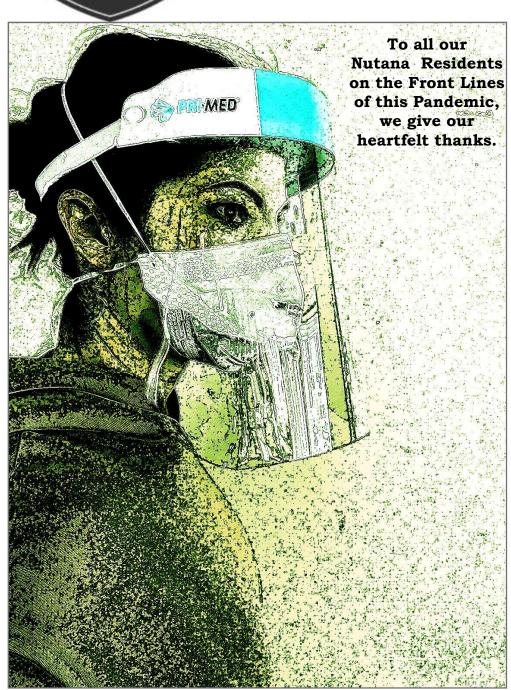


NEWSLETTER

of the Nutana Community Association

Spring 2021



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2020/2021 NCA Board

President Jasmin Parker

Vice President Jasmin Carlton

Treasurer Leah Brannen

Secretary Rosa Brannen

Communications Rebecca Cormack (Newsletter) Franny Rawlyk (Website)

> Programming Dolly Jiang Jolene Zidkovich

Online Registration Chelsea Hardy

Activity Coordinators Kira Epp (Social) Robert Clipperton (Civics) Dave Desanghere (Victoria Rink) Kelly Wells (Soccer) *vacant* (Volunteer)

> Community Gardens Joe Pfeifer (C. Darcy Bear) Paul Catt (Remai)

Liaisons Kevin Ariss (City Liaison) DeeAnn Mercier (Broadway BID)

Directors at Large
Jane Calder
vacant
Past President
Catherine Folkersen

nutana.ca



President's Newsletter Greeting

Hey Neighbours,

I hope everyone is keeping well, safe, and warm. As winter gives way to the spring I can't help but look back on how active our neighbourhood continues to be, even in spite of the limits the pandemic has on our ability to gather in traditional ways. Every time I set out into the neighbourhood I get the opportunity to see all the ways we've been enjoying this place together. I wander past a family of snow people on the boulevard wonderfully decorated for everyone who passes by, there are friends, families, and puppies out enjoying the Meewasin trails in whatever weather we might be experiencing, and so many people have been out enjoying the winter activities available in the city. Saskatoon's trails, parks, and skating rinks have never been so well used. While a cold snap may have slowed us down for a minute or two I know I'll be back outdoors enjoying a mug of hot cider and the warmth of a fire as soon as I can.

With all the winter/outdoor love I've seen grow this season I'd be remiss to not wholeheartedly thank the wonderful volunteers that continue to maintain our rinks at Victoria School and Idylwyld Park. Our rinks have never been busier. The hours these volunteers spend putting in the ice and maintaining the rinks is so valuable. Should you see one of these most excellent people out scraping or flooding please let them know how grateful we are for their work. There are so many volunteers that continue to make our little community association world go round and I'm grateful to be a member of such a dedicated group.

Even with the pandemic pulling us back into our immediate household groups, organizations have continued to work so hard to ensure there are community events put on safely. Our neighbourhood had the chance to see The Hockey Sweater performed by Sum Theatre at our very own Victoria School rink. I'd like to thank Sum Theatre for their thoughtful, safe approach to bringing live theatre to the masses if even just for a few short days. We recently experienced the Nutrien Fireworks Festival. In this neighbourhood some of us are the lucky few able to watch from our balconies, porches, and sidewalks. I always appreciate the opportunity to step out my front door and experience the many festivals we host in our neighbourhood and those that are a stone's throw away in our downtown. Lately council has been exploring a plan to build a permanent festival site centered on Friendship Park, I hope that everyone interested in this project and its outcomes ensures they engage with the city. With the proximity to Nutana I'm certain this project will impact our neighbourhood as well.

