

The **'Birch Hills Heartbeat'** newsletter is printed bi-monthly and available at the following locations on the 1st and 15th of the month: Lake Country Co-op, Cornerstone Insurance, Grumpy's Confectionary, Quayle's Pharmacy, and various other businesses downtown. Pick up your free copy and share with a friend.

Send your email address and request to be added to newsletter emailing list to **[birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net)**

**January 15th, 2018**

**Issue 158**

*Hello Everyone,*

*I am back in the saddle...so to speak, taking over the Heartbeat from Laurie. It is with mixed emotions that I am writing this today, as I am happy to be doing the newsletter again, but sad to see our friend leave.*

*This cold weather has given me an excuse to stay inside and work on my crocheting projects, and taking on a new challenge, learning how to knit. I may be seeking some guidance if things don't go well.*

*Until next time,  
Natalie Matheson*



## SHAVE IT OR SAVE IT!

**WE NEED YOUR HELP!!**

Pastor Clint has put his head on the line to help raise funds for the operations of the Youth Center.

You decide whether he will...

## SHAVE IT OR SAVE IT!

Pledges will be collected by the Youth Center from now until April 7th. Whichever fund has more pledges will determine his fate. **SAVE IT** means his hair **AND** beard will remain as is, but **SHAVE IT** and they **BOTH** come off!

**\*Tax Receipts Available Upon Request\***

**JANUARY** issues of this Birch Hills activity newsletter was sponsored by:

### BIRCH HILLS SNO-POSSE SNOWMOBILE CLUB

If you would like to be a sponsor of the 'Heartbeat' newsletter, contact 306-749-7451/[birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net). The cost is \$100 by 3 sponsors (\$300/mos) for printing, advertising and ensuring that the newsletter stays free for everyone.

**BIRCH HILLS  
SNO-POSSE**

**23<sup>rd</sup> ANNUAL  
SNOWMOBILE RALLY**

**SATURDAY FEBRUARY 10, 2018**

Registration At  
**BIRCH HILLS CIVIC CENTRE**

Hands Sold From  
8:00 AM - 1:00 PM  
Last hand in By 4:00 PM

**PANCAKE  
BREAKFAST**  
Starting @ 8:00 AM

**FREE TRAIL LUNCH PROVIDED**  
\*Warm Up Shacks Along Trail\*  
\*BBQ Burgers Served @ Civic Centre\*

**PRIZES TO FOLLOW!**

**BIRCH HILLS  
SNO-POSSE**

For more information call:  
Mark Evans @ 306 960-2569 or Mathew Njaa @ 306 749-7010

Find us on Facebook: Birch Hills Sno Posse

## BIRCH HILLS SCHOOL NEWS

### JANUARY 2018

Jan. 25 - Math 30W Departmental PM  
29 - Semester 2 starts  
30 - Math 30 PC Departmental AM

### FEBRUARY 2018

Feb. 1 - Term 2 Report Card  
- Cap & Gown Pictures  
1 or 2nd - School Winter Carnival  
Feb. 17 to 25 - February Break  
Feb. 26 - First day of classes



## CRYSTAL SPRINGS COMMUNITY EVENTS

### Crystal Springs Poker Snowmobile Rally:

**Saturday, Feb 3rd (2018)**



Registration @ Crystal Springs Hall 10am-1pm  
Hands 1/\$10 or 3/\$20 Cash Prizes 1st, 2nd, 3rd  
Cash Bar, Hot Lunch, Fuel available.

Hosted by the Crystal Springs Rec Co-op

For more info call Lynn 864-8013

**Coffee Row:** Crystal Springs Rec Co-op Once a Month  
Coffee Row 2:00 to 4:00 P.M. Crystal Springs Hall  
Everyone is Welcome!

Next Date is: **February 7th**

Come and enjoy a relaxing afternoon with friends and neighbours! Coffee, tea and goodies are provided

*The hall is available for rent. Contact Lynn 306-864-8013*



## BIRCH HILLS & AREA BUSINESS HIGHLIGHTS and NEWSLETTER SPONSOR

The Birch Hills Sno-Posse is a local non-profit snowmobile club.

The Birch Hills Sno-Posse has been able to support the community by donating back funds or we purchase items for them. Here are some of the examples:

- New windows for the curling rink
- Purchased a new cooler/refrigerator for the local civic centre
- Purchased new items for the Daycare in Birch Hills
- Purchased a defibrillator for the fire hall
- Donated money to the skating and curling rinks in 2017

The Birch Hills Sno-Posse also maintains 3 cabins strategically situated along the South Sask River. We promote fun, safe and family orientated snowmobiling for Birch Hills. Each cabin is equipped with the needs to make your snowmobile ride that much more enjoyable in our Saskatchewan winters.

