

TALK OF THE TOWN

BALGONIE COMMUNITY NEWSLETTER VOLUME 8 ISSUE 10

This issue sponsored by Balgonie Hotel

BALGONIE BUZZ!!



- October 2 – 1st Balgonie Beavers, Cubs & Cubs & Scouts Bottle Drive
- October 2 – Balgonie 50+ Cribbage 10 am
- October 3-9 National Fire Prevention Week
Check your smoke detectors!!!
- October 4 – Balgonie 50+ Potluck/meeting
- October 4 – Influenza Clinic – Senior
Citizens Centre 9:30 am-11:30am
- October 5 – Westview Self Defense/Martial Arts
Registration – 6:30 pm
- October 7 – Boggy Creek Wildlife Federation
Reg/Info – Baptist Church 7:30 pm
- October 16 – Farewell Social for McNamees
Stardome Arena 7:30pm – 10:30pm
- October 18 – Balgonie Library Scrap n'Chat
6:30 pm – 10:00 pm
- October 19 - Balgonie Branch Library
Open House – 7 pm
- October 20 – Balgonie 50+ Monthly Supper
- October 20 – Balgonie Curling Club
Junior Curling Reg. 7 pm
- October 23 – Balgonie Curling Club
Adult Instruction Clinic
- October 24 – Dinner Theatre Box Office
Multiplex – 9 am to 12 Noon
Launch of Swimming Pool
Fundraiser – Multiplex
- October 31 – Balgonie United Church Breakfast
9:00 am – 1:00 pm

OCTOBERFEST SUPPER
Supporting the Swimming Pool
to be held on
SATURDAY, OCTOBER 23, 2004
at the Balgonie United Church
5:00 pm to 7:00 pm
For tickets call 771-4517
or any pool board member.
Sausage, cabbage roll, perogies,
buns & salad
Adults - \$8.00 Children - \$4.00

DINNER THEATRE
NOVEMBER 5, 6, 12, 13



The Amorous Ambassador
Comedy

Box Office - Multiplex
Tickets \$30.00
October 24, 2004
9 a.m. – 12 noon
or
Jack 771-4281 or Shaun 771-4343

talkofthetown00@yahoo.com

Or “drop off” at
Save-a-Bunch Business Services
126 Queen Street, Phone: 771-4388 Fax: 771-4398
Deadline/payment for Nov Issue
Wednesday, October 20, 2004 at 5:00 p.m.

"Roses Thorns and News to You!"



IT'S A GIRL

Congratulations to Jamie Lee Magnussen and Justen Lolacher on the birth of their baby girl.

Big sister Alyssa along with mom and dad, Jennifer and Nathan are excited to announce the safe arrival of Haylee Dawn Meyer. Haylee joined our up and coming curling team on September 5, 2004, weighing 7lbs.14oz. and 18 1/2 inches long. Proud grandparents are Barry and Roxanne Zitaruk and Gord and Donna Meyer.

GET WELL

Get well wishes are extended to Richey Lane, Gerald Diewold, Alan Vollman and Donna Kennedy.

SYMPATHY



Sympathy is sent to Lawrence and Caroline Brisbois on the passing of Lawrence's father.

Sympathy is sent to Bruce and Barb Wilson on the passing of Bruce's mother.

Sympathy is sent to Wesley and Diane Neb on the passing of Wesley's mother.

THANK YOU

I would like to thank everyone who donated and sponsored me in the 15th annual "MS Bike Tour". It was held on August 21st & 22nd. The ride was from Vibank to Weyburn and back the next day. There were approximately 275 cyclists raising over \$200,000.00 towards the MS Society. It was a great success overall. Thanks again, Donald Matt

THANK YOU

Many thanks to my family and friends for the visits, cards, flowers and gifts while I was in the hospital. Margaret Fetsch

I'd like to thank our first responders from Balgonie. We can thank God for having them here in town. They do a wonderful job. Also thanks to Neil and June Wagman for their help, also my daughter Louanne, also all the people who phoned and visited and all the cards. Gerald Diewold

