



HEARTBEAT

The 'Birch Hills Heartbeat' newsletter is printed bi-monthly and available at the following locations on the 1st and 15th of the month: Co-op Grocery, Cornerstone Insurance, Grumpy's Confectionary, Quayles 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

February 1st, 2017

Issue 135

Hello Readers,

With the wonderful weather that we have been having, I went for an enjoyable night cross country ski out at the Golf Course. The trail is in wonderful condition. The days are counting down until the BRRR CHILLS Winter Festival is upon us again. Check out the poster within this edition, and come out and support our great community.

Until next time,

Natalie Matheson

Spaces available at the TLC Daycare!!

We accommodate children from 6 weeks to 12 years.

Hours of operation - Monday thru Friday
7:00am - 6:00pm.

TLC has trained ECE educators that are also trained in CPR and First Aid.

We offer daily programming, follow the Canada Food Guide for meals, and have an environment that promoted learning and no screen time.

TLC daycare involved our children in our community with our senior citizens and other community groups.

TLC daycare offers all of this and more!! A safe, child loving environment with staff who genuinely care!!

We are also a Charitable Organization and can issue receipts for any donations!!

Check out our beautiful daycare facility!! We have spaces available today for your child/children. If you have questions please call or drop by.

FEBRUARY issues of the Birch Hills Community activity news letter was provided to you by:

-ARVIN ULVILD

-CRYSTAL AGENCIES

-SHIRLEY ULVILD

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

Seeking Newsletter Sponsors for the New Year!!

Call 306-749-7451

Thank you for supporting your community with a free local paper.



**KAISER & CRIB
NIGHT**

Every Thursday
7:30pm at the Youth Centre
Everyone Welcome for a night
of socializing and fun!

Birch Hills LIBRARY News

STORY TIME - Fridays w/ Ms Joanne.

For ages 3 & 4

Join us each Friday at 1:00pm



**Prince Albert Parkland Health
Region Volunteer Service
Opportunities**

The Prince Albert Parkland Health Region is in need of caring, compassionate and committed volunteers to fill service positions.

If you are in any volunteer service positions, or if you have a particular skill or talent you would like to share with patients, residents, or clients in the Health Region, please call your local health care facility to apply. You can also reach the PAPHR Volunteer Services Department at (306)765-6010, by email at volunteers@paphr.sk.ca or find us on the web at www.paphr.ca. We look forward to matching your talents and interests with the right position for you.

**BIRCH HILLS HISTORICAL
SOCIETY ANNUAL GENERAL
MEETING**

Friday February 24, 2017
Potluck Supper 5pm
Meeting to Follow.
Everyone Welcome.



MANE EVENT Salon & Dance Hall

Sack the Quarterback - Progressive Jackpot

Every Wednesday evening 5-7pm...Draw @ 7:15pm (must be in attendance to win). Food & Drink Specials

We would like to thank everyone for your continued support of our little business! As of January we will be taking a break from the salon for a couple months. We will continue to be open Wednesdays from 5 - 10pm as well as for Events and Rentals.

*Book the Hall for birthdays, anniversaries, reunions, etc .
Call / Text Kristy 306-749-7405*

**BIRCH HILLS BUSINESS HIGHLIGHTS
and NEWSLETTER SPONSOR**

CRYSTAL AGENCIES INC.

Crystal Agencies Inc. was established under new ownership in 2009 with Brenda and Grant Fisher. We are a locally owned and operated independent insurance brokerage located in Crystal Springs, SK. We offer a wide selection of services such as farm, auto, home and commercial insurance. Crystal Agencies also offers all SGI products such as plate and drivers' license renewals, Blue Cross, GMS, hail insurance, marriage licences, Hunting and Fishing licences and we are a Canada Post location.

Give us a call or stop by if we can help you with any of your insurance needs.

Phone: 306-749-2632

Fax: 306-749-2926

Email: crystalagencies@yourlink.ca

Website: www.crystalagencies.saskbrokers.com

MUSEUM THRIFT STORE

BIG BAG SALE on now. Fill a bag with clothing items only \$10.00.

We are overstocked in all departments, great selection of clothing for the whole family. Shoes, accessories, kitchen wares, trinkets, jewellery and more.

Open Wednesday 9am to 4pm, Saturday 1pm to 4pm. Coffee is on at 2pm both days.

Ask to tour our wonderful Museum.

