



# 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](mailto:birchhillsrec@sasktel.net)

**March 1st, 2017**

**Issue 137**

Hello Readers,

There are so many great things happening in our little town in the coming weeks. If you can't get your curling fix on tv, head down to the Curling Rink and check out the last bonspiels of the year. Support our great province by making a donation at the Telemiracle luncheon on Friday. Head over to the Nursing Home and enjoy the great weekly entertainment.

Until next time,

*Natalie Matheson*

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

- **BIRCH HILLS HOUSING AUTHORITY**  
- **ROXANNE PETERSON**  
- **BIRCH HILLS BLACKHAWKS**

If you would like to be a sponsor of the 'Heartbeat' newsletter, contact Laurie at 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 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.

**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.



**KAISER & CRIB NIGHT**

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



Funding Assists Rec Activities in Birch Hills

**Birch Hills LIBRARY News**

**STORY TIME** - Fridays w/ Ms Joanne.

For ages 3 & 4

Join us each Friday at 1:00pm



## BIRCH HILLS BUSINESS HIGHLIGHTS and NEWSLETTER SPONSOR

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.



## 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

March 9th @ 7:00pm - Michael Charles Blues Concert. Tickets \$10 Full bar and food available.

NEW Birthday Party Packages for \$150

Hall Rentals starting at \$100

The salon is still on a break until further notice, sorry for the inconvenience. 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 BLACKHAWKS

After several years' hiatus, the Birch Hills Sr. Blackhawks were resurrected during the 2011-2012 hockey season. This season, we are playing in the newly formed Twin Rivers Hockey League ([www.trhl.ca](http://www.trhl.ca)). The team consists of 10 local players as well as players from Crystal Springs, St. Louis, Hoey, Kinistino and Prince Albert.

Our next game is Friday, March 3rd at 8:30pm in St. Louis. We currently trail the Blues 2-0 in the best of 5 semi-final series. Make the drive down Highway 25 to cheer on the Blackhawks this Friday. If we win on Friday night, we will play in Birch Hills on Saturday, March 4th at 8:00pm.

Our wind-up awards ceremony will be on Saturday, April 8th at The Mane Event - watch for details in the next Heartbeat, on posters around town and on Facebook (follow us on Facebook at Birch Hills Sr. Blackhawks).

The Blackhawks would like to thank all their fans, sponsors and volunteers - we have had great support this season and hope this continues in upcoming seasons

Go Hawks!



## BALANCE & HARMONY WITH BODYTALK

Roxanne Peterson, Certified BodyTalk Practitioner

Birch Hills/Prince Albert Area

Your body is designed to heal itself. When all the parts and systems of the body communicate with each other, healing happens naturally. However, stress can cause communication breakdowns, resulting in discomfort and disease. BodyTalk identifies these breakdowns and uses a light tapping technique to restore communication, helping the body to heal itself.

This simple, gentle approach has proven so effective that BodyTalk is the fastest growing healthcare system in the world today.

Conditions that typically improve with BodyTalk:

Allergies, Depression, Headaches/Migraines, Back Pain, Insomnia, Phobias & Emotional Disturbances, Stress/Anxiety, Fibromyalgia & Chronic Fatigue, Arthritis, Digestive Disorders, Viruses & Infections, and Recovery after Injuries/Trauma.

For more information please visit [www.bodytalkroxanne.ca](http://www.bodytalkroxanne.ca) or email me at [bodytalkroxanne@sasktel.net](mailto:bodytalkroxanne@sasktel.net).

To book a session in Birch Hills or at the Body Mechanic Spa & Salon in Prince Albert, contact Roxanne at 306-864-7449.



The Birch Hills Golf Course is looking for part time and full time staff to work at the golf course during the 2017 season. We will need staff to work outside on the golf course itself and staff to work in the clubhouse.. This will include clubhouse staff who could work part time through the season and into September and October when our student employees return to school.

Staff working outside on the golf course need to be physically fit to fulfill duties such as upgrades and maintenance to the course; cutting and replacing sod, trimming trees. Job duties include operating and maintaining equipment such as various types of mowers, chain saws, trimmers, snow blowers, tractors, irrigation systems. Staff must also have a valid driver's license.

