



HEARTBEAT

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

March 15th, 2018

Issue 162

Hello Everyone,

Have you managed to dig yourself out after all of the snow from last week, or are you like me and welcome all the white stuff?

Have no fear. Spring is right around the corner, and we can look forward to grass, flowers, and gardens.

*Until next time,
Natalie Matheson*



Community Funding Assists our Rec Activities in Birch Hills

MARCH issues of this Birch Hills activity newsletter was sponsored by:

CMT SIGNSHOP, 762 THERAPEUTIC MASSAGE, RYSC YOUTH CENTRE

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

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!

SHAVE IT \$767.56 SAVE IT \$863.70

Tax Receipts Available Upon Request



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



BIRCH HILLS PUBLIC LIBRARY SPRING GALA

*Guest Speaker - Mary-Ann Kirkby
Author of: "I Am Hutterite" & "Secrets
of a Hutterite Kitchen"*

Wednesday April 18, 2018

Doors open @ 6:00pm

Turkey Supper @ 6:30pm

Birch Hills Civic Centre

\$25/person

Door Prizes & Raffle

Books to Purchase (cash & cheques only)

762 THERAPEUTIC MASSAGE

My name is Sandy Elsaesser and I am a recent graduate of MH Vicars School of Massage Therapy in Edmonton, AB. I completed the 2-year, 2200 hour course on June 16th, 2017, graduating with honours, and am now a fully registered member in good standing with Natural Health Practitioners of Canada Association. My association membership is recognized by insurance companies and receipts from me are fully reimbursable by most insurance providers.

For the past year I have been working in Prince Albert at North Country Massage and Medispa under the guidance of an RMT with over 20 years experience and am ready to start putting my new found knowledge to work in my own clinical setting. Since graduating, I have completed training in Dynamic Myofascial Cupping Techniques in November of 2017 and just recently completed Level 1 of the Dr Vodder Manual Lymphatic Drainage Massage in a 5-day course in Vancouver. I am excited to put these techniques to work helping you achieve your wellness goals.

I have lived in Birch Hills for over 20 years, and now that I have started on my new career path, I have opened my own clinic in the wonderful community I live in. I am currently booking appointments on Wednesdays and Fridays, however, I will be adding more days as the demand increases. You can book online at www.762therapeuticmassage.com, by email at 762massage@gmail.com or by calling [306-749-7774](tel:306-749-7774). I look forward to meeting you and becoming a part of your wellness journey.



CMT Signshop has been in operation for 2 years now in the Birch Hills area doing mainly a variety of signage, vehicle and wall decals, stickers, license plates, etc. We are very excited to announce that in the last 6 months we have expanded our business exponentially on 2 different levels. Last summer we began decaling clothing and other garments with our press and in the fall we purchased an industrial embroidery machine. With that we are happy to put your name, company name, a picture or whatever you want on a variety of garments such as clothes, bags, towels, caps, toques, etc. Lastly we recently opened up the promo division of our company and now are able to put your name on anything from a lapel pin, to pens, embossed into leather portfolios, stadium cushions, blankets, travel mugs, fidget spinners, power banks - you name it we can put YOUR name on it! If you have any questions please call/text or email us anytime or in just simply stop by the shop. You can reach Chris Hovdebo at (306)749-7606 or Marlene Hovdebo at (306)749-7604 or email us at cmtsignshop@gmail.com Like us on Facebook for pictures of things we have done and updates.

RYSC Youth Center is a ministry of Birch Hills Community Church and Saron Lutheran Church.

Our purpose is to serve our community while spreading the good news of Jesus Christ.

Community service is important to us and because of this we partnered with the youth in our community to fundraise, design and build a local Skate Park.

As we saw other needs arise within the community we went on to develop the Skate Park location with a basketball court, community gardens, sandbox and play structure. Throughout the summer we hold weekly community campfires. This is a time for neighbors to get together, roast some hot dogs, and visit. Please listen for the coming announcements we hope to see you there.