SINCERE THANKS are sent for all the cards, flowers and phone calls received during and after my stay in the hospital. EXTRA SPECIAL THANKS are sent to my Parents Roger and Paulette Bourlon, Neil and June Wagman, Lee and Brian Lane. Thanks so much! Lauriane, Clint, Jessica and Kimberly

FAREWELL

Graham and Lillian McNamee are soon leaving Balgonie to take up residence in beautiful British Columbia. Their family has played a very active role within the community and, needless to say, they will be missed. A social gathering will be held to provide everyone with an opportunity to visit with Graham and Lillian, and to wish them well in their new home.

DATE: Saturday, October 16, 2004

PLACE: Balgonie Stardome Arena

TIME: 7:30 pm to 10:30 pm

"Your attendance will be the most treasured gift"



BALGONIE 50+ CLUB NEWS

Winners of the cribbage held in September were:
Eleanor Konanz & Ella Flaman, Elmer and
Ida Miller, Vera Huber and Gert Wagman
All tied with 15 points.

24 hands included: Geoff Strudwick, Emily
Hoyer, and Owen Campbell.

Upcoming Events:

- October 2** - Cribbage 10 am
- October 4** - Pot luck & Meeting
- October 20** - Monthly Supper 6 pm - \$7.00
- November 6** - Cribbage 10 am
- November 24** - Monthly Supper 6 pm - \$7.00
- December 4** - Cribbage 10 am

The Community Club will be doing the December
supper. We will be having a gift exchange in
December for those who wish to do so, also we will
be taking goods for the food bank.

“LABELS FOR EDUCATION”

The Balgonie Elementary School is collecting
Campbell's Soup Labels as a fundraiser.
Labels include all Campbell's soups, frozen
soups and entrees, V8 Splash Juice and the
box top from Pepperidge Farms – Gold Fish.
Please note we need the entire label. They can
be dropped off at the Elementary School or sent
with a student.
Thank you.

STEP AEROBICS

Step Aerobics will once again be held
in the Elementary School Gym on
Tuesday and Thursday evenings from 8 -
9 p.m. Cost is \$10/month for one class
per week OR \$20/month for two classes
per week OR a drop-in rate of
\$5/class. Steppers are required to
have a change in footwear to protect
the flooring. A floor mat or towel is
optional. Steps are provided. Classes
begin October 5, 2004. Everyone
welcome. If you require further
information call Heather @771-2891.

Balgonie Community Justice Committee

The **Balgonie Community Justice Committee (CJC)** had
its elections at the last meeting. All positions have been
filled. As a new board we wrote up our constitution and
made up our by-laws. Once we become incorporated, we
will be a fully functioning committee. Hopefully that will
happen in the next few months. Our first training session
will be held at the end of September with all board
members attending.

We will be meeting with members of both the High
School and the Elementary School, also a rep from the
Qu'ppelle Valley School Division and Town Council in
October. We are working together to keep Balgonie a
safe place to live and to keep our children off the streets.

More updates will be posted in next month's issue. If you
have any questions, please do not hesitate to email
balgoniejustice@hotmail.com Everything is kept
confidential.

Until next month, Tammy Leach, Chair
Barry Zitaruk, Vice, and Board Members

The Town of Balgonie has asked the CJC to help set
up a "Citizens on Patrol." This would involve a
group of people patrolling our town usually on
weekends. A criminal check would be required. It
would also involve a short training program. If
interested in joining this committee please call any
of the following people:

Tim @ 771-4372
Tammy @ 771-4225
Barry @ 771-2992

Submission & Advertising

Personal announcements - no charge
Letters to the Editor/Editorial - no
charge, however All submissions must
include the person's name and address
which may or may not be published.

Cost of Advertising

Advertising is limited to persons,
groups & businesses receiving mail in
Balgonie.

Payment must be made at time ad is
submitted.

