

Pilot Butte News & viewS

September
2018

Serving Pilot Butte
& District for
32 years!

Year 32 Issue 1

“2018 Limited Edition” Pilot Butte & District Phone Directory In Colour!

The 2018 Colour Pilot Butte & District Phone Directory is still available for sale. If you haven't purchased your copy, you don't want to miss out!

The last phone directory was printed in 2013.

The price for a **colour** phone directory is **\$10.00**.

Pick up your copy at any of the following places:
Pilot Butte Library, Hub Insurance Office and the
Pilot Butte Town Office.

All funds raised will be used for community projects.

Thank You for Your Support!

Pilot Butte Phone Book Committee

Summer Fun Day Camp

Fun Day Camp indeed! The Pilot Butte Recreation Department was able to host an three weeks of Summer Camp this year for kids ages 5-10 years old. From 9:30 am – 4 pm, the Community Hall was filled with kids making crafts, playing games, trying new sports, and adventuring around the community. A special thank you to the volunteers who came out and



made our Summer Camp unique and exciting for the kids. This includes the gentleman at the Fire Depart, The Saskatchewan Ringette Association, the Canadian Cancer Society, and the Humane Society.

Parents: If you have not yet completed a survey for this camp please contact Natalia Smith and pbrec2@sasktel.net and she will send you more information. Your feedback is very important for us to make every year of **Summer Fun Camp** exceptional.

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

Lipsett Cartage 18/19

Meuset Black 18/19

Welcome to our newest sponsor, McDougall Auctioneers Ltd.!. Thank you for your support!

Remember to patronize our back page sponsors.

They keep the News and viewS FREE to all residents!

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

The Council Connection

Council meetings are **Open to the Public**. Meetings are normally held the **2nd and 4th 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 Elected Council Members who represent your interests are 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 2018 are as follows:

August 27	September 10, 24	October 9 (Tues), 22
November 13 (Tues), 26	December 10	

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 **Group West** (formerly 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.



Fall Clean Up - We are here to help!

The Town will once again have bins available for residents to clean up their yards for fall.

There will be a refuse bin, a compost bin and a yard waste bin available for Pilot Butte residents.

**The bins will be available from
Friday, August 31 to Sunday, September 16, 2018.**

The bins will be located at the Town Shop.

**Please do your part and be responsible in the use of the bins.
Thank you - Town of Pilot Butte**



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.



Recreation Information Night

Pilot Butte
Community Hall
222 Diamond Place

∞

September 6th
2018
6:30pm - 8:30pm.

∞

For more information
contact Brian Chmarney
at 306-781-3402 or
pilotbutte.rec@sasktel.net

Book Club
Ringette
Art and Culture
Committee

Yoga
Pilot Butte Photo
Bunch

Town Recreation
Department
And so many
more...

Come out and join us for
this evening to learn more
about some of the new
and existing programs
that are offered in your
Town.

∞

Connect with recreation
and program leaders. Find
out what programs, clubs
and sports you and your
families will love.

∞

Explore the different art
and culture options
coming this coming year.

∞

Everyone is welcome!

If you are an individual or organization
that is interested in being a part of this
evening please contact Brian Chmarney at
the Town of Pilot Butte Recreation
Office.

Recreation Report

"Introduction to Pickleball Session"

The Town of Pilot Butte Recreation Department partnered with Pickleball Saskatchewan to host an "Introduction to Pickleball" session on Tuesday, July 31st. Four pickleball courts were taped to the floor in the Pilot Butte Arena and 27 participants came out for the event.

Ambassadors Rob and Deb Sluser introduced and demonstrated the game to the participants, along with some enthusiastic assistants. Many Pilot Butte and area residents enjoyed a great evening of learning and exercise that night. The Town of Pilot Butte graciously accepted a FREE set of paddles, balls and a net to keep (a huge THANK YOU to Pickleball Saskatchewan for the donation). Two courts are now painted out at the tennis courts on 5th Street for anyone to use. For rental of the Town's pickleball equipment at no charge, please contact the Town of Pilot Butte Recreation Office at pilotbutte.rec@sasktel.net or call 306-781-3402.