Sack the Quarterback Progressive Jackpot

Congratulations to the January 18th winner The Coffee Row Guys (Kim, Wayne, and Barry) who drew the Jack of Clubs and won \$133, and to the January 25th winner Chris Braaten who drew the Ten of Diamonds and won \$107.

Join us Wednesdays at The Mane Event. Tickets on sale 5:00-7:00pm. Draw at 7:15pm. You must be in attendance to win. Tickets \$5 each, 3 for \$10, 8 for \$20



Next week's Progressive Jackpot starts at \$2540.

Join the 'SACK THE QUARTERBACK' Facebook page for updates, winners and Weekly Specials.

Seniors Club Annual Meeting

The Birch Hills Seniors Club Annual Meeting was held on Monday January 30, 2017.

A new executive was elected for 2017

President - Inez Shilling

Vice President - Delores Jones

Secretary - Millie Rowluck

Treasurer - Sharon Gabriel

Hall Bookings - Delores Jones 306-749-2680

The Club will deliver Meals on Wheels for the month of June.

Brrr Chills Winter Festival Soup and Sandwich Luncheon will be hosted at the hall on Friday February 17 at 11:00am. Free will donation. Proceeds to the Multiuse Facility.

Crystal Springs Poker Rally

Saturday February 4th, 2017

10:00am - 5:00pm

Registration @ Crystal Springs Hall

Last Rider Out by 1:30pm

Hands: 1/\$10.00 or 3/\$25.00

Prizes for Best Hands: 25%, 15%, 10%

Special Rider Only Prizes

All Riders must be back at the Hall by 4:30pm

Cash Bar & Hot Luncheon Available

Fuel Available

Sponsored by:

Crystal Springs Rec Co-op &
Crystal Springs Hotel

**SNOW OR NO SNOW,
THIS EVENT IS A GO!**

For more information, call Lynn at
306-864-8013



Funding Assists Rec Activities in Birch Hills

CRYSTAL SPRINGS NEWS

Bingo: Thank you for all the support at Bingo 2016. Bingo resumes in Crystal Springs on Tuesday April 4, 2017.

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

Coffee Row: The Crystal Springs Rec Co-op will be hosting a "coffee row" once monthly at their newly renovated facility at Crystal Springs Hall. Next date Wednesday Feb 1st 2:00 - 4:00



The Birch Hills Golf Course has **Gift Certificates** available for **Valentine's Day!!**

They can be used for merchandise, food, green fees, or cart/club rentals at the Birch Hills Golf Course?

Remember we also have the **Installment Payment** policy for your 2017 golf membership (pay your membership in smaller monthly payments up to May 1, 2017) and our **Early Payment** of your 2017 golf membership (at 2016 rates to avoid a possible increase in fees in 2017)?

We are only 3 months (maybe less we hope) away from golf season!!

Our AGM is April 4, 2017 at the Senior's Hall. Cocktails at 5:30pm, Supper at 6:30pm, meeting at 7:00pm! See you there!



Please contact Lorisa Ganes at 749-7756 to purchase gift certificates, to set up your installment payments or early payment plans.

Dreamland Optimist Club of Birch Hills Presents

CUPIDS FEBRUARY TRADE & CRAFT SHOW

Saturday February 4th, 2017

*@ Birch Hills Civic Centre
10:00 am - 4:00 pm*

Come & do some Valentine's Day shopping under one roof! Many vendors in attendance.
Lunch will be provided throughout the day!

For more information or to book your table contact
dreamlandoptimist@gmail.com

Optimist Club of Birch Hills

Birch Hills United Church News

Birch Hills United Church meets on the second and fourth Sunday each month at the Evangelical Lutheran Church. Worship time is 9:30am. All are welcome.

The Birch Hills UCW meets on the first Friday each month. We will meet at 2:00pm February 3rd at the church.

The next bible study session will be Thursday February 2nd at 1:30pm. The topic is Paul's letter to Philemon.

The Winding River Colony will have eggs and baked goods at the Birchview Nursing Home every Wednesday at 11:00am.

