

PiloT ButtE News & viewS

September 2017

Serving Pilot Butte & District for 31 years!

Year 31 Issue 1

Town of Pilot Butte 2017 Strategic Plan

Completed and Ready for Presentation

Town of Pilot Butte 2017 Community Strategic Plan

Strategic Plan Completion!

The Town of Pilot Butte is pleased to announce the completion of their 2017 Community Strategic Plan entitled, "Vibrant, Inclusive, Sustainable, Fiscally Responsible". A special thank you to everyone who took part in the planning process especially those who completed a survey and/or attended a community event. Community engagement and input was an invaluable and integral part of building our strategic plan.

<u>Please join us on Saturday September 9th</u> at 2:00 p.m. in the Community Hall for a special presentation of the completed Strategic Plan - presented by Mayor Peggy Chorney. You may also view the completed Strategic Plan on our website at: http://www.pilotbutte.ca/

If you have any questions or would like more information about the Community Strategic Plan, please contact Town Manager, Brandi Morissette at 306-781-3409 / pilotbutteadmin@sasktel.net



Town of Pilot Butte

Saskatchewan, Canada

COMMUNITY STRATEGIC PLAN

"Vibrant, Inclusive, Sustainable, Fiscally Responsible"



July 17, 2017

Submissions and Payment

Please remember to send your submissions no later than 5 pm on the 20th.

Anything received after cannot be guaranteed to be inserted into the issue. Your continued co-operation is appreciated. PLEASE EMAIL the News and viewS @ newsandviews@sasktel.net or drop it off at the Pilot Butte Town Office.

As always, a huge THANK YOU to the sponsors who have renewed their squares or are new to our backpage—We truly cannot publish without your generous support!

Thank You to our Back Page Sponsors

Remember to patronize our back page sponsors.

They keep the News and viewS **FREE** to all residents!

Echo Valley Motor Products Ltd.—17/18
Pilot Butte Fire Department—17/18

Lipsett Cartage Ltd.—17/18
Thomas Sand and Gravel—17/18

The News and viewS appreciates all those who help in getting the 10 issues printed and out to the residents. It takes a community!



PILOT BUTTE RODEO SPECIAL THANKS

The Rodeo committee wishes to thank everyone who in any way contributed to the success of the Rodeo event this year, our 25th Anniversary.

The many volunteers, the sponsors, the media for advertising, local businesses that donated time and equipment at the grounds in order to prepare them for the event. Also to the groups that helped as well: The Firefighters, Old timers, the Town of Pilot Butte staff, the Lions Club, the Golden Sunset Club Seniors, the people that cleaned the grounds (job very well done) and to every that took in the event: your pres-

ence is our success. We don't want to miss anyone so if you were involved in any way, we as a committee express our sincere thanks and gratitude for your continuing support to our community and this event.

The Cabaret was also almost a sold out event!! Thank you to everyone that attended the cabaret or donated their time and volunteered at the event in order to make it a success.

A Big Bouquet to all of you without your efforts and support this event could not happen.

The committee would also like to congratulate Karen Byrd on receiving the Harold Panno volunteer award this year. Karen puts in many hours behind the scenes that most of us are not aware off. Thank you Karen!!



Are looking for 3-4 billet families for players this fall. The Storm pay for billets and also offer family season passes for Storm games.



We are looking for 1 for September 1st and 3 for September 15th.

The Storm season typically ends in mid April.

The Storm are 16 year members of the Prairie Junior Hockey League and are 4 time PJHL champions, 2006, 2008, 2010 and 2011.

Anyone interested please contact Dale Lewgood @ 306-536-0804 or Karl McNish @ 306-737-4805.

