

local • relevant • authentic

feature profile

AMBROSE PHARMACY



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

Kim Rask and her family have lived at Emma Lake for eleven years. She was very excited for the opportunity to partner with Aaron and Sherry Palidwar to open Ambrose Pharmacy on May 1, 2020. Kim graduated from the College of Pharmacy at the U of S in 1999 and has had a lengthy career in the industry. After graduation, she started with London Drugs in Lethbridge, AB. She then moved back to Saskatchewan in 2001, after getting married, where she worked with Safeway and Superstore for a combined 18 years. Prior to opening Ambrose Pharmacy, Kim was employed at Pharmasave in Prince Albert.

Kim and Jason have four girls: Claire 9, Nola 11, Madison 15, and Mackenzie 17 years old. The girls all attended Christopher Lake Public School and the older girls are now at Ecole St. Mary's in Prince Albert. Jason also decided to venture on his own and opened up his business, Just Rustic Woodworks, three years ago. With a busy family, working locally was always a dream for Kim - as she had been commuting to Prince Albert for so many years. The partnership with the Palidwars at Ambrose Grocery, helped turn that dream into reality! It was very

exciting for everyone when construction started to prepare for the pharmacy opening in May.

Kim loves serving the community and her job as a pharmacist. She loves getting to know all her clients and enjoys rural Saskatchewan. She loves to know people by name and build relationships with those in the community.

Ambrose Pharmacy is open year round and Kim can help you with all your pharmacy needs. She can prescribe for many minor ailments, provide medication reviews and can provide injection services, such as flu shots, vaccinations, etc. The community has needed a pharmacy for years and Kim is honoured to become your local pharmacist.

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LAKELAND

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bear aware

Submitted by: Jacquie Moore - a member of the Environmental Advisory Committee for the Lakeland District

Anyone who has spent much time in the Lakeland area this spring and summer is well aware that there are more bears than usual in our neighbourhoods. Besides the telltale signs of garbage cans tipped over and all sorts of garbage dragged into the trees, there have been hundreds of sightings. "It really has been a busy year for us," says Bonnie Greene, Conservation Officer for the Ministry of the Environment, stationed out of Christopher Lake. "Calls have increased in the province this year. Since April, overall we've received over 600 bear-related issues reported - compare that to 2019, we had about 525 for the same reporting time period. This includes simple sightings, bears causing issues in yards, or encounters."

The rise in bear activity in the area is partly due to Mother Nature. "We had a late spring with some cooler weather so the berry crops were late," says Bonnie, "and statistics show that when there is a late spring - slow berries - bear calls do increase." That may be why the bears came scouting around to begin with, but it's no longer the case. "A lot of the issues, when we do receive the calls, are related to the improper storage of garbage. Also bird feeders, and things that are left out like barbecues, pet food ... if there is an attractant around, a bear will certainly find it in a short period of time."

A bear's sense of smell is one of the best in the animal world. To put it in perspective, bloodhounds are famous for their tracking skills - sometimes called 'a nose with a dog attached', they have 40 times more scent receptors than humans. But bears? They can smell seven times better than a bloodhound.

Most of the bears being seen around the Lakeland are young - 1.5 to 2 years old. They're still learning to make their way in the world without their mothers, and the lure of food scraps in the garbage, or high-calorie pet food, or greasy barbecue grills is irresistible to them. "If they do find a food source, they will return many times to that same spot," says Bonnie. "It's kind of like they have a GPS; they will program an area, a location, and they will return to that many, many times to check and see if there's food there again." Once a bear is comfortable enough in proximity to humans to be showing up regularly and scavenging for food, they are more than just a nuisance. They are associating food with humans, which makes them habituated. And that is a dangerous situation for humans, and bears. At that point, they must be removed.



"Within the Lakeland community, bear traps have been set in pretty much all the subdivisions surrounding Emma and Christopher lakes this year," says Bonnie. "I believe a total of six bears this year have been trapped. The likelihood of bears becoming trapped is always quite low and that's typically due to other easily accessible attractants in the area. If there's a garbage bin or a bird feeder right beside the trap, they might be a little bit more wary of the trap and more likely to go for a garbage source they're comfortable with. Quite often they have been known to walk past the trap - they might stop and smell it but they're a lot more wary of a trap. So we've had the traps set pretty much constantly this year and we rotate them around."