The club is always looking for additional members to join our team. Today we have approximately 10—12 active members. We have been fortunate enough to have community members volunteer at our work bees which is greatly appreciated. We encourage the youth who are new to snowmobiling to join as there is no age requirement.

The Sno-Posse asks those that utilize the cabins to be respectful to the nature around, maintain cleanliness, and ensure the doors are closed. We are doing our best to keep this club active as Birch Hills has many snowmobilers in the area and hosting our annual rally is our only source of income to maintain the cabins.

The Sno-Posse members will be canvassing the community and surrounding area, if you wish to donate a prize, please contact any member. Your donation will be displayed throughout the day and formally announced with the draws.

The Sno-Posse is also excited to announce the St. Louis (IKD) Sask International Karate Daigaku will be cooking for the Rally. They have provided us with a fabulous menu that you won't want to miss!

The present members are: President Markel Evans, Vice President/Treasurer Matthew Njaa, Secretary Tammy Forsyth, Directors: Cathy Gordon, Sheldon Gordon, Chris Braaten, and Robert Fossen.

We look forward to seeing you all on February 10th, 2018! Thank you for your continued support and follow us on Facebook @ Birch Hills Sno Posse.

## NOTICE OF NOMINATION

Nominations will be accepted  
January 16 - 22, 2018  
for Delegates of Lake Country Co-operative Association.

Delegate Positions are available at the following locations:

- Domremy (one 3 year term)
- La Ronge (one 3 year term)
- Paddockwood (one 3 year term)
- Shellbrook (one 3 year term)
- Smeaton (one 3 year term)
- Wakaw (one 3 year term)
- Big River (one 3 year term)
- Kinistino (one 3 year term)
- Marcelin (one 3 year term)
- Canwood (one 3 year term)
- Birch Hills (one 3 year term)
- Spiritwood (one 3 year term)
- Prince Albert (five 3 year term)

*You're at home here.*



Nomination forms are available at the Food Store at each location, except Shellbrook where they can be picked up at the Agro Center and in Spiritwood at the Service Center.

- Nominees must do the majority of their Co-op purchases at the location for which they are nominated, or be a resident of the district.
- Nominees must hold a Co-op membership in their name. Nominee purchases must be equivalent to those of the average Co-op member.

## 7th Annual Brrr Chills Winter Festival

February 1 to 4th, 2018

So far, we have planned..

Thursday School Carnival, Birchview Home Carnival  
Friday St Anne's Luncheon, Sr Hockey Home Game  
Saturday Community Art Class & Showcase  
Sliding Hill, Weiner Roast and Fireworks  
Sunday *Open for fundraisers or activities*

There is still room for more activities if your group is wanting to join in. Contact the Town Office for more info.

Thanks to the businesses that have already expressed interest in donations or financial support and to those that are helping to plan for another fun festival.

BHP School	RM of BH	BH Fire Dept
Birchview Home	Town of BH	Quayle's Pharmacy
Artist, Jodi Miller (Zelinski),		Cornerstone Insurance
Community Arts Initiative (ADow)		BH Lions Club
Evans 8 Contracting	BH Golf Course	
Sask Lotteries Community Grant		



## ST MARY'S ANGLICAN CHURCH NEWS

**Community Lunches:** 11:30-1:00pm  
All community residents are welcome to join us for soup & bun Join us for lunch 1st and 3rd Friday of each month.

**Next Lunch** January 19th

Free will offerings accepted but not necessary



### RECYCLE

Please Share Newsletter with a friend Send request to  
[birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net)  
to receive the news letter online



**Christmas Tree Drop off**  
Will be beside the Post Office downtown, at the back alley... These will be used for the Winter Festival Bonfire & Tobogganing Night on February 3rd

### Cross Country Skiers

Trails are being set at the golf course. Follow updates on Facebook "Birch Hills Cross Country Ski Club". Feel free to share ski trail info and partner up and try new trails around Sask.



## Downtown Birch Hills

### PASH PROJECTS YOGA

January 8<sup>th</sup>-February 15<sup>th</sup>



	Monday	Wednesday	Thursday
9:30-10:30am	*Yin	Vinyasa Flow	*Yin
5:30-6:30pm	Introduction to Yoga		Vinyasa Flow
7:00-8:00pm	Vinyasa Flow		*Yin

\*I would like to offer two Yin classes a week, please email to confirm which day or time works with your schedule

Birch Hills Dreamland Optimists Club presents....

## DREAMLAND FEBRUARY CRAFT & TRADE SHOW

Saturday, February 24th, 2018  
@ Birch Hills Civic Centre

10:00am - 3:00 pm

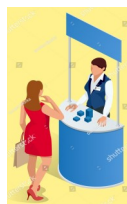
Many vendors will be in attendance, many different business to shop from all under one roof!