Email dale.lewgood@canaturewg.com







June, 2017

Dear Pilot Butte and District Resident:

RE: PILOT BUTTE PHONE BOOK 2018 EDITION



The Pilot Butte Phone Book Committee is once again up and running! We will be creating and publishing a 2018 edition of our local phone book. The last edition was published in 2013 so it is long overdue! This is a fundraising effort as well as an informational one! All funds that are raised from advertising and sales go back into the community to fund various projects. The committee starts with the existing phone book and then works with the town advises the committee of the listed residents who no longer live in Pilot Butte. Then any resident from Pilot Butte and surrounding area who wants to be listed in the local phone book, are asked to send in written confirmation.

The Town will also be helping out the committee by sending out notices to new residents who have moved to Pilot Butte since early 2013. Our apologies if you receive more than one notice but we want to be sure that all are advised who should be.

If you DO NOT wish to be included in the phone book, DO NOTHING and you will NOT be listed.

If you wish to be included in the upcoming local phone book, please e-mail the group at townofpilotbutte@sasktel.net; OR fill out the information sheet below and drop it off in the mail slot at the Town Office; OR mail to Box 285, Pilot Butte, Sk. SOG 3ZO – All go to the attention of: 2018 Phone Book Committee. They ask that you give them your name and how you want it to appear in the phone book, street address only and phone number.

Please reply no later than December 15, 2017.

Name:	
Street Address:	
Phone Number:	Date:
	re 12 or older, have taken the babysitting course and have he phone book as a babysitter, please fill out the information
Name:	Date of Birth (M/YR)
Phone Number:	



The Council Connection

Council meetings are **Open to the Public**. Meetings are normally held the **2**nd **and 4**th **MONDAY** of each month. If a Statutory Holiday falls on a regularly scheduled Council meeting Monday, the Council meeting will be held on the Tuesday. Unscheduled Special Meetings are advertised in advance for public attendance.

Your newly Elected Council Members who will be representing your interests will be Mayor **Peggy Chorney**, along with Councillors **Teresa Blommaert**, **Jean Lowenberger**, **Bruce MacKenzie**, **Lydia Riopka**, **Nathan Schmidt**, **Ed Sigmeth**. Please contact the Town Office at 306.781.4547 should you have any questions or concerns on any issue.

The Council meetings for 2017 are as follows:

August 28 September 11, 25

October 10, 23

November 13, 27

December 11

You can contact us at 306.781.4547 or townofpilotbutte@sasktel.net We are also on the web at www.pilotbutte.ca. The site is updated on a regular basis. If you have any suggestions or comments on our website, please feel free to let us know. We welcome any and all feedback.



... that the Town of Pilot Butte makes use of the **Synrevoice** messaging system for *their residents*?

You may receive town news, announcements and information by telephone (old or new!), e-mail, or both. If you are a resident of the Town of Pilot Butte and are not receiving town notices and information using this system please contact the *Town Office at 781-4547 Option #1 or email the town at townofpilotbutte@sasktel.net*. You may opt out at any time.



Waste Disposal Complaints

The town has received complaints from developers that residents having been dumping yard waste and garbage onto their empty lots.

The Town does not have a waste disposal facility for dumping <u>anywhere</u> within the town limits. Therefore, if you are dumping, you are dumping your garbage on private property and that is illegal.

Please be respectful of other people's property and dispose of <u>your</u> garbage in your own garbage cart or take it to the City of Regina dump and dispose of it there.

The town does and will not clean up this garbage. It is the responsibility of the landowner.

Thank you for your co-operation.



SEWAGE BLOCKAGE - If you suspect you have a sewer blockage, the line **MUST be checked by the Town Maintenance Staff. Payment may be refused** (at the discretion of the Director of Public Works & Maintenance Operations) if this condition is not met. A **maintenance man is on call after**

hours for emergencies and is available by calling 306-781-4547 Option 4. Thank you.





Physical Activity for Older Adults

What is Forever...in motion?

- Forever...in motion (FIM) is a Health Promotion initiative in partnership with community organizations that support older adults to become physically active through a peer volunteer led program.
- The program goal is to improve and/or maintain the health of older adults living in the community through education and physical activity.

