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Transwest Air Inflight Magazine

Complimentary Spring 2002

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Finds His Voice

The Four Fish Fantasy

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the Commuter

Issue Two, Volume Three

Transwest Air Inflight Magazine Spring 2002

WELCOME! TOKED YA U'S TANISI! ANIN SIGWA! EDLANETÉ!

Welcome aboard Transwest Air.

Summer of 2002 marks Transwest's second full summer of operations. Our team has been getting aircraft ready and enhancing service levels for the busy season ahead. We have implemented a number of customer suggestions on how to make your travel experience more enjoyable, everything from flight schedule improvements and magazine content, to better sandwiches in our lunch boxes. We hope we have listened well.

The month of May will mark the arrival of our SAAB aircraft, a versatile 34-seat turbo prop that features a flight attendant, overhead bins and onboard lavatory. Transwest will use the aircraft for both scheduled service and charter customers.

The Saskatoon airport terminal will be completed by late summer. The new terminal is a vast improvement over the old facility, but the final stage of construction will make traffic flow through the building a challenge at times. Leave yourself a few extra minutes to avoid frayed nerves.

Northern Saskatchewan offers some of the best fresh water fishing in the world. Its pristine parks, waterways and lakes are unparalleled anywhere in the world. American travellers will enjoy the excellent exchange rate, and Canadian travellers - why not save the exchange rate and consider a holiday in your own back yard. Great travel ideas are available from Saskatchewan Tourism or the Saskatchewan Outfitters Association.

Thanks for flying with us. Have a great summer!



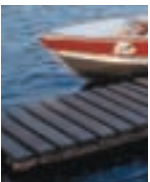
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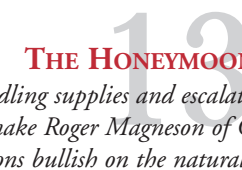
2 THE FOUR FISH FANTASY

*Fulfilling the ultimate fishing fantasy:
four of the best, in a month, with both rod
& reel and flyrod.*



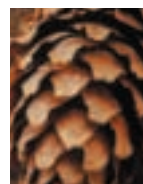
8 FINDING HIS VOICE

*Singer/songwriter Don Freed leads the
children of northern Saskatchewan in
a quest for their own music.*



13 THE HONEYMOON IS OVER

*Dwindling supplies and escalating demand
make Roger Magneson of CEG Energy
Options bullish on the natural gas market.*



17 SASKATCHEWAN BOUNTY

*Saskatoon berries and fresh fish are
what makes summer great. Here's a
couple of recipes to kick off the season.*

NEWS FROM TRANSWEST

Fishing camp season and the new Saab 340A.



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Publications Mail Canada Post #1880373

THE FOUR FISH FANTASY

STORY BY JEFF ARTHUR
PHOTOGRAPHY BY SEAN FRANCIS MARTIN,
DARK HORSE STUDIO



ARCTIC GRAYLING - THREE-AND-A-HALF POUNDS, 24 INCHES

WALLEYE - SIX POUNDS, 25 INCHES

NORTHERN PIKE - 20 POUNDS, 40 INCHES

LAKE TROUT - 30 POUNDS, 34 INCHES

Yes, fishing the pristine waters of northern Saskatchewan is exhilarating enough in itself. But for the angler who wants more - the one who needs to fulfill the ultimate fishing fantasy - there are a few ground rules.

The two absolutes in fishing are closeness to nature and the thrill of a challenge. The nature part is in the bag the instant you set foot in northern Saskatchewan. Now for the challenge: haul in trophy-sized samples of the four finest fish in the province. Do it within a month. And to prove your mettle as an all-around angler, do it with both rod and reel and a fly rod. We'll call it the Northern Saskatchewan Four Fish Fantasy.



ARCTIC GRAYLING

At the edge of Black Lake and in the throat of the Fond du Lac River sits an island measuring a little more than three acres in area. As the river crashes toward the lake, it picks up speed and forms into rapids before squeezing through narrow passages on either side of the small island.



In the summer months these twin chutes are full of the rowdiest fish you could wish for: the Arctic Grayling. It has been called, pound-for-pound, the toughest fighting fish in the world. Nowhere is it more hostile than when it runs the gauntlet into Black Lake.