Job duties for staff working inside the clubhouse include reception, sales and services to clients both in person and over the phone, booking tee times and tournaments, renting out golf clubs and golf carts, operating a cash register, providing information on policies as set by the golf course board. As well, individuals are responsible for the preparation, and serving full course and short order meals under the general direction of the clubhouse manager.

Working conditions for all positions may include shift rotations and shifts of up to 10 hours.

Please email your resume to [lganes@sasktel.net](mailto:lganes@sasktel.net) or mail to **Birch Hills Golf Course, Box 280, Birch Hills, SK S0J 0G0**. Resumes must be received by closing date.

**CLOSING DATE: MARCH 20, 2017 12:00PM**

*You're at home here.*



Notice of  
**ANNUAL MEMBERSHIP MEETING**

Lake Country Co-operative Association Limited  
*(Formerly The Prince Albert Co-operative Association Limited)*

**SATURDAY MARCH 25, 2017**

*John M. Cuelenaere Public Library*

*25 12th Street East*

*Prince Albert, SK*

*10:30am*

**ALL MEMBERS WELCOME?**

**CURLING CLUB BONSPIELS**

Masters  
2 Person

Mar 8-12  
Mar 24/25



Afternoon, Rec and Competitive leagues

**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 March 1st 2:00 - 4:00



The Birch Hills Golf Course still has openings for golf tournaments for the 2017 season - call or text Jamie at 306-980-8687 to reserve your date!

Need a place to meet with a fantastic view (and maybe 9 holes of golf)? We have a great air-conditioned space with high speed internet for your next meeting, call or text Jamie for more information.

The Birch Hills Golf Course AGM will be held Tuesday April 4 at the Senior's Hall. Happy Hour at 5:30pm - 6:30pm, Supper (\$15.00) at 6:30pm, meeting at 7:00pm! Reservations are required for supper. Call or text Jamie with your name and number of attendees by March 31st!



### **Birch Hills United Church News**

The Birch Hills United Church held it's annual meeting on Sunday, February 26th with the following board members re-elected by acclamation.

Co-conveners: Beth Rude and Verna Unger, Secretary: Brenda Getz, and Treasurer: Laura Wilkinson.

Ecumenical Bible Study will take place on Thursday, March 9th at 1:30pm in the Fireside Room. The reading will be from Second Corinthians, Chapters 1 - 7.

The meeting of the UCW has been changed this month to Friday March 10th at 2:00pm at the church because of the World Day of Prayer.

The next regular United Church service is Sunday March 12th at 9:30am.

Dance to the music of

### **Constant Reminder**

Saturday April 8

8:00pm

Weldon Auditorium

Advance Tickets: \$20/each \$35/couple  
\$50/family

Contact: Bill 887-2154,  
Brenda 887-2038, Elaine 864-2520,  
Lois 887-4249

Cash Bar

Proceeds to Weldon Auditorium Renos

### **Birch Hills Glad Tidings Tabernacle News**

Missionary Colleen Guskjolen will be the guest speaker in the Women's Network Service on March 12th at 11:00am.

Dinner to follow.

Everyone Welcome!

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

### **Birchview Nursing Home February Activities**

March 6th - Joyful Hearts Chorus 6:30pm

March 9th - Danny Boy Music 2:30pm

March 14th - Ladies Auxiliary Meeting 11:00am

March 15th - St. Patrick's Day with Job Mates Band 2:30pm

March 19th - Glad Tidings Gospel Group 2:30pm

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

March 30th - Wes Stubbs 2:30pm

## Yoga Classes

**Mon, March 6 - April 10**  
**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.

6 class pass \$48.00      Drop in - \$10.00

For further information call, text or email  
Dawne @ 306-961-9073, [dmadams@sasktel.net](mailto:dmadams@sasktel.net),  
Gaylene @ 306-749-7474

## Birch Hills Community Boosters Spring Trade Show

Saturday April 8th, 2017      10am - 2pm

Birch Hills Civic Centre

Tables - \$20.00 each, Set up 8:30am

Lunch provided by Birch Hills Guiding Association

Tables must be prepaid - Mail to:

Box 178, Birch Hills, SK, S0J 0G0

Phone 306-749-2500 to register

# Thank You

Thank you to the community for all of your support after  
my brother Bud's passing. It is greatly appreciated!

