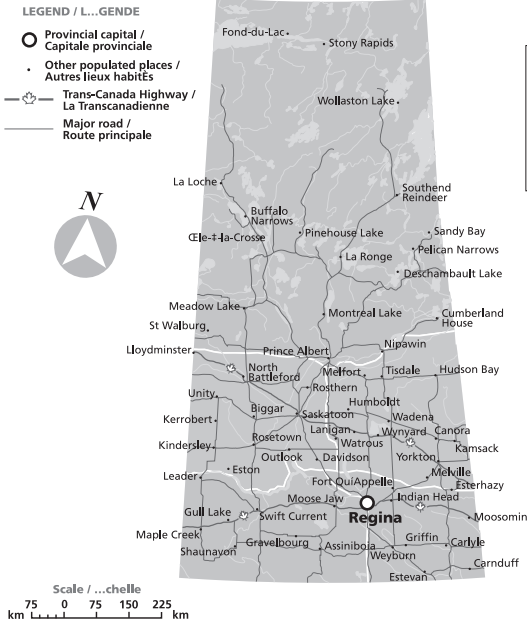


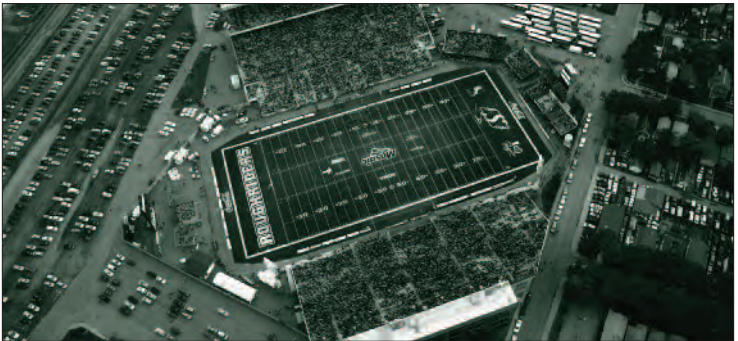


Regina



Piffles' Playground

1



If you've never been to a Saskatchewan Roughriders game, then either you're not a football fan or you've just arrived in Saskatchewan and haven't been converted to the unofficial provincial religion yet.

From June to November, it's football season. To participate in a Mosaic Stadium at Taylor Field home game, rabid fans, swathed in

green, drive from every corner of the province to show their "Rider Pride" (a term coined in 1979 by the irascible sportswriter John Robertson when he helped save the Riders from extinction).

During the summer, hardcore fans consume the contents of a watermelon then create two jaunty helmets with a permanent marker "S" on the side. In October, these same strident fans, usually unadvisedly shirtless and painted green, don green pumpkin helmets to show their varsity allegiance. No wonder we have the reputation of the CFL's greatest fans.

The Saskatchewan Roughriders' home field dates back to 1912 when it was just a simple rugby field. Located at the current Mosaic Stadium site, the first Rider teams played on Park Hughes' field where families would circle the rugby field to watch the games.

Since the Riders' founding, Neil "Piffles" Taylor had been instrumental in the early development of the Roughriders as a player, coach and executive. When he died suddenly in 1946 at the age of 48, the City of Regina renamed the Riders' home Taylor Field in 1947 as a salute to this great man.

In 1948, a \$47,000 investment was made to build a 4,500-seat grandstand on the west side of the playing area and in the mid-1970s a major renovation included the addition of a second level to the west-side grandstand, new offices, dressing room facilities — and the first artificial turf.

Until the SaskTel MaxTron video board was unveiled in time for the 2005 season, most of us didn't dare take our eyes off the field or risk missing a key play. Like a giant step into the CFL big leagues, Roughrider fans could now watch replays like other clubs.

Almost 60 years after the field was named for Piffles Taylor, the football club, in conjunction with the City of Regina, re-branded Taylor Field in 2006 as "Mosaic Stadium at Taylor Field."

Until 2016, Mosaic, the corporate potash giant, will be the new stamp on the beloved Taylor Field where legends like Ron Lancaster and George Reed once racked up points on the board like a couple of seasoned cribbage masters.

To commemorate the great man in perpetuity, a reconstructed monument now stands at the entrance and the street in front of the stadium has been permanently re-named "Piffles Taylor Way."

After a Riders game, be sure to stop for ice cream at the Milky Way (910 Victoria Ave.). This Regina landmark is only open in summer and their pistachio soft ice cream kicks butt like the Riders with home field advantage.

Details: Check out the season game schedule for those increasingly elusive home game tickets, 1-888-4-RIDERS (1-888-474-3377), saskriders.com

TAKE 5 THOMAS & DEBORAH RUSH

FOODIES' FIVE STELLAR URBAN NOSHERIES

Thomas, a Red Seal-certified chef, and his wife, Deborah, a Saskatchewan-raised marketing-publicity consultant, live in Regina with son Dylan, daughter Taylor and their Bernese mountain dog, Sadie. This foodie couple pursue their passion for fine dining through regular visits to Saskatchewan's vibrant urban restaurants.

1. **crave kitchen + wine bar in Regina.** Located in the former home of the Assiniboia Club, this Victoria Avenue hotspot caters to groups from four to 120 people with excellent food and wine selections. A Friday business lunch should include a steak sandwich with succulent aged beef and frites cooked to perfection. After work drinks are equally exceptional; crave has the most extensive tequila selection ever!

