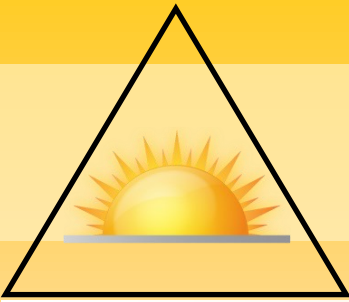




SUNRISE

THE SASKATOON & DISTRICT AA NEWSLETTER

ANNUAL SUBSCRIPTION: \$5 FOR 12 MONTHLY ISSUES.
 Mailed Subscriptions: Contact Central Office for price.
 (ALSO AVAILABLE VIA EMAIL FOR NO CHARGE, call Central Office)

Step 8 “Made a list of all persons we had harmed, and became willing to make amends to them all.”

STEPS Eight and Nine are concerned with personal relations. First, we take a look backward and try to discover where we have been at fault; next we make a vigorous attempt to repair the damage we have done; and third, having thus cleaned away the debris of the past, we consider how, with our newfound knowledge of ourselves, we may develop the best possible relations with every human being we know. This is a very large order. It is a task which we may perform with increasing skill, but never really finish. Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure. Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake. To a degree, he has already done this when taking moral inventory, but now the time has come when he ought to redouble his efforts to see how many people he has hurt, and in what ways. This reopening of emotional wounds, some old, some perhaps forgotten, and some still painfully festering, will at first look like a purposeless and pointless piece of surgery. But if a willing start is made, then the great advantages of doing this will so quickly reveal themselves that the pain will be lessened as one obstacle after another melts away.

From Twelve Steps and Twelve Traditions, chapter on Step 8.

Tradition 8 “Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

ALCOHOLICS ANONYMOUS will never have a professional class. We have gained some understanding of the ancient words “Freely ye have received, freely give.” We have discovered that at the point of professionalism, money and spirituality do not mix. Almost no recovery from alcoholism has ever been brought about by the world’s best professionals, whether medical or religious. We do not decry professionalism in other fields, but we accept the sober fact that it does not work for us. Every time we have tried to professionalize our Twelfth Step, the result has been exactly the same: Our single purpose has been defeated. Alcoholics simply will not listen to a paid twelfth-stepper. Almost from the beginning, we have been positive that face-to-face work with the alcoholic who suffers could be based only on the desire to help and be helped. When an A.A. talks for money, whether at a meeting or to a single newcomer, it can have a very bad effect on him, too. The money motive compromises him and everything he says and does for his prospect. This has always been so obvious that only a very few A.A.’s have ever worked the Twelfth Step for a fee.

From Twelve Steps and Twelve Traditions, chapter on Tradition 8.

CONCEPT EIGHT

The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

(General Service Office Service Material)

All quotations from AA and AA Grapevine literature are printed with consent from A. A. World Services, Inc. and AA Grapevine.

Central Office Hours: Monday to Thursday 10:00–3:00 (Closed on statutory holidays).
 Published by Saskatoon & District Central Office, Unit 5, 1006 8th Street East, Saskatoon, SK S7H 0R9
 Email: aasaskatoon@sasktel.net Website: aasaskatoon.org Phone: (306) 665-6727

Snippets From AA Literature

Personal anonymity

Q. If relatives, friends, and business associates comment on my improved appearance and functioning after I become sober, should I tell them I'm in A.A.?

A. Members of the immediate family and close friends are usually pleased to learn about an alcoholic's membership in A.A. As for business associates, it might be best simply to say that you've stopped drinking and postpone the decision about disclosing your membership until after you have been in the Fellowship for several months.

(Excerpt from Pamphlet: Understanding Anonymity, Pg 8)

Central Office Connection

Saskatoon Central Office provides vital resources to assist with our primary purpose—to carry the message to the alcoholic who still suffers. Central Office services would not be possible without 7th tradition contributions made to Intergroup.

We are always seeking trustee alternates, and we have multiple trustees with 2-year terms that finish at the end of 2025.

To learn more, please reach out to the Central Office Chair - Kieran via cell: 306-222-3428 or email: kieran.lewko@outlook.com

Additionally, please reach out to Central Office, 306-665-6727, if you have any questions.

