



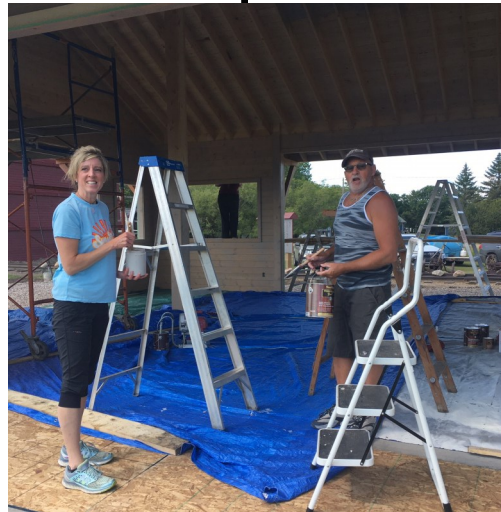
The Hepburn Howler

#48 - SEPTEMBER 2020 EDITION

*sent Monday, August 31st

MAYOR'S MESSAGE

Delta Paving has completed paving in town and it looks awesome! The residents along the five cul-de-sacs are enjoying nice smooth dust-free roadways. The gazebo is nearing completion and it looks awesome too. Thanks to the Green Space Committee and all the other volunteers that have helped with this project. There has been some mischief and vandalism in town; this criminal activity is costing all of the town residents money. The authorities are aware of it and are investigating, but we need everyone's help in stopping this criminal activity from happening again. School will be starting in September, and pedestrian, bike and vehicle traffic will be increasing. I encourage everyone to be extra careful and observant to keep our town and residents safe. I again want to remind everyone about the civic election coming up in November. All council positions are up for election. I encourage residents to be engaged in this process, know who the candidates are, consider running yourself, or even get out and help your favourite candidate with campaigning. Les and Tim will be replacing some culverts, doing some pothole patching and other tasks before the end of summer. Yes, summer is winding down, so get out and enjoy the last few weeks of the season. Working together, working for Hepburn.
Mayor Jeff Peters



***NEXT COUNCIL MEETINGS:** Sep 16, Oct 21

***TOWN COUNCIL:** Jeff Peters (Mayor), Chris Becker (Councillor), Chris Crockett (Councillor), Ken Jeschke (Councillor), & Craig Kosowan (Councillor).

***Communications to Council:** Due **Sep 11, Oct 16**. Submit **letters** to email cao@hepburn.ca. For a **complaint** about a bylaw, use [Complaint Form](#). For a request to attend as a **delegation**, use [Delegation Request Form](#). Forms are available on the town website!

TOWN OFFICE INFO:

402 Main St, Box 217, Hepburn, SK S0K 1Z0

Phone: 306-947-2170 Fax: 306-947-4202

Email: info@hepburn.ca Website: www.hepburn.ca

Emergency: 306-947-0000 (after hours)

OPEN: Bowling Alley, Marketplace, Office, Little Library, Little Park, & Ball Diamond. **CLOSED:** Museum & Arena.

OFFICE: 9am-12pm, 12.30-4.30pm.

For Parks & Rec Events & Payments: recreation@hepburn.ca

For Payments: onlinepayments@hepburn.ca

For latest Re-Open SK Updates: www.saskatchewan.ca

HOWLER REMINDERS!

- Howler E-Delivery continues, attached to e-bills on or after last day of the month.
- This Howler Edition: **Mon, August 31.**
- Paper editions are located at Post Office, Town Office, & Golden Chef while supplies last.
- Next Submission Deadline: Fri, September 25.
- Next E-Bill Sign-up Deadline: Tue, September 29.
- Next Howler Edition: Wed, September 30.
- For R.M. of Laird residents, sign up for e-copy at info@hepburn.ca.



YOUR MAYOR

IN ACTION:

Jeff Peters, pictured above left, with Jennifer Beaumont-Becker, at the gazebo staining work bee held on Saturday, August 15th. Say hi to Jeff when you see him!