Trapped bears are sometimes relocated, says Bonnie. "We've got a couple locations in the crown land to the north - it's a fair drive - between here and La Ronge, that we will take them to. They are released from the trap and then we often use a 'hazing' technique to further dissuade the bear from wanting to have any interaction with people again. So that might include a rubber bullet, or a scare cracker is quite a loud sound, even yelling ... we just want to make sure that that interaction with the bear is fairly negative so that they might want to avoid any interaction with people again. But not all bears are successfully released," she adds. "There's a threat assessment made and sometimes if they're deemed to be habituated, they are euthanized."

Bears are euthanized or 'dispatched' with a shotgun. "We use a one-ounce slug and it's very fast," says Bonnie. "We'll use a threat assessment or a matrix, but basically if a bear keeps returning to a particular area, if it becomes accustomed to getting into garbage, if it's been seen repeatedly night after night - that alone can be deemed a habituated bear."

In early summer there was a large male bear, at least four years old, who kept returning to a subdivision on the east side of Emma Lake. "At one particular cabin, this bear would lay down and rest, it kept on returning repeatedly to this deck. And it had found a garbage source right next door - it had dragged the garbage out and had returned multiple times to this bin, then it would go and sleep on the neighbour's deck, and just kind of hang around. So the owners there tried to haze it multiple times, but hazing techniques were ineffective. This is a very good example of what we would refer to as a 'habituated bear' where they just become used to being around people and scare tactics become ineffective. So the animal was euthanized with a shotgun." In fact, it was Bonnie that had to pull the trigger. "That's the last thing that we want to end up doing," she says, "but you have to weigh public risk at that point. Given the size of this bear, and his reluctance to leave the area, we had to make a determination - and public safety is number one."

The Ministry of the Environment encourages everyone to be Bear Aware by removing attractants in the area - this helps reduce the number of bears that have to be euthanized or relocated each year. "So we suggest storing garbage in a secure building or a bear-resistant container," says Bonnie. "Only put the bin out on the morning of collection. Avoid leaving pet food accessible to wildlife."

continued on next page

LAKE LAND

REAL ESTATE BUY & SELL SERVICES



Lakeland "FIND OUT" W5

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continued from previous page

Also only use bird feeders in the winter when bears are hibernating and natural bird food is limited. I always ask that people clean up because those birds often spill seed on the ground that bears will come and find early in the spring as well. We also would ask people to clean and properly store barbeques after each use."

It is not legal for people to shoot at a bear themselves unless there is an immediate and imminent threat to life or property; rather, they should use hazing techniques like bear bangers, bear spray, a car alarm and other loud noises. "It is important to remember that discharging a firearm in an urban area is completely and strictly prohibited," says Bonnie, "and it is subject to criminal investigation by the RCMP. The preferred action would be to have all attractants removed prior to that and reduce the likelihood of a bear ever becoming habituated to an area. If a bear is found to do damage in the community or someone has an aggressive encounter with them, we urge them to call the TIPP (Turn in Poachers and Polluters) line at 1-800-667-7561."

Improperly stored garbage not only becomes an eyesore when it gets strewn around by bears; it jeopardizes the safety of surrounding neighbours. If a property owner's garbage is found scattered on public or private property, the District of Lakeland may issue them a notice to clean it up promptly. If they are non-compliant, the District may clean it up themselves but invoice the property owner for the work. As well, the District has the right to remove a property owner's garbage bin if it is continuing to attract bears. Large bear-proof garbage containers are provided throughout the municipality for residents who cannot keep their garbage inside until Monday morning's individual bin collection.

"Every year black bears move around to establish new territory and look for food," says Bonnie. "That's normal behaviour especially for those younger ones, but it can result in safety issues for people so we must always remember to take necessary precautions." The bottom line is that we can prevent bears from becoming a threat in our communities. "Bears are ruled by their stomachs and they're very, very intelligent animals," says Bonnie. "if they cannot find food, they will leave the area."

heritage moments

Presented by the Waskesiu Heritage Museum

Playgrounds

The happy sounds of children playing ring out today from the Bears on the Beach playground which volunteers constructed in 2015. In days gone by, swings, teeter totters, and a merry go round occupied this same space.

