

# Essentials

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**Origin of the Name:** From the Plains Cree word, “kisiskatchewan,” meaning “the river that flows swiftly.”

**Provincial Capital:** Regina

**License Plate:** “Land of Living Skies” was added to the Saskatchewan license plate in 1998.

**Motto:** *Multis E Gentibus Vires*, “From Many Peoples Strength.”

**Coat of Arms:** Granted in 1986, the provincial Coat of Arms features a crest of a beaver and a crown that sits above the shield which is supported by a lion and a deer. The shield boasts a royal lion and three gold wheat sheaves, symbolizing Saskatchewan’s agriculture, below which is a banner with the provincial motto. Western red lilies, Saskatchewan’s floral emblem, appear on the base.

**Provincial Flag:** Adopted in 1969, Saskatchewan’s official flag features the provincial shield of arms along with the floral emblem, the western red lily. The flag’s upper half is green, representing

Saskatchewan's northern forests. The lower half is gold, symbolizing the southern grain areas.

**Provincial Flower:** In 1941, the western red lily or *Lilium philadelphicum*, was chosen as the provincial flower. This protected species, which sports flaming red blossoms, grows in moist meadows and semi-wooded areas.

**Provincial Bird:** The sharp-tailed grouse, or *Tympanuchus phasianellus*, a popular game bird, was named the provincial bird in 1945.

**Provincial Tree:** The White Birch (or Paper Birch), *Betula papyrifera*, was adopted as the official tree in 1988. Found across the northern three-quarters of the province, this hardwood is typically used for lumber, plywood, veneer and fuel.

## Take 5 MELISSA BENNETT'S TOP FIVE BOOKS ABOUT SASKATCHEWAN

Born and raised in Regina, Melissa Bennett has worked for sixteen years in the library sector in Saskatchewan. She is currently Legislative Librarian in the Saskatchewan Legislative Library. Additional significant Saskatchewan books can be found at [www.bookawards.sk.ca](http://www.bookawards.sk.ca) and local libraries [www.mylibrary.sk.ca](http://www.mylibrary.sk.ca).

1. ***Atlas of Saskatchewan*** edited by Ka-iu Fung. Saskatoon: University of Saskatchewan, 1999 (Millenium Edition). The Atlas of Saskatchewan "portrays the province's heritage and history, physical environment, wildlife, natural resources, population, native peoples, economic activities and major cities, in individual themes and in their interrelations and interactions over space and times." A top 5 list of books about Saskatchewan would not be complete without this momentous work.

2. ***Ahtahkakoop: The Epic Account of a Plains Cree Head Chief, His People, and Their Struggle for Survival 1816-1896*** by Deanna Christensen. Shell Lake: Ahtahkakoop Publishing, 2000. This 800 page volume, which won a Saskatchewan Book Award, is a significant achievement in the recording of the history and culture of Aboriginal people in Saskatchewan. Its development involved thirteen years of close collaboration between the author and Ahtahkatoop's descendents. It is a captivating story supported by extensive oral histories and research.

3. ***The Encyclopedia of Saskatchewan: A Living Legacy***. Regina: Canadian Plains Research Centre, University of Regina, 2005. The Encyclopedia of Saskatchewan is a towering collective achievement. Its production involved contributions from over 700 individuals and the collaboration of a significant number of Saskatchewan organizations. It is an essential Saskatchewan reference book.

4. ***Saskatchewan Premiers of the Twentieth Century*** edited by Gordon L. Barnhart. Regina: Canadian Plains Research Centre, 2004. This collection of biographies (a chapter for each premier) illuminates the lives, times, responsibilities and accomplishments of Saskatchewan's premiers. The various authors have crafted insightful and readable histories that highlight the complexity and challenge of navigating the political realm and leading a province.

5. ***Saskatchewan: A New History by Bill Waiser*** (Calgary: Fifth House Ltd., 2005). Bill Waiser, a historian at the University of Saskatchewan and a prolific author, has delivered a history of Saskatchewan to the present day that is both a serious historical reference work and an enjoyable read.