Sponsor of the month receives ¼ page ad
for the cost of the mailout (Approx.
\$70.00)

Business Card Size - \$10.00/mon
¼ page size - \$20.00/mon
Annual ¼ page ad - \$220.00
Classified ads - \$.10/word
Subscriptions - \$18.00/yr.

1st Balgonie Beavers,
Cubs and Scouts



Once again 1st Balgonie Beavers, Cubs and Scouts has begun its year. Registration went well. We have 11 Beavers, 10 Cubs and 4 Scouts. The first meeting was held on September 14, 2004.

If anyone is new to the area and would like to have their child enrolled please feel free to contact Colleen Zimmer at (306) 775-1980 or any of the leaders listed below.

One of the group fundraisers is the sale of **Trails-End Popcorn** beginning September 21, 2004. The popcorn would make a good Christmas stocking stuffer, gift for someone at the office, or as part of a basket of goodies. To purchase popcorn please feel free to contact any of the youths or leaders. We really need your support with these events. The monies raised goes towards camping/outings/crafts/etc.

Please don't forget about our second fundraiser which is the **Bottle Drive** on October 2, 2004. The youth will be coming around starting at 10:00 a.m. If you won't be home please feel free to leave your donation on the curb. Watch for the flyer in the mail to attach to your bag/donation. Please remember we accept donations of bottles, cans, and recyclable plastic. If donating milk jugs please ensure the jugs have been cleaned.

The leaders for this year are: Dave Laing and Larry McIvor for Beavers
Brenda Lapchuk, Mike Schroers, and Garth Tomaschewski for Cubs
Marty Lund for Scouts

We are looking forward to a year filled with camping, outdoor activities and loads of fun.

Colleen Zimmer, Secretary

DONATIONS & HELP WANTED

The Community Club will be canvassing the town and the rural community for donations towards the Annual Dinner Theatre the first two weekends in November. Our members will begin phoning around the middle of October. Your donations are VERY MUCH APPRECIATED and are crucial to the success of the event. The proceeds are divided between the Rec Board, Town of Balgonie, New Rink Fund, Fire Department and the Community Club.

TEAMWORK is the ability to work together toward a common vision. --- No one can do everything, but everyone can do something. Any questions or concerns may be directed to Margaret @ 771-4230 or Susan @ 771-4777.

BALGONIE HERITAGE COMMITTEE

The Balgonie Heritage Committee is selling tickets on a Navajo Design Afghan (Approx. 60" X 76") made and donated by Margaret Third and a Quilt Rack with bears painted on each end. Costs of the tickets are \$1.00 each or 3 for \$2.00. Our draw date is set for December 4th., 2004. Tickets can be purchased from Ken & Dorothy McLennan - 771-2389; Glen Dudley - 771-4371; Lyle & Joan Morris - 771-2351

The repointing of the stone work and chimney has been completed. With a few more finishing touches the bell tower is almost complete. The next area to receive attention will be the floor, the north side of the floor has been leveled and stabilized, forms have been constructed, and concrete will be poured to form a grade beam along the north wall.

Thank you again for all your help and support over the past year and a half.

Submitted by Joan Morris

WESTVIEW SELF DEFENSE & MARTIAL ARTS offers classes for children, youth and adults. It's a great way to exercise combined with learning self defense strategies while gaining confidence and having fun!!

Instruction in both Kempo and Jujitsu

Class registration – **TUESDAY, OCTOBER 5 AT 6:30 PM**

Multipurpose Room, Greenall School, Balgonie

Please use multipurpose room door (north side)

Classes will begin Tuesday, October 12

For more information call Travis @ 781-4291

BALGONIE CURLING CLUB NEWS

Our new executive:

Ken Bakken, President
Wayne Kiel, Vice-President
Brian Lane, Treasurer
Rennie Dorn, Secretary
Wade Hoffman, Rec Board Rep
Rod Dorn, Ron Clark, Twyla Zinger, Randy
Dolter, Al Delmage, Donna Staudt,
Members at Large

New Curling fees tax included:

Once a week - \$160.00
Twice weekly for adults - \$225.00
Mixed Curling - \$160.00
Seniors - \$70.00
Family Rates - \$360.00
Students twice weekly - \$120.00
Students once weekly - \$80.00
Women - \$60.00
Junior Instruction - \$50.00
Super League - \$400.00 per team

If a person wishes to curl in two different leagues, the cost will be equivalent to the twice a week fee or the sum of the two separate leagues.