Lunch will be served starting at 11:00am

Door Prizes, FREE ADMISSION, 50/50 tickets will be available

To book a table contact Susan 306-941-0400 or

Rosa 306-930-1040 Email: dreamlandoptimist@gmail.com



## Youth Centre NEWS

### Saturday Morning Coffee

7:00 to 10:00 am

Any early bird welcome



### Moms & Tots

Tues & Thurs 10-12pm

\$2 drop in fee. Open to All moms

### Family Game Night

Friday Nights Kaiser, Crib

Now new games available to play:

*Pool, Foosball, Dominoes, Chinese Checkers, Chess, Dutch Blitz, etc.*

Kids 10yrs < are welcome if accompanied by an adult

Fun starts 7:30pm @ Youth Center...

Potluck Snacks

Anyone Welcome!



### DREAMLAND OPTIMIST CLUB 50/50 CASH DRAW

DRAWING WILL BE HELD AT 9:00PM  
@ OUR STEAK NIGHT SOCIAL, FEB 24TH AT BIRCH HILLS CIVIC CENTRE

**TICKETS \$5.00 EACH**

OR

**3 TICKETS / \$10.00**

DO NOT HAVE TO BE PRESENT TO WIN

**LOTTERY LICENCE #SR17-2701**



### DON'T MISS OUT

TICKETS AVAILABLE UNTIL FEB 24, 2018

Your chance to win some money & support your local optimist club!

All proceeds from our fundraiser will stay within the community and put towards the many ongoing projects of Dreamland Optimist Club of Birch Hills

Thank you for supporting our club during 2017, we look forward to your continued support in 2018.

## Birch Hills PUBLIC LIBRARY News

**STORY TIME** with Mrs Joanne

Thursdays @ 1:30pm

Join us for Story Time for pre-schoolers

### Library Hours

Tues 11-4, 5-8 ; and

Thurs 9-12, 1-6pm



## Line dancing the 'Step Outs'

**WEDNESDAYS.**

Civic Centre 9:30-11:00am

All Skill Levels welcome.

Great exercise and laughs to start your day



**MONDAYS** for Beginners 9:30-11am

9:30-11:00am at Civic Centre

## Community Arts In Birch Hills

Tentative dates for upcoming Art Events. For ages 8yrs to adult, unless otherwise stated.

Jan 15, 2018 7:00-9:00pm Bob Ross Paint Night 'The Joy of Painting'

Feb 3 2-4:30pm Everyone welcome to the **Art Show and Sale of Jodi Miller**, North Battleford. Informal Meet and greet at 3:00pm at the Birch Tree Café  
7:00-9:00pm **Acrylic Painting w/ Jodi Miller** (jodimillerartworkanddesign.com)

Feb 5 5:30-7:30pm **Drawing with Lana Lorensen** (PA Art Educator)  
for ages 8-12yrs only

March 5 7:00-9:00pm **Playing with Plasticine** with Alan Ruder.

Please register in advance so we can make sure we have enough supplies, etc.

Follow updates, activities and photos on our Facebook Page

NOTE: we are looking for experienced artists to instruct participants in mediums of choice.

Contact Amy if you are interested 941-0788 Ages 8-17yrs \$5 and 18 & up \$10.



The Community Arts Initiative would like to thank you all for your support! We have had a successful fall and hope for the same for the Winter. We welcome donations that would go towards rentals, art instructor fees and supplies. I also just wanted to say I'd like it to continue organizing these events and to do that, I will need help. I'm hoping to form a volunteer group which would consist of people who could do delegated tasks. Age doesn't matter. If interested, please contact me at (306) 941-0788. Thank you for all of your support!

Amy Dow

## BIRCH HILLS SKATING ARENA NEWS



### BH Minor Sports Elimination Draw and Dance \$10,000 Grand Prize

**Friday February 9, 2018**  
**Doors open at 8pm**  
**Birch Hills Civic Center**  
**126 McCallum Avenue**  
**Birch Hills, SK**

**\$100 per ticket or \$10 at the door for non elimination holders**  
**Only 233 tickets sold**

Tickets may only be purchased or sold in Saskatchewan  
1st Prize: \$10,000 2nd Prize: \$1,000  
\$100 prizes awarded every 40th ticket pulled from elimination draw  
Prizes totalling \$11,500  
To Purchase tickets contact any minor sports member  
or email [bhminorsports@outlook.com](mailto:bhminorsports@outlook.com)



**Featuring TJay the DJ**  
**Midnight Lunch Provided**

**Must be 18 years to play No Minors allowed**

### BLACKHAWKS SENIOR HOCKEY

Jan 19 Home Game vs Warman 8:30pm  
Free Admission courtesy of  
Great West Brewing Company  
Jan 20 Home Game vs Hague 8pm  
Free admission courtesy of  
Mackenzie Funeral Chapel & Crematorium  
Jan 26 Away Game vs Aberdeen 8:30pm  
Jan 27 Home Game vs Aberdeen 8pm  
Free Admission courtesy of  
Advantage Real Estate, PA  
Feb 2 Home Game vs Rosthern 8:30pm  
Guaranteed \$500 50/50 sponsored by  
MacFie Safety Consulting Inc.

