

# CANADA DAY 2021



*Bringing the  
Festival to You!*



Devon



St. Albert



Stony Plain



Strathcona County



Camrose



Beaumont



Fort Saskatchewan



Morinville



Beaumont

# Message from the Mayors

Canada Day is a time to reflect on our values of kindness and diversity. In the spirit of collaboration and national pride, we have come together as neighbouring municipalities, to create this at-home activity booklet to help you celebrate Canada Day.

Over the past year, we have seen you support your family members, neighbours, friends and communities. We hope you enjoy this activity booklet. Thank you for showing each other, and the world, what it means to be Canadian during these challenging times.



**Mayor, John Stewart**  
City of Beaumont



**Mayor, Norman Mayer**  
City of Camrose



**Mayor, Ray Ralph**  
Town of Devon



**Mayor, Gale Katchur**  
City of Fort Saskatchewan



**Mayor, Bob Young**  
City of Leduc



**Mayor, Barry Turner**  
Town of Morinville



**Mayor, Cathy Heron**  
City of St. Albert



**Mayor, William Choy**  
Town of Stony Plain



**Mayor, Rod Frank**  
Strathcona County



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Canada



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Stony Plain



Strathcona County



Fort Saskatchewan

## Canadian Wilderness Yoga

Connect with Canada's nature in your local park or own backyard!  
Head outside and mimic the below poses.



### Pose #1 - Maple Leaf

1. Stand in a lunge position, one leg out in front of the other, front knee is bent and back leg is extended
2. Bend torso forward towards the front leg
3. Extend arms
  - Imagine you are a maple leaf dangling on a branch at the top of the tree
  - You look to your left and to your right, surrounded by fellow maple leaves

### Pose #2 - Tree in the wind

1. You are a tall tree in the forest
2. Stand up straight, place your palms together and raise your arms above your head
3. A big gust of wind comes along, so powerful that you tilt over
4. Lean your upper body to one side while keeping your hands above your head
5. A second big gust of wind blows you over to the other side
  - Lean your upper body to the right to the opposite side while keeping your hands above your head



### Pose #3 - Bird

1. You are a bird flying in the sky, looking for a tree to rest in
2. You land and wrap your claws around one of the branches
3. Stand in a lunge, one foot in front of the other
4. Bend your knees and place your hands on the ground, one on each side of your front foot
5. You are perched on the tree branch
  - Straighten your back leg and place the top of your foot gently on the ground



### Pose #4 - Flower

1. It is spring and you are a flower beginning to bud
  - Sit on your bottom with a tall spine/back
2. Raindrops fall upon you. They are absorbed by your roots as you continue to grow
  - Lift your legs up off the ground and balance on your bum
3. Your petals begin to open up as you bloom
  - Weave your arms under legs
  - May also touch soles of feet together
4. Full bloom at last!

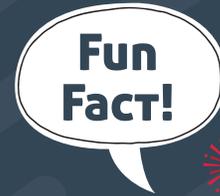
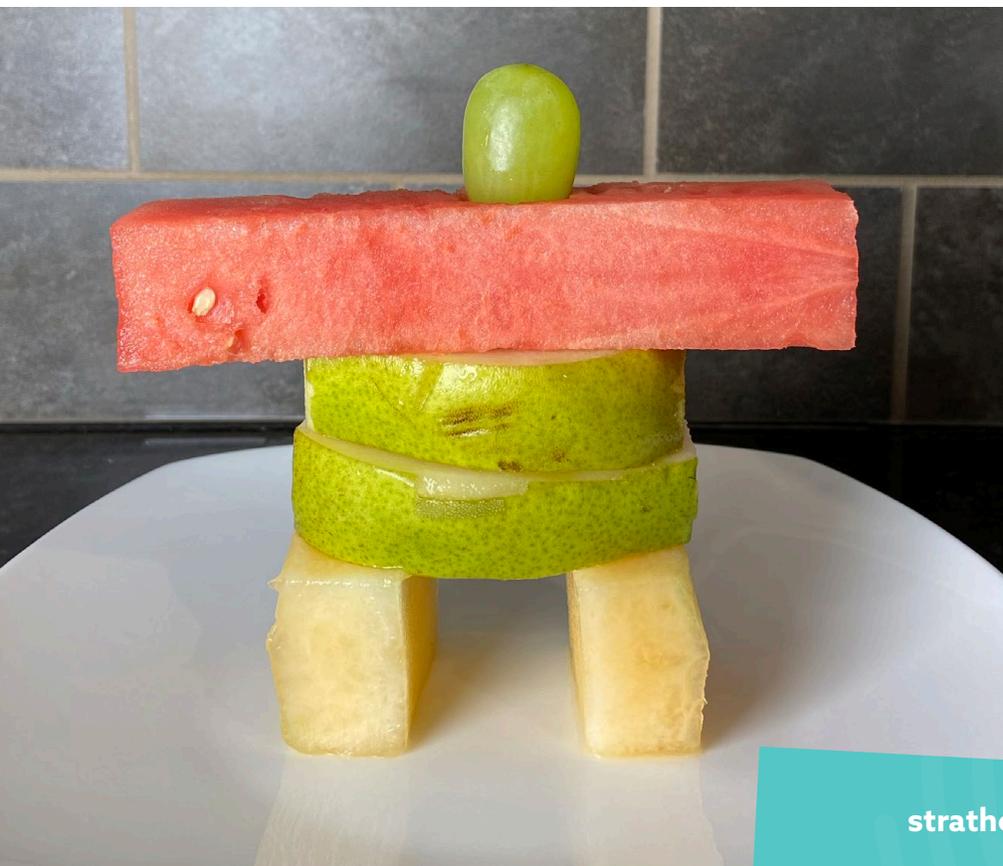
# Inukshuk Edible Art Recipe