With the arrival of spring I hope everyone watches for upcoming dates for Sweep Into Spring. We look forward to putting on the safest event possible, so as requirements and dates are determined we will post more information. Follow us on Facebook (Nutana Community Association) as everything will be posted there. I'm excited to see the gardeners out in our two community gardens once again. I'm always in awe of the amount of produce they manage to grow for themselves in their small plot of earth. Please reach out to our garden coordinators should you be interested in planting your own plot this year.

Until next time. Jasmin Parker President, NCA

Keep up to date on the community. The public is always welcome to attend our monthly NCA meetings. They take place on the first Wednesday of each month.

Our upcoming meetings are:

April 7 2021

May 5 2021 Time: 7:00 p.m.

June 2 2021

Meetings are held virtually by Zoom

E-mail secretary@nutana.ca to receive a link to attend.



NCA - 2021 Annual General Meeting

Join Us from the Comforts of Your Confines for the NCA's Annual General Meeting that will be held on:

Tuesday April 13 2021 7:00 pm ZOOM

To receive your link for the meeting, e-mail: vice-president@nutana.ca

Agenda

- » Election of Board Positions
- » Guest Speaker: Jenna with the Canadian Mental Health Association (See details on pg 8)
- » Approval of Reports and Budget
- » Nutana Notable Neighbour Awards
- *See below for nomination form*
- » AGM Highlights

We have the following positions up for election:

One Year Positions Volunteer Coordinator Two Year Positions Treasurer

Soccer Coordinator Vice-President

Directors- at-Large Indoor Program Co-coordinator

Victoria Rink Coordinator

Social Director

Website/Social Media Coordinator

Directors- at-Large

To learn more or to express your interest in joining our Board, please reach out to volunteer@nutana.ca

One Year Positions

Volunteer Coordinator

- a) Promote open Board of Director positions;
- b) Manage and maintain a database of volunteers to be used at events and for various community association initiatives.

Sport Coordinators (Youth Soccer)

- a) Acts as liaison with the community association and respective sport organization;
- b) Recruits and assigns duties to instructors and coaches as required to facilitate the sports program.

Directors-at-Large (One and Two Year Positions Available)

a) Are directors that are either available for appointment to duties, responsibilities and committees as deemed necessary by the Board of Directors.

Two Year Positions

Treasurer

- a) Keeps regular books and records of the Association's finances;
- b) Has signing authority on documents and for cheques drawn on Association funds;
- c) Prepares and presents financial statements for meetings of the Board of Directors;
- d) Ensures a reviewed or audited statement of the financial position of the Association is prepared and presented at the Annual General Meeting;
- e) Prepares a budget projection for the Board of Directors' approval at the beginning of each fiscal year;
- f) Files the annual return, changes in the Directors of the Association, and amendments to the constitution and bylaws with the Corporate Registry.

Vice President

- a) In the absence of the President, assumes all authority and responsibility generally designated to the President;
- b) Assists the President with the leadership and direction of the association;
- c) Has signing authority on documents and for cheques drawn on association funds;
- d) Applies for the Community Association Operating Grants;
- e) Coordinate the Nutana Notable Neighbour Awards.

Indoor Program Co-coordinator

- a) Coordinates and manages all indoor recreation activities in cooperation with the Community Services Department and the School Boards;
- b) Appoints and assigns duties to instructors and coaches as required to facilitate indoor programs;
- c) Liaises with the Online Registration Coordinator and other positions as required;
- d) Liaises with Community Consultant to prepare Leisure Guide Program Listings.

Victoria Rink Coordinator

- a) Coordinates the operation of the community outdoor rink (ex. make ice, scrape the ice, communicate with the school, ensure receipts and invoices for the rink are paid);
- b) Supervises all staff and/or volunteers who work at the rink.