Next Central Office Committee meeting:

Monday, September 8, 2025

at 6:30pm at Central Office

(#5, 1006 8th Street East).

How do I join A.A.?

You are an A.A. member if and when you say so. The only requirement for A.A. membership is a desire to stop drinking, and many of us were not very wholehearted about that when we first approached A.A.

(Excerpt from Pamphlet: A Newcomer Asks, Pg 2)

Coffee, Tea and Fellowship

Many A.A. members report that their circle of A.A. friends has widened greatly as the result of coffee and conversation before and after meetings. Most groups depend upon their members to prepare for each meeting, serve the refreshments, and clean up afterward. You often hear A.A. members say that they first "felt like members" when they began making coffee, helping with the chairs, or cleaning the coffee pot. Some newcomers find that such activity relieves their shyness and makes it easier to meet and talk to other members.

(Excerpt from Pamphlet: The A.A. Group ...where it all begins, Pg 16)

My stability came out of trying to give, not out of demanding that I receive. Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

The Language of the Heart, p. 238

Service Meetings**Central Office Meeting:****2nd Monday, none in Aug, 2025****Central Office, #5, 1006 8th Street East****6:30 pm (note: no meetings in July and August)****Intergroup Meeting:****2nd Wednesday, none in Aug, 2025****Travelodge Hotel, 106 Circle Dr.****6:30 pm (note: no meetings in July and August)****Round Up Committee Meeting:****1st Wednesday, none in Aug, 2025****Travelodge Hotel, 106 Circle Dr.****6:30 PM (note: no meetings in July and August)****Newsletter Submission Deadline:****20th of the Month for entries in the next month's newsletter.****NEWSLETTER SIGN UP**Provide your email address to Central Office for a BCC delivery of the Newsletter to your mailbox!
aasaskatoon@sasktel.net or 306-665-6727**District Meetings****District 8: 1st Wednesday****None in Aug, 2025****Cheese Toast Family Restaurant****2410 22nd St. W. @ 7:00 PM****(note: no meetings in July and August)****Contributions can be made to:****districtaa477@gmail.com****District 19: 2nd Wednesday****July 9, 2025 at 7:00pm****Mayfair United Church, 902 33rd St. W.****Contributions can be made to:****saskatoondistrict19@gmail.com****District 20: Last Sunday of the month****June 29th none in Aug, 2025 at 6:00pm****(note: no meetings in July and August)****(NEW TIME) Zoom Meeting****Zoom ID 862 3760 9104****Contributions can be made to:****treasurer.district20@gmail.com****District 21: 3rd Wednesday****None in Aug, 2025 at 6:45pm****St. Stephen's Anglican Church,****10 Grosvenor Cres.****(note: no meetings in July and August)****ON SPONSORSHIP****How does sponsorship help the sponsor?**

Sponsorship strengthens the older member's sobriety. The act of sharing sobriety makes it easier for a member to live without alcohol. By helping others, alcoholics find that they help themselves. Sponsorship also offers the satisfaction that comes from assuming responsibility for someone other than one-self. In a very real sense, it fills the need, felt by most human beings, to help others over rough spots.

(Excerpt from Pamphlet: Questions & Answers on Sponsorship, pg 12)

**EDITOR'S STATEMENT**

"Sunrise" publishes articles that reflect the full diversity of experience and opinion found within the Fellowship of Alcoholics Anonymous. In determining content, the editor relies on the principles of the Twelve Traditions. "Sunrise" values the shared experience of individual AA members working the AA program and applying the principles of the Twelve Steps. Seeking neither to gloss over difficult issues nor to present such issues in a harmful or contentious manner, "Sunrise" tries to embody the widest possible view of the AA Fellowship. The editor of "Sunrise" reserves the right to accept or reject material for publication, based on the AA traditions. (We note that this policy is consistent with that of the AA Grapevine.) Articles are not intended to be statements of AA policy, nor does publication of any article constitute endorsement by either Alcoholics Anonymous or Saskatoon Area Intergroup. Submissions are always welcome.