Situated fewer than 200 yards from this spot is the aptly-named Camp Grayling, a fly-in fishing camp built in the early 1950s and now owned by Ken Maduck. The totally modern camp accommodates 30 people and offers a Full American Plan. It attracts 95 per cent of its business through returns or referrals and Maduck – who likes to set a ceiling of 22 guests at a time – knows why they keep coming back.

“The thrill of catching a Grayling is second to none,” he says. “He’s got that big fin in the back that gives him tremendous power when you first get him in the river. Then once you get him in the calmer water he gets into his acrobatics and puts on an unbelievable aerial show.

“When you start hammering them one right after another it’s an incredible feeling.”



PHOTO COURTESY SELWYN LAKE LODGE

The spring-spawning Arctic Grayling is usually more active later in the evenings in fast-moving water, and yields plenty of trophy size by late summer. Maduck estimates a 50-50 split between fly fishing and rod and reel at the strictly catch-and-release Camp Grayling, where even shore lunches aren’t permitted.

“On that island you’ve got three sides of fishing available to you,” Maduck says. “The Grayling is a top-water feeder, so if you’re using anything that sits on the water or comes in just above, the Grayling will be jumping out of the water to get it.”

WALLEYE

Catch-and-release has taken hold across most of northern Saskatchewan, yet the Walleye, or Pickerel, is one fish that begs to be eaten.

“People coming up here want to make sure they’re going to get their Walleye feast,” says Dan Zacharias, co-owner of Bisnard Lake Lodge, a drive-in/fly-in camp 300 kilometres north of Prince Albert. “Even with the five-fish limit, people still love coming here. They want the shore lunch so they can get that taste.”

In the three years Zacharias and wife Donna have co-owned the lodge, they have upgraded it to an appealing camp capable of accommodating 36 guests in seven fully modern, light housekeeping cabins. With a variety of packages, Zacharias says the lodge is accessible and affordable to both Canadian and American guests.

Most people fish traditional rod and reel and usually catch their limit when directed by one of Zacharias’ six guides. Walleye are active movers and can be difficult to pin down if you don’t know the lake.

“The Walleye is a tricky fish to catch,” Zacharias says, recommending frozen minnows as bait to mimic its main natural food supply. “You’ve got to get your hook right down to the bottom and go after them.”



June is the peak month at the Bisnard Lake Lodge, even though just as many fish are caught in July and August. The last few years have seen more Walleye in the three to four pound range removed from the lake, and fewer of the larger six-pounders.

Zacharias has great regard for Walleye as a fragile resource and says, “Bisnard is a naturally well-stocked lake. You won’t find a drive-in lake anywhere in western Canada with better fishing.”

NORTHERN PIKE

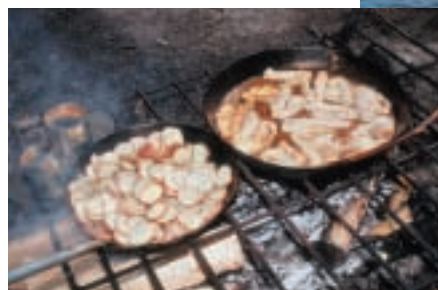
“Never put your hand in the water when you’re pulling a fish out of our lake,” warns Bob Cross. “These Northern Pike, when they’re hungry, they’ll take a bite out of anything.”

Cross and wife Bonnie are entering their seventh season as owner/operators of Cree River Lodge on Wapata Lake. That’s seven summers of watching the excitement of their guests as they pull huge Northern Pike out of the crystal-clear lake. The lodge offers packages from

three days to a week for a maximum of 16 guests under the Full American Plan. There’s a two-to-one guest-to-guide ratio. Fishing for Northern Pike is busiest in June, but Cree River Lodge accommodates guests through to mid-September.

By fishing mainly along the bays and weed beds of 30,000-acre Wapata Lake, Cross gives guests the unique experience of watching the Northern Pike follow the bait right up to the boat. With Cree River Camp sitting just 300 yards from the mouth of the river, and with a 750-yard long weed bed nearby, guests have ample opportunity to fulfill their fantasy.

“The thrill is in the anticipation – you never know when that big one is going to hit,” Cross says. “Anything that’ll make noise near the top of the water will attract a Northern Pike. And when that big one hits he’ll come two or three feet out of the water for it.”



Cross counted more than 400 Northern Pike over 35 inches last season, including half a dozen over 50 inches. That's fantastic fishing, he says, on a catch-and-release lake that sees about 150 anglers per year and experiences very little fishing pressure.