Social Coordinator

a) Organizes and coordinates social activities and functions that are outside the parameters of other Program and Special Event Coordinators for the Association (ex. Sweep Into Spring, Pumpkins in the Park, and parklet events).

Website/Social Media Coordinator

- a) Maintains the community association website including updating information removing outdated information and managing the regular postings of the Board of Directors;
- b) Maintain the emails and exchange the passwords for the Board of Directors:

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c) Manage the community association social media accounts.

Tell us about what is remarkably neighbourly happening around you. Send us your Nutana Notable Neighbour nomination to acknowledge someone's efforts, big or small, that contributes to the already outstanding community that is Nutana!

Nominator's Name :	N utana	****
Nominator's Email Address :	N otable	AHTANA
Nominee's Name:	Notable	COMMUNIT
Nominee's Email (if known):	N eighbour	ASSOCIATION
Reason for Nomination (1-5 sentences)	11319113331	

Send your completed nomination form to 201 – 327 11th Street East, Saskatoon, SK S7N 0E5 or by e-mail to volunteer@nutana.ca

Nominations received throughout the year are acknowledged at our Annual General Meeting with a small gift of appreciation given to the recipient.

Thank you Nutana for celebrating your Neighbours

All Things Gardening

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Let's dive into the topic of Gardening a bit deeper this Spring. Among the many mass shortages last year were seeds and dirt. People are getting back into the hobby of gardening, veteran gardeners are trying new plants and processes, and some are new to the scene and starting to garden for the first time.

For any level of gardener you may find yourself to be, you will be sure to find something useful out of the many local gardening resources Saskatoon has to offer.



UNIVERSITY OF SASKATCHEWAN

Gardening.usask.ca

What type of apple tree is best to plant in your yard? What vegetables thrive in our climate?

If it grows in dirt, the information about the plant species can be found here. There are numerous how-to guides and public workshops available. A very in-depth local resource that you simply must check out.

Gardening at the U of S offers free growing information and diagnostics with Gardenline Online, free and low-cost public workshops and events, and ample ways to connect with local gardeners and gardening communities. We aim to serve the people of the Canadian Prairies and Northern Canada so all of our information is proven to work, right here. We realize that gardening is about more than fruits and flowers - it's about your health, your community, and building a relationship with your environment.



This is another great website! Check out Healthyyards.ca

Here you will find workshop information and other resources including several gardening How-To Guides.

The Healthy Yards Program is a Saskatoon-based partnership established in 2014 between the University of Saskatchewan, City of Saskatoon, Saskatoon Food Bank & Learning Centre Garden Patch, and the Saskatchewan Waste Reduction Council Compost Coaches. More recent additions to the partnership include the Saskatoon Food Council, the Native Plant Society of Saskatchewan, CHEP Good Food Inc., and Little Green Thumbs.

Their mission is to strive to promote healthy and sustainable yards that allow the people who use them and the environment that they exist in to thrive.

Looking for some extra space to garden? Boulevards are possibilities now, more options may be coming soon.

The City of Saskatoon has been engaging with the public to review and update their Boulevard Gardening and Maintenance Guidelines.

Currently, it is possible to fill the boulevard with some plant life (see their website for full details on this program). There is an engagement process on now to consider changes such as simplifying the process, encouragement of wild flower planting, and expanding the program to include planting in medians and other cityowned green space.

Stay tuned this spring to find out the latest update on this initiative.

saskatoon.ca/engage/boulevard-gardens



Gardening Tips – No-Till, Mulch, and Water Conservation

By Nancy Hanson, President, Saskatoon Horticultural Society

To till or not to till, that is the question... There are many articles about no till gardening. It has many benefits: decreased cost, less watering, less weeds, less labour, healthier soils, less erosion. But since I'd been digging or tilling my vegetable patch each year for the last 30+ years, it just seemed wrong just to rake the soil and plant the seeds.