Our new season begins October 23rd. Come out and join the fun. For any new Balgonie resident or even long time residents, what a great way to meet your neighbors and get your exercise at the same time.

Our board is also looking to fill the following positions:

Canteen Operator:

The successful tender for this position will be responsible to maintain a clean facility and to keep it clean as per Sask. Health & Safety Board rules and regulations. As a curling rink we have league curling Monday to Thursday as well as bonspiels Friday to Sunday. There will also be numerous rentals of the facility during the curling season. Any and all tenders to operate the canteen and the amount of your tender will be accepted until October 11th, 2004. Mail your tender to the attention of The Balgonie Curling Board, Box 275, Balgonie, Sask. SOG OEO

Bartender:

The successful tender for this position would be responsible to keep the bar and lounge area clean and tidy. They would also be responsible for ordering and stocking the bar supplies including liquor, mix, glasses, ice etc. as well as operating a cash register and doing some simple bookkeeping. They will need to be open for

all the league curling and be available to work some bonspiels on the weekends. Any and all tenders to operate the canteen and the amount of your tender will be accepted until October 11th, 2004. Mail your tender to the attention of The Balgonie Curling Board, Box 275, Balgonie, Sask. SOG OEO

BALGONIE CURLING CLUB JR. CURLING PROGRAM

Once again we will be having our program for 1st and 2nd year curlers. This program will run from **November 3 to March 2**. Each Wednesday evening with a 6:30 pm start time. The cost for this program is \$50.00 per curler.

The Balgonie Curling Club has been awarded the youth, juvenile and junior playdowns for the 2004/05 season. We would like to form as many junior teams as possible to represent our club for these events. **We would encourage all curlers who have take 2nd, 3rd and 4th year instruction to attend a meeting at the curling rink on October 20th at 7 pm.**

The purpose of this meeting is to help all juniors to set up teams and make decisions to set up a league. I would encourage everyone to discuss this with their friends and possibly have some teams made up before this meeting.

Ken and Tim will continue to work with these teams to prepare them for competition.

For more information contact Ken Bakken
(H) 771-2278
(W) 771-2566

Junior Curling Program Registration October 20, 2004 – 7 pm at the Curling Rink

**Adult Instruction Clinic - \$20.00/person
October 23, 2004 – 1 pm – 4 pm at the Curling Rink**

**Senior Curling (50 plus) curl Tuesday afternoon,
please call Ron Clark 771-2865 for information
or to register. League starts October 26 @ 1:30.**

BALGONIE PUBLIC LIBRARY BRANCH

Submitted by Janet Turgeon

Saskatchewan Library Week is October 17th – 23rd. To celebrate we are hosting an open house on Tuesday, October 19th at 7:00 PM. Please come to the library and help us celebrate! There will be cake, refreshments and door prizes!

It was an amazing “Race to Adventure”. Total books read for the summer reading program were 1170. The Bears came up with the win on the last day of competition by three reading logs. They enjoyed a delicious ice cream party in celebration of their victory. A special thank you to Rose and Alyssa Sterzer and Tammy and Riley Leach for dishing out the ice cream! The winner for the August 26th draw was Jessica Younghans – Bocce Ball.

Thanks to all the patrons who have been donating items for our crafts. Your donations are appreciated. The library is always in need of **clean** recycled items for crafts. Here are some items we are in need of for upcoming crafts: large empty cereal boxes, creamer bottles (the fancy ones with an hour glass shape and a screw-on lid that pops open), corrugated cardboard.