Maypole Merry-Go-Round on Main Beach

What is considered safe equipment to play on has changed greatly over the years. Winona Potts considers the merry-go-round in light of today's standards in Waskesiu Memories Volume I (edited by Dorell Taylor).

"The playground down by the Big Beach. Swings, teeter totters, and the marvelous merry-go-round. What fun that was, and what a dangerous contraption! It's a wonder if there weren't several twisted or broken legs as it went round and round. Sailing high, high up, and then down to the ground with a crash."

Other Playgrounds

The platform merry-go-round and monkey bars show some of the playground equipment that was located across Waskesiu Drive from Manville's store and on the shore in front of their white rental cabins (now called The Market and Baker's Waskesiu Bungalows).

This story and images are part of the Waskesiu Heritage Museum's virtual collection.

Around the town site you will encounter signs marking heritage buildings and places of interest from the past. Visit www.waskesiuheritagemuseum/heritage-moments, for archival photos and entertaining stories about the past.



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gardens that grow

Jacquie Swiderski is a well-known, local source of information about all things that grow!

Growing Beans

Do not crowd beans because they tend to rot on the wetter years. Never pick beans when the plants are wet from rain or dew, that encourages fungal disease. Purple beans cook to a vibrant green and they are a good yield. Scarlet Runner beans are good to eat when they are not too large and the humming birds love the flowers. Since they are a climbing bean they need a six foot trellis. Beans are companions to corn and squash, but do not let squash overrun the beans.

Growing Tomatoes

Start indoors in a big window or greenhouse in early April. After plants are two inches tall put them in individual pots. When I buy commercial bedding plants I buy early and transplant into individual four inch pots. If the roots are two crowded already, tip them out of the holder and gently pull the bottom of the root ball apart. If you do not, the plant will choke itself. When planting in the garden (after June 7th here), plant tomatoes deeper than in the pot. Buried stems will send our roots to feed and support the plant.

Growing Parsnips

Parsnips grow best in cool weather. If possible plant in the fall. They get a good start before you can work the soil. Parsnips taste better if harvested after a couple of frosts. They are a biennial, meaning if the roots from the first year are planted they make flower and seeds. If you grow your own seed you will be amazed at how high the rate of germination is. Parsnip seeds lose viability quicker than most so do not store more than one year. Parsnips need a storage place with high humidity or they become soft and do not keep. Buried in dry sand or saw dust prevents dehydration.

LAKELAND CITIZENS ON PATROL P.S.A.

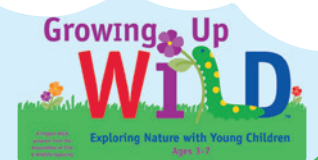
Are you vacationing in one of our beautiful campgrounds? Our campgrounds are not immune to theft. Keep beach toys out of sight. Take extra care to lock up those coolers containing food or liquor - even if you are leaving for a few minutes. Our bears don't drink, but a thief will take it all.

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- Fishing Fun
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- Aqua Charades...just to name a few of the programs



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(306) 981-3372

JULY & AUGUST

(Tuesday & Wednesday 9:30 a.m. - 12:30 p.m.)

The Lions Park will be the location - rain or shine. pre registration is required.

EACH CLASS IS \$5

Each week is a different type of education - badges and certificates are awarded after each level.

Instructor: Jenna Penny, certified in Sask Outdoor Go Wild and High Five certified.

HERE TO ASSIST YOU

Our constituency office is here to assist with government services and programs.
Please contact us by phone or email to maintain social distancing.

Call the **HealthLine - 811** if you are experiencing symptoms and require medical advice

For the latest information on COVID-19 visit www.saskatchewan.ca/COVID19

Public inquiries may be emailed to COVID19@health.gov.sk.ca

For general not health-specific inquiries related to COVID-19 call **1-855-559-5502**

The Business Response Team can be reached at **1-844-800-8688**, emailing supportforbusiness@gov.sk.ca or by visiting www.saskatchewan.ca/covid19-businesses

Information on support for workers who have had their employment impacted by the current economic situation is found at www.saskatchewan.ca/covid19-workers



Nadine Wilson, MLA for Saskatchewan Rivers

saskatchewanrivers@sasktel.net / 306-763-0615 / 1-888-763-0615

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

1	5	3		2
5		1	3	4
3	4		1	5
4		2		3
2	1	5	4	

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

5	2	5	5	4	6
2	3	4	1	3	6
5	6	1	3	2	4
4	4	1	5	5	5
6	1	3	4	1	2
6	4	3	6	1	5

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community notices

The District of Lakeland

Has KN95 masks available for sale to the public. Masks can be purchased during regular business hours.