In 2019, I tried the no till method in half of my vegetable garden and much to my delight, the side of the garden that I used the no-till

method on had barely any weeds. Last year, my entire vegetable garden was converted to no till gardening. I raked the soil to even it out and marked my rows, planted my seeds and transplants.



I mulch my transplants immediately but wait for the seeds to sprout before mulching. My mulch is free, provided by my ginormous elm tree – bountiful leaves that are collected in the fall by my leaf mulcher/vacuum. All I need to do is collect the leaves and bag them for use in the spring. By the end of summer, there are almost no leaves left on the soil – a sure sign that the soil is healthy and breaking down the mulch.

To help conserve water, I made homemade olla pots (see the SHS's May 2020 newsletter, available online) and used them in my tomato patch. To experiment, I planted some tomatoes with ollas and some without. The ollas provide moisture at ground level and the plants that were near the olla are a little larger than the plants without ollas.

This article also appears in the Saskatoon Horticultural Society's March 2020 newsletter, along with a wide variety of other tips and inspiration for indoor and outdoor gardening! Please check it out on our website at www.saskatoonhortsociety.ca, and consider becoming an SHS member! A \$15 annual membership gets you access to our newsletters, special events and volunteer opportunities (COVID-pending), as well as great discounts from local horticultural businesses.



Nutana Community Gardens Ready for Spring

The Volunteer Coordinators, along with their registered gardeners of the Chief Darcy Bear Community Garden and the Remai Community Garden, are excited for the 2021 gardening season to commence. C. Darcy Bear Garden is fully registered with a lengthy wait list. Remai Garden opens for registration soon after they successfully renew their annual Lease of the space.

Thank you to the City of Saskatoon Compost Coaches for the donation of compost bins. There are plans for composting workshops at the Gardens, stay tuned on our website and Facebook for further details.



Don't you find all gardeners have a story to tell? C. Darcy Bear Garden Coordinator, Joe Pfeiffer, shares that his father who was an avid gardener, spent a few hours every day at the community garden visiting with fellow gardeners, sharing tips and stories. A bee charmer and apiarist who happily contributed to the community garden atmosphere. Community Gardens such as these are integral to Nutana's sense of community placemaking.

The challenge of produce theft remains for our gardeners. It stands as a reminder to please visit the gardens to enjoy them with your eyes, but to leave the produce as the bounty for the dedicated gardeners.

Whether it be in one of the Community Gardens, your backyard, boulevard, or in a pot, take the time to experience the many benefits of gardening this year!

"To plant a garden is to believe in tomorrow " Audrey Hepburn



A Mental Health Discussion April 13th by Zoom (At our AGM)

The NCA is pleased to welcome Jenna Neufeld, B.A. Psych, Mental Health Worker with the Canadian Mental Health Association who will be speaking at our upcoming AGM on April 13th.

Attain your Zoom Link by e-mailing: vice-president@nutana.ca prior to April 13th.

Join us to listen to some advice related to Stress/Anxiety and the "Covid Fatigue" many of us are suffering from these days. How can we help ourselves and each other?

CMHA Saskatoon is a place to start to look for mental health resources: saskatoon.cmha.ca (306) 384-9333



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Finding Ways to Heal

Some Recommendations from the Saskatoon Branch of the Canadian Mental Health Association:

√ Your physical and mental health are closely linked. Prioritize rest, relaxation, eating a variety of foods (if you are able), sleep and movement.

√ Recognize increased anxiety and unhelpful thoughts. Not every thought you have is a fact. It's okay to feel more anxious right now, so give yourself time to sort through things, ask for help when you need it, get information from credible sources and limit the time you spend online.

✓ Check in and connect with your loved ones. Many of us suffer in silence when we don't need to. Reaching out to others creates a two way street for love and support. If you're feeling low, chances are others are too. Reaching out also reduces the shame and stigma experienced around mental health problems.

✓ At a community level, there are alternatives to connecting while staying active which are both really good during this time. There are still safe options such as meeting outside keeping that 6ft distance. This could mean an organized walk every week, now that the weather looks nicer.

