise quarantined in Japan due to an outbreak of Covid-19. "But they had to quarantine for two weeks when they got here so I helped out with that particular one," says Judy. "It's a volunteer position, but the Red Cross pays your expenses."



Judy is a retired nurse. Her husband Dan is retired from a 33-year career with Parks Canada. "I was a biologist for a lot of years," Dan says. "Well, park warden and a biologist." His job took them to different parks in western Canada. "We were up north in Inuvik in the early 90s when our kids were young, then we moved here to Christopher Lake in 1994." It was then that they bought their home in the Lakeland countryside. Dan worked for Prince Albert National Park and starting in 1999, Judy worked as a nurse in P.A. In 2009, the couple both returned to Inuvik to work, Dan as a Resource Conservation Manager. By then, they had a long-term vision for their Lakeland home.

"The plan was to have something to do once we retired," says Dan. "So we started planting the cherry orchard in 2008, five years before I retired. We had an enclosure with game fencing around it. When the seedlings are young they're only a stick or two, so you don't want the deer et cetera nibbling on them - you would never get ahead of them," he chuckles. "So we started this orchard inside this fence, we planted 100-plus seedlings a year, different varieties of sour cherries. We kept adding to it. When we were stationed up north in Inuvik for those last three and a half years, we'd come back in the fall and continue planting for a week or two. By the time I retired in 2013, the orchard was pretty much planted but still young and growing. We started selling our first cherries that year but production was pretty small at that time. The orchard has matured since then; some years it's pretty good now!" Dan says they have over 500 bushes inside a five-acre fence.

It was the Bruno Cherry Festival that inspired the couple to start their own orchard. "Sour cherries for the prairies were developed in Saskatoon at the U of S," explains Dan, "so they're hardy for the climate in Saskatchewan. Because they're a new hybrid species, they're not susceptible to many pests. That made it possible to raise them organically - we wanted to do that. So we chose to grow cherries because they're hardy ... and they taste good! They're not quite as sweet as the BC cherries but they're way more flavourful. They're great for eating out of hand, but also for making all sorts of things: sauces, juice, jelly, jams, wines, beer ..." Judy lists off some of the baking uses for the cherries: pies, pound cakes, muffins, loaves, upside down cakes. "There's actually a U of S sour cherry cookbook with hundreds of recipes in it," Dan says. "They add them to meat, make chutneys out of them, all kinds of things."

Judy makes juice from the cherries and freezes it for customers. "I also use the juice to make a jelly," she says. "It's just so good on toast or biscuits or bread, but it's also good with cheese as an hors d'oeuvre. It's got a little tart taste that compliments the cheese. If people are interested, they just order through me and I will make it for them."

So does the orchard get lots of u-pickers? "Yeah, it's gradually built every year," says Dan, "and last year with Covid, it was super popular. We didn't have a big crop last year either, so we were only open about five days last year. The u-pickers came in droves and just picked us clean! We barely got enough for ourselves," he laughs. "But normally we run for a couple of weeks, or thereabouts. This year the cherries are a little bit early so we expect they'll be ready by the August long weekend."

Their Facebook page - Frandsen Sour Cherry U-Pick Orchard - is where to find out when they're open, and any specials they might have. "I posted a bunch of pictures on the Facebook page in early June because it was a really good spring for blooms," says Dan. "The flowers only last about a week though; it's all over before you know it."

The cherry blossom pictures are beautiful - it seems to me that getting married among those flowers during that precious week or two would be magical. "Well yes, they are actually called 'Romance' cherries!" laughs Judy. Dan explains that the names of this line of cherries all have a romantic theme to them. "There are Juliets and Romeos and Cupids ..." The spring blossom photos also include some pics of the pollinators: butterflies and bees. "A friend of ours, Shannon Poppy, has beehives in the orchard to help with the pollination," Dan says. "She has five hives this year - she calls her honey 'cherry blossom honey." I have tasted it; it's delicious.

But it's not all fairytales running a cherry orchard. "Oh, all the pruning, there's a lot of pruning I have to do!" Dan laughs. "And the pocket gophers are a problem. They like to eat the roots, so I have to make sure I don't have any right inside the orchard. They killed a lot of plants when the plants were young; they're not as lethal now that the plants are bigger." Judy says that Dan is a very proficient pocket gopher trapper. Dan chuckles: "There's still lots of pocket gophers out in the field, but I don't like them in my orchard."