Bob McRury

# OPEN HOUSE

Saturday, March 11, 2017 1:00 – 4:00 pm

Sunday, March 12, 2017 2:00 – 4:00 pm



135 Bellamy Avenue (Former Co-op Building)

Please join us to find out more information about our  
community project and meet our Multiuse Committee  
Members. We will have information that will further detail the  
layout of the building, the budget and our fundraising goals.  
Free coffee & baking. Hope to see you there!!



World Day of Prayer

Friday March 3rd, 2017

St.Mary's/St.Anne's

2:00pm

Everyone Welcome!

Members of the Saskatchewan International Karate  
College, many of which are from this area are attending  
the World Karate Championships in Barbados in 2018  
and will be holding a bottle drive in Birch Hills on  
Saturday April 22nd commencing at 10:00am.

Funds will be used to help with some of the cost for  
airfare, hotel and tournament entry fees. Thank you in  
advance for your generosity from the members of the  
St.Louis Shotokan Karate Federation.







The Birch Hills Civic Centre has been facing a few minor issues. We have experienced renters utilizing the building outside of the hours that have been booked, lost or stolen items from the kitchen, food items left behind, improper clean up, etc.

These few issues and the fact that the Civic Centre has ran a deficit for many years, not even covering utility expenses let alone maintenance and capital expenses, has prompted our research of the rental procedure of the Civic Centre. We reviewed many other community hall rental procedures and rental rates before we made any changes.

The changes are as follows:

- All users must book the Civic Centre through the Town office before any use of the building
- All users must read and sign a rental agreement
- All users must pay the hall damage deposit of \$500 at the time of signing the rental agreement
- All rental times are charged from the time the building is required. This includes bringing supplies, prep time and decorating

RENTAL RATES 1 Day Rental (till 2:00 am) .....\$450.00 + gst

2 Day Rental (till 2:00 am) .....\$750.00 + gst

extended after 2:00 am .....\$100/hr + gst

General Rental Per Hour .....\$50/hr + gst

Anything over 5 hours is considered a day rental

Council Chamber Rental (per meeting).....\$75/per meeting + gst

Please visit the Town office if you have any questions or to review the rental agreement.

#### **Multiuse Building Update**

Town Council and the Multiuse Building Committee are very excited about the development of this project. Early in 2014, the idea to create a multiuse building was discussed by members of council. Our senior residents were using an aging building that was quickly requiring repairs that would be costly. As part of this conversation, and what Council may be able to assist with, the proposal of the Multiuse project was formed.

The old Co-op grocery store quickly became a building of interest as it had the required space, parking, and location. Members of Council met with Duane Lowe, and our building inspector, to determine the effectiveness, building requirements, and a general discussion on what we were trying to achieve. Duane Lowe graciously donated his time to create a floor plan that would get us pointed in the right direction, in terms of the planning process, and to most effectively use the space with which we had to work. After months of planning and discussion, a decision was made by Mayor and Council to submit an offer on the building and move forward with project. The offer was made to Pasada Group for the amount of \$125,000, which was accepted. Pasada Group also made a donation to the project in the amount of \$50,000. Additionally, we received a very generous donation from the estate of Harvey Gjesdal, in the amount of \$100,000. These, along with numerous donations from other organizations and individuals in the amount of \$5,552.45, totaling \$155,552.45 in donations, will help enormously in reaching our fundraising target of \$500,000. Throughout the planning process, and determining our needs, we also looked at Library Space and its usage. The Library will also be relocated to the Multiuse Building, allowing for increased area, and a possibility of additional features or uses of the Library. It was additionally determined that we would create a space for the Birch Hills Lions Club. This gives them a meeting room and areas for storage and counter space. The interior of the building will be completely rebuilt with electrical, heating and plumbing, new walls and flooring. The exterior of the building will also be updated and modernized. The plans of the project are now finalized and we are ready to start the first phase of construction. At this point in time, through approximately 200 volunteered man hours from the Lions Club, Peak Electric, Town Council and others, the building has been completely stripped of its interior walls in preparation for this next step.

This project will greatly assist its user groups, and will boost interest in the business area of our town. We are very proud of this project, and look forward to the positive effects it will have on our town updating residents on a regular basis. We are also planning an open house, which will further detail the layout of the building and our fundraising goals, on March 11th & 12th, 2017!!! Please watch for further details.

### **Town of Birch Hills seeks Office Assistant**

The Town of Birch Hills invites applications for the full-time position of Office Assistant. The successful applicant will be under the supervision of the Town Administrator.