✓ Look for tips on keeping a routine when you can't go out and about places, or some options for what some safe local spaces are to enjoy.

√ Keep a focus on good nutrition and what your body needs to protect itself. More specifically, there is good evidence to suggest that for good immune response we need vitamin D and Zinc to fight off viruses.

Things like this help people feel more in control while we live in a world with such uncertainty.

A few other Local Low/No Cost Community Counselling Resources:

- CFS and Family Service cfssaskatoon.sk.ca/services/counselling
- familyservice.sk.ca
- Mental Health and Addiction Services (Intimate Partner Violence Services, Community Adult Counselling Program, Community Adult Psychiatry Program, Sex Offender Treatment Program, and Adult Counselling Services) All MHAS services are at no cost. People just have to go through Centralized Intake 306-655-7777
- Saskatchewan Health Aurhority saskatoonhealthregion.ca/locations services/Services/mhas/Pages/ CommunityAdultMentalHealthServices. aspx
- Mobile Crisis Service (When faced with a crisis situation with mental health) saskatooncrisis.ca/services/24-hourmobile-crisis

(306)933-6200



This Time in History

The Rise of Our Beloved Broadway Bridge

- The bridge was constructed as a "make-work" project in 1932 during the Great Depression. • It was designed by Chalmers Jack (C. J.) MacKenzie (on leave from his post as Dean of Engineering at the University of Saskatchewan). For this reason, the bridge was originally called The Dean's Bridge in its early period.
 - The city once considered changing the name to George V Bridge in honour of the King.
 - Construction of the bridge employed 1,593 men, who worked in three shifts around the clock.
 - It is Saskatoon's steepest bridge, with a 4% grade, and the tallest at 24 metres (79 ft) above the river.
 - The Broadway Bridge is mentioned in Joni Mitchell's song "Cherokee Louise" on the album Night Ride Home.





Improvement to find out more!

The Broadway Business Improvement District is trying **Broadway** to reach 10,000 followers on Facebook. To do so, there Business are weekly givedways of prizes , ... #broadwayyxe businesses. Check them out on Facebook are weekly giveaways of prizes from your favourite

District You will find useful information on the many Broadway Contest businesses by following the BBID's online platforms of Facebook, Istagram and Twitter.

City Council Update

Hello residents of Nutana!

Spring is just around the corner, and hopefully so, too, is the pandemic.

I look forward to representing you for another four years at City Hall, and please don't hesitate to reach out if you have any questions or concerns Stay in touch with all City news by visiting my website, where you can also sign up for e-updates: cynthiablockward6.com

Saskatoon property owners are receiving assessment notices, as is done every four years in Saskatchewan, and you can learn more here: saskatoon.ca/assessment In light of the challenges during the pandemic, Council readjusted the municipal budget to lower the tax increase to 2.83 per cent.

The spring construction season will soon be getting underway, and there are several projects planned for our ward. Permanent infrastructure for the road closure at 14th Street and Temperance is planned for this spring and includes bidirectional cycling lanes that will form part of the future Neighbourhood Bikeway along 14th Street. Find out more about the 2021 construction season here: saskatoon.ca/construction We are making progress on basic infrastructure improvements in our historic neighbourhoods, and The Building Better Roads program is starting to reflect a much better maintained city. Council has also directed additional investments into sidewalks for 2021.

As Saskatoon's Growth Plan takes shape, multi-residential development applications are coming forward in areas in and around the core. Building density in the heart of the city is designed to improve efficiency and land use, reduce urban sprawl and support a modern public transportation system. While infill growth is necessary, it is important that multi-residential projects are done respectfully and in consideration of both adjacent properties and the overall neighbourhood. Learn more: saskatoon.ca/growth

One final note on staying in touch. There is a lot happening in our city and many opportunities to have your say in variety of ways. Please check out saskatoon.ca/engage If you need help with anything from garbage pickup to potholes, here is the 24- hour customer service line: 306-975-2476. And don't forget to sign up for your green cart before April 30th to get the early bird rate of \$65!