"The fishing in the lakes of the far north of Saskatchewan is second to none, and Wapata Lake is no exception," Cross says. "All of us in the northern lodges would put our fishing up against anyone's, plus you get the scenery, the peace and quiet and the closeness to nature."

LAKE TROUT

Hauling in 50 fish a day can take its toll no matter what species you're

after. How about twice that number – all heavyweights – each one of them in no mood to play?

"The Lake Trout is as scrappy a fish as you'll find," contends Gord Wallace, co-owner of Selwyn Lake Lodge. "They'll fight you every foot of the way."



Perched 'like a big molar tooth' on the Saskatchewan-Northwest Territories border, Selwyn Lake is ideal Lake Trout habitat. Even though it occupies a monstrous 135,000 acres, the lake isn't particularly wide open and has just the

right food, temperature, configuration and fishing pressure to sustain a bountiful supply.

"In the spring and fall, they'll be all over the surface of the lake, then in the summer they'll be lying flat along the bottom like cordwood," Wallace explains.

Wallace maintains that a 'trophy is in the eye of the beholder' but acknowledges the cameras come out more often when a fish surpasses 30 pounds.

Selwyn is strictly a catch-and-release lake, and about 30 per cent of the fishing is fly fishing. Lake Trout are the main attraction, but guests are also drawn to the privacy and serenity of the camp.

"The intimacy of being here with a handful of other guests is important," Wallace says, noting he likes to keep his guest list under 16 or up to a maximum of 24 for group bookings. "This is a market that values their privacy."

Built in 1993 and co-owned by Wallace, wife Mary and Jim Yuel, Selwyn Lake Lodge offers fully modern accommodations and well-

appointed amenities. It is accessed only by a 20-minute float plane ride from Stony Rapids. Wallace has owned other lodges over the years; Selwyn is his eighth, and final.

"I'd heard the stories and scuttlebutt, and knew it was one of the few undeveloped lakes in northern Saskatchewan," Wallace says. "By fishing it, I knew it was where I wanted to be."

LOOKING *After* PARADISE

Fishing conditions in Northern Saskatchewan may change from year to year, but there is nothing to suggest the invaluable resources of the north are threatened in any way, says Voyageur Lodge co-owner Roger Olyowsky. In fact, he says his camp on Drinking Lake is just as serene, breathtaking and productive as ever.

"If you look after your resources with some diligence, you're going to have them forever," Olyowsky says, adding that practices such as catch-and-release, fish limits, regulated commercial fishing and sensible logging procedures contribute to the long-term care of the north. And while lake levels are low, there's been no ill effect on fishing at Voyageur Lodge, the last surface-accessible stop on the Churchill River line. Here, it is common to see 150 Walleye and more taken per day.

"Fish stocks are great and always have been," Olyowsky says. "The abundance of fish speaks for itself. That's what sells it."

Voyageur Lodge is a four-cabin, ten-occupancy camp accessible via a 40-minute boat ride from Stanley Mission. It offers a Full American Plan as well as light housekeeping, and boasts new docks, a boardwalk and fully modernized cabins. Nearby historical sites and abundant wildlife add to the natural beauty of the secluded site.

"I love the place," Olyowsky says. "It's so peaceful and relaxing. It really is a little piece of paradise."