AA MILESTONES

MARTENSVILLE

Shannon T. Aug 5/19 6 years
Al H. Aug 25/99 26 years

UPON AWAKENING

Jason S. Aug 2/85 40 years
Harry S. Aug 18/22 3 years
Cake Day Aug 31st

ROLLING STONES GROUP

Carla K. Aug 15/14 11 years
CAKE on Aug 30th
Cake Day July 29th

KLEEN AAIR

Susan S. Aug 15/06 19 years



Send your group milestones to

aasaskatoon@sasktel.net
Or the Newsletter Trustee

Doug H. at
doug91074@gmail.com

For announcements please submit by
the 20th of the month for entry into
the next month's Newsletter.

WELCOME GROUP

Speaker Meeting
Louise Ave. Congressional Church, 1602 Louise Ave.
Saturdays 7:30pm-8:30pm

Contact Info
Trustee Kevin C.
Ph:306-220-6436
Email: Lukenuke26@hotmail.com

I am grateful and honored to be of service as the Welcome Group trustee.

What is Welcome Group?

It is a weekly open speakers meeting that anyone can attend. You do not need to be a member of AA. It is a one hour speakers meeting on Saturdays at 7:30-8:30 PM.

There is usually an AA and Al-Anon speaker for the evening. We also have an ACA(Adult Children of Alcoholics) speaker on occasion. .

Do you have friends, family or co-workers that are curious about the AA and Al-Anon program and how it works? AA and Al-Anon speakers share their experience, strength, and hope. Welcome group is the perfect place for attendees to learn about both programs. It is also a great place to meet people in the fellowship from many other groups and hear new stories and make new friends. After the meeting we like to go to Fuddruckers for coffee and fellowship.

What's new?

The welcome group poster will now include the current weeks speakers as well as the following weeks speakers. The poster is part of the Central Office weekly mail out. Now you can bring the poster to your group and include it in your announcements at your home group! If you are not on the weekly email list, call Celine at Central Office or email her at aasaskatoon@sasktel.net to be added to the email list. The meeting is now listed as a speakers meeting in the weekly AA meeting list so people will be aware of what kind of meeting it is.

There will be an opportunity for smaller groups to host two week spots in 2026. For more info contact Kevin C.

The Welcome Group calendar has been filled for the year of 2025! I would like to thank all the AA groups and individuals that volunteered to host throughout the year. Your service is greatly appreciated. As well I would also like to thank all of the Al-Anon participants for speaking at welcome group. If you are curious about what is involved with chairing Welcome Group, please email me and I will send you the procedures for setting up the room and also the meeting format. These documents are straight out of the Welcome Group manual and will give you a sense of what is involved in running Welcome Group.

NOW BOOKING WELCOME GROUP 2026 CALENDAR!

There are six groups that commit yearly to Hosting welcome group each year. That leaves six open months to fill in 2026. Please email me regarding which months are still available. A 2026 Welcome Group calendar will be posted in the near future.

SEE YOU ALL AT WELCOME GROUP! Your trusted servant Kevin C.

AUGUST SPEAKERS

2nd—Ryan L., 9th—Cristin W., 16th—Judy M., 23rd—Greg D.

Al-Anon Speakers TBD and will be listed on the weekly Welcome Group Posters

CENTRAL OFFICE HOURS IN AUGUST

CO Hours August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CO Closed	2
3	4 Civic Holiday: CO Closed	5 CO Closed: Staff Vacation	6 CO Closed: Staff Vacation	7 CO Closed: Staff Vacation	8 CO Closed	9
10	11 CO Open from 10:00 AM-3:00 PM	12 CO Open from 10:00 AM-3:00 PM	13 CO Open from 10:00 AM-3:00 PM	14 CO Open from 10:00 AM-3:00 PM	15 CO Closed	16
17	18 CO Open from 10:00 AM-3:00 PM	19 CO Open from 10:00 AM-3:00 PM	20 CO Open from 10:00 AM-3:00 PM	21 CO Open from 10:00 AM-3:00 PM	22 CO Closed	23
24/31	25 CO Open from 10:00 AM-3:00 PM	26 CO Open from 10:00 AM-3:00 PM	27 CO Open from 10:00 AM-3:00 PM	28 CO Open from 10:00 AM-3:00 PM	29 CO Closed	30

CO is open from Monday – Thursday, 10:00 AM-3:00 PM unless otherwise specified.