Did you know the Emma Lake Transfer Station is **FREE** IN 2020! See ad for more information.

Emma Christopher Lake Association

Red Cross swimming lessons for the summer of 2020 have been **CANCELLED** due to COVID 19 restrictions and concerns.

Please consider paying your annual \$10 ECLA membership fee to assist the association in continuing to sponsor swimming lessons in years to come !!

For more information contact Katie McLennan (306) 314-2970.

Waskesiu Foundation

We might be apart, but you can still support the Waskesiu community. The 2020 No Show Beach Bash is the best time you've never had. Participate wherever you are. What's your excuse for not attending? Visit waskesiufoundation.ca/no-show-beach-bash to take part.

Waskesiu Recreation Association

Has cancelled all summer events for 2020 (Canada Day activities, Children's Festival, Beach Burns Ball, Artfest & Lakeside Music Festival).

Tennis, pickleball courts and Little AL's Mini Golf are open!

For more information visit www.waskesiu.org

BINGO

Christopher Lake Legion

Fri. Aug. 7th. Doors open 6:30 p.m. Bingo starts 7:30 p.m. LOONIE POT. \$8, JACKPOT 62 numbers or less \$200.

Due to COVID Rules.

Please follow arrows and markers on the floor. Lines will be set up for purchasing cards.

Tables will be no more than 6 (family/friends) at a table. There will be tables for 1-6.

Please be patient as we are learning all the new rules too.

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 10:00 a.m.

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

St. Mary Parish Christopher Lake

Summer Mass at St. Joseph Parish in Elk Ridge have been cancelled this summer.

Sunday & Thursday service can accommodate 52 people at this time.

If you wish to attend please email Wendy at wendy.g@sasktel.net. Sun. 11 a.m., Thurs. 3 p.m.

Magician & Illusionist

Sean Watson at Twin Pine Theatres in Waskesiu Aug. 7th to 9th, 8 p.m. nightly.

Community Drive-Thru

BBQ with MP Gary Vidal, Friday July 31st, 11 a.m. to 2 p.m. at the Anderson Community Centre. Burgers & Hot Dogs by donation. All donations go towards the Anderson Community Centre.

Cody's Bar & Grill

Now open at Jewel of the North. Daily soups and specials. See ad for contact details.

Emma Lake Golf Course

Juniors between the ages of 7-15 can golf 5 or 9 holes on Tuesday's between 10-10:30 a.m. Call the Pro Shop for more info!!

Call or visit emmalakegolfcourse.com for our Putter's Lounge Menu - eat in or take out!

Pre-book your long weekend golf as there are limited tee times available!

See ad for contact info.

Great Blue Heron Prov. Park

Join the Great Blue Heron Bio Blitz 2020. A virtual event using the iNaturalist app to record and observe different types of plant and animal species.

Download the app, sign up for account and start observing plants and animals while hiking in the park. Be sure to upload a photo, select your location and select the following project:

Sask Parks Bio Blitz 2020: Great Blue Heron Prov Park

A team of naturalists and scientists will confirm your observation. By participating in this bio blitz, you are helping to generate a species list for the park and area. Happy hiking (and observing)!

Western Days

Unfortunately this years Western Days celebrations in Christopher Lake has been cancelled due to the gathering restrictions of COVID-19.

Lakeland & District Fire Department Annual General Meeting

September 5, 2020 at 10 a.m. at the Legion Hall, Christopher Lake.

Lakeland Lions

263 Tickets are sold out! The Lions thank the community, Affinity Credit Union, CL Gas and Lake Country Cottage. Please watch for results during the Aug. 2nd draw.

AA Meeting – Waskesiu

Wednesday evenings 7:30 p.m. Waskesiu Lake Lodge (across from the Nature Centre). Meetings are held weekly until Sept. 2nd, 2020.