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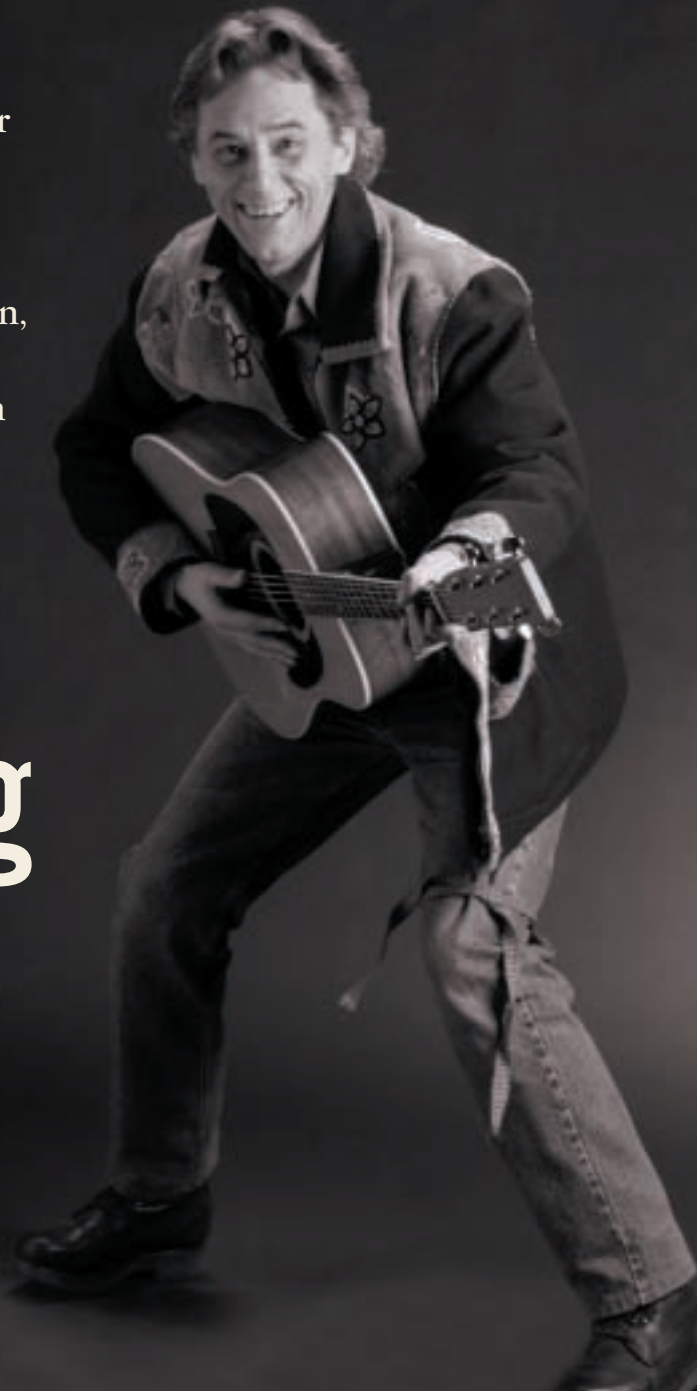


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While playing a modern-day pied piper to the children of northern Saskatchewan, singer/songwriter Don Freed rediscovered his own roots.

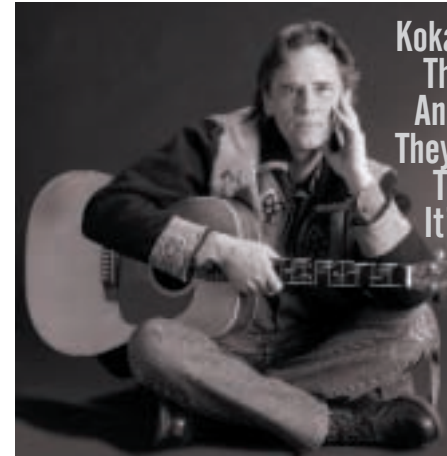


At one point in an animated interview, Don Freed describes himself as an itinerant singer/songwriter. It's a modest self-portrait for a man who got his feet wet playing with Johnny Cash at a 1968 concert, and has since gone on to build a name for himself in Canada's music scene. He's played festivals from New York to Toronto, released five albums of original material on his own independent Bushleague Records label, toured with Jane Siberry and written with Joni Mitchell.

The paradox is that 52-year-old Freed, seemingly on the cusp of fame, has spent a good part of the last decade braving minus forty degree temperatures and unpredictable spring and fall weather to travel to remote communities across northern Saskatchewan recording songs by aboriginal school children.

"When I started this project in 1992, I was motivated by things I was hearing in the news," Freed says. He's referring to the suicides of a number of young people in Davis Inlet, an isolated community in northern Labrador. That story struck Freed on two levels. "I think it gave Canadians a negative view of northern aboriginal youth and I wanted to dispel some of those myths. I also felt compelled to expose some positive energy for kids in the north."

Freed's own quest for identity fuelled the fire. Born in New Westminster, British Columbia in 1949, his family moved to Saskatoon when he was six.