SEND IN PHOTOS OF HEPBURN LIFE!

This month's contributors are: [Lisa Braun \(p.1\)](#), [Jenn Beaumont-Becker \(p.2\)](#), [Kathy Goertzen \(p.1\)](#), [Tim Harms \(p.2\)](#) and [Angela Guenther, Prairie Hues, \(p.4\)](#). Email your photos of Hepburn Life to info@hepburn.ca or encourage a friend or photographer of any age to send in their submissions!

YOUR LEADERSHIP:

Contact info for your leaders!

***Mayor (HEPBURN):** Jeff Peters. hepburn.ca

***MLA (SASKATCHEWAN):** Biggar-Sask Valley.

Randy Weekes. randyweekes.ca

***MP (CANADA):** Carlton Trail-Eagle Creek.

Kelly Block. kellyblock.ca

Mark your calendar:

SEPTEMBER DATES

- *S2: [August Utility Bill/Howler](#)
- *3/17: **ORGANIC (Green)**
- *4/18: **RECYCLE (Blue)**
- *11/25: **GARBAGE (Black)**
- *7: **OFFICE CLOSED**
- *8: *School Opens*
- *9: Municipal Governance Town Hall (notice page)
- *11: Deadline for Council communications
- *12: Everything Country Market, near Hague
- *14: **PARKS & REC MTG**
- *16: **TOWN COUNCIL MTG**
- *S25-O25: Culture Days TBA
- *30: [September Utility Bill/Howler](#)

OCTOBER & BEYOND

- *Babysitting Course TBA
- *O3: **Town-Wide Fall Clean-Up Day**
- *O7: Nominations Due
- *O19: **PARKS & REC MTG**
- *O21: **TOWN COUNCIL MTG**
- *O26: Provincial Election
- *31: [October Utility Bill/Howler](#)
- *N9: Municipal Election & School Bd Election
- *Dec: Christmas Tree Lighting & Carolling Event
- ***SUBMIT YOUR DATES!**

The Benefits of Recreation:

"Recreation enhances social wellbeing.

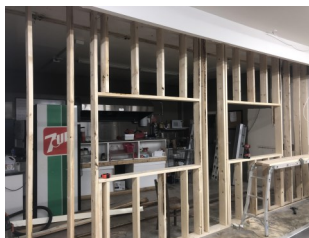
For both children and adults, recreation can facilitate & support social relationships through clubs, social organizations, & teams...."

(Reason #2, A Recreation Framework for Canada, 2015).



A IS FOR AGENDAS (Hepburn P&R)

The Parks and Recreation (P&R) Board meets monthly from September to June. Send an email to recreation@hepburn.ca, or talk to a member of Parks & Rec Board (pictured in bottom corner). **First Fall Meeting is set for Monday, September 14, at 7.00PM.** Submit letter or request delegation by Wednesday, September 9.



ARENA (Hepburn & District)

Planning is underway, including concession renovations (pictured right), maintenance, Re-Open SK signage & protocols, arena signage sponsorships, etc. Generally the ice goes in early December. Send booking requests to arena@hepburn.ca. Note: The Yellow Bin located by the Arena was removed by its operators due to Covid route reductions. Reminder that no vehicles should proceed beyond the designated parking lot area at this recreational site to prevent damage to the grass and property. *Did you notice the SeaCan located there? This is for Parks and Rec Storage!*

ART ON MAIN (Hepburn P&R)

On Saturday, August 29th, after the Hepburn Marketplace, there was a FREE Art on Main event for all ages. Thanks to all participants! If you would like to join in for another event or give feedback about times, email recreation@hepburn.ca.

BABYSITTING COURSE

Date to Be Confirmed for October 2020.
Email recreation to get on notification list.



Need a Babysitter? Check in with the Hepburn MOM's Group to get referrals.

BALL DIAMONDS (Hepburn)

The Ball Diamonds are open. To book the space, email recreation@hepburn.ca to sign out a ball box key. *Slo-Pitch Team Con-

tacts have a key for use while in season, now until early fall. Note: No vehicles should go beyond designated parking lot area at this recreational site to prevent damage to grass, field, and fencing.