And the upsides? "On a nice sunny day, it's just a nice place to be in the orchard," says Dan. "It's kind of quiet, meditative. It's got forest all around it, so all you can see is our own hay field and it's quiet ... fairly pretty. We've had people have picnics out there while they're picking!"

The Frandsen Orchard is just off the 263, on Dochylo Road. Hours are 8 am to 8 pm daily until the cherries are gone.

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





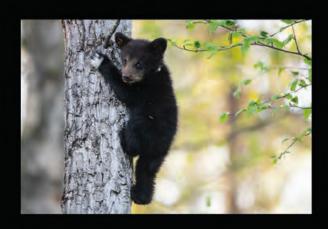
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#### Visit Little AL's Mini Golf in Waskesiu!

Alan Vincent Hadley Logue was a natural athlete who is remembered for his open and caring heart. Unfortunately, Alan's amazing adventure came to an end in 2012 after his battle with leukemia. In honor of his spirit and genuine love for sports, especially golf, Little AL's Mini Golf was opened in 2018 and has been a key attraction for many visitors in Prince Albert National Park. This spectacular mini golf course features astounding storybook-like designs that reflect natural, historic and cultural themes as well as iconic Prince Albert National Park landmarks.

Make learning fun through captivating stories with reflective hole designs! Visitors of all ages will love this adventure through tales of time. The journey begins at the Grey Owlinspired authentic log cabin, built to resemble Grey Owl's cabin on Ajawaan lake. The first hole will have you putting past a mini Lobstick tree just as you would on the Waskesiu Golf Course. The experience keeps on rolling through 18 holes! Maneuver your ball alongside life-sized creatures and through the culture and history of Prince Albert National Park.

For more information, please contact the Waskesiu Recreation Association at wrawaskesiu@gmail.com or 306-663-5410.



# WESTERN Days

**FRIDAY AUGUST 6TH** 

PICKEREL FISH FRY AND FAMILY DANCE AT ANDERSON COMMUNITY CENTRE

#### **SATURDAY AUGUST 7TH**

8 AM PANCAKE BREAKFAST
8 AM TO NOON FARMERS MARKET
8 AM TO 3 PM TRADE SHOW AT LEGION
11 AM PARADE (MAIN STREET)
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# park update

#### What's New at Great Blue Heron Provincial Park

Summer interpretive programs and events run through July and August. See **save the date** in this issue for details or stop by the campground or park office to pick up a calendar of events.

#### Celebrate Saskatchewan Day with a special themed PAK!

PAKs are nature-themed, self-guided activities designed to bring the joy of play and nature exploration to your family. Pick up a PAK at Murray Point Campground office and Anderson Point service center.

#### Visit the Anderson Cabin at Anglin Lake

Located a short walk from Anderson Point Campground, the historic trapper's cabin and outbuildings were once the seasonal home of Alex and Emma Anderson. Step back in time as you explore the site on your own or with park interpreters. The cabin is open to the public daily.

Park interpreters will be onsite:

July 29th: 3 to 4 p.m.; Aug. 8th: 1 to 2 p.m.; Aug. 19th 3 to 4 p.m.

#### **Visit the Anglin Bridge**

A scenic place to enjoy fishing from shore or a picnic lunch. Washrooms and picnic shelter are available for use. The bridge is the trailhead for the Anglin trail system, so check out the map and choose a trail to your liking.

#### **Try Disc Golf at Murray Point**

The 9-hole course is located in the day-use area just north of the boat launch and east of Fern's Grocery. This course is fun for all ages and tests your disc tossing abilities. Tee boxes, markers and baskets are visible through-out the area. Pick up a scorecard and map at the campground office. Discs are available to borrow as well.

### council corner

Be sure to attend the Waskesiu Seasonal Residents Association and the Waskesiu Community Council's

#### ANNUAL GENERAL MEETING

Sunday, August 15th Hawood Inn Kingsmere Hall

9:15 am Coffee & Refreshments

9:30 am - 11:00 am Welcome & Waskesiu Seasonal Residents Association AGM

11:00 am - 11:40 am Annual Update from Parks Canada Agency to the Waskesiu Community/Q & A Session

11:40 am - 12:30 pm Waskesiu Community Council AGM

**Everyone Welcome!** 

Tickets need to be sold by August 1st.
Buy yours today! A minimum number of pre-sold tickets are required for the event to proceed.