2. **La Bodega in Regina.** La Bodega marries the art of tapas with an extensive wine list and through solid kitchen preparation, this mainstay on South Albert Street shines like a jewel in restaurateur Adam Sperling's food crown. The private room with its original fireplace is perfect for all gatherings and, if you're in Regina during a Saskatchewan winter, the award-winning ice bar (made of ice!) is the perfect antidote for the most jaded business traveller.

3. **The Willows on Wascana in Regina.** This perennial favourite overlooking Wascana Lake has it all: five-star food, winning wines and exemplary service, all surrounded by the most beautiful view in the province. Chef-owner Moe Mathieu continues to dazzle with homegrown delicacies and the knowledgeable staff can add a wine flight (specialized tasting) that will take the most mundane dinner to new heights.

4. **2nd Ave Grill in Saskatoon.** The real star of this outstanding downtown grill is the wine list. The most discriminate oenophile will find a pleasing vintage, both specialty and rare finds that make a good dinner great. Coupled with their delicious duck breast, you have a winning combination.

5. **Bliss Fine Food in Saskatoon.** Bliss, the newest kid in the Broadway District, may not be as pretty as the others, but the food shines, with a varied menu and a few surprises. Bliss puts a nice spin on some traditional favourites — vanilla fennel slaw and bacon corn relish — and the fresh and interesting salads provide a nice alternative to the overworked Caesar.



Some mornings you just don't want to cook breakfast. That's where seasoned Regina restauranteurs like Nick Makris and his brother, John (owner of the Diplomat Steakhouse), who arrived in 1965 from Greece, come into the culinary picture.

If you live in the Queen City, you probably already know about Nicky's Café and Bake Shop. If you're visiting, definitely start your day with breakfast at Nicky's.

Housed east of the humble warehouse district at 8th Ave. and Winnipeg St., this out-of-the-way café serves the best breakfast in the city. Nicky's is the spot where early morning diners can scarf down scrumptious fennel sausages and eggs to fill up for a day of navigating Regina.

Co-owner Nick Makris has been coming out of the kitchen in his white apron to kibitz with his loyal customers for over 20 years. There's a reason why they come back: Nicky's serves a full plate of wholesome food for a reasonable price plus the place makes you feel like a regular, even if it's your first time.

Nicky's is especially the place to see and be seen on a weekend morning in Regina. Watch for the affable Mayor Pat Fiacco, an ex-boxer who eats and networks at the popular eatery, usually still in his workout clothes.

Nicky's is like one of those classic diners from the past when food used to taste like it was cooked at home by your mother — only better. This busy spot also serves lunch where Nicky's chefs create additive-free burgers, roast their own beef, slice their own bacon and prepare every dish fresh. Nick even claims that you won't find a can opener in the kitchen of Nicky's Café.

Home-made soups, like Nicky's famous lentil soup that originated 15 years ago, contains lentils right from a local seed plant. Many full

meals are under \$10. They even cater.

At Nicky's, you feel like you've joined a large, extended Greek family. Before you're out the door, Nick will make sure you take home a freshly baked loaf of his flax bread. Who wouldn't?

Details: *Nicky's can get pretty busy on a weekend morning or any mealtime, so be prepared to wait in line while your stomach grumbles and the scent of other diners' meals waft by. Open 5:30 am – 9:00 pm, 1005–8th Ave., (306) 757-3222*

Day at the Museum

3

When I was a pre-schooler, my sizeable family and I visited Regina in the summertime. I can prove it with actual 8 mm colour film stock of my Depression-era mother feeding us yet another picnic lunch in front of the Royal Saskatchewan Museum. It's that boxy Tyndall stone building on Albert Street South with the very long sidewalk, adjacent gardens and a huge lawn like an English estate.

After filling up on bologna and Miracle Whip sandwiches, wilted carrot sticks and warm water out of a wax-paper-sealed Miracle Whip jar, our family museum visit was a wonder to behold for a Prairie kid: elaborate exhibits of natural and human history and all that glossy slab marble. I was hooked.

Formed in 1906, this was the first museum in Saskatchewan and the first provincial museum in the Prairie provinces with an aim to "secure and preserve natural history specimens and objects of historical and ethnological interest." The government even set aside \$557.70 (approximately \$10,000 today) to purchase "Natural History Specimens."

The new museum, initially under the jurisdiction of the Department of Agriculture, originally lacked a clear collections policy yet it still acquired an interesting variety of objects: postage stamps of the world collection, an old horseshoe, Hindu embroidery, Zulu necklaces, a girdle and shield, Mesopotamia greeting cards, Mexican feather work, a Jamaican hat, a U.S. three-cent bill, *A History of Scotland* (vol. 1), one polar bear foot and a boot worn by Captain Scott during his South Pole expedition.

Almost 100 years later, the museum's collection and three galleries are substantially more focused and hi-tech.

Visitors to the Earth Sciences Gallery discover how it took over three billion years to create the earth. The Life Sciences Gallery takes a close look at both Saskatchewan's plants, animals and landscapes in different seasons and the First Nations Gallery features items from the museum's collections plus life-size and miniature dioramas that

depict Native people's history.

Kids are greeted with a throaty roar at the museum's theatre by a half-sized robotic *Tyrannosaurus rex* affectionately named "Megamunch" and regular kid-centred events at the Megamunch Club (kids 5–8), such as "Beetlemania," is where youngsters learn just how many kinds of beetles reside in Saskatchewan.