This facility is open free of charge to anyone in our community and surrounding areas and is maintained by volunteers from our churches. We are diligent in keeping the park maintained, and making it a safe environment for all who desire to use it.

Our Youth Centre downtown has provided games nights and a place for Mom's and Tots to gather. We also provide a location for coffee row and lunches when the restaurants in town are closed.

We gathered the community together to provide new lights for our town Christmas tree, and hold an annual Christmas tree lighting in early December.

Our youth Center also boasts a golf simulator, a pool table, shuffleboard, air hockey, ping-pong tables, and a variety of games, at no charge, for anyone young or old to enjoy.

Our Worship services are: Saron Lutheran Church: Sundays, 9:30 am, Birch Hills Community Church: Sundays, 11:00am

We continue to appreciate and thank you for the community support over the years, through fundraising and participation, and we look forward to finding new ways to serve, to promote family and community into the future.

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 March 16th

Free will offerings accepted but not necessary



St. Patrick's Stew Supper

St. Mary's Anglican Church

Saturday March 17th

5:00pm - 7:00pm

\$12 - adult, \$6 - 10 and under, preschool free



St. Patrick driving the snakes out of Ireland.

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 Lyle Evans 930-8074
Dreamland Optimists Group - Call Stuart Matice 306-314-2378 for info

TUESDAYS

Moms & Tots @ Youth Centre 10am-12pm \$2 drop in fee
Library Open Weekly 11-4pm and 5-8pm
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 1st Tues ea month

WEDNESDAYS

Line Dancing all welcome 9:30-11am @ Civic Centre
Thrift Shop Open at the Museum 9am-4:00pm Coffee & Sweets 2 pm
Museum Open 2pm - 4pm
Town Council Meetings 2nd and 4th Wed of the month

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 9am - 12pm and 1pm - 6pm
Story Time 1:30 - 2:15 4&5yrs
Legion Mtg 2nd Thurs ea month 7pm @ Legion hall.

FRIDAYS

Kaiser, Crib & Games Nite @ Youth Ctr 7:30pm every Friday

SATURDAY

Thrift Shop Open at the Museum 1:00-4:00pm Coffee on at 2:00pm
Contact Rec Office if you have changes or events to add to this list at 749-7451.

BIRCH HILLS SCHOOL NEWS

MARCH 2018

- Mar 16 - 17 - Sr. Basketball Regionals @ BH
- Mar 22 - 24 - Sr Basketball Hoopla @ PA
- Mar 29 - Gr 9/10 Phys Ed 20/30 Wapiti Ski Trip
- Mar 30 - Apr 8 - Easter Break

APRIL 2018

- Apr 9 - First Day of Classes
- Apr 13 - Term 2/Semester 2 Report Cards
- Apr 18 - Student Led Conferences 3:30 - 6
- Apr 19 - Student Led Conferences 5 - 7:30
- For all upcoming events please visit our school webpage @ <http://bh.srsd119.ca>.
- If your student is going to be away, please contact the school office at 306-749-3301.
- It is time to start thinking about Kindergarten for the fall of 2018 if your child will be 5 years old by December 31, 2018. Parents must fill out the 2018-19 Registration form (link on our webpage) and bring their child's birth certificate to register. There will be a Kindergarten Open House on Wednesday May 23 at 6pm.
- Free transportation may be available for your child. If you have any transportation questions, please call the Bus Garage at 306-763-2323.

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.



Annual Meeting



Birch Hills Senior Centre

Reservations Required for Supper (\$15)

To reserve, call or text 306-980-8687
or 306-749-7756 by **April 7th**

**Special Guest Candace Dunham – Sask
Golf Association**

**Tues
10
Apr
2018**

**Happy Hour | 5:30 PM
Supper | 6:30PM
Meeting | 7:00PM**

370 Bellamy Avenue

Love to Garden But Have No Space?

Garden Plots (20' x 50') are available East of the
Basketball Court for individuals or families
interested in planting and caring for a garden.
Anyone interested please contact Clint or Kathy at
749-2478.