W/L/OL - 11/1/1 GO HAWKS!

Thanks to everyone who attended the Blackhawks 4<sup>th</sup>  
Annual Comedy Night sponsored by Crop Production  
Services featuring comedian, Jody Peters.



### MINOR HOCKEY Home Games

Jan 21 PeeWee vs Red Earth 4:15pm



Community Funding Assists our Rec Activities in Birch Hills

### BIRCH HILLS MULTIUSE FACILITY FUNDRAISER KICKOFF

Come out for a great evening of food, drinks, and prizes!!!

The Birch Hills Multiuse Facility Committee is holding a Fundraising Kickoff Supper on February 17th at the Civic Centre.

Tickets are \$30 per person with a cash bar. All tickets purchased will be entered for a prize draw with additional prize tickets available for purchase at the door.

Doors open at 5:30pm and supper will be served at 6:30pm.

There will be presentations on donations to date and board members will be present to discuss the project in detail, and answer any questions you may have!!

So come out and have a great evening and help support this important community project!!

Tickets are available at the Town Office or call 749-2232 for more information!

See you there!





Birch Hills Recreation  
Box 280, Birch Hills, Sk  
S0J 0G0

text or call 306-749-7451 or  
E-mail: birchhillsrec@sasktel.net  
Facebook Page: 'Town of Birch Hills  
Community & Recreation'  
Town Website: www.birchhills.ca



# Welcome

Birch Hills Primary Care Clinic  
and Birchview Home  
welcome:

**Dr. Oriana Watt**

and

**Dr. Alanna Kurytnik**

Dr. Watt will be in the clinic on  
Mondays and Wednesdays

Dr. Kurytnik will be in the  
clinic on Fridays

Please call 306-749-3331  
to schedule an appointment

**Starting  
January 15, 2018**

Saskatchewan  
Health Authority

[saskhealthauthority.ca](http://saskhealthauthority.ca)

## Birch Hills Curling News



Weekly league curling

Tues/Fri afternoons 12:30pm

Wed night 2 Person Sponsored by Cervus Equipment

Thurs Night Super League Sponsored by Cornerstone Insurance

### Upcoming Bonspiels

Jan 22 - 26th Seniors Bonspiel Open  
Jan 27, 2018 Cattleman's Bonspiel (invitational)  
Feb 9/10 Ladies 80's Theme Bonspiel Open  
Mar 2 & 3 Open 4 Person Bonspiel  
Mar 23/24 2 Person Bonspiel & Season Wind Up

Annual **Weekend Getaway** Raffle tickets on sale now.

Thx for your support with these curling fundraisers!

## Upcoming Events

January 15 - CAI - Paint Nite (Bob Ross)  
19 - Sr Hockey Home Game  
20 - Sr Hockey Home Game  
22-26th - Seniors Open Bonspiel  
27/28 - Cattleman's Bonspiel  
27 - Sr Hockey Home Game

February 1st weekend Brrr Chills Winter Festival  
3 - Crystal Springs Poker Rally  
5 - CAI - Drawing Arts  
9/10 - Ladies 80's theme Curling Bonspiel  
9 - Wing Night @ Curling Rink  
- Minor Sports Elimination Draw & Dance  
10 - Sno Posse Annual Sno-Rally  
24 - Optimists Craft & Trade Show  
26 - Golf Board Meeting

March 2/3 - Open 4 Person Bonspiel  
5 - CAI - Plasticine Art w/ Mr Ruder  
23/24 - 2 Person Bonspiel & Season Wind Up  
24 - Skating Club Carnival

April 10 - Golf Club AGM & Supper

## Birch Hills Ladies Curling Bonspiel

80's Theme

February 9 & 10, 2018

Join us Friday Night for our wing night  
from 6-8pm Non Curlers welcome

Register your team of 4 with  
Jackie Mickelson 306-961-1550



## Birchview Nursing Home Jan Activities

All are welcome to attend. 2:30pm start,  
unless otherwise noted

Jan 17th Job Mates Band  
21st Glad Tidings  
24th Cudworth Cowboys Entertainment  
29th Joyful Hearts

If you have a talent to entertain,  
contact Shelley to set a date