Kokam made some "Cree-boks", beaded, thick and smelly
They fit real loose, they were made from a moose
And soft as a goose's belly
They'll last real long, they're not from Hong Kong
They were made in the North by hand
It's our tradition, we are still wishin' to be an Indian band

- "CREE-BOKS", MINAHIK WASKAHIGAN SCHOOL, CHORAL GROUP, PINEHOUSE



The wide open, wheat-coloured landscape was culture shock for a boy used to lots of greenery. To cope with his feelings of displacement, he remembers singing a favourite song, 'Oh Bury Me Not on the Lone Prairie.'

"That song described exactly what I saw around me every day. It was my song - until I discovered it was actually American. It wasn't about my world at all, so it wasn't mine anymore," Freed says. "It's so important to have songs that validate your world. That's what I wanted to do for kids in northern Saskatchewan."

Freed sent a proposal to Glenn McKenzie, then director of the Northern Lights School Division, explaining how he planned to give northern aboriginal children an opportunity to express themselves by helping them write and record their own songs. "To my complete and utter amazement, Glenn said yes."

Now came the hard part. The project was the first of its size and scope in Canada. It was supported by a partnership with the Saskatchewan Department of Education and the First Nations Northern Lights School

Division, but it was up to Freed to carry off. And he had no experience working with kids.

"I was driving into the first community, Jans Bay, and I thought, 'what have I got myself into?' But I believe that if the will is there and your heart's in the right place, things work out. You find a way - and I did."

"I was driving into the first community, Jans Bay, and I thought, 'what have I got myself into?' But I believe that if the will is there and your heart's in the right place, things work out. You find a way - and I did."

Thirty years ago Freed found the kids were still largely innocent of the world outside. "Now you see a satellite dish on just about every home. The kids are completely wired into the world and yet they have no input into it. I find that

interesting. I want to give them something that validates their world."

His instincts have been true. "Never once have the kids asked to create a song that wasn't real to them. They don't want cartoons or Disney, they want to sing about hunting and fishing and family, about beaver and bear and moose." The songs the kids have created - and Freed has recorded hundreds over the years - are in Cree, Dene and Michif, which is a blend of Cree, French and English. The songs reflect everyday life. Children in Camsell Portage, a small community on the northern shores of Lake Athabaska only accessible by plane, wrote: 'It's exciting to come to the city/ On a school trip or for annual supplies/ But after a couple of days we long for the hills and bays/ Of Camsell Portage where our hearts and spirits rise.'

Some of the songs reveal a surprising poignancy. Grade five students in Beauval wrote a song about a fire that raged through a mission school, many years ago, killing 19 boys. Only one of the adults tried to save the children and she died in the attempt. The children wrote: 'People say she's up there still/ That

Story by Lal Ingram

B&W Photography by Sean Francis Martin,
Dark Horse Studio

me and my skunk, he's a real cool punk/and we live in a trunk that's full of junk
deep in the jungle there's a crocadillydee/
chasing a monkie up a cocabunk tree
have fun in the Jumbled Jungle/where nöthing has to be the same
if you were in the Jumbled Jungle/what would be your name?
hey everybody hurry hurry here comes the barge from Fort McMurray

- SELECTED LINES FROM "OUR VERY OWN SONGS"

The Day Wisakecak Came to Our School

WRITTEN BY DON FREED AND GRADE 5, PLEASANT HILL COMMUNITY SCHOOL, SASKATOON, 1998

The day Wisakecak came to our school
He played the Trickster and he played the fool
Everybody laughed and had some fun
And we felt much better when the day was done

We were playing outside on the first day it snowed
His apparition came down the road
He stood there grinning like a glad surprise
We could hardly believe our eyes

Chorus:
Oh! Oh! Wisakecak
Astum Othe make us glad
The day you came to our school
Was the most fun we ever had

He came from the North on a big brown bear
In a beaded coat with feathers in his hair
He took his drum and began to pound
Children started dancing all around

Then he slipped and he fell on his behind
We started laughing and he didn't mind
The school bell rang and we had to go
He followed us in on his tippy-toe

-Chorus-

We all were wond'ring what he would do
Would he get into trouble and the rest of us too?
He went and he talked to the teaching staff
Saying, "Kids feel better when you make them laugh!"

Then he walked right by us and he went outside
He turned into a Raven with his wings spread wide
He dropped one feather then he flew away
Saying, "Learn your lessons ... I'll come back someday"

Wisakecak is Cree for the trickster or joker.
Astum Othé means "come over here".