## Take 5 FIVE LARGEST SASKATCHEWAN CITIES (POPULATION)

1. **Saskatoon** (202,340)
2. **Regina** (179,246)
3. **Prince Albert** (34,138)
4. **Moose Jaw** (32,132)
5. **Yorkton** (15,038)

**Provincial Grass:** In 2001, needle-and-thread grass, or *Hesperostipa comata*, was designated Saskatchewan's official grass. The grass gets its name from the shape of its seeds, which are sharply pointed and have long, twisted, thread-like fibres.

**Provincial Tartan:** The Saskatchewan provincial tartan was registered with the Court of Lord Lyon King of Arms in Scotland in 1961. It has seven colours: gold, brown, green, red, yellow, white and black.

**Provincial Mineral:** Sylvite (potash) is Saskatchewan's official mineral.

**Provincial Animal:** In 2001 Saskatchewan designated the white-tailed deer, or *Odocoileus virginianus*, its official animal. The deer's name comes from the white underside of the tail, which is raised like a flag when the deer runs or is frightened.

**Provincial Sport:** Curling was named Saskatchewan's official sport in 2001.

### Did you know...

that Saskatchewan is the only province with entirely man-made boundaries?

### They Said It

*"There is no privacy, because your neighbour, even though he be ten miles off, can from his window observe you hanging out your clothes in your garden, or hoeing your turnips, and can almost see what you are having for dinner."*

– **Observance of Harry Graham, who passed through Regina on his way to the Klondike goldfields in 1900.**

**Time Zone:** Central Standard Time, except for Lloydminster, a town which straddles the Saskatchewan-Alberta border and uses Mountain Time. Apart from the communities of Denare Beach and Creighton, Saskatchewan does not use Daylight Saving Time.

**Statutory Holidays:** Saskatchewan celebrated Family Day for the first time on February 19, 2007. The province, along with the Northwest Territories, has 10 statutory holidays – more than any province or territory in Canada. They are: New Year's Day, Family Day, Good Friday, Victoria Day, Canada Day, Saskatchewan Day (1<sup>st</sup> Monday in August), Labour Day, Thanksgiving Day, Remembrance Day, and Christmas Day.

**Location:** Situated in the heart of North America, to the east and west of Saskatchewan are the Canadian provinces of Manitoba and Alberta. To the south it borders the American states of Montana and North Dakota. To the north are Canada's North West Territories and Nunavut.

**Nickname:** Land of Living Skies

### They Said It

*"Saskatchewan, hard to spell, easy to draw."*

– **A popular, very true, T-shirt slogan.**

## YOU KNOW YOU'RE FROM

- You know what a Saskatchewanian is. And you can spell it.
- Throwing rocks at houses doesn't get you in trouble with the law, but it does help your curling team.
- You can't understand why those American television networks never settle on a schedule, instead of shifting all their programs back and forth an hour every spring and fall.
- You make your chili the same way everyone else does . . . wait, doesn't everyone use bison meat?
- You catch yourself "getting down" to the radio jingles for post-emergent broad-leaf weed control.
- You have a ball cap to match every shirt you own, but you insist on wearing only one so the others don't get dirty.
- When the bank teller asks for some form of identification, you point to the arm patch on your slow-pitch jacket.
- You've read *Who Has Seen the Wind* a million times, and counting.
- Your pronunciation of "Saskatchewan" is nearly monosyllabic: "Skatchw'n."
- You are familiar with the sight of a running car sitting in the store parking with no one in it at any given time of the year.
- You think of Winnipeg as being "back east."
- Your cupboards boast four spices: salt, pepper, ketchup and cheese whiz.
- You know what a prairie oyster is and have a recipe for them.
- You've witnessed someone stick his/her tongue to a metal fence in the winter.
- For some inexplicable reason, you have stuck your tongue to a metal fence.
- You've purchased a "to go" drink from a local bar.
- You've thrown an extension cord out your third floor apartment window to plug in your car.
- You consider gopher road kill as the first sign of spring.
- You carry a scarf, toque and mittens with you until mid-May, "just in case."
- Your dog runs away and you can still see him two days later.
- You call it a bunnyhug, and not a hoodie.
- Dinner is at noon, not in the evening. The evening meal is supper.
- You can't skip class and go to the store because every person downtown knows you and your parents, and they know you should be in school.