Forever...in motion

- Programs are located primarily in seniors' housing, community centres, churches, condominiums and leisure centres.
- Forever . . . in motion was developed by the Saskatoon Health Region and provincially implemented by the Saskatchewan Parks and Recreation Association.

Become a Forever...in motion Site

you will need a space that can be utilized for exercise, as well as, one or more people that would be interested in becoming a Forever...in motion peer volunteer leader. The goal is simply to enable you to offer a safe physical activity program for your group. To become a **FIM** site There is no cost to become a Forever...In motion site.

- Your site can determine how many days per week as well as what time you want to offer your **FIM**
- Programs typically vary from 30 to 60 minutes, 1 to 5 days per week
- Forever...in motion programs include a cardiovascular, muscular strength, balance and flexibility component to reduce falls.





Peer Leader





or more information, contact:

Phone: 306.766.7370



Location:

Forever. . . in *motion*

Forever...





Join a **Forever...in** *motion* **program**

Forever...in motion is an initiative that helps older adults become physically active through volunteer led physical activity groups

enjoy helping others? Why not volunteer as a leader? We can help you enhance and develop Are you over the age of 50? Do you believe in the benefits of physical activity, are active and your skills in leading a physical activity class for your peers.

Forever...in motion was developed by the Saskatoon Health Region and provincially implemented by the Saskatchewan Parks and Recreation Association

For more information visit: www.rghealth.ca/forever-in-motion

Forever...in motion Leader Workshop

Tuesday, September 5 Tuesday, August 29

9:30 am - 3:00 pm 9:30 am - 3:00 pm Tuesday, September 12 Tuesday, September 19

9:30 am - 3:00 pm

Cathedral Neighbourhood Centre, 2900 13th Ave, Regina

You will receive **Forever...in motion** Leader Manual, T-shirt and resistance band For more information or to register contact:

healthpromotion RQHR@rqhealth.ca 306-766-7163





Physical Activity for Older Adults



St. Agnes Catholic Church



Sunday Mass Time 9:00 am

As summer comes to a close, we can reflect once again on the change of seasons as fall approaches, summer holidays come to an end and the school year is again in full swing. Did we take time over the summer to slow down and appreciate all the gifts God has given us in our lives?

"Since God is found in every person, how we treat our neighbor is how we treat God." Dr. Carolyn Woo

Food for thought:

Just as Jell-O takes the form of the container it is surrounded by, so too are we shaped by what we are surrounded by." Dr. Allen Hunt



\`*************\\

What's happening at St. Agnes?

We would like everyone to help us in wel-🕏 coming our new Shepard, Father JB Okai!! Father JB has been assigned to the parishes of St. Agnes (Pilot Butte) and St. Joseph's (Balgonie). Father JB was previously the pastor at St. Peter's. We look forward to getting to know him as he joins our parish family!

This summer, we bid farewell to our former Shepard, Father Ed Hengen who has been assigned to St. Mary's parish. We were very blessed to have his spiritual leadership over the past seven years. He will be missed! We

wish him all the best in his new parish family!

September 24, 2017: Coffee and donuts after mass. Everyone welcome! Come enjoy some fellowship! Volunteers are needed to pick up donuts and prepare coffee each month. If you are able to help out, there is a sign-up sheet at the back of the church.

If you are interested in registering your child in School of Religion and Sacrament classes this fall; or for more information, contact Jackie Peat at stone.n.steel@sasktel.net.



Welcome Back!

Students · Teachers · Everyone



Junior Teen Club

Starts Tuesday, September 12th. 3:30 - 5:30pm

All students in Grades 4-7 are welcome to join our fun, free after-school program. As always we'll have snacks, games, lessons and stories. And of course the kids will be earning 'coins' to exchange for great prizes. There's no need to pre-register, just come on over and get in on the fun!