Don Freed would like to thank: Saskatchewan Education, Canada Council For The Arts, Saskatchewan Health, F.K. Morrow Foundation, National Aboriginal Achievement Foundation, Associated Entities Fund and The Muttart Foundation.

she haunts Old Mission Hill/But
why should we be scared/Of a soul
who really cared?"

"My original intention was to have
the kids write their own songs and
I have stuck to that," Freed says. He
calls the process draining but satis-
fying. "Kids today are used to the
fast edit speed of television and
video games, so their attention is
not easy to hold. And I can't be a
disciplinarian, I have to give them
room to create. Sometimes it's pan-
demonium. By the end of the day,
after I've been in four or five class-
rooms, I'm brain dead."

His commitment to the project has
not wavered, though when he
started, he did not know he was
beginning a ten-year marathon - or
that the journey would become an
end in itself. He has been places
most people never see, like
Wollaston Lake and Stony Rapids,
which are so far north they are
only accessible by air; and Dillon
and Sandy Bay, which are literally
the last stop on the road.

His travels have deepened his inter-
est in his own Métis heritage,

which came as a revelation in 1989
when he attended the funeral of

great aunt in Duck Lake. "I discov-
ered then that two of my great-
great grandfathers had actually
been indicted with Louis Riel and
that my great-great uncle by mar-
riage was Gabriel Dumont."

Discovering his own roots strength-
ened Freed's determination to give
northern aboriginal kids a voice.
"Music has a way of opening kids
up. I can tell you why. For thou-
sands of years, people have been
sitting around campfires telling sto-
ries and singing songs. Those songs
reflect your culture, your world.
That's the energy we re-ignite in
the classroom. It's a tool that goes
right to the spirit."

Over the years, Freed has produced
several albums to showcase the
young singer/songwriters. The cul-
mination of the project came with
the December 2001 release of *Our
Very Own Songs*, a double CD set
containing 43 original songs writ-
ten and performed by more than
1,000 aboriginal school-age chil-
dren in 30 different communities.
There's an accompanying song-
book and website at
www.ourveryownsongs.ca .

Freed sent the CD to the Toronto
CBC music distribution room. He

was excited when, within days,
they called back and asked for
more copies to send to stations
across the country. "They get hun-
dreds of submissions a day. What that
call said, in essence, is that we think
this deserves to be heard by every-
one."

The ultimate goal is to get *Our Very
Own Songs* into elementary schools
and public libraries across Canada.
While Freed continues making
inroads in marketing, he's also
exploring new directions in his own
life. Right now, he's in Winnipeg
recording a CD of his own material
and writing a new play.

"It's time to let the songs go," he
says. "They need to weave into the
schools, into the community and
become part of the culture. It's the
only way they can take root."

But he's not done with the north or
with northern kids. "I'll definitely
go back. I'm addicted. I'll do this for
as long as I am able."

Let's hope that day is far away,
after Freed has taught a generation
of northern children to find their
own voices ... the way he's found
his own.





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Story by Beverly Fast
Photography by Sean Francis Martin,
Dark Horse Studio

Photo taken at Prud'homme TransGas
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**The Honeymoon
is Over**

After the shock of seeing natural gas prices skyrocket last winter, consumers are now breathing a sigh of relief. But Roger Magneson of CEG Energy Options sounds a cautionary note against complacency.

As president of Saskatchewan's leading independent supplier of natural gas to commercial and industrial consumers, Magneson is intimately familiar with the ups and downs of the natural gas market. But even he had never seen anything like the run of last winter.

"For years, consumers in western Canada have enjoyed remarkably low prices. Natural gas has traded

within a general range of \$1.25 per gigajoule in soft markets, up to \$2.50 per gigajoule in strong markets," he says. "Last winter, prices hit unprecedented highs of \$12 per gigajoule in the one-month market and \$17 per gigajoule in the daily spot market."

The honeymoon had come to an abrupt end, shocking consumers at every level ... with some notable exceptions.

“We were lucky,” says Bob Laprairie, general manager of McDonalds Restaurants in Saskatoon, a long-time CEG customer. “We had signed a fixed price contract with CEG, so we were able to accurately budget our monthly natural gas costs – and we saved a lot of money.”

“We watch the market very closely and when we saw what was coming, we called our customers and suggested they lock in a longer-term contract,” Magneson says. The majority signed on and spent the winter snugly insulated from price increases of up to 40% and 60%. And they are still content, even though prices have just recently dropped back down to \$3 per gigajoule in the daily spot market.