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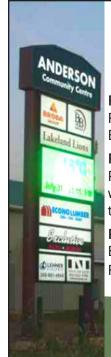
10 a.m. to 2 p.m.

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# CHRISTOPHER LAKE LIBRARY District of Lakeland Building

Gradual Re-Opening
For in-person browsing

*Note: Overdue Fines being reinstated.* 



# ANDERSON Community Centre

FRIDAY, AUGUST 6
Roughrider game in the
Broda Lounge, 7 pm

#### FRIDAY, AUGUST 6

Pickerel Fish Fry (5 to 6:30 pm) with Dance to follow, see Save the Date for details

#### **PICKLEBALL**

Every Monday, Wednesday and Friday, 9 to noon, \$5 drop in fee

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# 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 if you would like to place a date in the listing - community events are free! For profit listings \$8+gst.

July 19th to Aug. 4th Horizons Exhibition – Where the sky meets the land and waters at Black Spruce Gallery. Enjoy original fine art and fine craft by Saskatchewan artists. Open daily 10 a.m. to 5 p.m. and most evenings. Support local. You're original. Buy original (art). Blacksprucegallery.ca

**Thurs. July 29th** Great Blue Heron Provincial Park Guided Hike at Anglin Trails 11 a.m. Meet at the trailhead located at the Anglin Bridge. Pre-registration required by call 306-982-4741. Enjoy a 6 km guided hike with park interpreters. Be sure to bring water, insect repellent, sunscreen, snacks and appropriate footwear. This hike is offered weekly, every Thursday in July and August.

**Fri. July 30th** BINGO at the Christopher Lake Legion Hall. Doors open 7 p.m. Bingo starts at 7:30 p.m. Kids are welcome with an adult (Class C Restricted License). Volunteers are appreciated approx 9:30 p.m. to help take down tables/chairs

Fri. July 30th, Sat. July 31st, Sun. Aug. 1st Live on stage at Waskesiu Twin Pines Theatre, Don't Mind Us Comedy (Professional Improv.) 8 p.m. show. Licensed and intermission dj dance on Saturday. Interactive Name that Tune on Sunday. Tickets available at Twin Pine or Pine and Fancy or by calling 306-663-5371.

Fri. July 30th Downsizing Garage Sale. Miscellaneous items. 9 a.m. to 4 p.m. 10 kilometres west of the village of Christopher Lake off Highway 263. Neecheewan (Fish Lake) Subdivision. Settee Street sign, 205 Brown St.

Fri. July 30th Waskesiu COVID-19 Immunization Clinic 10 a.m. to 5 p.m. at the Beach House, Waskesiu Main Beach (next to playground).

**Sat. July 31st** Waskesiu Library Book Sale on Lakeview Drive Next to L.A. Outfitters 10 a.m. to 2 p.m. Proceeds to Waskesiu Library To support the new Library scanner and internet expenses.

**Sat. July 31st** Great Blue Heron Provincial Park programming - I Survived: Fire Starting 7 p.m. Murray Point Campground. Put your skills to the test and have fun as you complete different modules from the Sask Parks' Survival Series.

Sat. July 31st & Sun. Aug. 1st Moving Sale - Lakehouse Sold! 9 a.m to 3 p.m. and 9 a.m. to 2 p.m. respectively. 139 Janice Place, Neis Beach Emma Lake

**Sun. Aug. 1st** Lakeland Lions Pancake Breakfast & 263 Elimination Draw. Lion's Park, Spruce Point, Christopher Lake. 9 to 11 a.m. Breakfast together with the 263 Elimination Draw starting at 10 a.m. There is a limited amount of 263 Draw Tickets left and can be obtained by calling John at 306-982-2011 leave message.

**Sun. Aug. 1st** Great Blue Heron Provincial Park Guided Hike at Valley View Trails 11 a.m. Meet at the trailhead located along Highway 953, between North Emma and Anglin Lake. Pre-registration required by call 306-982-4741. Enjoy a 5.5 km guided hike with park interpreters. Be sure to bring water, insect repellent, sunscreen, snacks and appropriate footwear.