## Ingredients:

- Your favourite fruits and vegetables or candy variations
  - Fruit examples - Strawberries, grapes, pineapple, kiwi
  - Vegetable/protein examples - tomatoes, cheese, pickles, cucumber and ham
  - Candy examples - Licorice, square piece of chocolate, gummy bears, jujubes
- Regular toothpicks
- Canada Day toothpicks (optional)

## Instructions:

1. Cut up your chosen fruit and vegetables into the desired shape for the inukshuk body.
2. Begin by stacking your food into the shape:
  - Grab two toothpicks and choose two 'feet' to support the statue and keep it upright. You want to build a column up the center, place the toothpicks near the inside edge of the feet.
  - Alternate between square chunks and long rectangles while you stack.
  - Top your inukshuk with a piece that covers the end of the sharp toothpicks.
3. Eat and enjoy!



Strathcona County is a specialized municipality encompassing the urban area of Sherwood Park, and a large rural area with eight hamlets: Antler Lake, Ardrossan, Collingwood Cove, Half Moon Lake, Hastings Lake, Josephburg, North Cooking Lake, and South Cooking Lake.

**Check out the Canada Day activities in Strathcona County.**

[strathcona.ca/canadaday](http://strathcona.ca/canadaday)





## Popsicle Recipe

### Ingredients:

- 1 lb (16 oz) strawberries, rinsed and remove stem
- 1/4 cup water
- 500g container non-fat Greek yogurt [plain or vanilla]
- 2 tbsp maple syrup OR honey

### Instructions:

1. Begin by blending the strawberries and the water until there is a liquid consistency.
2. In a medium size bowl, combine the Greek yogurt and the maple syrup (or honey).
3. Start by pouring the Greek yogurt mix into the popsicle mold followed by the strawberry mixture.  
\*Popsicle molds and sticks can be found at your local grocery or craft store.
4. Then with the popsicle stick, gently mix the strawberry mixture with the Greek yogurt.
5. Freeze popsicle molds for at least 5 hours.
6. When ready to eat, run the mold under warm water and gently pull the popsicles out.
7. Enjoy!!



### Fun Fact!

The first reported movie showing in Fort Saskatchewan took place in 1907! In 1908, ticket prices were 50 cents for adults and 25 cents for children.



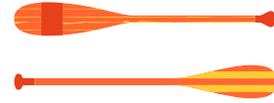
# Scavenger Hunt



LOONIE



MAPLE LEAF



CANOE PADDLE



TIM HORTONS' CUP



CANADA GOOSE



HOCKEY PUCK



CANADA MITTS



STUFFED BEAVER



MAPLE SYRUP



BACON



STUFFED MOOSE



CANADA FLAG



KETCHUP CHIPS



TOQUE



POUTINE

Check out the Canada Day activities in Fort Saskatchewan.

[fortsask.ca/canadaday](https://fortsask.ca/canadaday)

[fortsask.ca/canadaday](https://fortsask.ca/canadaday)

**Fun  
Fact!**



Hike along Devon's 24 km of pristine trails that run along the river connecting Voyageur Park in Devon to Parkland County to the north and Leduc County to the south. This stretch will become North America's longest metropolitan park trail system and be part of the Trans Canada Trail, spanning more than 88 km and covering 7,300 hectares by 2022.