We already have a few names on our list for an autumn babysitting course. This course, as with most of our courses, is run by volunteers. If you would be willing to instruct the babysitting course please let me know (771-2332). All teaching materials are supplied by the library.

Here is what’s happening in October:

Scrap n’ Chat *NEW ADULT PROGRAM*****

Whether you are a dedicated scrapper or someone who has always wanted to give scrapbooking a try, come on out to the library once a month for *Scrap n’ Chat*. We will chat about a different scrapbooking publication and demonstrate a new technique every month. We will then follow up our chat with some hands-on “scrapping”. So **bring your own supplies** and settle in for an evening of *Scrap n’ Chat*. The first *Scrap n’ Chat* will be Monday, October 18th, 6:30 – 10:00 PM.

Preschool Story Time

If you have small children, please join us every Wednesday at 10:00 a.m. for stories, activities and a craft.

Check it out – we have a lot of fun!!!!

Out on a School Night

School aged children (5 – 12) are invited to come to the library for a story, activity and a craft. A parent volunteer will be needed for each program, so please phone me if you would be willing to help out. The next program will be held on Tuesday, October 26th at 7:00 p.m.

High Speed Internet

We have three public access computers available for one-hour bookings. Public access computers are free to all patrons who have a library card. If you do not have a card you can get one free by stopping in at the library. Call the library at 771-2332 to reserve your computer time.

The Library will be closed Monday, October 11th for the Thanksgiving holiday.

Library Hours (771-2332)

Monday 1:00 pm – 5:00 pm

Tuesday 4:00 pm – 8:30 pm

Wednesday 9:00 am – 12:00 pm

Thursday 4:00 pm – 8:30 pm

Friday 1:00 pm – 5:00 pm

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Boggy Creek Wildlife Federation will be holding a registration/information night for anyone interested in a firearm safety/ hunter education course which will be held in October. Participants must be 11 years old to participate in the course. Cost will be \$25. The information session will be held at Balgonie Baptist Church at 7:30pm, Thursday October 7. For further information contact: Rick Ashton @771-2323 or Kent Siegele @ 771 2353.

SPLISH SPLASH.....

Was that a fish?

The Balgonie Swimming Pool would like to Thank our Corporate Sponsor “Petland” and store manager Derrick Keating for helping to make our 1st Swim with the Fish day a success. Not only did we raise much-needed funds for the pool, but parents, kids and Board Members all had a blast (OR is that SPLASH?). Thanks to all who attended and made a cloudy day bright with smiles!

The Swimming Pool had as good of a season as can be expected with the dismal weather! We experienced our first Family Water Park Fun Day featuring the now famous KID WASH! (Thanks to Don Favreau, the neighbor who always comes through when I am struggling with something!) A great time was had by all who attended and fortunately the weather co-operated!!

Due to lack of participation, we had to cancel the Swimathon this year... now that doesn't mean you are off the hook for next year – lets stay fit, have fun and support our pool!

Speaking of staying fit, Aquasize Lessons ran for the 2nd year in a row. Attendance was down and the program will have to be assessed to determine its viability for next season.

Thanks also goes out to Lanna and Owen Middleton of the Balgonie Shell for their support in allowing us to run our Bar-B-Ques on their lot again this year. These have proven to be an alternate source of much needed funds for the pool.

Much needed funds: Yes, that is a term you will hear again and again around ANY volunteer group. We Thank the Balgonie Elks for the opportunity to participate in a Bingo every 2nd month BUT we can't make this commitment

without the town resident's support. We have had increasing difficulty finding volunteers for all of our activities including these Bingos. We realize that everyone's leisure time is stressed to the MAX these days, but we ask that you PLEASE try to help out when you can. We all want to see our pool stay afloat!