Birchview Nursing Home February Activities

February 10th - Ralph Galambos 2:30pm

February 14th - Ladies Auxiliary Meeting 11:00am (2nd Tuesday of the month)

February 15th - Job Mates Bane 2:30pm

February 16th - Winter Festival Crowning of Royalty and Activities 2:30pm

February 19th - Country Gospel Concert 2:30pm

February 22nd - Wes Stubbs 2:30pm

February 23rd - Step Outs Line Dancers 2:30pm



Brrr Chills Winter Festival

Feb 16 - 19, 2017

THURSDAY FEB 16

2:30pm Winter Carnival at Birchview Nursing Home
Crown King & Queen - Lumberjack Events - Lunch to Follow - no charge

4:30pm - Meatballs & Gravy Supper at Birch Hills Museum
Full Meal Deal - \$10, Children under 12 - \$5, Preschool Free
Take out available - call 306-749-2262

FRIDAY FEB 17

11:00am Seniors Soup and Sandwich at Senior's Hall
Soup, Sandwich, and Dessert - Free Will Donation
Followed by Carpet Bowling & Shuffleboard for fun

4:00pm Max Creek Tobogganing
Weiner Roast/Hot Chocolate/Pop/Bon Fire and FIREWORKS! FREE
Sponsored by Barry's Rock & Dirt, Evans 8 Excavating,
RM of Birch Hills, Winding River Colony

SATURDAY FEB 18

8:00am - 10:00am - Library Pancake Breakfast at Civic Centre
Homemade pancakes, sausage, fresh fruit and all the trimmings.
Adults - \$8, Children 6 - 12 - \$5, Preschool Free

8:00pm - Wind-up Family Snow Stomp Dance at Civic Centre
DJ Music
Beverages & Snacks Available
Free will Donation



SUNDAY FEB 19

2:30pm - Country Gospel Concert at Birchview Nursing Home
Free Will Donation to Birchview Auxiliary
Lunch to Follow



EVERY WEEK IN THE HILLS

Open to Community

MONDAYS

Bowling at the Senior Hall 2:00 pm Dolores Jones 749-2680
Line Dancing (beginners) all welcome 9:30-11am @ Civic Centre
Fire Dept Mtgs every 2nd Mon 7pm @ fire hall Kyle Jensen 749-7536
Dreamland Optimists Group meet 1st and 3rd Mon 7:30pm Sr Ctr

TUESDAYS

Moms & Tots @ Youth Centre 10am-12pm \$2 drop in fee
Library Open Weekly 12-4pm and 5-8pm
Bingo in Crystal Springs 7:30 @ Crystal Springs Hall (till Dec 13)
Rec Volleyball 8:00-9:30pm @ school gym \$2 to play
Knitting Grannies meet 2nd & 4th Tues @ museum 1:00pm
Birchview Ladies Auxiliary 11:00am 2nd Tues ea month

WEDNESDAYS

Line Dancing all welcome 9:30-11am @ Civic Centre
Thrift Shop Open at the Museum 9-4:00pm Great Deals!
Coffee & Sweets 2:00 pm
Town Council Meetings 2nd and 4th Wed of the month
Sack the Quarterback Draw 5-7 @ Mane Event

THURSDAYS

Cribbage at the Senior Hall 2:00 pm Dolores Jones 749-2680
Moms & Tots @ Youth Centre 9am-12pm \$2 drop in fee
Library Open 12 - 4:30pm
Kaiser & Crib Nite @ Youth Ctr 7:30pm every 2nd Thurs
Legion Mtg 2nd Thurs ea month 7pm @ legion hall.



FRIDAYS

Birch Hills Library Open 12-4:30pm/ Story time 1-1:45pm
4&5yrs

SATURDAY

Thrift Shop Open at the Museum 1:00-4:00pm
Coffee on at 2:00pm
Call if you have changes or events to add to this list; Laurie at 749-7451

St Mary's Anglican Church News

We are hosting a **Community Luncheon** at the Anglican Church on the 3rd Friday of each month from 11am-1:30pm.

Free will offering. Everyone Welcome

The next luncheon is Friday February 10th



Saturday Morning Coffee Row
at the Youth Centre

7:00am - 10:00am.



Birch Hills Cowboy Church

@ Community Centre

1st Sun of each month

Next Service

Sunday, Feb 5th 7:00pm

Featuring Country Gospel Music
with down home bible message with
Pastor Rick Martin (981-2235)

Potluck Cookies & Cake to follow

All are Welcome



The 2017 Graduating Class is planning on holding a bottle drive during the last 2 weeks of February to help support their big day. The funds will be used for the ceremony (Grand March) and banquet, not the safe grad.

Individuals wishing to rid themselves of bottles prior to the final drive in February can drop them off at 25 Birch Drive at anytime.



Lutheran Church Fri day AM Coffee
After many years of enjoying the company of those who have attended the regular Friday coffee time at the Lutheran Church, we have decided it is time to discontinue the program. Warm thanks to all who dropped in and the many who became our regulars!
- Karen and Louise



Christmas Tree Drop Off

Between the Post Office and
the Farmer's Market.



