

## YOUR FAVOURITE PLACE

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## # MY FAVOURITE PLACE

# Life coach paints city's best sites in new book

By Angelina Irinici

Patricia Katz is a productivity and balance strategist and a lover of Saskatoon. She's also a writer and watercolour painter who has recently published a book. *Sketches of Saskatoon* features 40 different sketches of Saskatoon's sights and events in watercolour and ink, using the South Saskatchewan River as a guide. The book opens with the Meewasin Trail, an integral part of Saskatoon, says Katz. She walks the trail almost daily and finds inspiration and socializes with friends. There is one special stop along the way — a rock perfectly situated at the top of the hill, her favourite place in the city.

**Q.** *Why was it important for you to include the Meewasin Trail in your book?*

**A.** The trail follows the river and you can't talk about this city without talking about the river because it's built on it, it's so central to it, we're preoccupied with bridges going over it, or lack thereof, and all those kinds of things. People spend so much time on the riverbank doing everything! ... It seems to me that it represents some of the best of what Saskatoon has to offer.

**Q.** *What's the significance of the rock?*

**A.** I'm a farm girl, I used to pick rocks — but not that big. ... As a farm girl you've got lots of land and I always had a spot to go to think in the pasture. For me, (the rock) is a place to just sit and pause. In my work I talk about the concept of pausing as a stress reliever and being more present and appreciative of our lives and the world. That rock is that for me. It's a place where I can pause on my walk in the morning and be present and to enjoy the world around me.

**Q.** *Does location have anything to do with it?*

**A.** That rock is just over the edge, down on the edge of the growth and



Patricia Katz sits on her favourite rock by the river with her watercolour book, *Sketches of Saskatoon*, that features her paintings from spots along the Meewasin Trail. BRIDGES PHOTO BY MICHELLE BERG

when you're down there — especially around 6 a.m. — it's almost like you're in the country. Because we don't have a lot of development on the other side of the river and because it's down from the street, it's like you and the rock and the beaver and the gees and whatever it is out

there so it's very renewing for me in that respect.

**Q.** *What else do you see while at the rock?*

**A.** There's a snake — maybe more than one — that lives around the rock, which is not my favourite piece

of nature down there. I'm more likely to see geese and pelicans, ducks, there's often deer — more often on the other side of the river. I've seen beaver and muskrat sailing along the water in the morning. Probably the most unusual thing is a moose. It was running down the path. It was

coming my way so I decided maybe I should get out of the way.

**Q.** *What do you hope people gather from reading your book?*

**A.** I hope they have a real appreciation for the city we live in. It's so easy to take a place for granted.