We are excited to be introducing a NEW fundraiser that will be unveiled at the Dinner Theatre Box Office on October 24th from 9:00am to 12:00pm. (Balgonie Multiplex) Even if you are unable to attend the Dinner Theatre, please take a moment to drop by for a coffee and a browse.....(*this is all we will say for now!*)

Thanks again to everyone who volunteered this past season; to our guards who did such a GREAT job; to Melissa Kaban who painted the mural on the change room wall; to the town employees who answered our calls for help....yes sometimes we were a bit more excited then others....; to the Community Groups who have unselfishly donated funds; to the Board Members who have and continue to volunteer countless hours; to the parents who brought their kids out to lessons and to swim; BUT most of all, to the KIDS, for being there, for having fun..... that IS what its all about after all isn't it??
HAVING FUN!one splash at a time!

Bridge & Whist Night Out
Bridge is played every Thursday evening at 7:00 p.m..
Beginners are always welcome and instruction is available free of charge.
The location?
The 50 Plus Centre next to the Post office.
Whist is played at the 50 plus Centre every Wednesday evening at 7:00 p.m.
Open to everyone who likes playing cards.

The United Church Column

From the Minister's Study

Like so many who have grown up on a small Saskatchewan farm, when mixed farms could be almost self-sufficient, I still hold an idealized and somewhat romantic set of ideas about farming and where it seems to be headed. But, believe me, I continue to groan deeply in my personal and public prayers for the many plights farmers are going through these days.

When the markets for grain are hurt by the whopping subsidy programs of USA and Europe, many farmers turn to the Canadian Foodgrains Bank to help provide immediate assistance to hungry people. This past year United Church peoples' contributions of grain went to: 1) North Korea, where it was distributed to kindergartens and day cares as cereal; 2) Ethiopia, where it was given through a food for work program to benefit over 40,000 people; and, 3) Tanzania, where food and seeds were distributed for drought relief.

The Foodgrain's Bank is now emphasizing the correlation between hunger and HIV/AIDS especially in Africa. A fifth of African Farmers have died of it, and their orphaned children can scarcely cope on a farm. 95% of people living with HIV/AIDS are in countries where malnutrition is high. And it is now known that food security is a preventive strategy against the deadly virus.

But in addition to almost 900,000 metric tonnes of food assistance to hungry people, the FG Bank provides seed and tools, and helps people to secure their own food. Thirteen different Canadian churches are founding members of the Foodgrains Bank.

Thanksgiving time is the prime time to think about making a special contribution of money or grain to the Food Bank or the relief program of our local church. Then the bounty for which we are thankful can be concretely shared. For information visit the CFGB website or phone a pastor.

Rev. Ron Clark, Ministry Person,
Balgonie & McLean United Churches (771-4303)

Upcoming Events

Sunday Services and Sunday School at 10:45 a.m. every Sunday. (9:30 in McLean)

All garden produce taken to your church in October will be taken to the Regina and Area Food Bank.

Sunday, October 31, Monthly Breakfast, 9-1:00, @\$5.00 and \$2.50(children). Everyone come visit your neighbour.

After School Drop-in for children Grade one through Six --Games, snacks, crafts

Every Tuesday at the United Church!!! 3:45-4:30 p.m. A safe friendly place with fun things to do!

St. Joseph's Catholic Church

Saturday: Confession 6:00 pm

Mass 7:00 pm

Sunday: Mass 10:30 am

REGISTRATION FOR SCHOOL OF RELIGION IS SUNDAY SEPT. 26 AFTER 10:30 a.m. MASS.

For more information on the St. Joseph's School of Religion please contact Father Danilo Rafael at 771-2387 or Gwen Herman at 771-4189.

BALGONIE BAPTIST CHURCH

Sunday Service

Coffee & Fellowship – 10:00 a.m.

Worship Service – 10:30 a.m.

Our nursery is available for nursing moms. Our Sunday School and Nursery programs will return this month. Please contact us for more information.

Communion Service is on the first Sunday of each month.

Linger Longer Lunch is our monthly potluck fellowship time on the last Sunday of every month. Bring your favourite dish and join us.