"Pilot Butte Yoga – Fall/Winter"



Susan Freitag will be back this fall for yoga sessions! This course entitled "All Levels Yoga and Movement" will incorporate both yoga and dynamic, healthy body movement and alignment. Her classes will be held on Tuesday nights this fall, starting October 2nd to December 11th. Cost is \$110.00 including GST for 9 sessions or \$75.00 for 5 sessions. For more information, contact the Town of Pilot Butte Recreation Office at pilotbutte.rec@sasktel.net or call 306-781-3402. Sessions will be held out of the Golden Sunset Club at the Pilot Butte Recreation Complex from 7:00 to 8:00 pm.



Youth Club

Two weeks of Youth Club were held in the Community Hall this year for ages 10-15 years old. It was a great place for teens to hang out with their friends in a safe and organized environment. They have the chance to relax or participate in planned activities with their friends.

The best part of Youth Club is that it was FREE for the kids! Keep an eye out for Youth Club promotions next year so your teen can be involved as well.



Community Craft Nights

A huge thank you to the Southeast Connection Grow Your Community Grant for allowing the Recreation Department to host four FREE craft and art nights. Everyone was invited to join and the turnout was incredible. A special thanks to Elder Betsy who came from Saskatoon for our August 14th dream catcher workshop. She explained the dream catcher origins and demonstrated a step-by-step on how to create the beautiful home decorations. Every one's dream catcher turned out beautiful and it couldn't have been a more wonderful evening.



Golden Sunset Club—September 2018



Summer is sure going by quickly. As always everyone enjoyed a few get togethers and enjoyed the weather and time spent with each other.

September starts up our busier schedule, starting with the soup & sandwich event.

The day is Tuesday, the 4th of September .

Time: 12 o'clock noon.

Price: Members \$5.00, and non members \$8.00.

The Menu: pretty much is the same each month with two homemade soups, a variety of sandwiches and or buns. Usually pickles and of course desserts brought by our members, always good!! If you have never been to this event, please come by and try it out, you will not be disappointed. Card games follow lunch till 4:00

The next event is the cribbage tournament. This fall the start up date is Sept 15. Cash prizes, door prize and lunch provided. Entry fee is \$15 per person. Contact person for entries is Neil @ 639-571-2702 or email him @ veroba@sasktel.net

The tournaments are the third Saturday of the month, excluding Dec , there is no tournament due to Xmas. Come join, and have fun.

The seniors are open to card play every Tuesday and Thursday from 1:00 till 4:00



Dear Pilot Butte Lions Club,

It is so hard to be able to express the gratitude we have to your organization. Through your fundraising efforts, you have truly changed the lives of our entire family.

Over eight years ago, my husband Tom and I were so very excited to welcome triplets to our family. Brayden, Liam and our daughter Peyton were born and our quiet lives became busy very quickly! Around the age of eighteen months, we began to notice some differences in Peyton. She was not on par with her brothers developmentally and was soon diagnosed with autism spectrum disorder. Just after the triplets third birthday, we welcomed one more addition, our littlest Jack. (include our dog Auz and we thought the family was complete!)

Peyton has many challenges, but the main is her ability to appropriately socialize. Peyton does not have many friends. Her brothers feel responsible for her and spend much of their time watching over her. Peyton has anxiety, especially when in public settings where she may need to wait in line or where things may not go exactly as planned.

We were so lucky to receive our Autism Service Dog Floyd in January of this year. Floyd has truly changed our lives. Since Floyd's homecoming, we have seen Peyton grow in so many ways. Peyton has slept through almost every night. This was not the case previously.

We have been able to venture out to malls, grocery shopping, movies and many other activities which caused anxiety in the past. Floyd is an amazing listener and Peyton is happy to have a friend to talk to. Floyd has also allowed our boys to have additional freedom, as they know Peyton always has a friend with her.