BOWLING ALLEY (Hepburn)

Contact Janet Hamilton at 306-947-2192 or 306-947-2073 for bookings. Watch for more updates coming soon.

CHARITABLE DONATIONS (Hepburn)

Make charitable donations through the Town, payable to TOWN OF HEPBURN. To receive a receipt, submit \$20 or more and designate to [Hepburn Parks and Recreation](#) OR to [Hepburn Centennial Park Project](#).

NEW: CRAFT KITS (Hepburn & Area)

Waldheim Library in conjunction with Regional Kids First is providing **craft kits** for families with preschoolers. Contact Lisa if you have a preschooler aged 2-4 in your household.

CULTURE DAYS UPDATE (Hepburn & Area)

Sept 25 to Oct 25. Theme: Unexpected Intersections! Watch for Hepburn Plans, and postings about area events. culturedays.ca/

FACEBOOK PAGE (Hepburn P&R)

www.facebook.com/HepburnParksAndRec/
Please LIKE & FOLLOW the Hepburn Parks and Rec Page. **NOTE: Town of Hepburn has a NEW page for municipal office updates.**

FIGURE SKATING CLUB (Hepburn)

Registration is September 23. Time and location TBD. See: www.facebook.com/hepburnskateclub/

FUNDRAISER SCHEDULE (Hepburn)

Promoting community fundraisers! Send in INFO! ***Silver For Gold Tab Collection**, raising funds and awareness for childhood cancer. Bring your pop can tabs to Town Office by September 4th.

GARAGE / YARD SALES (Hepburn)

The Town-Wide Garage Sale Day will not happen this year. Individual yard/garage sales are permitted—see www.saskatchewan.ca. Sales are to be hosted by a single family. Group events are not permitted at this time, including events with multiple families/households.

GREENSPACE TEAM UPDATE (Hepburn):

The gazebo structure is done. Electrical work is nearing completion. Interior gazebo staining and boardwalk installation is done. Lightposts will be completed soon, along with landscaping and fixtures. Thanks for staying clear of the work areas. The grounds, picnic tables, and trail-head bench areas are open; stay south of new sidewalk.



HOCKEY (Hepburn)

From Hepburn Minor Hockey: "We are planning to have three teams for the 2020-2021 season: U7 (Initiation), U9 (Novice), U11 (Atom). Registration & further details will be finalized soon. See: www.facebook.com/Hepburn-Minor-Hockey-113264235394446/



INSPIRATION INSERT WITH LB (Hepburn):

*Communities in Bloom? *FALL Ideas? ? *Youth Advisory Team? *Games Nite? *Bike & Pedestrian Safety? *Economic Development? *Your Ideas? Send message to recreation@hepburn.ca.

LEISURE GUIDE

A FALL LEISURE GUIDE is in process, with a September to December List of Activity Options for Hepburn Residents. If you have something to promote, email recreation@hepburn.ca.

LITTLE FREE LIBRARY (Hepburn)

Donations welcome at Town Office, or at the Library. Go through your child and youth collections at home for donations!

LITTLE PARK (Hepburn):

Reminder to clean-up all your personal belongings after using the park, including garbage, recycling, clothing, toys, etc.

MUSEUM OF WHEAT (Hepburn)

Did you know that the Museum Grounds were used for: Grad Photo Shoots, Hepburn Marketplace, Various Picnics, and for Gospel Tent Meetings by Valley Berean Fellowship? The Museum buildings are closed for the season. The grounds are open for walking & picnic use; stay south of sidewalk & gazebo area. NOTE: Threshing Day Celebrations are postponed to next year. Plans for their annual November Event are underway, pending Re-Open SK guidelines. Want to join the BOARD? Call Simon 306-225-5895 or 306-230-0354. Board: Simon Loewen, Jonathan Dear, Teddi Dear, Dirk van Kuik, Morris Pompu, Jake Fehr, Tina Fehr, Diana Stobbe, Darlene Loewen, Jacco Aantjes, & Jeff Peters. ***Check out** this YouTube VIDEO featuring SK Elevators: Hepburn shown at 2 minute mark. <https://youtu.be/3NcLxTkNBRk>