## SASKATCHEWAN WHEN . . .

- You never realized you had a fear of heights until the day you made the mistake of peering down an open well.
- You can perfectly understand the mute Gainer.
- Your bumper sticker reads: "My other car is a John Deere."
- Your definition of "rush hour" is five minutes spent waiting through two stoplights on the way home from work.
- You've visited a small town heritage museum housed in a converted grain elevator.
- Driving in the winter is often a matter of staying between the fence posts.
- You can recite from memory the names of the towns, in order, along the highway from Regina to Saskatoon.
- Your town is very proudly known as the home of the world's largest moose/teapot/tomahawk, etc.
- You really can taste the difference between Alberta and Saskatchewan beef.
- You get teary eyed when you return from the big city and spy a grain elevator silhouette on the horizon.
- You laugh when you hear about "snowstorms" in Vancouver and Victoria.
- You watch "Comer Gas" because it reminds you of home.
- You see no compelling reason to own a rain jacket.
- Every winter you complain about your town's snow removal strategy, and every summer you complain about its street repair schedule.
- When you visit another province and someone asks if you know his friend Susan in Saskatoon, it turns out you actually do.
- You know that the true beauty of a place isn't found on the landscape – it's in the sky.
- You moved to Alberta to find a job after graduation, but you can't wait to move back.
- Losing sight of the horizon, for even a few seconds, disorients you for the rest of the day.
- You sort your laundry into three loads: greens, whites and green-and-whites.
- You know how to hurry hard.
- You can tell when it's almost Christmas because stores stay open late TWO nights a week rather than one.

**Saskatchewan is home to 13 cities:** Estevan, Humboldt, Lloydminster, Melfort, Melville, Moose Jaw, North Battleford, Prince Albert, Regina, Saskatoon, Swift Current, Weyburn, Yorkton

**Largest City:** Saskatoon, Population 202,340

**Capital City:** Regina

**System of measurement:** Metric

**Voting age:** 18

**SISTER CITIES**

On August 10, 1987, the city of Regina twinned with the city of Jinan, Province of Shandong, People’s Republic of China. The twinning was intended to foster exchanges and co-operation in economy, trade, science and technology, culture, education and city administration. Jinan (pop. five million) is located 350 km south of China’s capital, Beijing, and covers an area of 8,227 km<sup>2</sup>.

**POPULATION BREAKDOWN**

Total Population 996,194	
Male	49.7 percent
Female	50.3 percent
Rural	64 percent
Urban	36 percent

*Source: Statistics Canada.*

**Did you know...**

that the city of Estevan in southeast Saskatchewan is Canada’s sunshine capital, averaging 2,540 sunshine-filled hours each year?

**POPULATION DENSITY (PEOPLE/KM<sup>2</sup>)**

<b>Saskatchewan</b>	<b>1.7</b>
Alberta	4.6
Ontario	12.6
Nova Scotia	17.8
Toronto	3,939
New York City	10,194
Tokyo	13,416

*Source: aapinfoweb.*

**FARMS**

- Number of farm families in 1996: 45,585
- Number of farm families in 2001: 38,605

*Source: Statistics Canada.*

**POPULATION IN PERSPECTIVE**

Saskatchewan is over 11 times the size of Nova Scotia. Yet its population of 996,194 is only marginally greater than Nova Scotia’s of 913,462. Alberta, which is similar in area, boasts a population of 3,306,400 — more than three times that of Saskatchewan.

If Saskatchewan were an American state it would come in 43<sup>rd</sup> in terms of population, with slightly fewer residents than Rhode Island’s 1,067,610 and slightly more residents than Montana’s 944,632.

*Source: Statistics Canada.*

**Did you know...**

that while Lloydminster has a total population of 24,028, only 8,118 of its residents live in Saskatchewan? The city straddles the Alberta-Saskatchewan border and shares its citizens with Alberta. As a result, the community is just the 11th largest municipality in Saskatchewan.