Teen Night

Starts Friday, September 8th. 7:00 - 9:30pm

The place for teens on Friday night! Students in grades 8-12 can drop in to enjoy popcorn and other snacks, and join in on all the fun! Play air hockey or pool, video or board games, and be sure and stay for Danielle's wacky games!

Ladies' Night

Wednesday, September 27th. 7:00pm

The ladies will be having an Autumn Tea at the centre; there is no fee to attend and all ladies are welcome. Featuring guest speaker Kathy Depko.

Book Swap & Bake Sale

Our very popular book swap and bake sale will return on a Saturday in October, featuring wonderful home baked goods for sale, and a free book exchange. Please check the News N Views next month for time and date.

Sunday Mornings

Church these days may be different from how you remember it. Why not come and see?

This September 3rd, for example, we'll be talking about a very special lesson we can learn from...an elephant. An elephant named Horton.

The rest of the month we'll be exploring the question: "Who is Jesus?".

If you'd like to stop in, you are welcome every Sunday, just as you are.

Try us this Sunday!

10:30 AM, 233 5th Street, Pilot Butte

Contact us:



f Find us on Facebook





When

Sunday, October 1st 5pm - 7pm

Location

White City Community Centre

Multicultural Long Table

presents a

The White City Regional Library & Board, in partnership with Sask Culture, the Saskatchewan Library Association and the White City Ecomuseum, invites you to experience Culture Days with us! Join us in celebration of our various backgrounds by enjoying tasty food and telling stories. Please bring a dish to share from your family's heritage. Don't forget to bring the recipe!

Contact Lori Lee Harris at the Library, 306.781.2118, or Justine Walton at 306.757.5800 for more information. Please RSVP by September 25th, 2017.



Pilot Butte Library



Storytime Wednesdays @ 10 am

September 6, 13, 20 & 27

LIBRARY HOURS

Tuesday **1:30-4:30 pm**

& 5-8 pm

Wednesday 9-12 pm

& 1-5 pm

Thursday **1:30-4:30 pm**

& 5-8 pm

Friday 9-12 pm

& 2-5 pm

Tick Tock Time
Fridays
@ 10 am*

September 8, 15, 22 & 29

*no Tick Tock Time during School breaks



*FOLLOW US ON FACEBOOK & TWITTER! Closed Statutory holidays _Phone 306-781-3403 Email: pilotbutte@southeastlibrary.ca

*Drop box available in the Town Office 9 to 5 pm Monday-Friday





Pilot Butte Photo Bunch

Thursday's

@ 6 pm

September

7 & 21

Sponsored in part by SK Lotto

Anyone interested in photography is welcome to come

down and see what transpires!

Tuesday @ 7 pm September 12

Once again thank you to everyone who came out to participate in the Summer Reading Program, MAIN Street Mobile Play Unit, SASK Science Centre and our weekly story time. The Library had a wonderful summer full of fun and adventures.

Watch the News and viewS, along with our Facebook and Twitter pages for upcoming programming for Fall and Winter 2017!

The Pilot Butte Library Board and Librarian look to continue to bring excellent programs to our library and our patrons. If you have an idea you would like to suggest, please feel free to contact our wonderful Librarian, Miss Connie at 306-781-3403 or email her at pilotbutte@southeastlibrary.ca Thank you.





PSMHA Return to the Rink Halloween Cabaret Saturday, October 28, 2017 Pilot Butte Recreation Center Tickets - \$35/each

8:00 pm – Doors Open 11:30 pm – midnight lunch DJ from 9:00 pm – 1:00 am

Door prizes, raffle prizes, 50/50 draws and best costume awards ALL up for grabs!! Drink ticket specials from 8:00 pm -9:00 pm. Shooter specials throughout the night.

To purchase tickets please contact Lee Peters at (306) 541-3257 or president@psmha.ca

Tickets will sell fast - Don't miss out

All proceeds will go to PSMHA to support further programming within the Association.