We can never thank you enough for what you have done for our entire family. Without a sponsor such as yourself, this dream may never have been realized. The work you have done is amazing. From the bottom of our hearts, we can not thank you enough.

Warmest wishes to our forever friends,

The McFee Family

(Tom, Kristy, Brayden, Liam, Peyton, Jack, Auz and Floyd)

A message from the RM of Edenwold

Back to school reminder to drivers

A reminder that excited school children are heading back to the books this month. Drivers, please use caution as everyone adjusts to their fall schedule. You are not to pass school buses with their amber lights flashing and there are reduced speed limits in school zones.

Emerald Park Soccer Facility grand opening and sponsorship recognition event

The RM of Edenwold staff and council are hosting a grand opening event at the Emerald Park Soccer Facility on Saturday, September 15 and you are invited! The event runs from 1 p.m. through 2 p.m. There will be a formal presentation at 1:30 p.m.

"We're so happy with the new facility," says Wade Hoffman, Manager of Public Works for Emerald Park. "It provides the washroom facilities that members of the public need and storage for the local football and soccer clubs." September 15 is also game day so wear your Rider Pride green!



Fire Prevention Week October 7 through 13

As Fire Prevention Week approaches in October, we are thanking all of our volunteer fire departments for their bravery and commitment to keeping our communities safe. If you serve on any of the volunteer fire departments that provide service to the RM of Edenwold, we would love for you to attend the Emerald Park Soccer Facility grand opening where we will be paying special tribute to our volunteer firefighters and offering a meal. Please RSVP to Marcina at mh.planning.rm158@sasktel.net by September 4.

No fire reminder

Burning barrels, open air fires or the burning of rubbish, leaves, or other flammable/combustible waste materials or dangerous goods within all of the RM of Edenwold's residential, commercial and industrial subdivisions is prohibited.

Official Community Plan update

The RM of Edenwold Planning Department is working on the final details of the new Official Community Plan (OCP) and updating the Zoning Bylaw. Both reflect the feedback received from last spring's community engagement meetings and we are thankful for everyone's input. Future public meetings, when the public will be invited to review the draft OCP and Zoning Bylaw, are being planned. Add your flair to the new OCP by sending in your favourite RM photos so they can be used in our updated community plan. Submissions of your images can be emailed to jm.planning.rm158@sasktel.net

Be 'in the know' — connect with us on Facebook and Twitter. Contact us via email:

rm158@sasktel.net, by phone @ 306-771-2522 or through our website at: rm158.ca



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setting up a tent |



Register at www.myscouts.com!

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Real Scouts. Real Experiences. To join, visit Scouts.ca

Scouts Canada Programs for boys, girls and young adults.

Beaver Scouts: 5–7 years	Cub Scouts: 8–10 years
Scouts: 11–14 years	Venturer Scouts: 14–17 years
Rover Scouts: 18–26 years	Volunteers (all ages welcome!)

join@scouts.ca

Contact 1st Balgonie Beavers, Cubs & Scouts at
1stbalgonie@gmail.com for more information.

Scouts.ca



It starts with Scouts.



Thank you to our Emerald Park Soccer Facility Sponsors:

Active Electric
All-Rite Group of Companies
AECOM
Brandt Group of Companies
Century West
Cindercrete
Dairy Queen Emerald Park
Electra Sales Ltd.
Enbridge Pipelines Inc.
Gang-Nail Truss
Loraas Disposal Services
Professional Building Inspections Inc.
Tim Hortons Emerald Park
Western Potash Corp.