Eighth Step Snippet
From the Big Book
Page 76

We have a list of all persons we have harmed and to whom we are willing to make amends. We made it when we took inventory. We subjected ourselves to a drastic self appraisal. Now we go out to our fellows and repair the damage done in the past. We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes. Remember it was agreed at the beginning we would go to any lengths for victory over alcohol.

WELCOME GROUP, 2025

	WELCOME GROUP
	Sat. @ 7:30 PM Louise Ave. Congregational Church
January	Martensville Group
February	
March	Attitude Adjustment Group
April	
May	K.I.S.S. Group
June	Healing Group
July	July 5 th : Miss Jane July 12 th : Howard July 19 th & 26 th : Wisdom on Wednesdays
August	Life's Good
September	Been There, Done That Group
October	Saturday Morning Live
November	Dundonald Group
December	Yours, Mine & Ours Group

LEGEND	Yellow: Annual Commitment	Pink: 2025 Only	Green: Open Opportunity
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HAPPENINGS

District 20 is changing its meeting time. Instead of meeting on zoom at 6:30 on the last Sunday of the month, the meeting will be at 6:00pm.

TEA ROOM IN THE PARK MEETINGS

(Jun 14th, Jul 12th, Aug 9th, and Sept 13th), Second Saturday of the Month, 3pm

Buena Vista Park (7th St & Victoria Ave), Bring your own chair/blanket & coffee

Weather permitted meeting will resume at Tea Room's usual location

No Washrooms on site

DUNDONALD GROUP

Due to a church function our August 12th meeting will be canceled. Meetings will return to normal the following Tuesday

THE FELLOWSHIP CAFÉ GROUP

The last meeting of the Fellowship Cafe will be Thursday, July 24th

due to the fact that Cohen's Restaurant is closing their business.

The group may resume at some point in the future if another suitable lunch venue can be found

CENTRAL OFFICE

will be closed from 3:00 PM on July 31st to 10:00 AM on August 11th for staff vacation.

It will re-open on August 11th to its regular schedule.

SERVICE OPPORTUNITIES

Intergroup Social Committee

Is looking for volunteers to fill the following positions:

Secretary & Co-Chair.

If you are able to help out, please

contact Whitney:

greenleafwhitney@gmail.com.

Give Back What Has Been So Freely Given to You

Your help is Needed.

Volunteer in Corrections and R.P.C.

For More Information Contact:

Call, Text or email

Brian B (306) 220-0025, bbauche@shaw.ca

Matt D. (306) 2510242, Mattdon-levy@gmail.com

INTERGROUP and CENTRAL OFFICE COMMITTEES**INTERGROUP**

NAME	POSITION	PHONE	EMAIL	TERM
Mike P.	Chair	306-261-0201	mrpiche62@gmail.com	Jan 2024—Dec 2025
Chris R	Alternate chair	306-716-5176	yxechris@hotmail.com	Jan 2024-Dec 2025
Philip P.	Treasurer	1-780-227-5527	philippilate46@gmail.com	Term ends Dec 2025
Tyler S	Treasurer Co-Chair	306-250-5474	tylershoffer@gmail.com	Term ends Dec 2025
Wendie L.	Secretary	306-292-6671	wjc149@sasktel.net	Jan 2023—Dec 2025
.	Intergroup to Group Coordinator			
Whitney G.	Social Committee Alternate Chair	306-314-4512	greenleafwhitey@gmail.com	Jan 2024—Dec 2025
Kevin C	Welcome Group Trustee	(306) 220-6436	Lukenukr26@hotmail.com	Apr 2024—Apr 2026
Melissa V.	Roundup Chair	639-916-0942	melissaflvermette@gmail.com	Mar 2025—Mar 2026