Nicole's Preschool





Sending everyone a great big warm hello and welcome to our new school year! As Dr. Seuss says "You're off to great places. Today is your day. Your mountain is waiting. So get on your way!". This year at preschool we also have many great adventures awaiting us and I am honored to have the opportunity to be one of your children's first teachers. Here's to a fun-filled year packed with learning, discovery and big smiles!

Just a reminder, Welcome Packages have been sent out at the beginning of August to all registered preschool families. If your child is registered and you did not receive your package please call me at 789-6914 or email nicolespreschool@sasktel.net.

For <u>registered</u> families: **Preschool Open House** is <u>Thursday</u>, <u>August 31 from 9:00 am</u>
<u>- 5:00 pm</u>. Our first days of school (depending upon your child's schedule) begin the week of

<u>September 5-8/17.</u> See you soon! Mrs. Marshall



Some Back to School Giggles!

"The hardest part about goin' back to school is getting my voice to whisper again."



While typing up this issue, I noticed many of our local groups have submitted content for publication to residents and surrounding areas and town. Have you ever wondered how all this work gets done? It gets done by the many **VOLUNTEERS** who work on your behalf to offer programs for your children and/or you!

What does your child participate in? Hockey? Soccer? Ringette? Figure Skating? Isn't it nice that you can just show up and your child can participate in all these sports?

What if we didn't have these volunteers? Simply, there would not be any sport, culture, recreation or extra curricular activities in and around Pilot Butte, Balgonie, White City and all over Saskatchewan!



Pilot Butte Storm—Volunteers; Pilot Butte Phone Book - Volunteers; Prairie Storm Minor Hockey Assoc.—Volunteers; Libraries—Volunteers; Churches—Volunteers; Beavers/Scouts—Volunteers; Skating Club—Volunteers! Pilot Butte Rodeo—Volunteers—100+; News and viewS—Volunteers! Seeing a common theme?

If you do not volunteer, please consider doing so. Your community needs you! Many hands make light work!



Recreation Report

"Pilot Butte Summer Youth Club Tagged a Success"

During four days in the middle of the 'dog days of summer' youth 10 to 14 yrs old got the opportunity to hang out at the Pilot Butte Recreation Centre for a few hours of socialization, physical activity and fun. The Pilot Butte Recreation Department offered its first Summer Youth Club July 24th to 27th from noon to 4:00 pm each day. Kids got to hang out in the "lounge" created in the Hall complete with a couch, comfy chairs, foosball table and board games, play dodge ball, basketball and floor hockey on the Arena floor, watch movies and got to play Laser Tag on the final afternoon of the program. Up to 20 kids came out each day and enjoyed the opportunity to have



1st Balgonie Beavers, Cubs and Scouts Register now @ <u>www.myscouts.ca</u>



: starts with Scouts.

Meetings:

Tuesdays 6:30pm - 8pm

Where:

Beavers @ Balgonie United Church

Cubs & Scouts @ Balgonie Multiplex

Orientation & Information Night

The 1st Balgonie Beavers, Cubs and Scouts invite all returning and new members to an orientation night at our first meeting,

September 12th, 6:30pm-8pm at the Balgonie Multiplex

Parents are strongly encouraged to attend the orientation. An introductory camp is also planned for September.

New leaders wanted!

Call Justine Walton, 757-5800 or Heather Kemp, 771-2671 for more information.

a place to spend part of the day. Recreation Director Brian Chmarney hopes to run the program again next summer in an expanded format.

The Recreation Department would like to thank all the participants that came out for the program and the organizations that contributed to its success.