Aug. 5th to 12th Time Stands Still Exhibition – Wishing these summer days would never end at Black Spruce Gallery. Enjoy original fine art and fine craft by Saskatchewan artists. Open daily 10 a.m. to 5 p.m. and most evenings. Support local. You're original. Buy original (art). Blacksprucegallery.ca

**Fri. Aug. 6th** Come watch the first Saskatchewan Roughriders game of the season at the Broda Lounge, Anderson Community Centre at 7 p.m. Event hosted by the Lakeland Curling Club.

**Fri. Aug. 6th** Pickerel Fish Fry & Family Dance: \$25 for adults, includes dance; \$10 for children 6 - 12 (hot dog meal, includes dance). Supper: 5 pm. Live music by Jam Street bands and Larry Krause: Dance only is \$15, tickets at the door, starting at 6:30 pm. **Tickets for supper must be pre-ordered by Aug. 1st: contact Jacquie at 306-960-4888.** 

**Sat. Aug. 7th** Christopher Lake Western Days. An annual community event including parade, food, activities and fun, fireworks at dusk.

Sat. Aug. 7th St. Christopher Anglican Church yard sale 8 a.m. to 2 p.m.(ish)! As you are out and about enjoying Western Day, pop in and see what treasures there are!

**Sat.** Aug. 7th Papa G's Pizza in Christopher Lake - Jam Session Anniversary. Free admission. This marks the 5 year anniversary at Papa G's, and 10 years since we lost our favourite musician, Frank Deschambeault. Music from 1 p.m. to 3 p.m. in his honour. Please join us in a sing along. Bring your instrument, your voice, and your lawn chair.

Sat. Aug 7th Backyard Poetry Reading - Sans Nom Poetry Group is holding their annual Waskesiu reading and book sale behind the Friends of the Park bookstore starting at 1 p.m. Masks recommended. Please join us for some great readings by some fine Saskatchewan writers!

**Sat. Aug. 7th & Sun. Aug. 8th** Thickwood Hills Studio Trail 20th Annual Self-Drive Tour of unique studios in the Shell Lake area. Saturday, from 10 a.m. to 6 p.m. and Sunday, from 10 a.m. to 5 p.m. Just follow the blue moon signs to the artists/artisans who are exhibiting this year. www.thickwoodhillsstudiotrail.com.

**Mon. Aug. 9th** Community BBQ and fundraiser for the Paddockwood Legion from 4 to 7 p.m. between the Paddockwood Seniors Hall and Co-op Grocery Store. See poster in this issue for details.

**Sat. Aug. 14th** Celebration of Life for Sharon Lammedee will be held at the home of Elmer Lammedee (lot 10 May Crescent, Paddockwood) at 11:00 a.m. Bring a rock (or some will be provided) signed and/or drawn on to place in Sharon's rock garden. Following the service, a lunch will be served, followed by socializing and music as Sharon would have loved in the backyard. BYO chair.

**Sat. Aug. 14th** The Lakeland ATV Club Inc. will meet 9:30 a.m. at SunnySide Beach Bar. Do you own ATV'S? Want to know more about the trails, membership and licensing around the Lakeland? Join us for more info and to meet fellow riders.

Sat. Aug. 14th 3rd Annual Elk Ridge Community Garage Sale will be held from 9 a.m. to 1 p.m. beside the Elk Ridge golf course driving range. Proceeds will go to the Elk Ridge Community Owners' Association to fund community projects.

**Sat. Aug. 14th** Join local author, Kathie Cram, as she reads from her new picture book, Let's Fly: A Dragon's Quest in Saskatoon. Starting at 7 p.m. at Dee's Sunnyside Market outdoor patio at Emma Lake.

Fri. Aug. 20th & Sat. Aug. 21st Canadian Comedian Kelly Taylor Appearing Live on Stage. Family Shows at 7 p.m. and Adult Only Shows (licensed) at 9 p.m. both nights. Adults \$25, children 15 and under \$15, pack of 4 Adult tickets \$80. Available at Twin Pine Cinemas or Pine and Fancy by calling 306-663-5371.