**Check out the Canada Day activities in Devon.**

[devon.ca/canadaday](https://devon.ca/canadaday)



## Giant Bubble Recipe

### Materials:

- Large piece of yarn
- 2 straws (optional)
- Big bucket
- Wooden spoon
- 5 1/2 cups water
- 1/2 cup dishsoap (blue Dawn ultra)
- 1/2 cup cornstarch
- 1 tbsp baking powder
- 1 tbsp glycerin

### Instructions:

1. Make mixture. Mix water, dishsoap, cornstarch, baking powder and glycerin together. Let the mixture sit for 45 minutes. After 45 minutes, it's ready to use.
2. Make "bubble wand loop". Put the piece of yarn through both straws. Tie the ends of the yarn to make a giant loop. Make as many as you would like! Hint: The straws will be your handles, using straws is optional.
3. Start making giant bubbles. Put the bubble wand loop into the mixture, soaking the yarn. Pull the yarn apart slowly and walk with the yarn to make the bubble!  
\*Fun Extra: Make a really big yarn loop, get people into teams, and make an even bigger giant bubble by cooperating together!



# Mikiwahp (Tipi) Activity

Teachings provided by Jo Swampy of Nehiyaw Iskewew Consulting

## Materials:

- Bamboo or wooden skewers (17 Pieces at 10-12 inches long)
- Foam or Cork Block (12x12 inch)
- Toothpicks
- Thick paper or canvas sheet (11x17 inches or similar)
- String (12 inches)
- Pencils
- Acrylic Paint
- Scissors
- Paintbrush

\*All materials can be purchased at your local dollar store or art supply store.



Did you know? The canvas is a representation of the woman's skirt in Traditional Cree Culture.

## Instructions:

1. Insert 13 skewers into foam or cork base (pointy side down) and arrange counterclockwise as per photo. Space each skewer about 1-1.5 inches between each other.
2. Arrange top of skewers so each one rests on the next, creating a "circle".
3. Tie string around the skewers where they rest on each other (where poles come together).
4. Cut out paper/canvas sheet to wrap-around tipi poles. The paper/canvas must be cut in a cone shape, with the bottom wide and rounded and the top narrow and semi-pointed).
5. Cut the flaps in the paper/canvas and cut a small hole on the bottom for the door.
6. Wrap the paper/canvas around the tipi.
7. Join the canvas/paper together using small pieces of skewer or toothpicks pushed horizontally into each end to join together.
8. Insert the two last skewers, one into each flap and then insert into cardboard/foam base. Pull slightly backwards to open flaps.
9. Draw images on the Tipi canvas and paint to your liking!

This Mikiwahp activity includes the nehiyaw (plains Cree) teachings. Treaty Six Territory also includes other Indigenous Nations including the Isga (Nakota), Anishinaabe (Anishinaabeg) and Metis (Michif) Peoples who have different teachings about lodges and structures.





## Stick and Leaf Butterfly Craft

This fun craft will get you out in nature and get the creative juices flowing.

### Materials:

- Various twigs and sticks about 10-15 cm long
- Various leaves of different shapes and sizes (4 or so for every stick)
- Paints or markers
- Knife
- Glue or glue gun

### Instructions:

1. Take a walk through your community and collect the sticks and leaves. You will need about 4 leaves and 1 stick for each butterfly. Leaves that are still relatively green (alive) will work better.
2. Select a stick and 4 leaves and layout your butterfly.
3. Paint or colour the leaves.
4. Using a knife, split the top of the stick into 2 to create the antenna.
5. Paint or colour the stick.
6. Glue the leaves to the stick to complete your butterfly.

### Fun Fact!



Morinville, one of the first locations in Western Canada to open a Royal Bank of Canada and a credit union.





## Shaving Cream Water Balloon

Try this for a fun alternative to the traditional water balloon battles in your yard this summer.

### Materials:

- 1 can of shaving cream
- 1 package of balloons or water balloons
- 1 package of assorted food coloring (optional)

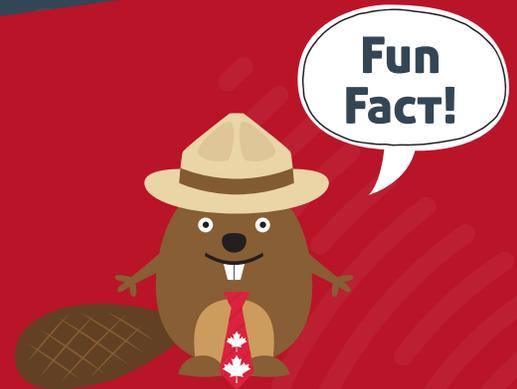
### Instructions:

1. Place a balloon over the nozzle of the shaving cream and hold securely in place.
2. Fill the balloon with shaving cream. It may take a little to get the pressure right. Too little and it may come out the sides. Too much and it may pop the balloon.
3. As a fun option, add a little food coloring before filling and you can have a rainbow battle.