Re-Define Health and Fitness with Angie

Live classes in Waskesiu! (in the park beside the community hall)

Fitness on the Beach M/W/F 8:15 a.m.

Gentle Exercise in the Park M/W 9:30 a.m.

All classes, info and updates on Facebook @ReDefineWithAngie (306) 270-9649

Waskesiu Heritage Museum

Welcomes visitors to our grounds and outdoor exhibits, but not inside our buildings this summer.

The shack tent will be open daily from 11 a.m. to 4 p.m. for viewing through plexiglass. Take your mobile device for a stroll around the townscape. All our activities including Bingo, Yard Sale, and Heritage Day will resume next summer.

Parks Canada

Restrictions are in place. Visit www.pc.gc.ca regularly for updates.

for sale

Garage Sale

This Friday July 31st from 11 a.m. to 3 p.m. at 150 Okema Road lot A-26 or Rothenburg Family Park.

For Sale

Steel boat lift for smaller boat or fishing boat \$400.

1984 Vanguard open bow boat with oil injected 70hp Yamaha motor. Motor in good shape. Seats need some work, \$3500 O.B.O.

Call Tim (306) 321-2733.

summer fruit ice cream pie

By Healthy Exchanges

What a great way to savor the special fruits of summer. Stir this pie up before those juicy jewels are nothing more than a pleasant memory.

1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix

2/3 cup nonfat dry milk powder

1 cup water

1 (8-ounce) package fat-free cream cheese

1 teaspoon vanilla extract

1 (6-ounce) purchased graham cracker pie crust

1 cup sliced fresh strawberries

3/4 cup fresh blueberries

Sugar substitute to equal 2 tablespoons sugar

1/2 cup reduced-calorie whipped topping

1. In a medium saucepan, combine dry pudding mix, dry milk powder and water. Cook over medium heat until mixture thickens and starts to boil, stirring often. Remove from heat. Blend in cream cheese and vanilla extract, using a wire whisk. Spread mixture into pie crust. Refrigerate at least 3 hours.

2. In a medium bowl, combine strawberries, blueberries and sugar substitute. Evenly sprinkle fruit mixture over top of filling. Refrigerate until ready to serve. When serving, top each piece with 1 tablespoon whipped topping. Makes 8 servings.

* Each serving equals: 178 calories, 6g fat, 7g protein, 24g carb., 395mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Meat, 1/2 Fat.

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park update

What's New in Great Blue Heron Provincial Park

Murray Point Disc Golf Course Now Open with New Signage

The new 9-hole disc golf course is seeing plenty of use. Now it's easier to navigate with the new signage recently installed. Discs and golf cards available at the Murray Point Campground office.

Anderson Point Accessible Play Structure - Now Open

Check out the new play structure at Anderson Point Campground, Anglin Lake. It is designed to be accessible for a variety of abilities and fun for all ages.

Tower Trek Guided Hikes - Start July 30 - Aug 27

Thursdays 11:00 a.m.

Meet at Anglin Bridge

Join the Park Ranger on a guided hike to the Tower Cabin at Anglin Lake. All participants must pre-register by calling 306-982-4741. Due to Covid-19 restrictions, a maximum of 8 participants are allowed on this guided hike.

A reminder that park entry permits are required for all vehicles entering parklands. Passes are available at the park office in Christopher Lake and campground office at Murray Point. Annual passes are available for purchase at Full Circle Gas Bar in Northside.



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naked update

A message from the
Lakeland Curling
Club Naked Calendar
Committee

Last Saturday at the
Christopher Lake
Farmers Market we
had a fun time with
Mr. November and Mr.
December!



Above: Brad Muir and
Larry Krause with their
calendars. Brad (Sundog
Excursions had his dog,
Dempster at the market
- who is also featured in
the calendar!



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5	6	1	3	2	4
4	4	1	5	5	5
6	1	3	4	1	2
6	4	3	6	1	5

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summer funnies

Q. What did the beach say to the incoming tide?

A. Long time, no sea.

Q. What do frogs eat in the summer?

A. Hopsicles!

Q. What did the pig say on a hot summer day?

A. I'm bacon!

Q. Why do bananas use sunscreen?

A. Because they peel.

Q. What do sheep do on sunny days?

A. Have a baa-baa-que



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