Details: *The Royal Saskatchewan Museum is located at 2445 Albert Street South (at College Ave.). Open year-round except Christmas Day. Admission by donation. (306) 787-2815 or 787-2816, royalsaskmuseum.ca*

4

The Hotel



Once, before the generic elegance of modern luxury hotels, there was the majestic spawn of Canada's two great continental railways. The railway age heralded a new era in hotels. The Chateau Frontenac, built in 1892 by the Canadian Pacific Railway in Québec

City, started a tradition of railway hotels that became a distinctively Canadian architectural art form.

By the mid-1920s, CPR officials decided it was time that the "Queen City of the Western Plains" needed a grand hotel to add to their far-flung chain of Canadian hotels. They chose the site of E.N. Darke's first residence on Victoria Avenue, across from Victoria Park, to build Regina's first and only railway hotel.

Regina's railway hotel was built in only 11 months. During the peak of construction, 1,000 labourers and tradesmen worked in shifts of 24 hours to complete the hotel, often in frigid winter temperatures.

The materials were shipped by rail from around Canada. One of the most obvious architectural features in this modernist classical structure was that favourite facade also found on the Royal Saskatchewan Museum, the Legislature and many other 20th century buildings around the province: pale, Manitoba Tyndall stone.

The hotel's interior was the epitome of luxury. This 10-storey structure, the second highest building in Regina at the time after the

TAKE 5 SHEILA COLES

FIVE SASKATCHEWAN STAYCATIONS

Sheila Coles, host of CBC Radio One's *The Morning Edition*, was born in England, but the Brits packed off her to the colonies before she reached the ripe old age of three. She then spent the next 20 years looking for a place that would let her stay. Stops along the way included Winnipeg, Vancouver, Edmonton, St. John's, Beijing, Barbados and Jersey, Channel Islands. Saskatchewan said no, but she stayed anyway, agreeing to do her bit to keep the population up (three kids: Lisa, Alison and Nathan). Sheila feels she has the best job in journalism and hopes the powers-that-be will continue to let her call Saskatchewan home. Sheila lives in Regina's Cathedral district with the above-mentioned offspring, her long-suffering husband and her adorable epileptic Labrador retriever, Oskar.

1. Go for a run around Regina's beautiful Wascana Lake. You'll see the legislative building, a marina, and, if you're lucky, kayak and canoe racing. Watch out for the geese, though. They — and their "leavings" — are everywhere!

2. Have a latte or a delicious "Samurai Bowl" on the patio of 13th Avenue Coffee House in Regina. Then go for a stroll along 13th Avenue. Make sure you stop into Traditions Handcraft Gallery to pick up a beautiful Saskatchewan craft. We have the best potters in the country. One weekend in May, the avenue is closed off for a fabulous street fair, part of the Cathedral Village Arts Festival.

3. You can't miss taking a walk by the South Saskatchewan River in Saskatoon. For a panoramic view, take the railway bridge from one side to the other.

4. Broadway Avenue in Saskatoon is the place to find wonderful local shops and bistros. For a carbo-licious treat, have a burger at the Broadway Cafe. If it's earlier in the day, the breakfasts are scrumptious, too. And, if there's something good on, catch a show at the Broadway Theatre across the street.

5. Book a canoe trip on one of hundreds of pristine northern lakes or rivers. Ric at Churchill River Canoe Outfitters will help you. But shhhh . . . don't tell anyone else. The beauty of our north is one of our best-kept secrets!

Legislative Building, was self-contained with its own power and water source. The foyer featured vaulted, decorated ceilings and marble thresholds. This luxurious inn also contained the most sophisticated kitchen in the city, which included an automated vegetable peeler.

Built at a cost of \$1.2 million, the Hotel Saskatchewan opened on May 24, 1927, just a few convenient blocks from CPR's passenger line. Regina now had its grand palace to accommodate and entertain the upper classes, especially visiting royalty. It was the hub of the city's social life. To Reginsans, it was endearingly known as "The Hotel." As befit its stature, the Hotel Saskatchewan even housed several Lieutenant-Governors from 1945–1984.

By the late 1980s, after changing ownership a few times, the hotel ran into receivership problems due to costly renovations and lost revenue. After new ownership that saw a two-year restoration program return the Hotel Saskatchewan to its original grandeur, Radisson Hotels franchised the now 224-room hotel in 1992. By 1993, Regina City Council recognized the value of this Queen City jewel and designated the Hotel Saskatchewan a municipal heritage site.

While royalty such as Queen Elizabeth II have stayed in the decadent Royal Suite several times over the years, some of the UK's less desirable citizens have also darkened the Hotel Saskatchewan's doorway. In 2006, rock'n roll's royalty, the Rolling Stones — who played two sold-out concerts at Mosaic Stadium — took over most of the hotel.

Some hotels will let anybody in. Go see it for yourself.

Details: *The Radisson Plaza Hotel Saskatchewan is located at 2125 Victoria Avenue in the Queen City's downtown core. (306) 522-7691, hotelsask.com*

Haight-Ashbury with Tilley Hats

5



After enduring another long harsh winter, no one relishes the short summer like feisty Prairie people. That's why the Regina Folk Festival, Western Canada's longest-running festival of music, art and culture, is still a favourite Saskatchewan summer event.

Since 1969, for one brief weekend each August, scenic Victoria Park in downtown Regina morphs into Haight-Ashbury with Tilley hats. The normally sedate populace dons a favourite tie-dye folkie outfit and lets loose to the eclectic mix of musical styles: Americana country, bluegrass, operatic rock, world, singer-songwriters, roots

and blues, Celtic, funk, reggae, jazz and even spoken word.

Since only about 15,000 people descend on the park over the weekend, this makes the festival feel more like a very big house party than a public event. Folkies get a chance to dine on local curry, buy handmade earrings in the Arts Markets, and take the kids to the nearby Children's area — all within a short walk from the main stage.