## Take 5 TOP FIVE GIRLS' BABY NAMES

1. **Madison**
2. **Emma**
3. **Olivia**
4. **Hailey**
5. **Ava**

### CRADLE TO GRAVE

Births	12,031
Deaths	9,250

Source: Statistics Canada.

### MARRIAGE

- Number of marriages: 4,977
- Rate of marriage in Saskatchewan (per 1,000 population): 5.0
- Marriage rate in Nunavut, Canada's lowest: 2.3
- Marriage rate in Prince Edward Island, Canada's highest: 6.0
- National marriage rate: 4.7
- Age of groom at first marriage: 29.3
- Age of bride at first marriage: 27.0

Source: Statistics Canada.

### Did you know...

that Saskatchewan's total road surface would circle the equator four times?

## Take 5 TOP FIVE BOYS' BABY NAMES

1. **Ethan**
2. **Joshua**
3. **Matthew**
4. **Carter**
5. **Logan**

### D-I-V-O-R-C-E

- The divorce rate (per 100 marriages) in Saskatchewan: 29
- The divorce rate in Quebec, the highest: 49.7
- The divorce rate in Prince Edward Island, the lowest: 27.3
- The divorce rate nationally: 38.3

Source: Statistics Canada.

### FAMILY STRUCTURE

- Number of all families (married and common law, single parent): 265,620
- Families with children: 61.1%
- Families without children: 38.9%
- Single parent (male): 3.0%
- Single parent (female): 12.9%

Source: Statistics Canada.

### They Said It

*"Whether in rural settings, towns or cities, we have met citizens of Saskatchewan, of many diverse backgrounds, who are united in their desire to continue to build a society that will remain the envy of the world."*

– Queen Elizabeth II

## They Said It

*Saskatchewan, Saskatchewan  
There's no place like Saskatchewan.  
We sit and gaze across the plain,  
And wonder why it never rains  
And Gabriel blows his trumpet sound; He says: "The rain, she's  
gone around."*

– refrain from “Saskatchewan,” Canada’s Story in Song.

## RELIGIOUS AFFILIATION

Protestant	46.6%
Catholic	31.7%
None	15.7%
Other Christian	2.8%
Christian Orthodox	1.5%
Buddhist	0.3%
Muslim	0.2%
Hindu	0.1%
Jewish	0.1%
Eastern religions	0.1%
Sikh	0.1%
Other religions	0.7%

Source: Statistics Canada.

## Did you know...

that in 1998, Saskatoon’s Catriona LeMay Doan won Canada’s first gold medal in women’s speed skating? Three years later she was named Canadian Female Athlete of the Year.

## LANGUAGES (PERCENTAGE OF PEOPLE WHO CAN SPEAK)

English	85.8%
German	3.4%
Cree	2.3%
Ukrainian	2.10%
French	1.9%
Chinese	0.6%
Polish	0.3%
Spanish	0.2%
Dutch	0.2%
Tagalog	0.2%
Vietnamese	0.1%
Arabic	0.1%
Greek	0.1%
Italian	0.1%
Punjabi	0.05%
Portuguese	0.04%
Other	2.5%

- Saskatchewan residents who speak more than one language: 9,650
- English and French 1,375
- English and non-official language 7,910
- French and non-official language 255
- English, French and non-official language 115

Source: Statistics Canada.

## Did you know...

that curling was once called the “roaring game” because of the thunderous noise made by corn brooms used to sweep rocks down the ice?

**FOOTBALL**

Although they play in the Canadian Football League’s (CFL) smallest market, the Saskatchewan Roughriders have the distinction of being the league’s most loved team. On October 14, 1995, 55,438 fans crammed into Regina’s Taylor Field – quite a feat considering it has a capacity of just 27,732 – to watch the Roughriders beat Calgary 25 to 23. Rider Pride makes every home game a province-wide celebration.

The Roughriders have won the Grey Cup three times – 1966, 1989, and 2007.