CENTRAL OFFICE

NAME	POSITION	PHONE	EMAIL	TERM
Kieran L.	Chair	306-222-3428	kieran.lewko@outlook.com	Jan 2024 - Dec 2025
	Alternate Chair			
Tim T.	Treasurer	306-229-2567	tim@cheshiresmile.com	Jan 2024-Dec 2025
Cheryl K.	Secretary	306-230-2497	klassenc@sasktel.net	Jan 2024—Dec 2025
Doug H.	Newsletter	306-291-8647	doug91074@gmail.com	Mar 2025—Dec 2026
Brian B.	Literature	306-220-0025	bbauche@shaw.ca	Jan 2024—Dec 2025
Barry S.	PI/CPC	306-241-6800	stuart.commercial@hushmail.com	Jan 2025 —Dec 2026
Matt D.	Corrections	306-251-0242	mattdonlevy@gmail.com	Jan 2024 —Dec 2025
Sheila U.	Institutions	306-713-9810	shuurzada@gmail.com	Jan 2025—Dec 2026
Cathy H.	Web Servant	306-830-5182	cthanch@mail.com	Jan 2025—Dec 2026
Trent H.	Telephone Answering Service	306-222-0041	trentheidt777@gmail.com	Jan 2025—Dec 2026

Just a reminder, Central Office donations from our members are Tax Deductible.

CENTRAL OFFICE HOURS

10:00am to 3:00pm Monday to Thursday

Closed all Statutory Holidays

INSTITUTIONS CHAIRING SCHEDULE 2025

	LARSON HOUSE		CALDER CENTRE		DUBE CENTRE	CARTER HOUSE TREATMENT CENTRE
	Mon @ 8 pm	Fri @ 8 pm	Adult Tues @ 8 pm	Youth Fri @ 8 pm (except last Fri of mon)	1 st & 3 rd Mon of ea Month, 7 pm	Thur 7 pm
January	Jan 6 & 27: Colin: Jan 13&20 Serenity	Tea Room Grp.	Women of Will	Been There Done That Grp	Jan 6 Sandy & Kevin (2 nd flr): Jan 20 Sheila & Colin D (main flr)	
February	Dundonald Grp	Serenity Grp	KISS Grp.	Colin D.	Feb 3 Colin D & Roger (2 nd flr): Feb 7 Marina & Sheila (main flr)	
March	Serenity Grp	Mar 7 Healing Grp.: Mar 14, 21&28 Mike S	Westside Grp.	Healing Grp.	Mar 3 Colin D & Sandy G (2 nd flr): Mar 17 Colin D & Roger (main flr)	Mar 6 Chris R & Kevin C Mar 13 Howard & Sheila Mar 20 Kevin C & Judy M Mar 27 Lori R & Vance J
April	Upon Awakening Grp	Upon Awakening Grp	Mustard Seed	Apr 4&11 Belle M: Apr 18 Dawn D & Justice N	Apr 7 (2 nd flr) Apr 21 (main flr) August M & Sheila U	Apr 3 Colin D Apr 10 Kevin C & Natasha C Apr 17 & 24 Howard R
May	Rob C.	Mike S.	Paul L.	May 2 Joseph O May 9, 16 & 23 Brian A	May 5 Sandy G & Danielle L (2 nd flr): May 19 Roger (main flr)	May 1 & 8 Belle May 15 Chris R, May 22 Colin D May 29 Emily M & Sheila U
June	Wally C.	Serenity Grp	Northerners Grp.	Natasha C.	Jun 9 Sandy G & Danielle L (2 nd flr): Jun 23 Roger (main flr)	Jun 5 Lori R Jun 12&19 Kevin C, Jun 26 Chris
July	Shamrock Grp	Brian A.	Sutherland Grp.	Colin D.	Jul 7 Sandy G Jul 21 Danielle L	Tea Room Grp
August	Roger	Roger	Tea Room Grp	Aug 1 & 8 Natasha Aug 15 & 22 Colin D.	Aug 4 Sandy G (2 nd flr) Aug 18 Danielle L (main flr)	Aug 7 & 21 Belle M Aug 14 Lori R, Aug 28 Chris R
September	Sutherland Grp	Serenity Grp	Mustard Seed	Life's Good	Sep 1 Sandy G (2 nd flr) Sep 15 Danielle L (main flr)	Sep 4 & 18 Howard R Sep 11 Lori R, Sep 25 Chris R
October	Attitude Adjustment Grp	Attitude Adjustment Grp	Upon Awakening Grp	Oct 3 & 17 Colin D Oct 10 Kariann R Oct 24 Sheila U.	Oct 6 Sandy G (2 nd flr) Oct 20 Danielle L (main flr)	Oct 2, 16 & 30 Paul L Oct 9 Lori R Oct 23 Chris R
November	Rolling Stones Grp	KISS Grp.	Colin D.	Nov 7 Kariann R Nov 14 & 21 Belle M	Nov 3 Sandy G (2 nd flr) Nov 17 Danielle L (main flr)	Nov 6 Lori R, Nov 13 Colin D Nov 20 Howard R, Nov 27 Chris R
December	Floral Grp	Floral Grp	Fri Night Men's Stag	Dec 5 & 12 Brian A Dec 19 Kariann R	Dec 1 Sandy G (2 nd flr) Dec 15 Danielle L (main flr)	Dec 4 Belle M, Dec 11 Kevin C Dec 18 Colin D, Dec 25 Chris R