The Office Assistant will be responsible for providing administrative and clerical services. Providing these services in an effective and efficient manner will ensure that municipal operations are well maintained.

This position will require the applicant to:

- ☐ Provide administrative support to ensure that municipal operations are maintained in an effective, up to date and accurate manner
- ☐ Provide support to Council and various boards to ensure that they are provided with the resources to make effective decisions
- ☐ Provide receptionist services by greeting and assisting visitors, answering phones, responding to inquiries, and processing payments
- ☐ Maintain confidential records and files
- ☐ Maintain records of decisions
- ☐ Research and assist with the preparation of motions, policies and procedures
- ☐ Perform the day to day processing of financial transactions to ensure that municipal finances are maintained in an effective, up to date and accurate manner.
- ☐ Maintain accounts payable and accounts receivable systems in order to ensure complete and accurate records of all moneys
- ☐ Assist with administering employee files and records in order to ensure accurate payment of benefits and allowances
- ☐ Maintain the bi-weekly payroll in order to ensure that employees are paid in an accurate and timely manner

The Town seeks an energetic, ambitious person with a great work ethic and the ability to work independently and as part of a team. The applicant should possess the following knowledge, skills and personal attributes:

- |  |  |
|--|--|
| <input type="checkbox"/> Excellent interpersonal skills  | <input type="checkbox"/> Problem solving skills                              |
| <input type="checkbox"/> Decision making skills  | <input type="checkbox"/> Effective verbal and listening communication skills |
| <input type="checkbox"/> Effective written communication skills                                | <input type="checkbox"/> Effective organizational skills                     |
| <input type="checkbox"/> Time management skills  | <input type="checkbox"/> Computer skills                                     |
| <input type="checkbox"/> Knowledge of office administration and bookkeeping/payroll procedures |  |
| <input type="checkbox"/> Knowledge of council and committee systems                            | <input type="checkbox"/> Be honest and trustworthy                           |
| <input type="checkbox"/> Be respectful   | <input type="checkbox"/> Be flexible   |
| <input type="checkbox"/> Demonstrate sound work ethics   | <input type="checkbox"/> Bondable  |

This position offers a SUMA Benefits package, Municipal Pension Plan and a salary which is dependent on experience and qualifications.

Applicants are asked to submit a detailed resume, by 4:00 p.m. March 22, 2017 to:

Town of Birch Hills  
126 McCallum Avenue, Box 206  
BIRCH HILLS SK S0J 0G0  
Fax: 306-749-2545 ~ e-mail: birchhills.town@sasktel.net



## 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 March 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, March 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 will be holding a bottle drive. The date has been moved to May. 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 can drop them off at 25 Birch Drive at anytime.



### St Patrick's Day Irish Stew Supper

St Mary's Anglican Church

Birch Hills, SK

Friday March 17, 2017

5:00pm - 7:00pm

Take out available

Adults \$12.00

10 & under \$6.00

Preschool Free







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.



## Sack the Quarterback Progressive Jackpot

*Congratulations to the February 15th winner Helen Shilling who drew the King of Hearts and won \$135, and to the February 22nd winner Lana League who drew the Six of Hearts and won \$151.*

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 \$3296.**

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

### MINOR HOCKEY GAMES

March 1st - Midget Playoffs 7:45pm  
March 2nd - Atom Playoffs 5:15  
March 4th - IP Tournament

## TELEMIRACLE 41 LUNCHEON

Friday March 3, 2017

Birch Hills Civic Centre



11AM - 1PM

Birch Hills entertainers Zack Halkett (piano)  
and Tyneal Lundquist (dance) will be  
performing on the telecast, and will also  
perform at the luncheon.

## Birch Hills Upcoming Events

Mar 3 - Telemiracle 41 Luncheon  
- World Day of Prayer - St. Mary's Anglican Church  
4 - IP MH Tourney  
8-12 - Masters Curling Bonspiel  
9 - Michael Charles Blues Concert @ The Mane Event  
10 - St Mary's Anglican Church Community Luncheon  
10/11 - Gooser Hockey Tournament  
17 - St Mary's Anglican Church Irish Stew Supper  
24/25 - 2 Person Curling Bonspiel  
April 4 - Golf Course AGM  
6 - Birch Hills Library Gala  
8 - Community Boosters Spring Trade Show  
- Constant Reminder Dance in Weldon

## 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



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'

