

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

March 15th, 2017

Issue 138

Hello Readers,

March is sweeping by and spring is almost here. I find myself daily looking out the windows to watch the birds in the trees, and enjoy the late day sun on my drive home. The rest of this month is jam packed with events to keep you busy. Get out and enjoy all our community has to offer!

May the Luck of the Irish be with you!

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. 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!



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 17th - St. Patty's Day Party! Green drink specials, food and dancing!

Best leprechaun wins a prize!

March 22nd - Minor Ball Registration 6pm - 8pm

March 25th - Curling Club Wind-up with Marty Grambo

Tickets \$15 available at the Curling Rink or Mane Event

March 29th - Sack the Quarterback Supper

- ◆ perogies, sausage & cabbage rolls!
- ◆ 50 plates, first come first served
- ◆ \$14 tax included

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). The team consists of 10 local players as well as players from Crystal Springs, St. Louis, Hoey, Kinistino and Prince Albert.

Our wind-up awards ceremony will be on Saturday, April 8th at The Mane Event.

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 or email me at 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 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

2 Person

Mar 24/25



The Weldon 4-H Beef Club will be running the canteen for this bonspiel and serving breakfast, burgers, soup, and desserts.

CRYSTAL SPRINGS NEWS

Bingo: Get your daubers ready! Bingo starts in Crystal Springs on Tuesday April 4, 2017. Hope to see you there.

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 April 5th 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

United Church Worship Service at Weldon Country Villa is today (Wednesday March 15th) at 2:30pm. Anyone is welcome to join Duane.

Duane will also be leading worship at Birchview on March 21st at 2:30pm. Everyone is welcome!

The next regular United Church service is Sunday March 26th at 9:30am. It will be followed with coffee and fellowship

Birch Hills Guiding Association

Spring Girl Guide Cookie Blitz

Wednesday April 5th

6:00pm - 8:00pm

Weather permitting



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 MINOR SPORTS

Ball Registration

Wednesday March 22nd 6:00pm - 8:00pm

At the Mane Event

Please email bhminorsports@outlook.com if you have any questions.

Annual General Meeting

Sunday March 26th 4:00pm

At the Birch Hills Arena

Anyone with an interest in the future of Minor Sports in Birch Hills is encouraged to attend. Volunteers are required to fill multiple board positions and members at large.

Birchview Nursing Home March Activities

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,
Gaylene @ 306-749-7474

Blackhawks Hockey Windup



Happy Hour 5:00-6:00
Steak Supper 6:00-8:00 \$20.00
(Reservations required by April 5;
call or text 306-980-8687)

Program & Social 8:00 (free admission)

Sat
08
Apr
2017

Mane Event
(formerly Flute and Fiddle)

239 Bellamy Avenue, Birch Hills



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

Saskatchewan Hunter Education and Firearm Safety

Required to Purchase Game Licenses in Sask

Course Dates: April 29, 30, May 6

Course Cost: \$50

Ages 12 years and Up

Register by April 20th

Canadian Firearm Safety

Required to Purchase Firearms and Ammunition

Course Date: April 8

Course Cost: \$60

Ages 12 years and Up

To Register, please call

Bill @ 306-749-3394 or 306-749-7009

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.



Thank you to the folks that came to the Open House at the Multiuse Facility on the weekend.

Seeing the layout that was marked on the floor gave the visitors a good idea of what the facility will look like.

A common observation was how large the area was.

The next phase of the renovation will include electrical, mechanical and framing of the rooms.

Fundraising will be ongoing, watch for announcements and opportunities.

A BIG thank you to the volunteers who did the hard work to get the building ready for the next phase.

Coffee, cookies and a time for visiting was enjoyed, sitting in front of the windows gave us a good idea of how it will be on Main Street where the action is.



BIRCH HILLS PUBLIC SCHOOL

DRAMA CLUB DINNER THEATRE

APRIL 2ND

MENU

HOT SPINACH & ARTICHOKE DIP

WITH PITA BREAD

ROASTED BEET & GOAT CHEESE SALAD

WITH ARUGULA & BABY GREENS

ROAST PORK LOIN STUFFED WITH APPLES &
CELERIAC, PORK GRAVY, BABY POTATOES, &
VEGETABLE MEDLEY

DESSERT THREE WAYS:

CHEESECAKE, CHOCOLATE TORTE & CREAM
HORNS

ADULT TICKET: \$30

CHILD 12 & UNDER TICKET: \$15

MENU AND FOOD PREPARED BY THE
COMMERCIAL COOKING 20/30 CLASS

FACILITATED BY: ROBYN STANFORD/TEACHER/
RED SEAL COOK

Birch Tree Cafe

March 20-24th, 2017

First 50 cups are FREE!