"Pilot Butte & YMCA of Regina Youth Leadership Program"

The Town of Pilot Butte Recreation Department is working with the YMCA of Regina to bring a Youth Leadership Program to town for this coming fall and winter. The programs goal is to grow personal leadership skills in youth along with promoting active volunteerism and community involvement. The expected ages will be 8 to 15 yrs (divided appropriately), for boys and girls and operated by trained YMCA staff. Participants will meet once a week at the Pilot Butte Hall and will take part in various

physical activity, discussion, games and commu nity work. For more information on this program, contact Brian Chmarney at pilotbutte.rec@sasktel.net or by calling 306-781-3402.





City View Skating Club



REGISTRATION

Tues, Sept 19th
6:30 – 7:30 PM
White City
Community Centre



PreCanSkate, CanSkate and StarSkate will continue to be offered at the Communiskate (EP/WC) and Pilot Butte rinks!

Read about these exciting programs in our placement guide!

Returning skaters can avoid the line-ups and waitlists and register by email before September 1st!!

Programming and registration information available at: http://www.whitecity.ca/ under Directory > Clubs and Organizations > City View Skating Club









City View Skating Club



REGISTRATION

Tuesday, Sept 19th 6:30 – 7:30 PM White City Community Centre



Returning skaters can avoid the line-ups and waitlists and register by email before September 1st!!

POWER SKATING is coming to Balgonie!!! Friday mornings 7:30 - 8:15 AM!

CanSkate, PreCanSkate is offered at Communiskate and Pilot Butte Rinks
StarSkate is offered at the Communiskate

Read about this and other exciting programs in our placement guide!

Programming information available at: http://www.whitecity.ca/ under Directory > Clubs and Organizations > City View Skating Club



A message from the RM of Edenwold

Recreation funding in 2017-18 budget announced

EDENWOLD

maintenance and upgrades. Communiskate and the golf courses received a tax abatement for the recreational facilitates they provide to the community. Additionally, the surrounding urban municipalities received a community The Emerald Park Socoer Centre will be completed this year recreational grant to assist with their recreational improvements,

"We have our own recreation facilities in the RM," Councillor Wayne Joyce says, "and we have to invest in those."

Century West was awarded the tender for the Emerald Park Socser Ave as well as installing barbecue pits and tables, "so people can enjoy

The RM plans to enhance the Emerald Park soccer fields with walking path access from Great Plains Road and Kingsmere



Coun. Lorne Beer participated in the Ochapowace Nation gas station/bourist centre sod turning, July 7

approved it at their June 27 meeting," says the RM's Chief Administrative Officer Kim McIvor. The mill rate has been set at 4.4 per cent on all submitted and they assessable properties

Paving projects



Hydro-seeding by Rapid Lawn at Crawford Developments, August 1.

paving of Bardel Crescent is 90 registered road and connects Emerald Park Road in Emerald City. "The RM's goals are such that within ten years all roads within Emerald Park will be At Crawford Developments Park to Fairway Road in White price tag of \$574,000 paid in paved to current engineering part by a local improvement levy. Hogan Drive is now a completely updated and/or

accepted tenders for the following road projects at the July 25 council meeting: Grid 734, Nicklaus Place, Diamond Road and Pearl Crescent



requested a 'revenue

neutral' budget be



pruning is complicated, but by following a few

Many gardeners think

The RIM of Edenwold Canada 150 Threshing Bee held August 12 was a success. 350 people attended and 191 pounds of food was donated to the Regina & District Food Bank.

prune makes it not only

easy, but eniovable!

Ministry of Highways and RM work on highway signage project

traffic with a new sign pilot project. For a fee, the Ministry will include their companies name or logo on signs to be erected by Starting in August, local businesses will be given the opportunity to promote their companies to Highway 1 facing

of this year.