Contact: Sheila U. (Institutions Trustee) at Shuurzada@gmail.com or 306-713-9810



Annual Commitment	2025 Only	Open Opportunity
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Wine improves with age. The older you get, the more you like it.

A bunch of batteries were gathering around in a circle. I guess they were having an AA meeting.

Who was King Arthur's alcoholic knight?
Sir Ohsis of the Liver.

Hear about the wall that went out on the town for its birthday?... Got plastered...

My body is not a temple.....it's a distillery with legs.

SAVE THE DATE

59th ANNUAL SASKATOON & AREA AA INTERGROUP ROUND UP with AL-ANON PARTICIPATION

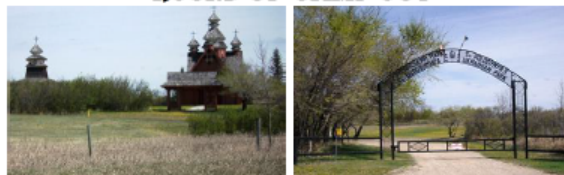
UNITY THROUGH LOVE & SERVICE

FEBRUARY 13, 14, & 15, 2026
Travelodge Hotel, Saskatoon Sk.



Registration begins October 1st
Register by email : saskatoonaaroundup@gmail.com or contact Cheryl K -
306.230.2497

45TH ANNUAL PIKE LAKE / DELISLE ROUND UP-CAMP OUT



"A Family Affair"

Aug 8 - 10 2025

Registration - 7th Tradition

AGENDA

Friday	11:00 AM	Park Opens		
	11:00 AM	<i>Socialize</i>	Try out the Horseshoe pits	Coffee will be ready
	7:30 PM	<i>AA Speaker</i>	Shane C.	Rolling Stones Group
	9:00 PM	<i>Camp Fire Meeting</i>	Chaired by: Pike Lake Member	Open Meeting
Saturday	8:00 AM	<i>Socialize</i>	Chat, Horse Shoes Etc.	Swim, Play Ball, Etc.
	2:00 PM	<i>Al-Anon Speaker</i>	TBA	
	3:00 PM	<i>Socialize</i>	Chat, Horse Shoes Etc.	Swim, Play Ball, Etc.
	7:30 PM	<i>AA Speaker</i>	Vance J.	Sutherland Group
	9:00 PM	<i>Camp Fire Meeting</i>	Chaired by: Pike Lake Member	Open Meeting
Sunday	7:00 AM	<i>Breakfast</i>	PanCakes and Sausage	Ends at 9:15AM
	10:00 AM	<i>AA Speaker</i>	Karoline C.	Saskatoon
	12:00 PM	Park Closes		

BRING THE WHOLE FAMILY

Plenty of Electrified camp sites (First come First Serve) _ Large non-chlorinated swimming pool
Hot water showers _ Flushing toilets _ Evening bonfires with call up meeting
Horse shoe pits _ Ball diamond _ Playground _ Hiking trails
Picnickers welcome _ Coffee is always on
Bring your own food, lawn chairs and camping equipment
Or just come for the Day and Enjoy!

LOCATION

Pike Lake Ukrainian park 20 Km south west of Saskatoon
Drive west on 22nd Street, take Highway #7 to Pike Lake (Highway #60) turnoff
Go South on Highway #60 (Pike Lake Highway) for 13 Kms to
Ukrainian Park (Log Church see above photo) watch for signs

FOR MORE INFORMATION CALL

Kim: (306)934-3843 Lance P.: (306)934-1522
or Email: aa.pikelake@gmail.com