Ladies Curling Bonspiel

February 10th - 11th

Friday night wing night starting at 6:00pm. Everyone welcome.

\$160/team

Olympic Themed

To register, please contact Jodie Gordon @ 930-7306.



CURLING CLUB BONSPIELS

Ladies Feb 10/11
Masters Mar 8-12
2 Person Mar 24/25
Seniors bonspiels to be determined.
Afternoon, Rec and Competitive leagues starting mid November.

Blackhawks Senior Hockey News

February 3 8:30pm vs St. Louis



February 3rd game has a guaranteed \$500 50/50 courtesy of Tilford Paining - Brock Tilford Can't make it to the game - be sure to send your 50/50 money with someone coming to the game.

Playoffs begin the weekend of February 10th. Watch for posters around town and Facebook posts for game details.

We will have at least 2 more guaranteed \$500 50/50's during playoffs (courtesy Pratt Plumbing & Heating, and MacFie Safety Consulting).

Please contact Jamie at 306-980-8687 if you are interested in helping with games

League website: www.trhl.ca.

Like us on Facebook - (Birch Hills Sr. Blackhawks) to check the latest scores and find out when we play.

Interested in Yoga?

Mon, Jan 9- Feb 13

7:40 - 8:40 pm

Birch Hills Dance Studio



Hatha yoga practice will focus on core postures, breath work, relaxation techniques, and yoga philosophy. Practice for students with no previous experience of Yoga as well as those with experience wanting to work to improve their yoga practice.

5 class pass \$40.00 Drop in - \$10.00

For further information call, text or email
Dawne @ 306-961-9073, dmadams@sasktel.net,
Gaylene @ 306-749-7474



MINOR HOCKEY GAMES

Feb 1 - Pee Wee Prov. Game vs Big River 6:45pm
Feb 3 - Pee Wee vs Tisdale White 5:45pm
Feb 4 - 5 - Atom Tournament
Feb 7 - Pee Wee vs Nipawin 6:45pm
Feb 8 - Bantam vs Star City 6:30pm
Feb 10 - Pee Wee vs Tisdale Black 6:30pm
Feb 14 - Novice vs Nipawin 6:30pm
Feb 16 - Atom vs Melfort Colts 6:00pm



Laurie Berube,
Recreation Director

Box 280, Birch Hills, Sk S0J 0G0

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

In Laurie's absence, please send
your events and information to
natalie.matheson@outlook.com
or leave a message at
306-749-7451.



NOTICE OF NOMINATION

Nominations will be accepted January 23/2017 to February 03/2017
for Delegates of The Prince Albert 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 & one 1 year term)
- * Marcelin (one 3 year term)
- * Canwood (one 3 year term)
- * Birch Hills (one 3 year term)
- * Prince Albert (five 3 year terms & one 1 year term)

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

Birch Hills Upcoming Events

Feb 3 - Sr Hockey vs St. Louis 8:30pm
4 - Dreamland Optimist Trade Show
4/5 - Atom MH Tourney
10/11 - Ladies Curling Bonspiel
11 - Sno Posse Snowmobile Rally **CANCELLED**
16-19 - BRRR Chills Winter Festival
20 - 24 - School Break
Mar 3 - Telemiracle 41 Luncheon
4 - IP MH Tourney
8-12 - Masters Curling Bonspiel
10/11 - Gooser Hockey Tournament
24/25 - 2 Person Curling Bonspiel
April 6 - Birch Hills Library Gala
8 - Community Boosters Spring Trade Show

FREE LITTLE LIBRARY

Take a book, Leave a book

@ 5 McCallum Avenue and TLC Daycare

Brought to Birch Hills by Kids First out of
Prince Albert

Recently Renovated Senior and Family Housing units are
available in Birch Hills. For more info on these units please
call or text the Birch Hills Housing Authority at
306-749-7541.

TELEMIRACLE 41 LUNCHEON

Friday March 3, 2017

Birch Hills Civic Centre

11AM - 1PM



Please Share Paper with a
friend or Send request to
birchhillsrec@sasktel.net to
receive the news letter online

STAY UPDATED

'LIKE' our Facebook page to get activity and
news updates. Feel free to add your own event or
activity info on the 'Birch Hills Community &
Recreation' Facebook page.

Also on Facebook 'Birch Hills SK Golf
Course'