This will help with visibility for Emerald Park businesses and provide information for the travelling public regarding. specific services such as hotel accommodations, fuel services and restaurants," says McIvor

Contact us via email: rm158@sasktel.net or phone 306-771-2522. Visit our website at: rmedenwold.ca Facebook: RM of Edenwold Canada 150 Twitter: @RMofEdenwold

Pruning Made Simple

Horticulturalist, Janet Bogue

owner Emerald Park Flower Shop



7 PM Wed. Sept 13th, 2017

Everyone Welcome

Ramada Emerald Park

Members free \$5 Visitors Info: www.whitecitygardenclub.weebly.com/wcgc-upcoming-events







HEATHER RAMAGE

Mortgage Broker
Phone: 306-537-1562
ramagemortgage@gmail.com
www.HeatherRamage.ca

LICENCE #316457 BROKERAGE LICENCE #316315 More than half of First-Time Buyers used a Broker in 2015. (55% First-Time Buyers, 42% Repeat Buyers)



Courtesy CMHC 2015 First Time Buyers Survey

Among First-Time Buyers switching financial institutions...

72% arranged their mortgage through a BROKER

CONTACT ME TO DISCUSS YOUR MORTGAGE NEEDS!

Thank you for all your support throughout 2015! I look forward to working with you in the coming year!



Paid to Dec/16

Are you new to Pilot Butte?

If so, the News and viewS tries to keep residents up to date!

If you see something we should all know about or have a submission for the next issue, let us know by emailing us at the newsandviews@sasktel.net

We are also online at www.pilotbutte.ca/newsviews-event-calendar/news-views

ADVERTISING RATES FOR Pilot butte News and viewS

Advertising in the News and views Is priced as follows effective October 2016:

1/4 page Ad-\$30.00

1/2 page Ad—\$40.00

Full Page Ad—\$60.00

Preferred method of submission is a .pdf or a .pub file. Word is also acceptable.

Email us at newsandviews@sasktel.net or drop off at the Pilot Butte Town Office. We request please that payment be **received first** in order for the ad to be inserted in an issue.

If the payment is not received prior to the 20th, the **AD WILL NOT BE PLACED IN THE ISSUE.**

When possible, we ask for your support when inserting articles as we just have enough funds to publish. Thank you.

Payment may be mailed to Pilot Butte News and viewS, c/o Box 253, Pilot Butte, Sk. SOG 3ZO or dropped off at the Town Office from 9-12 & 1-5 or there is a mail slot to the left of the lobby doors at the Pilot Butte Recreation Complex.

Thank you very much.





Visit us online: www.emeraldphysio.ca



Physiotherapy services offered:

- Assessment and treatment of peripheral and spinal joint conditions and muscle, tendon and ligament injuries
- Work related and motor vehicles injuries
- · Electrotherapy and ultrasound
- Pelvic floor conditions

- Sports Injuries
- Post-surgical rehabilitation
- Temporomandibular Joint (TMJ) Dysfunction
- Acupuncture
- Dizziness and balance treatment (vestibular therapy)



336 Great Plains Road, Emerald Park, SK.



306.347.1999

CANADA 150

The News and viewS would like to thank the Pilot Butte Recreation Board in conjunction with Sask Lotteries Assistance Grant,



for their generous donation to our newsletter. The donation from the Rec Board enables the News and viewS to keep publishing and aids in local sports, culture and recreation advertising. Our continued thanks for the support!

This grant will continue to expand our **News and viewS** with still more local content, some advertising, more appealing and interesting to read. The **Town of Pilot Butte** provides financial funding as well as continued support in other ways. The Town has pledged to ensure that the News and viewS will publish, no matter what! Thank you to the Town for this wonderful support. It takes a tremendous financial worry off of the volunteers!

The **R.M.** of **Edenwold** also supplies the newsletter with financial funding and we use a portion of these funds to send copies of the newsletters to some R.M. residents. This financial windfall (for us!) is enabling us to produce a larger, more attractive newsletter for your enjoyment. We hope that we can continue to provide a quality of newsletter that makes us the "must read" item each month. We truly appreciate the support.