**Check out the Canada Day activities in Morinville.**

[morinville.ca](http://morinville.ca)



In 2016, Morinville was the first ever Alberta host of Canadian Grand Masters Fiddling Championship.



[morinville.ca](http://morinville.ca)

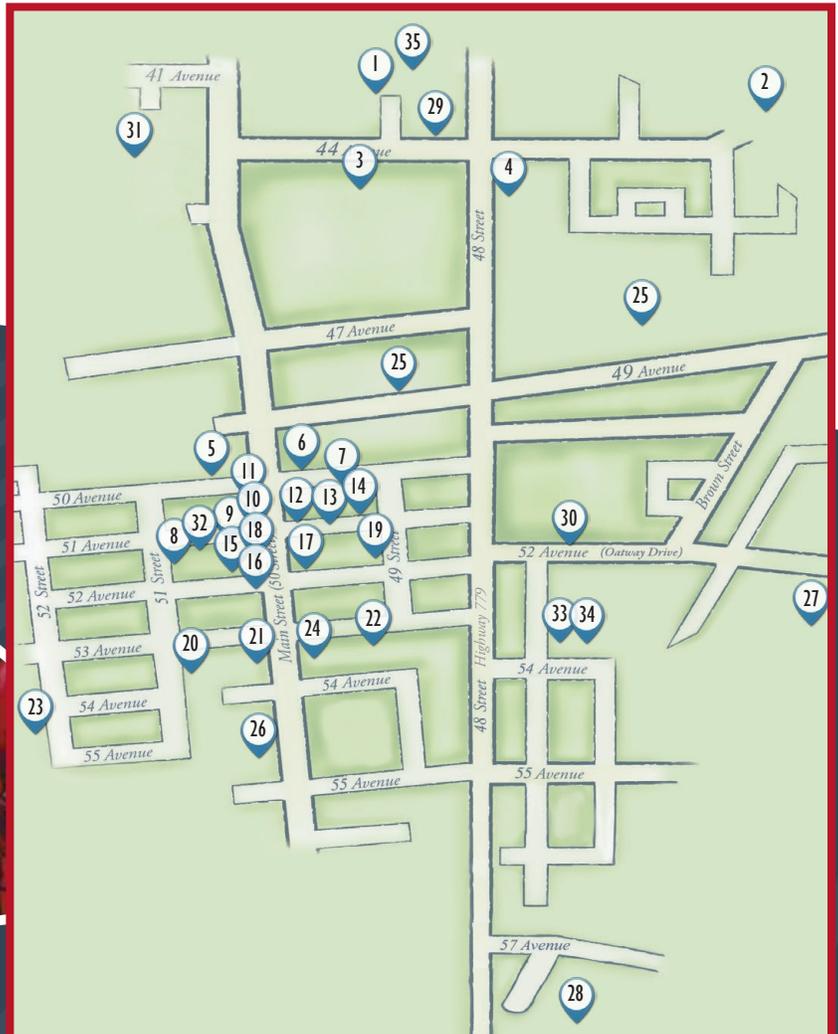


## Mural Tour

Check out the beautiful murals as you tour around Stony Plain.

1. Celebrate Rotary International
2. Drive Thru Time
3. Bridging the Gap For Peace
4. Along the Fifth
5. Milling On Main
6. The First People
7. Evolution Of Electricity
8. Town On The Move
9. Strong Arm Of The Law
10. The Life And Times Of Murray & Esme Byers
11. Press Relief
12. The General Store
13. Morning Light
14. 20 Years Of Friendship
15. For Home And Country
16. Making A Friend
17. The Connection 1906-1963
18. Early Trade Commerce
19. Mosaic Of The Past
20. Many Faces, One Heart
21. Goods In Kind
22. The Country Doctor
23. Mr. Goalie
24. Early Stony Plain Postal Service
25. Riders
26. Pride In Agriculture
27. Evolution Of Junior Golf
28. Companions On The Journey
29. Winter Reflection
30. The Book
31. 2012 International Year Of The Cooperatives
32. Reflections
33. Foundations
34. Back Home
35. Canada 150

Virtual map found at [maps.stonyplain.com](http://maps.stonyplain.com)





## Canadian Poutine Recipe

The poutine was allegedly invented in 1957 when a trucker asked Fernand Lachance to add cheese curds to his fries in rural Warwick, Quebec. Poutine is considered one of the national dishes of Canada.