NEXUS Youth is a Christian ministry for all young persons in grades 7 to 12. We are looking forward to being even bigger and better than ever in September. Call "***Pastor B***" to register for the fall kick-off.

Adult Bible Study will return this month. Join us for discussions on relevant topics and timely issues.

Church Office: 771-2545 Pastor: Brian J. Munro

Email: balgoniebaptist@sasktel.net

Lutheran Church News

St John's –Correction Line Road

Sunday Service: 9:30 am

St. Peter's –Edenwold

Sunday Service: 11:00 am

Report from the RM of South Qu'Appelle

An informal meeting was held in the evening of August 18 to meet with the consultant and to receive the first draft of the Basic Planning Statement. This will be further discussed and possibly amended before it is approved. The regular monthly meeting was held on September 8th. The administrator advised that rural municipal elections for divisions 1,3, 5 and for the Reeve will be held on November 3rd. Nominations will open on October 6th and close on October 18th. Polling places were set at Edgeley, McLean and the RM office, and election officials identified. An advanced poll will be held on November 1st at the office.

As RM elections fall on the date of the regular council meeting, this will be moved to November 5th, unless no elections are necessary.

The administrator distributed to Council copies of the tax enforcement list and the map of the proposed new school division boundaries.

One building permit application was received and approved.

The Fire Department Manager attended the meeting, and reported that three more first responders are to take training, which will bring the total number to ten. The health district will no longer pay for the registration and books for first responder training. As this will now cost \$200, there was a request for assistance for volunteers. It was decided that the RM will make a grant of \$100 per person to a maximum of three volunteers per year from each of the Qu'Appelle and McLean fire departments. The fire chief and the manager are now both qualified to give CPR training.

Councillor Tom Whalen was appointed as Fire Ranger, in accordance with regulations.

The monthly SARM update was distributed to council. It contained information regarding efforts to reopen the border to beef sales to the United States; the education tax issue; ILO by-laws; and the mid-term convention in Saskatoon in November.

Other correspondence received included: Crop reports, APAS updates and information from Steelcor regarding price increases for culverts, effective September 1st.

Mowing of road allowances is proceeding, but has been delayed by frequent rains and the heavy wet grass.

For further information, ratepayers should call the RM office at 699 - 2257

REGINA QU'APPELLE HEALTH REGION

Influenza More Serious Than First Thought

Influenza is a serious respiratory illness, that can have severe complications and even cause death. The "Spanish Flu" pandemic of 1918 killed more than died in World War I.

The best way to fight influenza and protect yourself and your loved ones is by getting immunized. The vaccine is safe, easily accessible, and has very few side effects. I can lower your chances of getting influenza or, if you get influenza after being vaccinated you will not be as sick.

The Regina Qu'Appelle Health Region will once again hold influenza vaccine clinics for high-risk individuals in various locations throughout the region starting October 4, 2004. High risk individuals are those persons aged 65 and over or those diagnosed with chronic lung or heart disease, diabetes, lowered immunity, cancer, kidney disease or severe anemia. In addition, children or adolescents on long-term ASA therapy are considered high-risk.

For clinic times and dates in your area, call your local public health office or watch your local newspaper.

BALGONIE – OCTOBER 4TH, 2004

Senior Citizens' Centre

9:30 am – 11:30 am

For appointments call Priscella @ 771-2522

PILOT BUTTE – OCTOBER 5TH, 2004

Golden Sunset Club

9:30 am – 11:30 am

For appointments call Helen @ 781-4180

BALGONIE WOMEN PARTNERING AGAIN IN UNIQUE CANCER RESEARCH

From November 13 to 21, local women will once again be joining tens of thousands of other Saskatchewan women who are sharing in an unprecedented cancer research effort, the Saskatchewan Breast Cancer Study. Every Balgonie area woman will be phoned during the period of October 25 to November 7 and invited to book an appointment – either as a new or continuing participant.

Once again, a local organizing committee is busy preparing for the second round of surveys. Balgonie had very high participation in the last survey session, Bernice Bespalko reported, with over 200 women on the rolls. The approach to hosting surveys in larger towns has been recently re-organized, and the committee is very pleased with the new approach.