PICKLEBALL (Hepburn)

On Tuesday, August 25, there was a FREE pickleball event for ages 13 and up, from 6.30-8.00pm. If you would like to join in for another event or give feedback about times, email recreation@hepburn.ca to let us know. Note: Thanks to the Hepburn MB Church for the use of the parking lot. Fall pickleball would be indoors depending on scheduling. Thanks to Doug Brown, and Pickleball SK for the instruction and equipment usage.

PICNIC TABLES (Hepburn)

Enjoy picnic table area at Museum grounds while the warm weather lasts.

PLAYSCHOOL UPDATE (Hepburn)

Watch for news on a registration evening & new procedures and regulations. A safe, fun, and engaging environment for children in our community E: hepburnplayschool@gmail.com. 3 year rep position is OPEN. Follow: www.facebook.com/hepburncooperativeplayschool/

**REFIT CLASS**

Saunja is planning a fall REFIT session. Wed evenings, Sept 16th to Dec 9th. No Class Remembrance Day. Location TBD. Follow: www.facebook.com/REFIT-with-Saunja-1631623250412185/

VOLUNTEERING (Hepburn)

Groups Needing Members: SOCCER: 2-3; VILLA: 2; FIGURE SKATING: 1-2; PLAY-SCHOOL: 1; & MUSEUM: 2-3

YOUTH SPOTLIGHT (Hepburn)

- Thanks to volunteers Isabelle Nelson & Isabelle Hug for help with Art on Main.
- Watch for fall volunteering opportunities for youth grade 7 and up.

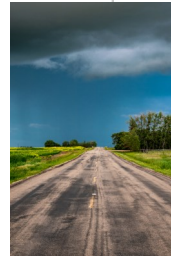


Z IS FOR ZOOOOM (Hepburn) School Begins Sept 8th, so be extra aware on all your travels!

Community safety is up to all of us, so walk, bike, scoot, stroll, blade, & drive with care. See driving concerns? Report to Rosthern RCMP 306-232-6400.

MESSAGE FROM JENN, PARKS & REC CHAIR (Hepburn)

"We are getting ready for a September meeting, including new grants, leisure guide, babysitting courses, adult recreation, and more. *If you have ideas or want to volunteer this season, send a message to recreation@hepburn.ca.*" Sincerely, Jennifer Beaumont-Becker, Parks & Rec Chair beaumontjennifer@hotmail.com

**BEYOND HEPBURN.....****EVERYTHING COUNTRY MARKET (Area)**

"The fall sale is on, for Saturday, September 12. With this event being held outdoors, spread over 3.5 acres of sale space, and with guidelines in place, we can provide a safe space for the sale to go ahead." www.facebook.com/everythingcountrysk/

FLAT OUT DELICIOUS BOOK (SK)

It features Food Producers and Outlets all over SK. Did you know that you can find Hepburn's **Good Eat'n Honey on page 63?** Need Honey? Ask Lisa at the office, still some stock left from Marketplace. Find out more at: www.facebook.com/flatoutfoodsk/

HIGHWAY 12 (Area): Email in something that you noticed along #12!

HIKING SASK GROUP (SK): Find out about Hiking: www.facebook.com/groups/189641178116080/

HOSPITAL UPDATE (Twin Rivers)

www.facebook.com/SaskValleyHospitalFoundationInc/ SVHF is fundraising for new hospital. Sask Valley Hospital Foundation. Box 93, Rosthern, SK, S0K 3R0.

LAKELAND DISTRICT FOR SPORT, RECREATION, & CULTURE (Region):

Hepburn is a member of www.lakelanddistrict.ca. They help our area through grant & resource info. Ask Lisa more.