Stellar line-ups in recent years have included that manic powerhouse act from San Francisco, Michael Franti and Spearhead, rocking the house on a Saturday night to established Canadian acts like Blue Rodeo, Kathleen Edwards, Broken Social Scene, The Weakerthans, The Great Lake Swimmers, Bedouin Soundclash, Corb Lund and Saskatchewan's own The Deep Dark Woods.

While we wait for another Folk Fest, the organizers operate the concert series during the rest of the year with soulful touring acts like Martin Sexton and Alex Cuba at various local venues.

Details: *The Regina Folk Festival runs annually for three days (Fri. to Sun.) in the first week of August. An adult Early Bird Weekend Pass sells for \$75 (to June 30). Check for dates, other ticket prices and this year's performers: 1-866-954-5623, reginafolkfestival.com*

6

The Lawyer's Gift

Long before Saskatoon's Fred Mendel there was Regina's Norman MacKenzie. MacKenzie was a prominent Regina lawyer and dedicated patron of the arts. From 1911 until his death in 1936, he assembled Saskatchewan's first art collection of note.

The MacKenzie Art Gallery in Regina's T.C. Douglas Building is the legacy of Norman MacKenzie. But it's only been located there since 1990.

MacKenzie actually provided the impetus for the gallery when he bequeathed his collection, along with an endowment, to the University of Saskatchewan, Regina College. The Norman MacKenzie Art Gallery opened in 1953 as a university-run gallery at the Regina Campus of the University of Saskatchewan (later the University of Regina).

The MacKenzie soon developed a national reputation for its contemporary exhibitions. When the MacKenzie hived off from the University of Regina in 1990, it became the community-based MacKenzie Art Gallery in a new and expanded facility within the T.C. Douglas Building on Albert Street South. Over 160,000 art enthusiasts now visit the MacKenzie annually.

This 31,000-square-metre space is spread out on three levels. The exhibition level alone — eight environmentally controlled galleries

— encompasses 7,300 square metres.

Visitors will find a permanent art collection from historical to contemporary Canadian, American and International artists, major touring exhibitions, programs and even a gallery shop where many of Saskatchewan's artists and craftspeople sell their work, both two-dimensional and three-dimensional creations.

Details: *The MacKenzie Gallery and Gallery Shop are open Mon. to Thurs. 10 am – 5:30 pm, Fri.: 10 am – 9 pm and Sat., Sun. and statutory holidays, 12 pm – 5:30 pm. Admission is free, but donations are welcomed. 3475 Albert Street South, Regina, (306) 584-4250, mackenzieartgallery.ca*

Queen City Oasis

7

The Queen City shows best in the summer. With 350,000 hand-planted trees greening up our capital, Regina knows how to gussy itself up for company.

You can find a large chunk of those hand-planted trees in Wascana Centre, designed in 1961 by Minoru Yamasaki, the Seattle-born architect best known as the designer of the original World Trade Center in New York.

This 1,000-hectare, 9.3-square-kilometre lakeside park and bird sanctuary is the Central Park of the Queen City. You'll find cycling and walking paths plus plenty of park benches where you can kick back and watch the Canada geese.

Politicos can take a free tour of the majestic provincial legislative building while their artsy companions can slip into the adjacent MacKenzie Art Gallery. Two founts of knowledge, the Royal Saskatchewan Museum and the Saskatchewan Science Centre, are also contained within Wascana Centre.

Two of Regina's great restaurants can be found in Wascana Centre. For lunch, look no farther than **Zest Restaurant** (306-522-5250, zestrestaurant.ca), located at the Saskatchewan Science

Centre. Co-owner and chef Rob Fuller, former personal chef to romance writer Danielle Steel, offers a tasty nouvelle cuisine menu, a weekend brunch menu on Saturdays and Sundays and gluten-free menu items for lunch and dinner. For those who want to indulge in



TAKE 5

AIMEE SCHULHAUSER

A CHEF'S FIVE FAVOURITE "MARKET TO TABLE" SOURCES

Born and raised in Cupar, Aimee Schulhauser is the owner and executive chef of evolution catering and fine foods (ecff.ca) on Lorne Street, Regina's premiere catering company. This former geologist re-trained as a chef in Calgary, learned the catering industry then moved back to Saskatchewan for the finer things in life. Aimee's self-described "boutique-style" cooking allows her to play with local ingredients on a daily basis and feature them in evolution's ever-changing menu.

1. **Zee-Bee Honey in Zehner (zeebeehoney.ca).** Michelle and Parry Frischholz's bees produce a delicious, pure unpasteurized honey. All their hives are located on organic land that gives the bees access to lots of pure sweet nectar. Zee-Bee products can be found at Regina's Farmers' Market.

2. **CharlieCrop in Regina (306) 352-0095.** I get the freshest, most beautiful basil straight from this urban greenhouse, delivered to my front door. They also carry tarragon and salad greens at various times throughout the year.

3. **Ngoy Hoa Asian Foods in Regina (306) 757-4264.** This little gem of a store on 11th Avenue supplies me with green and jasmine tea, banana leaves, spices and any kind of noodle imaginable, all at very reasonable prices. I've also purchased unique serving plates and bowls there.

4. **Body Fuel Organics in Regina (bodyfuelorganics.ca).** When I need certain hard-to-find grains or pulses, I head over to Body Fuel Organics on Ottawa Street. Owner Lana Andreasen sources organic grain flours from R & J Milling in Riceton. She also does extensive research to find an ever-changing range of products so I know that whenever I drop by, I'm sure to find another new ingredient.