**Sat. Sept. 4th** Lakeland Fire Department Annual General Meeting 10 a.m. at the Legion Hall in Christopher Lake.

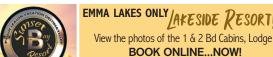
**Week of Sept. 6th** Elk Ridge Open - one of the eight official tournaments on the recently announced Mackenzie Tour - PGA TOUR Canada season. https://www.mackenzietour.com/

Sept. 10th to 12th The 17th Reel Rave International Film Festival will return this Fall in Waskesiu. Featuring 6 award winning movies at the Twin Pines Theatre and a Saturday Night Social at the Hawood Hotel. Follow us on Facebook and watch Vacationland News for more details.

Thurs. Sept. 16th Royal Purple Elks #50 Noon Luncheon. 11 a.m. to 2 p.m. Pick up at 93-8th Ave East Prince Albert. \$10 for pulled pork on a bun with coleslaw, chips.

**Fri. Sept. 18th** Fall Harvest Raffle draw - plans underway for a special event to be held this evening! All tickets have sold - thank you for your support!

Every Thursday through Sunday throughout the summer enjoy home made tacos at Hecho en Waskesiu (located next to Black Spruce Gallery, 912 Waskesiu Drive). Fish (Northern Pike) and Steak Tacos are favourites on the menu. 2 p.m. to 7 p.m. or until ingredients run out. Locally sourced ingredients, home made roasted tomato and pineapple/mango salsas, home made cremas, gluten-wise. Follow on Instagram (@hechoenwaskesiu) or Facebook (Hecho En Waskesiu).



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## Golfing for all ages in the *Heart* of Lakeland

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view menu @ www.emmalakegolfcourse.com
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# community notices

Call for Nominations for the Resort Village of Elk Ridge, nomination of candidates for the offices of Mayor and Councillors will be received by July 31st at the District of Lakeland Office. For more information visit www.lakeland521.ca

#### St. Christopher's Anglican Church

is open to full capacity. Masks are no longer mandatory but we support those who wish to wear them. Stop by Sundays at 10 a.m. for worship and join us afterward for coffee and fellowship. Everyone is welcome!

# St. Mary Parish Roman Catholic Church

Mass Times with Father Michael Fahlman Sat. 5 p.m.; Sun. 11 a.m.; Thurs 3 p.m. No Restrictions. Masks are optional. Call 306-982-2538 st.mary.cl@ gmail.com

Waskesiu Library is now open Tues. to Thurs. 6:30 p.m. to 8:30 p.m. and Wed. to Fri. 10 a.m. to 12 noon. No library card required.

**Tennis Lessons** offered by the Waskesiu Recreation Association for ages 4 to 12. August lesson dates TBD.

Prince Albert Museums Open 9 a.m. to 8 p.m. daily.

Lakeland Community Chorus will resume practices on Tuesdays starting Oct. 5 at 7 p.m. at St. Mary's Catholic Church, Christopher Lake. Hope to see anyone interested in singing come out this fall!

#### Waskeskiu Ladies Golf Association

Play every Tues. 10 a.m. from May to Sept. New golfers welcome any week, no handicap required, noncompetitive. Meet new people and join in on the fun and friendship. Sign up on the Playday Sheet at the front of the Pro Shop.

Emma Lake Golf Course Register before Aug 31st for the ELGC Vic Hospital Classic Charity! For more info call the Pro Shop at 306-982-2054

Mahjong Monday Nights 6 to 9 p.m. and Fridays 1 to 4 p.m. in Putter's Lounge

Couples Night Mon. Men's Night Wed. Ladies Nights Thurs.

Chase the Ace Sat. night

#### Lake Country Cottage has 11.4 L ice cream pails

available. Stop by the Ice Cream Shack for a sweet treat while you are there! Floats are wanted for the Christopher Lake Western Days Parade, Sat. Aug. 7th. Contact Tasha at 306-961-1846 if you are interested.

Notice Nature A program to connect youth with nature around their communities. Notice Nature Task Cards (bingo cards) are available at each Wapiti Library branch. Participants choose the cards they want to complete, do the tasks listed on the card, and return the card to earn a prize. The program runs until Sept. 15th. Pick up cards at the Christopher Lake Library.

⇒©≑ what am I?

You'll find my first letter in STEW, but not SET. My second's in BITE, but isn't BET.

My third is in PLATE, but it's missing in PALE.
I CLAIM, find my fourth, but do not

search MAIL.