LIBRARY (Waldheim):

Open Mon 10am-4pm & Thu 3-9pm for curbside pick ups & book drops. Contact for pick-up at 306-945-2221, or waldheim.library@wheatland.sk.ca. Be on time as pickups are on 15 minute intervals. When you arrive, phone.

TOURISM TIPS (SK):

***Wanuskewin:** Reopens September 5th.

***Saskatchewaner:** Follow Leah and see her recent visit to Petrofka Orchard: www.facebook.com/skwanderer/

***Tourism Sask:** Find info at:

www.tourismsaskatchewan.com

***Travel Guides/Photos:** Robin and Arlene Karpan at photojourneys.ca/

***SaskParks:** fall camping to September in many locations!

***Year-Round Resorts:** Madge Lake, Greenwater Cabins, Land of the Loon, Kenosee Inn, The Resort at Cypress Hills.

***Your Ideas Welcome:** Send in your tips & recommendations!



9-1-1 - EMERGENCY SERVICES

4-1-1 - LOCAL DIRECTORY ASSISTANCE

8-1-1 - PROFESSIONAL HEALTH ADVICE AND MENTAL HEALTH SUPPORT

2-1-1 - INFORMATION AND REFERRALS ON SOCIAL, COMMUNITY, NON-CLINICAL HEALTH, AND RELATED GOVERNMENT SERVICES

Twinkle Treats by Hope Update:

Thanks to Lauren for selling delicious ice cream treats on Main Street this summer. Follow Facebook: www.facebook.com/Twinkle-Treats-By-Hope-100499091344522/ Read more about Microcephaly Tshirt awareness & fund-raising for therapy costs.

THANKS FROM GRAD 2020!

"Grad looked a little different this year and we could not have done it without the help and kindness of a LOT of people! Thank you, Town of Hepburn, Greg Klassen, Bethany College, Gospel Church, Chinook Scaffolding, Saskatoon AV, Trevor Rempel, Ron Sigstad, Renaye Zdunich, & all the teachers that sent well wishes on the video!" (Laurel Sexsmith on behalf of students and parents)



HEPBURN SCHOOL

- *School Resumes on September 8th.
- *Watch for students at the crosswalk area at Main Street and 2nd Street East.
- *Check out updates on their website or call 306-947-2077. *Watch for scholarship news & photos coming.

Fire/EMS Department

- Meetings: 3 Tues evenings/month.
- REFUNDS: The member who sold you your banquet ticket will be contact with you about your interest in a refund or charitable receipt. Return ticket to them to receive refund.
- Follow them on facebook.

SHOP LOCAL:

NEW INFO AT THE OFFICE:

***SML Cleaning & Detailing**
Flaviu Sofinet.
NEW LOCATION Hwy 12 & Hepburn
Corner. 306-947-7432
Sofinetlm@gmail.com

***Circle 5 Dog Ranch**
(306) 371-6443
<https://www.facebook.com/circle5dogranch/>

COFFEE THEME:
***North River Coffee Co**
[@northrivercoffeeco](https://www.instagram.com/northrivercoffeeco/?hl=en)
Roasting Specialty Coffee at Riverbend Colony. www.instagram.com/northrivercoffeeco/?hl=en

***Saskatoon Coop, Hepburn Branch**
Various Coffee Supplies & Choices, & Convenience Section.



***Oma's Kofe**
Julianna Unger. Iced coffee syrup flavours: Vanilla Mocha, Cinnamon Dolce, Caramel, & French Vanilla. www.facebook.com/omaskofe/

***The Next Theme?:**
Suggestions welcome.

MONTHLY THEMES?

- *Self-Care September: Find these calendars at www.actionforhappiness.org
- *What else is September known for? Coaches Appreciation Week, Septic Awareness, Seniors Week, & More!

CHURCHES IN TOWN:

*HEPBURN GOSPEL CHURCH

Office (306)947-2143
[W: hepburngospelchurch.com](http://W:hepburngospelchurch.com)
Drive-In Services continue. Watch for news about fall & Kids Club.