5. **Grandma's Garden in Cupar.** Okay, so not everyone has access to my Grandma Eleanor's garden! Every year, we discuss what vegetables we're going to grow that season then Grandma plants them. During the harvest season, I plan my menus around what will be ready to pick that week. I'm one lucky chef and I know it! To get almost the same effect without having to raid Grandma's garden, the Regina Farmers' Market (reginafarmersmarket.ca) also does the trick.

wheat and sugar, Fuller's trademark Sticky Toffee Pudding (his mum's recipe) is a rich finish to a filling lunch.

For dinner, **Willow on Wascana** (3000 Wascana Drive, 306-585-3663, willowonwascana.ca) is Regina's only resto by the lake. Since it opened its dining room in 2004, it's also one of Regina's best upscale eating experiences. The Willow on Wascana serves up a menu derived from seasonal, Saskatchewan-grown ingredients — what foodies call “micro-regional.”

Chef and owner Moe Mathieu and his Willow Team take diners on a culinary tour of Saskatchewan that features ingredients from many farms around the province, all in a casual, elegant setting. Try their table hôte five-course menu and linger over wine as you enjoy a classic Prairie sunset. This is the much-needed romantic spot on the shores of Lake Wascana to rekindle the love fires.

After dinner, rent a paddleboat and enjoy the lake firsthand or take a walk over to the lookout from the top deck of the Wascana Centre Authority building.

8

The Ledge

After Roughriders football, politics is the second most popular sport in Saskatchewan. And while the Riders have their stadium, so do the politicians. They call it “the Ledge.”

From September to May, the sparring between the province's 58 MLAs reverberates off the walls of this majestic edifice.

The Saskatchewan Legislative Building was designed by two Montréal architects, Edward and William Sutherland Maxwell, and built for \$1.75 million between 1908-12. The Maxwells supervised the construction by P. Lyall & Sons, also a Montreal firm who later built the Centre Block of our federal Parliament Building.

This Regina landmark, which opened in October 1912, displays the beaux-arts style, an architectural movement popular in Canadian public architecture during the early 20th century. The symmetrical design of its façades, classical details and the building's interior all show the beaux-arts influence.

The Legislative Building stands out on the Prairies like any elaborate domed building you'd find around the British Commonwealth — or in the other three western provincial capital cities.

Whether inside or outside in the Legislature gardens, wedding photography is a summer mainstay of our province's political house. The Grand Staircase, Rotunda and Prince of Wales entrance are popular, approved — and free — settings for wedding parties.

When visitors walk into the Legislative building for a free tour or

to digitally capture their wedding day, the Legislative Building Rotunda and Entrance to the Legislative Chamber stands out with its murals, arches and towering green marble Doric columns. You definitely know you're not standing in Mosaic Stadium.

Details: *The Saskatchewan Legislative Building is located at 2405 Legislative Drive. Free tours are available every day (except Christmas Day, New Year's Day and Good Friday) in English and French and conducted on the hour and on the half hour. Tour bookings, (306) 787-5358; wedding photography, (306) 787-5416, or find both forms online at legassembly.sk.ca*

Cathedral Village

9

Once just a middle-class enclave of 1920s sprawl dotted with two-storey houses and towering churches, Regina's Cathedral Village is now better known for its cool factor.

The "West End" shopping district is primarily centred around 13th Avenue (the Village's main corridor) — from Albert to Elphinstone streets.

Savvy shoppers and people watchers who venture into the Queen City's urban village can expect an eclectic assortment of chic goods and services: upscale clothing boutiques, salons, spas, funky contemporary and retro furnishings, eccentric gift stores and galleries, music and book shops, bistros and coffee shops, a gourmet butcher shop — even an imported fish market smack dab in the middle of the Prairies.

Here are just some of the best places to check out in Cathedral Village:

FASHION

Birthered by a pregnant entrepreneur, **Groovy Mama** is the Queen City's first maternity store and stocks mostly Canadian or locally-made products for mum and tot, from belly casting kits and prenatal workout videos to cloth diapers, toys and Robeez products.

3100 13 Ave., (306) 347-BABY (2229), groovymama.net

Indigo/Sharawaggi, an eclectic clothing and gift store in a former antique shop, houses Russian porcelain, Japanese culinary accessories, pure living organic bedding, Asian scarves plus casual wash 'n wear blouses, skirts and dresses for hot Prairie summers from Putamayo and Whitewash.

2824 13 Ave., (306) 565-2670

BEAUTY

A trip to **In Salon Spa's** terracotta-plastered walls and tile floors is the closest Regina's can get to Tuscany without taking their shoes off at the airport. This Tuscan-themed spa/salon provides hair services, aesthetics, massage, electrolysis, skin care and the newest in shape-shifting techniques, Eurowave body sculpting.

2114 Robinson St., (306) 525-6303

GIFTS

The giant circular display desk is the first thing you see in this tiny retail space. Like a Japanese curio shop, **Paper Umbrella** sells decorative and handmade papers in various textures, colours and patterns plus a selection of journals, pens, stationery, books — even chocolate-covered Saskatchewan cherries.

2724 13 Ave., (306) 522-3800, paperumbrella.ca

An artist-owned venue in a century-old building, **Mysteria** features zen-like art, hand-crafted jewellery from Regina's Melody Armstrong and Vancouver's Joanna Lovett plus fine objects from other Canadian and international artisans. In the upstairs gallery, regular exhibitions rotate between established and emerging local talent.