New Community Safety Officer Lyle Heinemann

Pilot Butte Library



Storytime
Wednesdays
@ 10 am

Sept. 5, 12, 19 & 26

Tick Tock Time

Fridays

@ 10 am

Sept. 7, 14, 21 & 28

*no Tick Tock Time during School breaks



Pilot Butte Photo Bunch



September 20
6:00 pm



Sponsored in part by SK Lotto

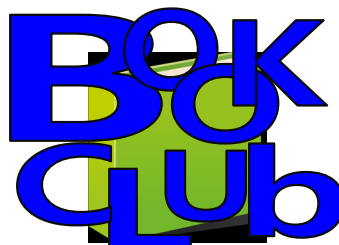
Anyone interested in photography is welcome to come down and see what transpires!

LIBRARY HOURS

Tuesday	1:00-4:30 pm & 5-8 pm
Wednesday	9-12 pm & 1-5 pm
Thursday	1-4:30 pm & 5-8 pm
Friday	9-12 pm & 1-5 pm
NEW Sunday	1-4 pm

***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



Tuesday @ 7 pm
September 11

Thank you to everyone who attended our Summer Programs, we had a blast with the Summer Reading Club, Story times, MAIN Street Mobile, Rhonda Donais story telling, and the Saskatchewan Science Centre Go! Science! It is wonderful to have so many great patrons who attend our programs, on behalf of the PILOT BUTTE LIBRARY STAFF and the LIBRARY BOARD MEMBERS, thank you!! □□

Pilot Butte Arts and Culture Committee

Next Meeting: Wednesday, September 19 @ 6:00 at town chambers.
Anyone interested is welcome to attend.

We will also have a table at the community club event on Sept. 6/18.

Welcome Back!

Students · Teachers · Everyone



Junior Teen Club

Starts Tuesday, September 11th. 3:30 - 5:30pm

Students in Grades 4-7 are welcome to join our fun, free after-school program. We hear students' stories and share snacks, games and lessons each Tuesday. While they play, students earn 'coins' they can exchange twice a year for great prizes. There's no need to pre-register, just come on over and get in on the fun!

Ladies' Night

Wednesday, September 19th. 7:00pm

A fun night out for women from 16 to 96! This month we will celebrate "Harvest Time in The Kitchen". You don't need to register, and there's no fee to take part. We hope to see you on the 19th! Call and ask for Candace if you want more information.

Sunday Mornings

Church these days is probably very different from how most of us remember it. At Way of Life we welcome anyone who is curious about God - there's no dress code or qualifications. Come as you are any Sunday, and see what you've been missing!

Garage & Hot Dog Sale

A huge thank you to all the donors and customers who were part of the sale in June. The weather was cool and wet, but thanks to all of you, the sale was a wonderful success. **We couldn't do it without you!!**

Please note: We are very thankful for everyone who thinks of Way of Life when donating clothes and goods. We apologize for the inconvenience, but due to a renovation project, we will be unable to accept any donated items until spring of 2019. Thank you for understanding.

Why not try us this Sunday?

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

How to reach us:



wayoflife pb



way of life community church



306-779-1084



wayoflife@sasktel.net



www.wayoflifechurch.ca



Those Bloomin' Bulbs

with

Sheila Bonneteau

Certified Master Gardener



It's bulb-planting time! With a little preparation and thought we can prepare our gardens for a colourful spring full of blooms with fall bulbs. Learn which bulbs thrive in our landscape and how to plant them for success.

7:00 PM Wed. Sept. 12, 2018

Ramada Emerald Park

Everyone Welcome

\$5 Visitors Members Free

Info: www.whitecitygardenclub.weebly.com/wcgc-upcoming-events



**FREE
EVENT!**

**FREE
EVENT!**



WITH SPECIAL GUESTS:



BALGONIE BISONS

K9- REGINA PATS MASCOT

U OF R COUGARS WOMENS TEAM



OPEN TO KIDS OF ALL AGES

WHO WANT TO TRY THE GAME OF HOCKEY



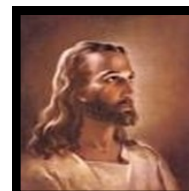
MINIMUM EQUIPMENT REQUIRED: HELMET, GLOVES AND SKATES

SIGN UP AT WWW.PSMHA.CA/TRYHOCKEY



St. Agnes Catholic Church

Sunday Mass Time 9:00 am



- ** Sunday September 30: Coffee and donuts after mass!! Everyone welcome!!
- ** Sunday October 14: **NO MASS AT ST. AGNES.** There will be a one-time Common Mass at St. Joseph's in Balgonie at 10:30am that day for the two parishes.