*HEPBURN MB CHURCH

Office (306)947-2085
[W: hepburnmb.com](http://W:hepburnmb.com)
Watch for news about fall.

*VALLEY BEREAN FELLOWSHIP

Contact Cory—(306)491-5624
Email: amendtcory@gmail.com

*WORD OF HIS GRACE FELLOWSHIP

Contact Todd—(306)227-8428
Email: tjhardy@sasktel.net
Find info on facebook.

SHORT SURVEY:

Did you notice the **bright yellow flyer** in your mailbox? If not, here's the message:
"DO YOU WANT A CAFÉ IN HEPBURN?
We are residents of Hepburn and are wondering if you would support a new café / bakery. In addition, we want to know "what other services would you like to see in Hepburn?" Everyone in your household ages 16 and up can take the short survey, and help make our town a more enjoyable place to live!" Use QR Code on the flyer OR go to this link: bit.ly/3hkCPgs

HEALTH SERVICES UPDATES

- Rosthern Medical Clinic: Open August 17 at new location 6001-12th Street
- Sask Health Line: 811
- Find more at: www.saskhealthauthority.ca
- Follow RE-OPEN SK updates at www.saskatchewan.ca

ROSTHERN RCMP REMINDERS:

SK Crimestoppers 1-800-222-TIPS
RCMP Rosthern 306-232-6400

- Keep buildings & vehicles locked and secure.
- Trim shrubs and trees away from doors and windows to increase visibility.
- Install motion lights or leave on porch lights.
- Use deadbolts.
- Keep windows closed and locked, and use locks to prevent sliding windows from being opened.
- Record serial numbers to increase the likelihood that Police can return your property.
- Engraving will assist in identifying stolen items.
- If you go away, have someone check on your home and property.

R.M. OF LAIRD No. 404

Street Address: 3025 Central Avenue, Waldheim.
Mailing Address Box 160, Waldheim, SK S0K 4R0.
Phone: 306-945-2133. Website: www.rmoflaird.ca

PASTURE LAND FOR RENT:

Still Available! Need a place to graze your horses?
Contact Diane & Lorne at 306-947-2139.

ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Remember that self-care is not selfish. It's essential.	2 Be willing to share how you feel and ask for help when needed.	3 Free up time in your diary by cancelling any unnecessary plans.	4 Forgive yourself when things go wrong. We all make mistakes.	5 Plan a fun or relaxing activity this weekend and make time for it.	6 Focus on the basics: eat well, exercise and go to bed on time.	
7 Remember it's ok not to be ok. We all have difficult days.	8 Notice the things you do well today, however small.	9 Avoid saying 'I ought to' or 'I should' to yourself.	10 Give yourself permission to say 'No' to requests from others.	11 Aim to be good enough, rather than perfect.	12 Let go of being busy. Allow yourself to take some breaks today.	13 Make time today to do something you really enjoy.
14 Talk kindly to yourself like you would to someone you love.	15 Find a caring, calming phrase to say to yourself when feeling low.	16 Notice what you are feeling today, without any judgment.	17 Leave positive messages for yourself to see regularly.	18 Don't compare how you feel inside to how others appear outside.	19 Get active outside and give your mind & body a natural boost.	20 No plans day - make time to slow down and be kind to yourself.
21 Remind yourself that you are loved and worthy of love.	22 Look at photos from a time with happy memories.	23 Let go of other people's expectations of you today.	24 Ask a trusted friend to tell you what they like about you.	25 Release yourself from inner demands and self-criticism.	26 Find a new way to use one of your strengths or talents today.	27 Take your time. Make space to just breathe and be still.
28 Accept your mistakes as a way of helping you make progress.	29 Write down three things you appreciate about yourself today.	30 You matter. Remember that you are enough, just as you are.				

Self-care is not selfish. You can't pour from an empty cup.



ACTION FOR HAPPINESS



www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at www.actionforhappiness.org/self-care-september