Last, but not least, I want to give a huge shout out to your community association. You have a wonderful group of volunteers delivering great activities and opportunities for your neighbourhood. I look forward to seeing more of you in real life when Covid 19 is in the rearview mirror.

Stay well, Cynthia



Email: cynthia.block@saskatoon.ca Facebook & Instagram: cynthiablockward6.com Twitter: cynthiablocksk

Sweep Into Spring

After a year off, a 2021 Sweep Into Spring is being organized by the NCA. Mindful of public health guidelines, this worthwhile event will be an opportunity to once again clean up the back alleys of Nutana.

A free dump site is planned to be set up along 9th street (near Massey Park, between Lansdowne and Albert Ave), where you can bring scrap metal, furniture, electronics, yard waste, tree branches, tires, and all other back alley debris.

Our Facebook page and website will share further details as we wait to confirm health guidelines that will permit the event to occur. It is anticipated this event will happen in May.

Ward 6 Virtual Town Hall on COMMUNITY SAFETY

Saskatoon Police Service in attendance

Tuesday, March 30, 2021 7:00 pm

*Link to participate: www.cynthiablockward6.com

Nutana Collegiate - Investing in their Students, Staff and Community



Nutana Collegiate Anti-Racism Support Position

New for Quarter Three at Nutana Collegiate is the anti-racism support position filled by Khodi Dill. One of the school's strategic plan goals is to enact a full learning focus on anti-oppressive education, a goal that applies broadly to teachers and students alike. This new position is aimed at supporting the Nutana school community to engage in difficult but meaningful conversations about racism and other forms of oppression. Khodi Dill is supporting this work through finding and creating classroom resources, leading professional development with staff, and working directly with students to understand and combat racism in their lives and the world around them. Khodi hopes that the position will help foster critical thinking and an enhanced interest in social justice among the incredible students of Nutana Collegiate.

Nutana Industry and Career Education (NICE) provides a unique opportunity for grade 12 students to explore the connection between classroom, community, and careers. Integrated subjects and hands-on projects are used to build relevance and meaning in learning. Students in NICE spend the entire year with the same cohort and build close connections with their classmates, teachers, and community members throughout the year. Projects such as; Tiny Home construction, horticulture/greenhouse, food and hospitality, and entrepreneurship help students demonstrate what they have learned. Certification opportunities and industry/career experiences will help students build on their strengths and plan for





DRYI- LLIV

A Greenhouse and Tiny Home construction project are part of Grade 12 education at Nutana Collegiate.

Through a partnership with One House Many Nations, this Tiny Home is being given to a Youth at Big River First Nation.



Nutana Collegiate - Building Strength through Words and Actions

Ribbon Skirt Day

Early in the new year, a small group of staff met to plan actions that would help show our support for Isabella Kulak of Kamsack, who was belittled by a school staff member for wearing her ribbon skirt to her school's Formal Day celebration. We knew that planning solidarity actions would align with our school goals of enacting anti-oppressive education and ensuring Indigenous knowledge and cultural representation within our building. Initially, Elder Kathy Wahpepah and teacher Candace Gadwa led a group of staff through cultural teachings and ribbon skirt creation which grew to include a workshop for Nutana students to learn about the significance of the ribbon skirt and to make their own ribbon skirts, from selecting the fabric and ribbons right through to measuring, cutting, and sewing. When they were finished creating their beautiful ribbon skirts, students described their feelings using the following words: proud, accomplished, beautiful, happy, serotonin!



On February 10th, a school-wide Ribbon Skirt Day celebration was planned at Nutana Collegiate. Staff shared ribbon skirt teachings and a poem written by Nutana student Michaily Kennedy. Students also had a chance to learn about anti-racism and decolonization in classrooms, through a presentation created by the school's anti-racism coordinator Khodi Dill. A socially distanced fashion show parade took place, and all students enjoyed a bannock snack as well. To ensure the day's teachings would extend beyond a single event, the Clothing class and ELA class helped create a fabulous ribbon skirt display situated at the main entrance of the school, featuring mini-ribbon skirts and one incredible custom Nutana ribbon skirt, designed and created by Ms. Gadwa herself. Many staff and students came together to make Nutana Ribbon Skirt Day 2021 an event to remember!