### Ingredients:

- 1 pkg Poutine Gravy Mix
- 2 tsps Montreal Steak Spice Seasoning
- 1 pkg French fries
- 1 cup cheese curds
- 1/3 cup Ranch dressing
- 6 slices bacon cooked and crumbled
- 2 green onions thinly sliced

### Instructions:

1. Prepare gravy as directed on package; whisk in seasoning and keep warm.
2. Cook French fries according to package directions; transfer to serving bowls.
3. Top French fries with cheese curds; spoon gravy on top. Drizzle with dressing; sprinkle with bacon and green onions.

**Fun  
Fact!**



Stony Plain is home to many colourful murals that depict important figures and events of local history. These murals have earned the town the nickname "The Town with the Painted Past." The town was originally known as Dog Rump Creek.

**Check out the Canada Day activities in Stony Plain.**

[stonyplain.com/canadaday](http://stonyplain.com/canadaday)



[stonyplain.ca/canadaday](http://stonyplain.ca/canadaday)





Check out the Canada Day activities in Beaumont.

[beaumont.ab.ca/canadaday](http://beaumont.ab.ca/canadaday)



Fun Fact!



Beaumont is one of only four officially bilingual communities in Alberta.

## Cultural Dance Performances

Canada is home to more than 37 million people who speak 200+ languages, but the language of dance unites us. Cultural dances are an important part of preserving and sharing our heritages. Some dance styles have experienced an evolution, while others have stayed close to their roots, regardless, dance holds our histories and passions.

Check out a trio of cultural dances, then put on your dancing shoes and learn a few steps. Visit [beaumont.ab.ca/canadaday](http://beaumont.ab.ca/canadaday)





## Family Fun Run at Fred Johns Park

Head to Fred Johns Park with your family to enjoy some of the best outdoor recreational areas Leduc has to offer! Start your run or walk at the biggest Canada Flag in Leduc. Along the 2 km loop of paved Multiway Trail around Fred Johns Park you'll see:

- An airplane
- Two playgrounds
- Picnic areas
- Ball diamonds
- Fishing and bird watching at the Leduc Reservoir
- Disc golf

You can find Fred Johns Park in the Leduc Estates neighborhood, off of Black Gold Drive.

[Leduc.ca/fred-johns-park](http://Leduc.ca/fred-johns-park)



### Fun Fact!



A rare almost fully intact Hydrosaur skeleton was found in Leduc a few years ago in 2013.



Check out the Canada Day activities in Leduc.

[leduc.ca](http://leduc.ca)

## Canada Day Brunch Recipe

### Pancakes

#### Ingredients:

- 1 ½ cups white or whole wheat flour
- 1 ¼ cups milk
- 3 tbsp melted butter
- 1 egg
- 1 tsp salt
- 1 tbsp sugar
- 2 ½ tsp baking powder
- 1-2 cups maple syrup

Optional Toppings: whip cream, pecans, walnuts, chocolate sauce, mini marshmallows

#### Instructions:

1. In a small bowl, combine the flour, sugar, baking powder, and salt. Set aside.
2. In a larger bowl, whisk together the butter, milk and egg.
3. Pour the dry ingredients into the milk mixture. Whisk together.
4. Set pan or griddle to medium heat and coat with cooking spray or butter.
5. Drop about ¼ cup of batter into the pan and spread evenly.
6. Cook until the surface of the pancake has started to bubble then flip. Continue cooking until golden brown on the underside.
7. Continue with more cooking spray and remaining batter. Serve Warm with maple syrup and desired toppings.

### Fruit Skewers

- 8-12 Skewers
- 4 bananas
- 4 cups strawberries

1. Rinse strawberries in cold water. Pat them dry with a paper towel.
2. Cut the tops off of the strawberries.
3. Peel and slice bananas, keeping all the pieces roughly the same size.
4. Build the skewers alternating between strawberries and bananas.
5. Once all skewers are completed, lay them side by side on a serving dish.

Note: If you are making the skewers ahead of time you can sprinkle them (generously) with icing sugar to prevent the bananas from turning brown.