**HOCKEY**

The Saskatchewan Junior Hockey League has 12 teams. The junior teams have won the Royal Bank Cup twice. The Humboldt Broncos won in 2003 and the Weyburn Red Wings won in 2005.

**SCHOOLS AND STUDENTS**

• Total number of schools	747
• Total number of students	163,311
• Number of public schools	616
• Public school enrollment	127,028
• Number of separate schools	118
• Separate schools enrollment	35,170
• Number of francophone schools	13
• Francophone schools enrollment	1,113

*Source: Government of Saskatchewan.*

**HIGHER EDUCATION**

Saskatchewan has two provincial universities: the University of Saskatchewan (U of S) in Saskatoon and the University of Regina (U of R) in Regina. Both offer internationally recognized Bachelor’s, Master’s and Doctoral degree programs in addition to other diploma and certificate programs.

The University of Saskatchewan had 15,000 full-time students, 4,000

part-time students, and 8,000 extension students and receives \$115 million a year in research funding.

Since achieving independence from the University of Saskatchewan in 1974, the University of Regina has grown to nine faculties and 23 departments. Student enrollment exceeds 12,500 full- and part-time students with a faculty and staff of about 1,200.

The Saskatchewan Indian Federated College was created in 1976 by agreement between the Federation of Saskatchewan Indian Nations and the University of Regina and serves the academic, cultural and spiritual needs of First Nation students. In 2003, the First Nations University of Canada opened its doors at the U of R. It offers programs in ten academic departments and in three communities: Regina, Saskatoon and Prince Albert.

The Saskatchewan Institute of Applied Science and Technology (SIAST) provides has more than 200 certificate and diploma programs at campuses in Moose Jaw, Prince Albert, Regina and Saskatoon.

*Source: SaskNetWork.*

**Did you know...**

that Saskatchewan was the first province in Canada to adopt an air ambulance service?



## HEALTH CARE, BY THE NUMBERS

- Number of physicians in Saskatchewan (2005): 1,545
- Number of nurses: 9,000+
- Number of dentists: 366

Source: Saskatchewan Registered Nurses Association; Canadian Institute for Health Information; Firstmark.

## HOSPITALS

In addition to the major hospitals of Regina and Saskatoon, 87 communities around the province have smaller regional hospitals.

### Saskatoon

St. Paul's Hospital is an acute care teaching facility serving Saskatoon and Northern Saskatchewan.

The Royal University hospital houses the province's main trauma center, maternal and child services, neurosurgery and cardiovascular surgery.

Saskatoon City Hospital is home to the SaskTel MRI Suite. It is also one of the few acute care hospitals in Canada to house a research centre — the Cameco MS Neuroscience Research Centre.

### Regina

The Regina General Hospital houses Canada's first factory-delivered, eight-slice Computed Tomography (CT) and houses a new Magnetic Resonance Imaging machine(MRI).

The Pasqua Hospital is Regina's second main hospital.

Source: Government of Saskatchewan; Hospitals of Regina.

## RURAL HEALTH CARE

Rural Saskatchewanians can see medical specialists in their home communities through the two-way video communication of Telehealth Saskatchewan's Clinical Services. The province has 26 tele-health network sites and a 24 hour health information line which in 2006 fielded 84,390 calls.

Source: Government of Saskatchewan.

## Web links

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### Encyclopedia of Saskatchewan

[http://esask.uregina.ca/the\\_story.html](http://esask.uregina.ca/the_story.html)

This user-friendly website provides a wealth of information on Saskatchewan, from Aberdeen to Zooplankton.

### Virtual Saskatchewan

[http://www.virtualsk.com/current\\_issue/ought3.html](http://www.virtualsk.com/current_issue/ought3.html)

Virtual Saskatchewan is an on-line magazine with information on all things Saskatchewan, all just the click of a mouse away!

### Celebrating Saskatchewan's Heritage

<http://olc.spsd.sk.ca/de/saskatchewan100/index.html>

This website, created by Saskatoon Public Schools, Online Learning Centre in partnership with the Western Development Museum, provides movies, audio files and information on a variety of Saskatchewan topics.