"We often underestimate the power of regular conversations – over coffee or a meal. This can change the hearts of both loved ones and strangers."

Carrie Gress

If you have children to register for School of Religion classes this school year, contact Jackie Peat at stone.n.steel@sasktel.net.

Nicole's Preschool



Warmest greetings to all the pre-schoolers and their parents to our upcoming preschool year! I hope you had a wonderful summer! We have a fantastic year ahead at preschool full of new experiences, new explorations, new discoveries and new friendships to cherish. I am looking forward so much to working with you and your little ones and I can't wait to get started!

Just a reminder, Welcome Packages have been sent out at the beginning of August to all 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 registered families: **Preschool Open House is Thursday, August 30 from 9:00 am - 5:00 pm.** Our first days of school (depending upon your child's schedule) begin the week of **September 4-7/18.** See you soon!

Mrs. Marshall

Mrs. M's Best Ever Play Dough Recipe!

The benefits of using play dough for young children are wonderful and the play possibilities are endless! Here's my favourite recipe!



Ingredients:

2 cups plain flour (all purpose)
2 tablespoons vegetable oil
1/2 cup salt
2 tablespoons cream of tartar
Up to 1.5 cups boiling water (adding in increments until it feels just right)
food colouring (optional) Or 2 pkgs. Unsweetened Kool-Aid

Method:

Mix the flour, salt, cream of tartar and oil in a large mixing bowl. Add food colouring TO the boiling water then into the dry ingredients. Stir continuously until it becomes a sticky, combined dough.

Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. * This is the most important part of the process, so keep at it until it's the perfect consistency. *(If it remains a little sticky then add a touch more flour until just right)

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/p/news-views

ADVERTISING RATES FOR Pilot butte News and viewS

Advertising in the News and views Is priced as follows effective September 2018:

1/4 page Ad—\$35.00 (approximate size 3.6"W x 5" H)

1/2 page Ad—\$45.00 (approximate size 7.25"W x 5" H)

Full Page Ad—\$65.00 (approximate size 7.25"W x 10" H)

Backpage Sponsor—\$160.00 (approximate size 2"W x 1" H)

Preferred method of submission is a .pdf, .jpeg, .pub or .doc file. Insertion of ad at the discretion of the News & viewS

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.** Articles inserted/ ads inserted at the discretion of the News and viewS.

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

We now accept e-Transfers! Or payment may be mailed to Pilot Butte News and viewS, c/o Box 253, Pilot Butte, Sk. S0G 3Z0 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.

Dance Sensations by Desire' Celebrates 26th Year of Dance Excellence!

By Natasha Wiebe-Morrow, DS dance mom
And Troupe Committee Director

Located just across the new overpass in Pilot Butte is Dance Sensations by Desire', a small, competitive dance studio celebrating its 26th year of success! They offer classes from beginner to senior levels in ballet, tap, jazz, lyrical and hip hop.

Studio owner, Desire' Callaghan, and instructor Cara Bereti (a former DS student) are both ADAPT certified. Having taught dance for 25 years and 10 years respectively, these seasoned instructors utilize their knowledge and creativity to provide their dancers with the tools necessary for success on the competitive dance circuit and in life.

Miss Desire' and Miss Cara aim first and foremost to create happy dancers, but they recognize that part of what makes a dancer happy is giving him or her the opportunity to excel. Accordingly, DS dancers participate in annual ADAPT exams and participate in several workshops throughout the year. We also offer many fundraising opportunities - including our own annual competition, Dance Explosion - to help cover the costs of these activities in order to make dancing at a competitive studio affordable for all. At DS, students are educated in a warm, caring environment while also being pushed to reach their highest potential.