## Beaver Tail Recipe

### Ingredients:

- 1/2 cup warm water (110 degrees F/45 degrees C)
- 5 tsp active dry yeast
- 1 pinch white sugar
- 1 cup warm milk (110 degrees F/45 degrees C)
- 1/3 cup white sugar
- 1 1/2 tsp salt
- 1 tsp vanilla extract
- 3 beaten eggs
- 1/3 cup vegetable oil
- 5 cups whole-wheat flour, divided
- 4 cups vegetable oil for frying
- 2 cups white sugar
- 1/2 tsp ground cinnamon, or to taste

### Instructions:

1. Mix warm water, yeast, and 1 pinch of sugar in a large bowl, and let stand until the yeast begins to foam and form a creamy layer, about 5 minutes. Stir in milk, 1/3 cup sugar, salt, vanilla extract, eggs, and 1/3 cup vegetable oil until the sugar has dissolved. Mix in about half the whole-wheat flour, and stir until the dough is too stiff to add more flour. Turn the dough out onto a floured surface, and knead in more flour until the dough is no longer sticky. Knead until smooth and elastic, about 10 minutes. Form the dough into a ball, place into an oiled bowl, and cover. Let rise until the dough has doubled in size, about 1 hour.

2. Punch down the dough, knead a few times to reshape it, and pinch off a piece of dough about the size of an egg. Roll the dough ball out into an oval shape about 1/4 inch thick. Place finished fried dough on a cloth and cover while you finish rolling out the pastries.
3. Heat oil in a deep-fryer or large, deep skillet to 375 degrees F (190 degrees C). Oil should be at least 4 inches deep. Combine 2 cups of sugar with cinnamon to taste in a shallow dish or pie plate, and set aside.
4. Gently lower the pastries, one at a time, into the hot oil, and fry 1 to 2 minutes per side until golden brown. Blot excess oil from fried pastries with paper towels; gently press each pastry into the cinnamon sugar while still warm. Shake off excess sugar.



### Fun Fact!



St. Albert has over 65,000 trees and has received the distinguished honour of being one of the Tree Cities of the World!





Check out the Canada Day activities in St. Albert.

[stalbert.ca/canada-day](http://stalbert.ca/canada-day)

## Nature Shaker Craft

### Supplies:

- Y-shaped twigs (1 per shaker)
- Red and white paint (we used acrylic craft paint)
- Red and/or white yarn
- Red and white buttons and beads
- White seashells (with holes in them)
- Embroidery needle (optional)
- Paintbrush

### Instructions:

1. To find your sticks, go on a little hike through your neighbourhood. Gather a bunch of sticks that are Y-shaped. Once back home, use garden shears to trim away any bumps or nodules (ask an adult for help with this).
2. Then paint your sticks! You can paint some sticks all red, and some all white or you can alternate the colours! They look especially Canadian when alternated!
3. When your sticks are dry, tie a length of yarn to the top of one of the branches of the Y.
4. Then thread on a bunch of beads, shells and buttons.
5. You can use an embroidery needle to thread your beads and buttons onto the yarn, or just thread them by hand.
6. Once you have threaded enough to make a nice jingly noise, tie the other end of the yarn to the other branch of the Y.
7. Make sure your knots are secure, and give it a shake!





Camrose is referred to as the "Rose City" because of the large number of wild roses growing in the parklands that surround the city.



## Canada Day Windsock Craft

### Materials:

- Red and white paint
- Paintbrushes
- Red glitter
- Tin can
- Red and white ribbon
- Hot glue gun and glue
- String for hanging

### Instructions:

1. Paint the tin can all white, let dry. Dip your hand in the red paint and place it onto the can to resemble the leaf of the Canadian flag.
2. Add glitter to the handprint while it's still wet.
3. Paint rectangles in red on either side of the handprint to resemble the flag.
4. Cut the ribbons into 4-5 inch strips and glue them onto the bottom of the can using the hot glue gun, alternating red and white or in the pattern you choose.
5. Punch two holes at the top sides of the can with a hammer and nail and thread the string through each hole and tie a knot at each end to secure in the can.
6. Now it's ready to hang!

\* Note - if you want the windsock to be weather proof, spray the can with acrylic sealer.



# Canada Day Tic Tac Toe

Challenge your friends to a friendly game of Canada Day Tic Tac Toe. Get outside and complete these activities.

Check out the Canada Day activities in Camrose.