Check us out on the web, **IN COLOUR** at www.pilotbutte.ca





STORMY'S Mechanical & A/C

791-HVAC (4822)

stormys@sasktel.net

SERVING THE COMMUNITIES OF:

Regina - Pilot Butte - Emerald Park White City - Balgonie - RM of Edenwold





Install - Service - Repair

- FURNACES
- AIR CONDITIONING
- PLUMBING SERVICE
 - GAS FITTING
- INDOOR AIR QUALITY
 - GAS FIREPLACES
 - BOILER SERVICE
 - RADIANT HEATING
- MECHANICAL SERVICE
- CROSS CONNECTION

"Delivering Home Comfort with Perfection"®



BodyTalk now in Pilot Butte

Certified BodyTalk Practitioner Chrysa
Peterson has relocated her BodyTalk
practice from Balcarres to Pilot Butte and is
accepting new clients. Chrysa's background
includes a Bachelour of Arts Honours
Degree from the University of Regina
majoring in Psychology. Chrysa became very
interested in BodyTalk after taking a
number of maternity leaves and wanting
something more fulfilling in life, as well as a
better work/life balance. She has been
practicing BodyTalk for almost 4 years and
is always amazed by the results of sessions.



Chrysa is the mother of 3 busy little boys and as such is available for sessions on a part-time basis during the day. Sessions will be available between 9:30 a.m. and 3:00 p.m a few days per week. She works out of her home on 28 Hudson Drive in Pilot Butte.

Introductory offer: for the month of September, enjoy your first Bodytalk session for \$60, kids \$50. Payment by cash or e-transfer (chrysap@sasktel.net).

Session days for September:

 11^{th} , 13^{th} , 15^{th} , 19^{th} , 25^{th} , 27^{th} , and 29^{th} .

So what is BodyTalk?

BodyTalk is a form of individualized healthcare that focuses on the **root causes** of dys-function and dis-ease, rather than the symptoms, to help the body heal itself. It treats the whole person including mental, emotional, environmental, and spiritual aspects of life.

All of your life's story is stored somewhere in your body – good, bad, or otherwise. When you continue to store things in the same spot it starts to experience dys-function and dis-ease, you may begin to experience pain in the shoulders, knee, or other locations.

A BodyTalk practitioner listens to your body and identifies the best connections needed to heal itself and return to health and wellness. Simple tapping of the head, heart, and abdomen occur to help your body make positive lasting changes. Check out www.bodytalksystem.com.

When it comes to your body NO body knows it better than you!

To book your session with Chrysa phone or text 306-331-5569.



Current rates for sessions:

Adults \$80

Seniors \$70

Children \$60

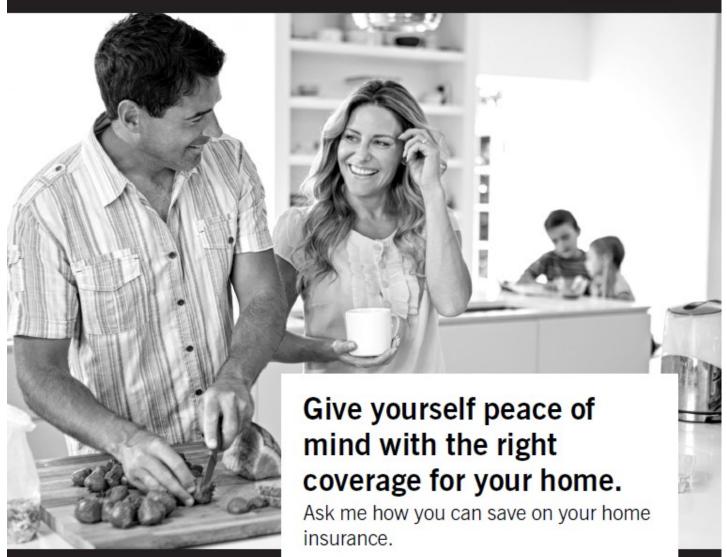
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