Power and Strength

As the sun is rising and the world is waking up, I open my eyes from a peaceful sleep; the smell of coffee and sage fill the house as I get out of bed to greet my mother who is smudging in the living room. I brush my hair and count the strokes as I think about my grandmother once telling me to always take care of my hair; it represents my strength and power as a woman. I am having a good hair day today so I am feeling extra powerful. It's a formal day at school. How formal can an elementary school get? My mother finishes braiding my hair. She talks to me kindly the whole time, telling me how beautiful, how smart, how strong I am and my braid holds all those good thoughts. I finish my breakfast and it's time to pick an outfit; I scan through my closet and rip through my dresser, dresses that no longer fit, no pants without rips. Fifteen minutes go by. I'm starting to get upset; I still can't find anything precise. Mom comes to help me and suggests that I wear my ribbon skirt. "It makes you feel better and you will be comfortable," she says. She was right. My ribbon skirt does make me feel pretty and maybe my classmates will think it is too. I pick my prettiest skirt and a nice shirt to match my hair and skirt, giving me the courage to have a good day! It's time, the moment to show off my beautiful skirt my grandmother made me, and the power in my long dark braids. I am excited, everyone looks great, my friends love my skirt, and nobody is dressed similar to me. I am feeling confident. I have gained my strength to take a stand. I will raise awareness and stand my ground for my people to live freely and comfortably in the comfort of their culture.

> by Michaily Kennedy Student, Nutana Collegiate



Making History

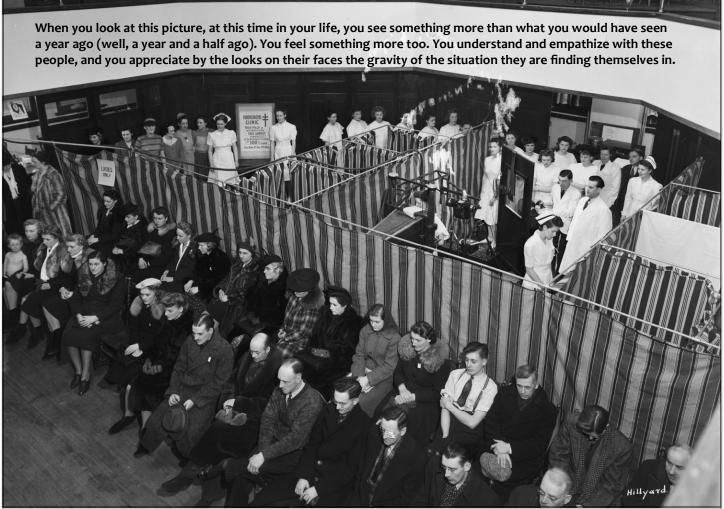


Photo printed in the Star Phoenix of March 12, 1943 with the caption "Saskatoon is getting the benefit of the Tuberculosis survey clinic. It is now in operation at Grace United Church after several days at the King George School. The clinic works quickly and efficiently and thousands of persons men, women and children have already been through it".

Take a moment, like I did, to search 'tuberculosis survey clinic'. You will find interesting facts, like how a man invented an x-ray device from his 35 mm camera that became the effective tool used for mass x-ray equipment as seen above, or how Saskatchewan was a leading province in their efforts to end TB and was the first in North America to provide free health care to those infected.

SPL's Local History COVID-19 Archive Project

Saskatoon Public Library's Local History Room wants to hear about your experiences during the COVID-19 pandemic. Send your photos, videos, audio recordings, written thoughts, diaries, memes, drawings, or anything else that reflects your individual experience of this time.

Go to the Local History page of the Saskatoon Public Library for more details. saskatoonlibrary.ca/collections/local-history





A patient 2 year old follows Covid-19 protocols at City Hall during the Civic Election