At competition, our dancers regularly win high gold and platinum awards, overall high score awards, judge's choice awards, and choreography awards. Our exceptional choreography and outstanding props combine to create visually compelling works of art that have won awards for showmanship, concept, powerful intention and much more. The pride and joy our dancers experience when they are validated for their hard work always brings tears to this dance mom's eyes!

Our senior dancers said it best at recital: Miss Desire' is an "other mother, a friend, and an inspiration." She and Miss Cara guide and love our kids, encouraging them while pushing them to new limits. They teach them to emote and express their inner emotions through movement. At Dance Sensations, our kids build physical and mental endurance, strive for excellence, and develop a sense of mutual accountability with their teammates (or, in their words, their "sisters"). Our kids have developed a strength of character, an ability to balance priorities, and self-confidence, skills that go way beyond the dance floor. Our family views our experience here as an investment in our kids' future that will benefit them for the rest of their lives.

Join our Dance Sensations family today and experience for yourself the DS difference!

Open House will be held August 27-29, 5-8:30pm. Come tour the studio and meet the staff and see what DS is all about!

To register, please visit www.dancesensations.ca



Unclassified Classifieds



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the Gift of Music!***

Unclassified Classifieds



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

The grant allows expansion of the **News and viewS** as necessary, with local content, assorted advertising and hopefully making it more appealing and interesting to read. The **Town of Pilot Butte** also 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 their continued 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



City View Skating Club



Follow us on 

Power registration opening soon!

NEW this year ADULT skating class in Pilot Butte Saturday morning!!

PreCanSkate, CanSkate and StarSkate will continue to be offered at the Communiskate (EP/WC) and Pilot Butte rinks. Friday morning Power Skating in Balgonie.

Read about these exciting programs in our placement guide!

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

Inquiries? E-mail us at cityviewskating@gmail.com



Zentuitive Healing

Owned and operated by Chrysa Peterson
Certified BodyTalk Practitioner; B.A.—Honours

Specializing in: BodyTalk, Lymphatic Drainage, Access Consciousness Bars, among other modalities

Sessions are available by appointment Monday through Friday between 9:30 am and 3:00 pm. Sessions may last up to an hour depending on your body's needs.

Sessions rates:

Adults \$80

Children/Seniors \$70

Located in Pilot Butte

Enjoy the effective and lasting changes achieved through a priority based system of healing provided through BodyTalk. Unlock your life's stories so you can return to health and wellness.



Contact Chrysa by phone or text at 306-331-5569 to book your session.



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- 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

Unclassified Classifieds

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Residential • Commercial

- Furnace Replacement & Repairs •
- Furnace Inspections •
- Boilers • Garage Heaters •
- Tankless Water Heaters •
- Water Heaters / Power Vents •
- Gas Fireplaces • Montigo •
- Drain Cleaning Services •
- Air Conditioning Sales & Service •
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VARIETY



Unclassified Classifieds

MANY THANKS TO OUR WONDERFUL SPONSORS!

 <p>PILOT BUTTE & DISTRICT LIONS CLUB New Members Welcome Call 306.781.4352 ldadon200@yahoo.com Meetings held on the 4th Tuesday of the month @ 7:30 pm at the Seniors Centre</p>	<p>"Your body achieves, what your mind believes!"</p>  <p>FOUNDATION FITNESS Jenna Chispa, MPST, PFA (50/50 Body) Certified Personal Trainer & Weight Management Specialist A.C.E.</p>	<p>PILOT BUTTE BRANCH LIBRARY</p>  <p>306.781.3403</p>	 <p>Balance Massage Therapy Bev Stevenson Registered Massage Therapist 241 8th St., Pilot Butte, SK S0G-3Z0 (306) 781-1952</p>	
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