If you're wondering now which

word this can be, You'll find the last letter in HEAT, but nowhere in TEA.

What am I?

### WALK THE BLOCK BUSKER STAGES

busking style performances throughout the village of Christopher Lake during this yearsWestern Days on Saturday August 7, 2021.

Stage 1 - Legion Hall (on lawn)

Stage 2- Lakeland Liquor (on deck)

Stage 3- Lake Country Cottage (behind ice cream shack) Stage 4- Papa G's Pizza 1pm-3pm

These stages will host several styles of musical entertainment from 9 am onward throughout the day

with much happening around the village it is a great moment to come and hang out and support the buskers who volunteered their time to provide the soundtrack for the day, lets help fill their guitar cases!



Performance schedule to be announced soon Interested musicians please call Cody Penny at 306-381-0800. Limited spots available.

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# opportunities & classifieds

Community programs are free to list. For profit listings \$8+gst (max.30 wds)

**Help Wanted** Lake Country Cottage Restaurant is seeking part time serving staff. Message on Facebook for details.

**CPL Recreation** In search of anyone interested in becoming a "Instructor" for low impact fitness training. The program is called Forever in Motion. This training can be completed on-line the last week of August or first week of September. All ages welcome. If you think you might be interested please contact Linda via text or phone (306) 981-3372 by July 31st.

**Red Cross Psychological First Aid Courses** The Emma And Christopher Lakes Association(ECLA), as a training partner of the Canadian Red Cross, is excited to offer 2 online Psychological First Aid Courses to our community members.

Psychological First Aid (PFA) is about taking care of yourself – your thoughts, feelings and emotions when you have experienced stress, crisis or trauma – and then being there for family, friends and community when they are having difficulty coping.

Learn how to anticipate stress and crisis whenever possible and equip yourself with the skillset to practice self-care and to provide care for others during particularly challenging times.

Online learning format. Learn at your own pace by working through the course materials independently online. You may leave the course at any time and resume where you left off. The duration will vary depending on the individual learner and their prior knowledge of the subject matter.

- 1) Psychological First Aid SELF-CARE course, learn the effects of stress, with an emphasis on building and using a personal self-care plan. Learn strategies to prevent, recognize, and cope with stress.
- **2)** Psychological First Aid CARING FOR OTHERS course, learn how to recognize when a person is in distress and how to offer help without judgement or assumptions.

Cost is \$20, per course and can be paid by Etransfer to eclaswimming@gmail.com

Please register by sending contact info, including which course (or both) you wish to register in. Deadline for registration and payment is Fri. Aug. 5th. For more information or questions please contact Katie McLennan - ECLA swimming lessons co-ordinator at 306-314-2970 or the above email address.

**U-Pick Sour Cherry Orchard** is opening on Thur. July 29. 8 a.m. to 8 p.m. daily until the cherries are all gone. Located in the Christopher Lake area just off of Hwy 263. Watch for our signs about 2 km west of Christopher Lake, at Dochylo Road and follow the signs to our orchard at #24 Dochylo Road.

U-Pick cherries are \$3 a pound and pre-picked cherries are \$5 a pound. Cherry jelly is also available for purchase or order, \$7 per jar.

A great way for family and friends to enjoy an outdoor activity while observing physical distancing if desired. For further information call Dan at 306-314-2446.

# for the love of language

A MOTH

A moth saw the candle flame. Believed it burned eternally, While flying around, in search of fame. Felt drawn to it.

Sometimes the Moth when flying near, And feeling the heat, Would sense some fear, But freedom of flying, To the Moth was dear, Flitting about without a care,

Had no thoughts of dying here.

As time went by, The moth did think, What if the eternal glow, And he were linked? So, closer he would fly, And each time he'd pass wondered, Will the next time be my last?

The feeling grew stronger, For him to do. What he knew most Moths have done, Play the flame fly-through game, No moth had every won.

As he closed his eyes, To fly his last, Like a golden egg through crystal glass, An idea was born, And the moth flew past!

Rejecting playing the flythrough game, Fighting the feelings to be the same.

A new sense of life the moth had gained, Never flying into the flame.