Mon/Wed/Fri - morning coffee

Tues/Thurs - afternoon coffee

*Donations (optional) to go to
TLC Daycare in Birch Hills

Come On Down

Coffee Is On US!

First 50 cups are on Cornerstone Insurance!



A Thank-you to all those who attended The World Day of Prayer at St.Mary's/St.Anne's on March 3rd. Thank-you to all those who took part in the service and gave so generously to Women's Inter-Church Council of Canada. Let us be thankful that we have this opportunity to freely worship together.

- St.Mary's Anglican Women

Congratulations to all of the dancers who competed at "Dance Blast" at the E.A. Rawlinson Centre in Prince Albert last weekend.

Dancers from Birch Hills brought home 10 Gold Star Awards for marks of 90 and over, 16 Gold for marks of 85 - 89 and 14 Silver for marks of 80 - 84.

The girls also brought home several overall awards in their various categories. There were about 500 dancers competing from eight different studios.

Thursday May 4th is the date of this year's Dance Showcase 2017!



2017 BIRCH HILLS LIBRARY GALA

Thursday April 6th

Featuring Guest Speaker Deana Driver
Regina author of Never Leave Your Wingman, Cream Money and Fun On The Farm

Tickets Available from all Library Members as well as at the Birch Hills Library.



Safety Security and Wellness Presentation for Seniors

All seniors living in Birch Hills and area are encouraged to attend a presentation on **Safety, Security, and Wellness** on April 13th at 2:00pm at the Seniors Hall.

Presenters include the Birch Hills Fire Department, Birch Hills First Responders, Parkland Ambulance, and the RCMP.

Following the presentation, coffee and lunch will be served, and will be followed by a draw for a Co-op gift certificate.



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.

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:

- ☐ Excellent interpersonal skills
- ☐ Decision making skills
- ☐ Effective written communication skills
- ☐ Time management skills
- ☐ Knowledge of office administration and bookkeeping/payroll procedures
- ☐ Knowledge of council and committee systems
- ☐ Be respectful
- ☐ Demonstrate sound work ethics
- ☐ Problem solving skills
- ☐ Effective verbal and listening communication skills
- ☐ Effective organizational skills
- ☐ Computer skills
- ☐ Be honest and trustworthy
- ☐ Be flexible
- ☐ 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 April 21st**



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, April 2nd 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

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

Sack the Quarterback Progressive Jackpot

Congratulations to the March 1st winner James Smith who drew the Five of Hearts and won \$173, and to the March 8th winner Lisa Peterson who drew the Four of Diamonds and won \$134.

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 \$3756**

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

Birch Hills Upcoming Events

Mar 17 - St Mary's Anglican Church Irish Stew
Supper
- St.Patty's Day Party at the Mane Event
22 - Birch Hills Minor Ball Registration
24/25 - 2 Person Curling Bonspiel
25 - Curling Club Windup w/ Marty Grambo
26 - Birch Hills Minor Sports AGM
April 2 - Birch Hills School Drama Club Dinner
Theatre
4 - Golf Course AGM
6 - Birch Hills Library Gala
8 - Community Boosters Spring Trade Show
- Constant Reminder Dance in Weldon
- Birch Hills Blackhawks Windup
13 - Seniors Safety, Security, & Wellness
Presentation
May 3 - Birch Hills Dance Centre Dance Showcase
June 4 - Birch Hills Annual Garage Sale Day
July 1 - Birch Hills Celebrates Canada 150 Day
August 13 - Birch Hills 21st Annual Threshing and
Family Fun Day

TELEMIRACLE 41 LUNCHEON

Thank you to everyone who helped make the
TeleMiracle Luncheon a resounding success! Thank you
to the people who made soup, buns, desserts, etc.
Thank you to everyone who worked at the luncheon,
supported the raffle and so generously donated to this
worthy cause. Thank you to Zack and Tyneal for the
entertainment, it was much appreciated. Thank you to
the museum board for organizing the raffle. Birch Hills
and Community, your generosity will allow several
people to have more independence in their life. Over
\$4600 was donated. The most we have ever raised!
Thank you! Thank you! Thank you!

- Maxine Cromartie



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'