706 13 Ave., (306) 522-0080, mysteria.ca

FOOD & DRINK

The Crushed Grape Wine & Food Bar is the hip place to unwind in Cathedral Village. Imbibers can choose from an entire wall of premium vintages and there are more cheese varieties than a European deli. Try the signature dish, The Crushed Grape Fondue.

2118 Robinson St., (306) 352-9463, thecrushedgrape.ca

HOME

Café Orange Kitchen Toys & Tools, a former doctor's office, now dispenses gourmet coffee, desserts and full meals. High-end European kitchen utensils are on display in the café's rear from Alessi, Swissmar, Peugeot, Riedel, Le Menu, Henckel, Global, Maurier and Kasumi. Gourmet food products include Lesley Stowe's crackers.

2136a Robinson St., (306) 569-0820

The eclectic **Willow Studio** offers tactile contemporary furnishings and accessories from quality Canadian manufacturers plus imported carpets and local art. Nesters can find leather and upholstered sofas, sectionals and chairs from Calgary's Whittaker Furniture and indoor/outdoor furniture from Vancouver's Ratana.

3424 13 Ave., (306) 522-9226, willowstudio.ca

10

Mountie Museum



According to a 1996 research study, the Canadian Mountie, dressed in red serge jacket, Stetson hat and Strathcona boots is — after Coca-Cola — the second most widely recognized visual icon in the world.

Imagine that familiar RCMP brand housed in a dynamic 21,000-square-metre facility on the same grounds as where Mounties are born.

Opened in May 2007, the RCMP Heritage Centre on Regina's Dewdney Avenue is the newest addition to the Heritage Corridor that features late 19th century historical structures: the Northwest Territorial Building, the RCMP Forensic Laboratory, the original headquarters of the Northwest Mounted Police and Government House, residence of Saskatchewan's Lieutenant-Governor.

The Arthur Erickson/P3 Architecture-designed structure aims to be more than just another musty old museum with manic school groups and curious retirees dutifully labouring past each dust-covered exhibit.

While the exterior resembles a Prairie snowdrift, the centre's interior elements were created by Montréal's Design + Communication Inc. to engage the paying public with interactive exhibits and impressive multimedia presentations.

Like that other dazzling Quebec export that put the fun back into circuses, D+C have reconfigured the museum experience. Forty years and more than 300 projects around the world later, they're

known for an innovative approach to turn a potentially dull day at the museum into one driven by meaningful and resonant educational experiences.

If you've been to the centre of Canada's dinosaur universe, the Royal Tyrrell museum in Drumheller, Alta., then you'll recognize D+C's deft touch.

The multimedia show is presented in the custom-designed Carousel Theatre, a 125-seat facility with a 27-minute multimedia presentation. Headphones attached to the red serge theatre seats provide dialogue in both official languages. This bilingual sit-down show details the history of the RCMP, narrated by a holographic female RCMP constable who "just graduated from the Academy" and hovers at an adjacent podium.

After the theatre experience, visitors spill out into the ten main exhibits. The permanent collection, comprised of 33,000 artefacts from the Academy's Centennial Museum and long-term storage, displays the NWMP/RCMP from their beginnings in 1873 to the present.

The artefacts depict the RCMP's history, but it's also the story of The West, First Nations and Northern Canada. The most prominent exhibit is the "The March of the Mounties," a life-size sculpture composed of men, women, vehicles and iconic objects from the force's history that stretches the full 30-metre length of the main exhibition hall and anchors the key exhibit areas.

An interactive exhibit, "Cracking the Case," entertains and challenges anybody with its CSI-esque approach to solving crimes and upholds that reputation of how the Mountie "always gets his man."

Given some time, the Mounties' flashy tourist attraction might help to make them even more internationally recognizable than a bottle of Coke.

Details: Visitors should set aside four hours to enjoy the "Mountie Museum." 5907 Dewdney Avenue. Open seven days 9 am – 5 pm. 1-866-567-7267 or (306) 522-7333, rcmpheritagecentre.com

Surf, Turf & Nightcap

11

Within a few blocks of downtown Regina, from Scarth to Broad Streets, you can chopstick some authentic sushi, scarf a savoury steak and down a nightcap at the hottest downtown winebar.

Visitors who crave a sushi dinner can find the best fresh ocean fish east of Vancouver at **Michi Japanese Restaurant and Sushi Bar** (1943 Scarth St., 306-565-0141, michi.ca). Owner Toshi Shinmura, who imports Japanese chefs to create this little sushi house on the Prairie,

provides an authentic traditional atmosphere to relax over warm sake and an eclectic dinner for two served on tasteful Japanese ceramics. Michi's green tea ice cream is a great closer to this seafood feast.

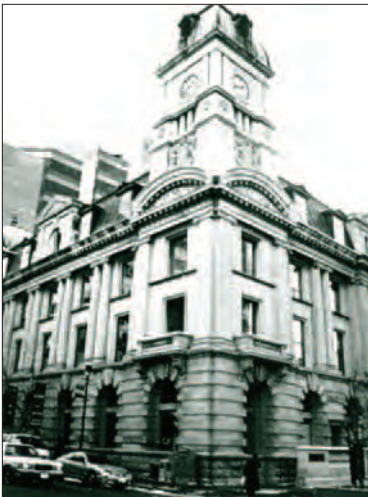
If red meat is more to your liking, the classic locale is **The Diplomat** (2032 Broad St., 306-359-3366, thediplomatsteakhouse.com). Owner John Makris has played host to politicians like Brian Mulroney and Rene Levesque, diplomats from around the globe have signed the guestbook and the lobby is rife with photos of celebrities like John Candy and Stage West dinner theatre alumni David Madden (the Partridge Family's agent, Reuben Kincaid).