An experienced study staff person, Kyla Poelzer, has met with the local committee and will be in town and present for all survey sessions. A survey appointment is necessary. The one-hour appointments are being booked by local volunteers. Phoning will begin October 25 and will continue for about a week to 10 days. “We are really hoping that the majority of Balgonie’s women will make the time to come in and contribute to this very important effort,” Bernice said.

The Saskatchewan Breast Cancer Study's

Founder and Director, Dr. Carol Haines, said “We are pleased to be invited back to Balgonie, which has the distinction of being the community that helped us launch the approach to doing surveys that about 50 volunteer committees in many of the larger towns across the province have adopted. We are most grateful for this pioneering role, and for the hard work your committee has once again offered.”

Saskatchewan is the only place on earth where records are being kept of the daily lives of women in order to detect factors leading to breast cancer, thus offering hope for its prevention for future generations of women. Sadly but inevitably, after a number of years, there will be breast cancers occurring in some of the study's many participants. Their recorded information will be compared with the responses of women who did not develop breast cancer.

About 60,000 women across the province have agreed to complete surveys that will be used, after a decade or so, to find clues to the cause of breast cancer. Women answer computerized questions about a wide variety of exposures and experiences in their daily lives, from toiletries to microwave ovens and from child-bearing to coffee-drinking.

Contact information:
Bernice Bespalko - 771-2966
Dr. Carol Haines - 664-4654



FIRE PREVENTION & SAFETY WEEK Helping People Feel Safe And Prepared For A Fire

During the week of **October 3-9** is **National Fire Prevention Week**. This year’s theme is “**Check Your Smoke Alarm**”. Our members are doing a walk-about through out the community at this time. We will check your **Smoke and CO2 detectors** and change the batteries if required. If you would like your **fire extinguishers** checked we can do that for you as well. We also ask that you review with your family the **fire escape plan** of your house and your family’s designated **meeting place**.

We would like to know if you have **any hazards** in your basement or garage (example acetylene, welder, reloading equipment & excess ammunition). This information is for the Fire Department’s use only. Disclosure of this information is voluntary. Contact any member of the Fire Department or Fire Chief Dave Campbell.



Buffalo Plains Ringette Report

Well, our registration nights have come and gone, and now we settle down to the task of making teams, assigning ice times, and scheduling pre-season practice times. It's the start of a new season, and enthusiasm is at a high. Players should be hearing from the coaches in the next week or so regarding when the first ice times will be.

If you missed the registration night, you're not too late. We are still taking registrations, especially for girls born in 1995 and 1996. With a \$99 registration fee, this is the year to come out and try ringette. Your fee includes weekly home games and practice time, power skating and skill development sessions, and entry fee into our tournament. For more information, please call Paul Hawman at 781-2678, Crystal Giles at 585-0149, or Trina Buchanan at 781-4548.

The 2004-2005 season is going to be one of the most exciting in our history. Come down to the rink in the beginning in October to watch the "A" team tryouts, mark off the December 3-5 weekend for the first annual Lou Gillespie Invitational Tournament. We'll have activities during National Ringette Week in November, and more. You'll read all about our planned activities right here, so check back next month!

BALGONIE SKATE PROGRAM

The learn to skate and canskate program will be starting October 8th, 2004.

Learn to Skate 3 - 6 years
Every Friday for 10 weeks
Time - 4:00 to 4:30 pm at The Balgonie Stardome
Cost \$55.00/10 weeks

Canskate 7 - 9 years
Every Friday for 10 weeks
Time 4:30 to 5:15 pm at The Balgonie Stardome
Cost \$60.00/10weeks

If you missed registration night or need more information please call Chara Blair at 699-7211.

Special price if you register for both the fall and winter sessions

**Hockey Night in Balgonie
Balgonie Stardome**

**Come out and cheer on your
team!!!!**