[camrose.ca/CanadaDay](http://camrose.ca/CanadaDay)

**Dress up your pet or stuffed animal in Canadian colours**

**Make your favourite summer snack**  
(look in the guide for inspiration)

**Run through a sprinkler**

**Have a dance party**

**Chalk your walk with Canada Day Art**

**Walk or ride around your favourite park**

**Learn a new outdoor game**

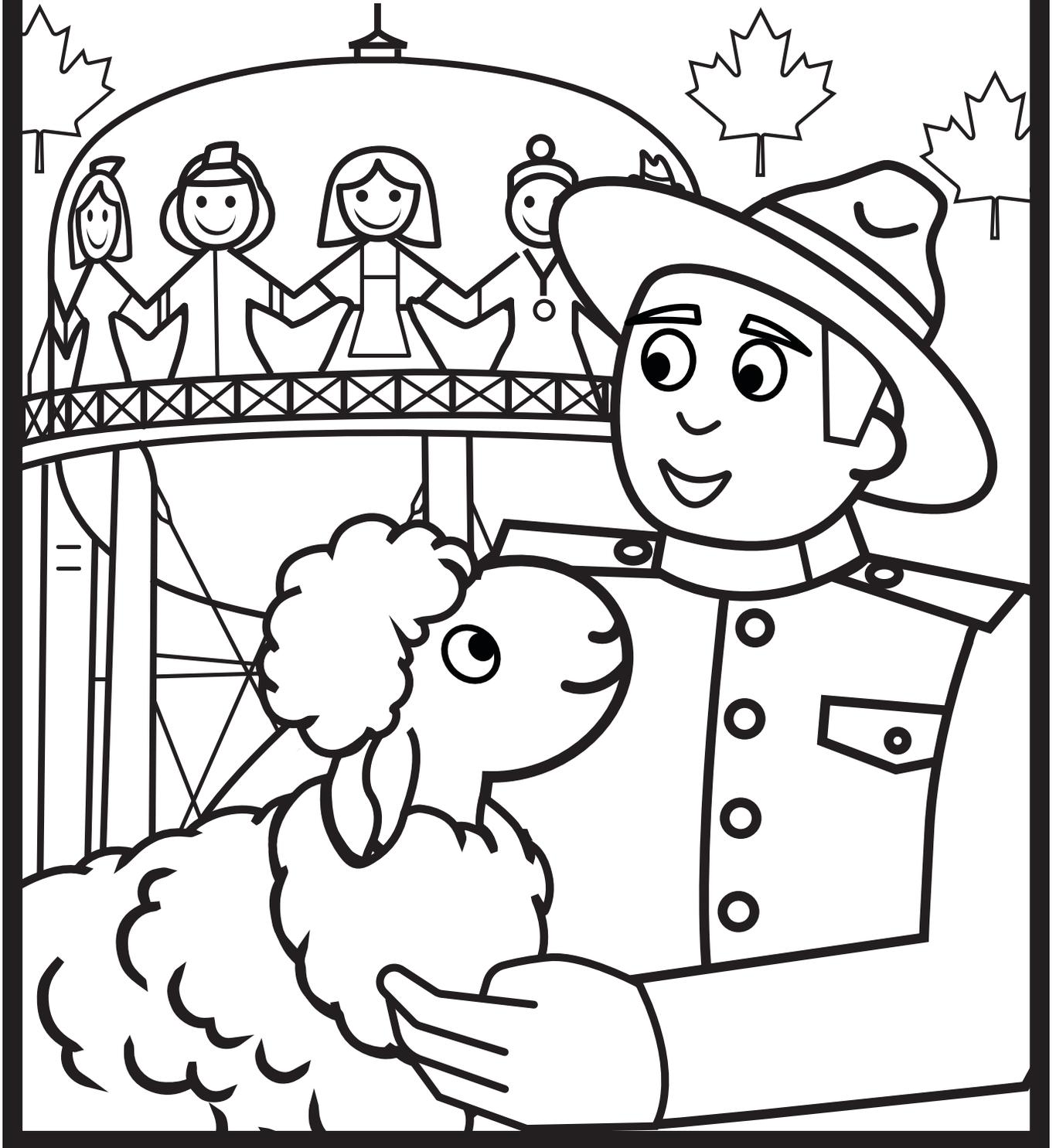
**Have a picnic in the park**

**Do a Canada Day craft**  
(look in this guide for inspiration)

*Colouring Fun!*

# HAPPY CANADA DAY

THE CITY OF  
FORT SASKATCHEWAN



# Canada's most livable community



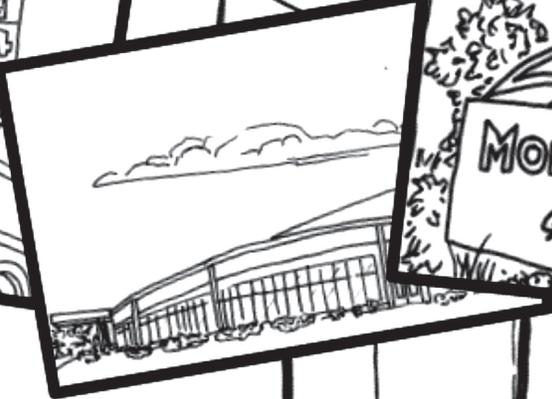