So was the price run a false alarm? Can we go back to enjoying cheap natural gas energy? In Magneson’s opinion, no.

“What we’re experiencing now is a temporary reprieve. The supply and demand factors that caused last winter’s price run are still with us. We had moderate winter weather across the continent for the January to March period of 2001. We also saw a lack of air conditioning demand for gas-generated electricity in the large consuming areas of the southern U.S. last summer and record warm temperatures this past fall and early winter. All of this has caused demand for natural gas to be much lower than normal. Then you have the slow U.S. economy,

which significantly reduced industrial demand for gas and gas-fired electricity, along with only modest increases in natural gas production volume.

“While we don’t expect to see anything as extreme as \$17 per gigajoule,” Magneson says, “there is a very real supply problem out there. We’re discovering less natural gas and consuming more. Consumers should not be complacent.”

A return to normal weather patterns will push up demand for winter space-heating and gas-generated electricity for summer air-conditioning, just as surely as the U.S. economy will rebound and push up industrial demand for natural gas. And with the record levels

of drilling in recent years showing such disappointing results, save for the spectacular Ladyfern discovery in northeastern British Columbia, natural gas production is falling.

“Alberta gas production is already heading lower and U.S. gas production is expected to be down by about 6% by this summer,” Magneson says. “Gas producers have cut their capital budgets for 2002 because of reduced cash flow, and the reduced drilling will make it very difficult to offset the natural decline in daily gas production from existing wells.”

Our supply may be shrinking, but demand is steadily rising. In the southern United States where populations are booming, natural gas-fired electrical power plants are being constructed in record numbers. A story in the December 24, 2001 edition of *Oilweek* reported that over the next year, up to two new large power plants could come online every week in the United States – and the majority of them are natural gas-fired.

“The number of natural-gas fired power plants going up is staggering, and with a lot of drilling rigs standing idle because of the lack of exploration dollars, everything points to the price of natural gas going up,” Magneson says.

Tough news for consumers, but CEG Energy is ready with alternatives.

“The price cycle is shorter and more vicious nowadays, and we help

even that out for our customers,” says Kelly Blanch, CEG’s marketing manager. “By offering longer-term contracts at fixed prices, we provide price certainty and peace of mind. It lets the customer accurately budget their natural gas costs, no matter what the market is doing.”

“By offering longer-term contracts at fixed prices, we provide price certainty and peace of mind. It lets the customer accurately budget their natural gas costs, no matter what the market is doing.”

It’s something customers – schools, hospitals, hotels, office complexes and manufacturing plants – seem to want.

“CEG is very proactive,” says Al Evenson, chief financial officer at Cavalier Enterprises Ltd., which

operates the Sheraton Cavalier hotel in Saskatoon. “They contacted us two years ago and said they thought prices were going to go a little crazy, but that they had an opportunity to lock in at a lower rate. We signed a three-year contract and were absolutely insulated from the dramatic price increases last winter.”

“We actively manage our accounts based on our view of the market,” Blanch says. “Then we recommend options that we think will work best for individual customers.”

As an independent supplier, CEG is small enough to be flexible. It was established when the province first started deregulating the natural gas market in the late 1980s, and has since quietly built itself into a leading supplier, by volume, of natural gas in Saskatchewan.

The final hurdle to growth was removed in 1998, when the provin-



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cial utility, SaskEnergy, began charging customers of independent suppliers like CEG the same fee as it charged its own customers to move product through its 64,000-plus kilometre distribution infrastructure. Now CEG is one of SaskEnergy's largest shippers.

"We move more product through SaskEnergy pipelines than any other independent supplier," Magneson says. "Deregulation certainly hasn't hurt the utility; they make their money distributing, not selling gas."

Deregulation has given customers a real option of natural gas suppliers. There are no physical changes required for those choosing CEG; the only difference is that CEG is identified as the gas supplier on your utility bill - which continues

to come from SaskEnergy. The customer pays SaskEnergy, which remits the supply charge to CEG. Convenient and seamless.

As for the future of natural gas prices, Magneson looks five and ten years down the road, as the existing supply of natural gas decreases, and sees suppliers increasingly turning their attentions north to the vast reserves frozen in the wilds of Alaska and the Northwest Territories. Problem is, the cost of transporting this natural gas to major markets in the south is going to be high. And before the taps can even be turned on, environmental issues regarding drilling and pipeline construction have to be resolved. It all adds to Magneson's conviction that a natural gas price increase is unavoidable.