The kitschy red booths are cozy and intimate, the wine cellar is the best-stocked in the province and Frank Sinatra croons away while you treat yourself to a classic Caesar cocktail and some mushroom caps, followed by a juicy filet mignon. For dessert, sample the strawberry flambé with ice cream and a coffee. Allow three hours for dinner since this is old school dining at its finest. Unfortunately, the new school bylaws means cigars must be enjoyed outside.

Now you're primed for a nightcap at the hottest downtown winebar. Right down the street from The Diplomat (and steps from the Hotel Saskatchewan's comfy beds) is **crave kitchen + wine bar** (1925 Victoria Ave., 306-525-8777). Crave has a fresh modern ambience, the best smart drinks in town and if you're strategically staying at the Hotel Sask, you can amble back without worrying about your blood alcohol content.

12

Staging Culture



Before home theatre systems, there was London's Globe Theatre where William Shakespeare presented hit play after hit play for enthusiastic audiences. You might have heard of this prolific bard.

There's also Regina's Globe Theatre, possibly named to keep the good box office mojo that Shakespeare has passed on to generations of theatre venues and playwrights ever since. If you're keen on live theatre, check out our Globe.

Founded in 1966 by Ken and

Sue Kramer, the Globe Theatre is Saskatchewan's first professional theatre company. Over 40 years later, this theatre mainstay is the province's largest performing arts organization that regularly pulls in an average of 60,000 patrons per season. It also serves as the regional theatre for Regina and southern Saskatchewan.

Housed in the Prince Edward Building in the city's downtown, this designated heritage site was built in 1906 and originally served as the Regina Post Office, as the RCMP headquarters and later as City Hall. In 1981, in its fourth and present incarnation, the Globe Theatre took over the second and third floors of the Prince Edward building.

The Globe Theatre offers two stages: a 406-seat theatre in the round main stage and for more than ten years, a 100-seat black box space where the theatre produces the Shumiatcher Sandbox Series, a showcase for new work, emerging artists and experimental theatre.

The six-play main stage program includes a minimum of three Canadian plays each season and an annual Christmas production which now runs for six to seven weeks and plays to more than 20,000 people in a city of only 200,000.

The Globe Theatre has developed and produced new work from Saskatchewan playwrights such as local Joey Tremblay and Poundmaker First Nation's Floyd Favel. It also stages classic plays like Shakespeare's *A Midsummer Night's Dream*, Tennessee William's *The Glass Menagerie* and accessible musicals like *Anne of Green Gables*.

In 2006, the Globe launched a series of educational initiatives under the umbrella of the Globe Theatre School. The programs include classes and training for children and teens, an internship program with the University of Regina Faculty of Fine Arts, a provincial outreach workshop program, "Globe on the Road," and in 2008, an actor conservatory training program.

Details: *The Globe Theatre is located at 1801 Scarth Street in downtown Regina. The Main Box Office is on the 4th floor and the theatre's Evraz Main Stage and Templeton Studio Cabaret are on the 2nd floor. Box Office: (306) 525-6400 or (866) 954-5623, globetheatrelive.com*

Friends of the Firkin

13

Who says there isn't any decent beer produced in Saskatchewan? Perhaps you've never stumbled into — or stumbled out of — Regina's Bushwakker Brewpub.

Canadian beer writer Stephen Beaumont hails Bushwakker as one of Canada's top brewpubs and *The Globe and Mail* considers the Bushwakker to be one of Canada's top five brewpubs. Maybe it's time



you found out for yourself.

The Bushwakker Brewpub was created on the main floor of the Strathdee Building, a classic brick, stone and wood structure in what is now known as Regina's Old Warehouse District.

Named after Scottish immigrant businessman, James Strathdee, the Strathdee was built out of the rubble of the 1912 Great Regina Cyclone on the site of a former Chinese laundry.

Opened in 1914, the Strathdee Building is an impressive representation of the classical revival tradition of Regina's first generation of warehouses. The main floor contained offices and a display area for the Campbell, Wilson, Strathdee grocery business with a pressed tin ceiling. This impressive architectural element was restored to its original glory during the Bushwakker Brewing Company renaissance.

On January 25, 1991, the Bushwakker Brewing Company was officially opened, named after a group of cross-country skiing enthusiasts that set out on a 10-kilometre ski trek every winter Friday from the University of Regina. They called themselves "the Bushwhackers," which means "those who create their own trails."

Company president Bev Robertson, a skiing Bushwhacker and a member of a group of brewing enthusiasts that called themselves "the Bushwhacker Brewers," changed the brewpub spelling to "Bushwakker" to avoid any trademark problems and so they could blaze their own beer trail.

In Regina's only full-mash brewpub, Bushwakker patrons can expect to find beer brewed on the premises plus a menu of pub fare and Saskatchewan specialties. And, if you hit the right evening, you can expect to be entertained by live music such as Monday Night

Jazz or Wednesday Night Folk where patrons can sip and savour local and touring solo artists, duos and bands that play everything roots from blues to Americana country to Celtic.

Bushwacker's other special events offer patrons, both beer connoisseurs and neophytes, the opportunity to become familiar with food and beverage products such as single malt whiskies, classic beer styles, beer-related cuisine and ethnic cuisine.