TOWN OF  
**Devon**  
ALBERTA

# HAPPY CANADA DAY



Morinville



db 2021



STONY PLAIN



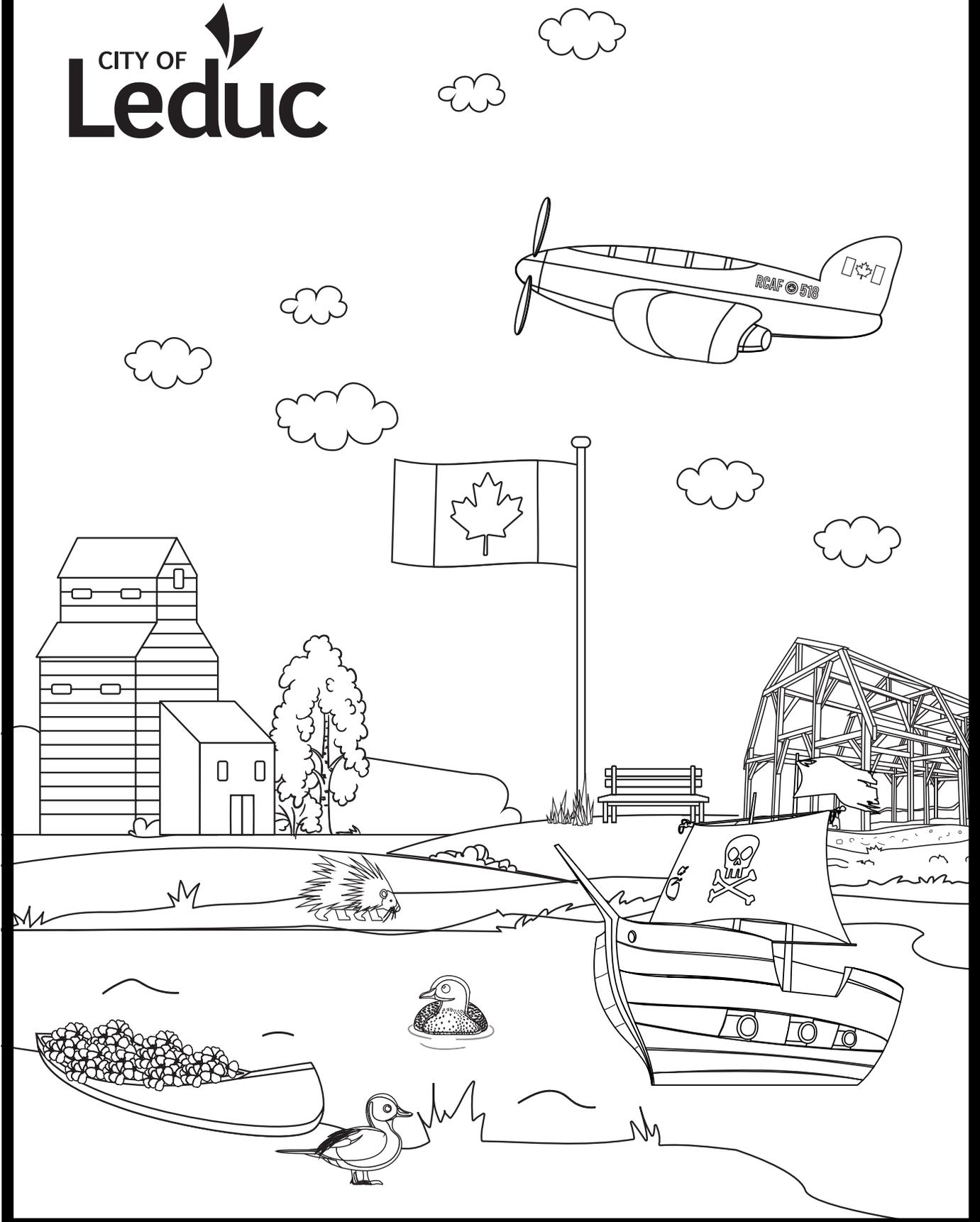
**With spirit | Avec esprit**

**HAPPY  
CANADA DAY**  
from Marquis  
du Beaumont!



 **BEAUMONT**

CITY OF  
**Leduc**



# Self Portrait

Draw and colour in the picture to create a fun caricature drawing of yourself on an adventure!



Illustration by Andy Cookson

HAPPY CANADA DAY!



CITY OF  
Camrose

CITY OF  
CAMROSE · JULY 1 · 2021

# Happy Canada Day!



#celebratetogether



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