"It's hard to predict when it will happen," he says. "Some analysts say this spring, others say next fall or as late as next winter. But once the current storage surplus is gone, by next fall at the latest, it's a clean slate. It's not hard to conceive of prices returning to \$6 to \$8 by next winter."

In the meantime, customers can expect CEG Energy Options to be bullish. "Natural gas users can decide to take their chances in the one-year market and see what happens, or they can opt for a more proactive approach and lock-in a guaranteed fixed price for a term of up to five years. We are certainly encouraging customers to think long term."

Story by Christina Weese
Photography by Sean Francis Martin, Dark Horse Studio
Recipes courtesy Lee Helman



Saskatchewan Bounty

For many of us, berries and summer are simply inseparable. If you've ever picked berries, you'll know what I'm talking about - the hollow thump as they drop into the ice cream pail tied around your waist, so both hands are free for picking, and eating them straight off of the tree, sun-warmed and juicy. Later, in the cool of the evening, gallons of berries are sorted on the porch steps as you dream of pies and jams and cobblers to come.

The other fair-weather bonus that summer brings is the pleasure of cooking and eating out in the fresh summer breeze. It's the stuff that childhood memories are made of. Here are two recipes for some of the best food of summer - fresh berries and fresh fish.

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Tips for Cooking Over an Open Fire

- Don't actually cook your food in an open flame. Use the fire to heat a flat rock or thick piece of iron that you can place your pan on. If you are using a heavy cast iron frying pan, wait until the fire has burned down to coals and heat the pan over that. This provides more even heat distribution with less chance of burning.

- A fire that's been burning for a while will burn hotter and more evenly than a fire that's just been started. Try to start your fire at least an hour before you plan to cook over it.

- Don't use non-stick cookware - the heat can damage the protective coating, and the pans aren't usually heavy enough to prevent your food from burning.

- When washing a cast-iron frying pan, use only very hot water, no dishsoap. This will give the pan a bit of a non-stick coating. If there's a lot of baked-on food, boil water in the pan before washing. Before putting it away, make sure the pan is completely dry so that it doesn't rust and rub a little oil over it, inside and out.

- Proper care of your pans and your fire may take a little extra time, but it's worth it!

Pan-Fried Northern Pike - Serves 4 people.

4 - 8oz. portions fresh Northern Pike

1/3 cup butter

3 tbsp canola oil

1/2 cup bread crumbs

1/2 cup flour

1/2 cup corn meal

1 tsp lemon pepper

1 tsp salt

sauce:

2 fresh limes

1/3 cup butter

1 tbsp Worcestershire sauce

2 tbsp fresh chopped parsley

Melt butter and canola oil (the oil will help keep the butter from burning) in a cast iron frying pan over a wood fire or stove-top on medium heat. In a separate dish, mix bread crumbs, flour, corn meal, salt and lemon pepper. Coat fish fillets in the bread mixture. Pan-fry until golden brown.

Remove the fish and melt the remaining butter in the frying pan. Add the juice of two fresh limes, Worcestershire sauce and chopped parsley. Pour over the fish and serve with seasonal vegetables and La Ronge wild rice.



Saskatoon Berry Coffee Cake (previous page)

cake:

1 cup butter

1 cup sugar

2 eggs

1 cup buttermilk

1 tbsp vanilla

3 cups all-purpose flour, sifted

2 tbsp baking powder

1 tsp salt

bottom berry layer:

6 tbsp melted butter

1 cup brown sugar

1 tbsp maple syrup

2 cups saskatoon berries

Mix butter, brown sugar and maple syrup. Spread mixture onto the bottom of a greased and floured 10" cake pan. Layer saskatoon berries on top, and set aside.

Preheat oven to 350°F. Cream butter and sugar together in a mixing bowl. Add eggs, vanilla and buttermilk. Slowly sift in the flour - do not overmix! Add baking powder and salt. Spoon the cake batter over the saskatoon berry mixture. Bake for approximately 50-60 minutes or until a knife inserted into the centre comes out clean. Let cool for 5 minutes then turn out onto a cake plate. Serve with fresh berries and cream.

news from



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