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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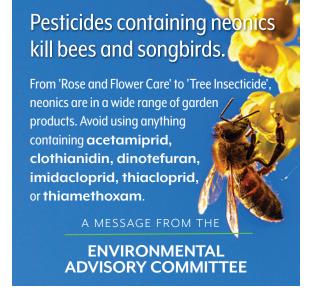
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## gardens that grow

Jacquie Swiderski is a well-known, source of local information about all things that grow! Check out Jacquie's tips and tricks for successful gardening in the Lakeland area.

**HARVEST** 

After all the work of planting, weeding, watering, we can now reap the rewards.

PEAS: To get the most flavour and nutrients from your peas, pick, shell, and eat or blanche for the freezer as quickly as possible. If you must interrupt at any stage of the process, keep the product cold until you proceed.

BEANS: Never pick beans while the plants are wet. That encourages the growth and spread of fungus. You will have fewer followup pickings. I have found that it is better to slightly over-blanche beans rather than under blanching them. Under blanched beans discolour in the freezer and are much less palatable. Blanching times are listed in some cookbooks and on the Internet. Always plunge blanched vegetables into ice water to cool rapidly and thoroughly. I spread mine on a clean dry tea towel before bagging in the freezer.

ONIONS: Pull your onions before any heavy frosts. Let them 'cure' in at least three days of sunshine. I put mine under the eve of the garage on the cement pad. Then if hit by a sudden shower they stay dry. Some years I drag them in and out of the garage many times ensuring they stay dry and unfrosted. Leave the green steps on until they are well cured. Pull off easily removable dry leaves but do not cut them off. Cut edges allow bacteria to enter the bulb. If the weather is cloudy and rainy I let them dry inside my garage for two weeks or more. Then I put them away in open boxes or onion bags into my root cellar. I sort out bulbs damaged by onion maggots or otherwise flawed onions. I use those first, since they spoil quicker. Look through the whole lot periodically eliminating soft or rotting bulbs.

TOMATOES: Tomatoes will ripen if stored at room temperature. Pick before any frost, handling gently. Layer in boxes, not more than three deep. Excess product can be made into salsa, pasta sauces, canned or frozen. Some people even choose to dehydrate the more solid Roma varieties.

As with potatoes, tomato vines must be carried off the garden. They harbour diseases, fungus and insects that will affect next years crop if left over winter. Blight has become a serious problem in recent years. Planting resistant varieties, rotating the location of plants and removing trash helps minimize damage. Giving lots of air space to plants helps.

# artist spotlight

#### It Becomes a Part of You

Being at the lake with family and friends creates the kind of memories that last a lifetime. Memories of relaxation and adventure, exploration and peacefulness. Added to this are the smells of the forest, the feel of the wind on the water, the sounds of the landscape... all permanently ingrained in one's memory.



There is no one who knows this better than Cam Forrester, landscape painter, retired golf professional and club manager, and former architectural draftsman. Cam does most of his painting and sketching outdoors. He has painted from mountaintops in the Yukon, carried a 50-pound pack on his back, hiked and painted in streams, painted under tarps in the snow under the watchful eye of Bald Eagles. He has painted sunrises and sunsets from boats and canoes in the spectacular Saskatchewan landscape. "It's not just about the paint, it's the sheer joy of being in the moment and having the ability to capture the wild outdoors on canvas," notes Cam.

In 2020, Black Spruce Gallery facilitated a trip to Prince Albert National Park for Cam and the Men Who Paint, a group of five painters who began painting together in 2007. Inspired by the work and adventurous spirit of the early Canadian painters, the Men Who Paint have a preference for painting outside. Their journey to this area took them to may iconic locations in the park. They have also painted extensively in the greater Lakeland area.

If this incredible landscape that we know as Lakeland and Prince Albert National Park has become a part of you, visit Black Spruce Gallery, Waskesiu or blacksprucegallery.ca to see original fine art that inspires, intrigues, and celebrates all that this area has to offer.



# 30535

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#### Did you know?

There is the same amount of water on Earth as there was when the Earth was formed.

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source: https://www3.epa.gov/safewater/kids/waterfactsoflife.html



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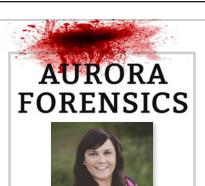
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#### Aug. 2nd to 5th

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**BLACK WIDOW** 

8:00 p.m. Rated PG



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