On the First Firkin Friday (the first Friday happy hour each month), patrons become part of a ceremony where, lead by a piper, a small keg (firkin) of fresh ale is paraded through the pub. A volunteer drives a tap into the firkin with a handmade wooden maul, then patrons within a six-metre radius are soaked with escaping beer.

Bev Robertson, a former New Brunswicker, even puts on Doc Robertson's Lobster Night where he leads a June evening of seafood fare in the middle of the Prairies. Fresh, live lobsters are flown in for a date with a huge pot of salted, boiling water and served alongside fresh Bushwacker beer, of course.

Details: *Bushwackers is located at 2206 Dewdney Avenue and is open Mon. to Thurs., 11 am–1 am and Fri.–Sat., 11 am to 2 am. Closed Sundays. (306) 359-7276, bushwacker.com*

14

Cathedral Village Arts Festival

After a long Prairie winter that sees most Regina's cooped up, a street festival in late spring is sure to bring 'em out. That's the case when Regina's 13th Avenue fills with local residents who mix it up with their fellow manic neighbours.

Bohemian types established the Cathedral Village Arts Festival in 1991, a six-day celebration of the arts, life and the spirit of community that attracts over 35,000 attendees each May in an avenue-clogging street fair.

Saskatchewan's premiere arts festival features performing, visual and literary arts plus crafts and other entertainment. This established event offers professional artists an opportunity to present their work to new audiences while emerging artists also share the spotlight and show off their talents. The Arts Fest allows kids and adults to create, participate and enjoy the diversity of the arts.

The Arts Fest concludes with a Saturday Street Fair along 13th Avenue with over 250 artisans, performance stages, participatory events such as "Funville," evening cabarets and performers in Holy Rosary Park.

The Cathedral Village Arts Festival, which operates as a committee of the Cathedral Area Community Association, is possible because of

almost 300 volunteers from Regina's artistic, professional and business sectors. These dedicated individuals provide their ideas and expertise to create this eclectic community event every year.

Most importantly as an inclusive festival, due to generous support from the community, cultural organizations, businesses, corporations and the public, this allows free access to all events.

Details: *The Cathedral Village Arts Festival runs for six days in May around the Victoria Day weekend. For additional information: (306) 569-8744, cathedralartsfestival.ca*

Scientific Fun House

15

"It's educational!"

Don't you just hate it when someone corrals you into attending a museum with that tempting lure? But at the Saskatchewan Science Centre, they've piqued our scientific curiosity with some hands-on fun.

You can be a student of Saskatchewan geography while you mount their massive indoor climbing wall, feel what it's like to be a puck at ice level at a hockey game, take a virtual road trip to Mars, or learn about local fauna by gazing at the Wascana marshland, which this facility of fun overlooks in Wascana Centre.

If you want to study water management or green energy solutions, their permanent exhibits allow you to learn more about climate change and wind power in a concrete context.

An IMAX Theatre provides high definition screenings and the centre also plays host to travelling exhibits such as the stargazer favourite, "Eyes to the Skies," which celebrated the Year of Astronomy and screened at the Sasktel Max Theatre.

Also, when the blood sugar dips, the whole family can enjoy a casual gourmet meal at the innovative Zest Restaurant, located conveniently right in the Science Centre.

If you still want to learn more, the Science Centre offers day camps for curious kids on school holidays, and professional development days, September to June, and popular week-long day camps during July and August.

Details: *The Saskatchewan Science Centre is located at 2903 Powerhouse Drive, off Wascana Drive on the north side of Wascana Lake. Open seven days and on statutory holidays. (306) 522-4629, sasksciencecentre.com*

If it's a great art film, it doesn't matter where you watch it — even if it's playing in a 109-seat movie theatre in a basement.

Located in the Regina Public Library's downtown main branch, the RPL Film Theatre luckily exists because all of the city's independent movie theatres have unfortunately been closed, torn down, or converted to other uses.

The RPL Film Theatre's mandate is to screen the best of world cinema, which it certainly does with up to 15 films a month. Since it's Regina's only art house cinema, it endeavours to program something for everyone, from critically acclaimed contemporary and alternative cinema to Canadian, foreign and independent films and documentaries.

This is where you'll find the discerning movie-goer when the *Cannes Advertising Awards*, the latest European film from Lars von Trier, or a CanCon flick about suburban sprawl like Gary Burns' *Radiant City*, comes to town. You'll bump elbows with downtown hipsters, U of R students, librarians and married couples out on a much needed film date.

During the mid-1960s, the need for a permanent venue for film enthusiasts grew into a RPL program, which was a co-operative effort between the local Film Council and the National Film Board of Canada.

In 1975, the RPL Film Theatre was officially launched in its current location. Recent renovations continue the cinema's unadorned, NFB-screening-room decor. But once the lights are out for a film you've waited months to see, who really cares what the theatre looks like inside?

Regular patrons benefit when they purchase a Cinephile film pass and gift certificates are also available. Remember to stop by the ATM first since the RPL Film Theatre only accepts cash.

While you're waiting for the box office to open, check out the Dunlop Gallery on the main floor. This multi-purpose art gallery, built as part of the library's current location in 1964, exhibits both Canadian and international artists.

Details: *The RPL Film Theatre is located downstairs in the Regina Central Library's main branch at 2311 12th Avenue across from Victoria Park. The box office opens 45 minutes before showtime. Prices include tax: children (under 14) \$3; adults, \$6 or \$9 for a double feature; students (w/ valid student card) and seniors \$5 or \$7.50 for a double feature. (306) 777-6104, reginalibrary.ca/filmtheatre; Dunlop Art Gallery (306) 777-6040, dunlopartgallery.org*