RECYCLE

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

CRYSTAL SPRINGS COMMUNITY EVENTS



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: **April 4th**

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

Saron Lutheran Church Presents an Easter Celebration!

Ham and Scalloped Potato Supper followed by entertainment
from Dean n' Sylvia. (Dean Bernier and Sylvia Schira)

Country and Country Gospel Music

Sunday March 25th, 2018 at Saron Lutheran Church

Supper at 5:00pm and entertainment at 6:00pm.

\$20 per person, \$10 children 12 and under, preschool free

Tickets available from Linda Njaa 306-749-3134

Softball Registration

Wednesday March 28th

6:00pm - 8:00pm @ Mane Event

Ages 4+



Community Arts In Birch Hills

Our final event will be in April (Drawing with Lana – tentative) for this year, taking a break from May to August and starting
up again in September. If you or anyone you know who is/was a resident has art that you would potentially like to showcase
for an art show in late April, please let me know. If we get enough people interested, I can plan something!

We are now able to offer you tax receipts for donations made to the community arts initiative through the Recreation Board.
For those who would like to give, please contact me, Amy, at 306-941-0788. Thank you!! And thanks to the Recreation
Board for all their support!

Calling all artists who like working with paints and want to get together for paint nights over the summer! Let me know so we
can find like minded people where we can visit over art and social time!

Follow updates, activities and photos on our Facebook Page.





The Birch Hills & District Lions Club is proud to present:

The Shamrock Shaker

Featuring: Nightside District

Location: Mane Event; 239 Bellamy Ave, Birch Hills

Date: March 17, 2018

Time: Doors open at 8:00

Advance tickets \$20 (available from any Lions Club Member,
or contact Jeff @ 306-960-2370.)

Or

\$25 at the door

Proceeds for this event will be going to various community initiatives.



BIRCH HILLS AND AREA HEALTH FOUNDATION

Annual Meeting

Tuesday March 27, 2018 @
7:30pm

Birch Hills Health Centre

Everyone is welcome to
attend.

Birch Hills & District



Recreation Board

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

Candlelight Way of the Cross

Every Friday night in Lent (Feb 16 - Mar 30) at
7:00pm

St. Mary's Anglican - St. Anne's Catholic Church

Join us for this meditative entry into the
biblical story of Our Lord's Passion. This
quiet, contemplative service is only
20 - 30 minutes long. All are welcome,
including children.



You're at home here.



Notice of

ANNUAL MEMBERSHIP MEETING

Lake Country Co-operative Association Limited

Saturday March 17, 2018

John M. Cuelenaere Public Library

125 12th Street East

Prince Albert, SK

10:30 am

ALL MEMBERS WELCOME!

Birch Hills Golf Course Employment Opportunities

The BH Golf Course is looking for Course maintenance workers and clubhouse staff for the 2018 season.

Course maintenance workers must be physically fit and experience driving riding mowers as well as tractors and other farm equipment would be a definite asset. Included in the equipment used are whipper snappers, chainsaws and other small tools.

Clubhouse workers must be willing to work flexible hours. Experience handling the public is a definite asset. Part of your duties will be making and serving food so the Food Safe Course will be a requirement. If you are 19 yrs old you will also be serving liquor, and the Serve It Right Course will also be a requirement. You will be taking Golf bookings and renting various golf equipment, in person and over the phone, as well as working with cash and utilizing a cash register. Part of your duties will be keeping the clubhouse clean and tidy.

Resumes to be emailed to lganess@sasktel.net, or mailed to BH Golf Course, Box 280, Birch Hills, S0J 0G0, or can also be dropped off at the Town office. Closing date for applications will be April 6th, 2018.

Birch Hills Dance Centre News:

Congratulations to all the dancers who competed this past week-end at "Dance Blast" in P.A. Special Adjudicator Awards were presented to the following groups: "Willow", Lyrical 15 – 18 yrs.; "TBA", Most Outstanding Song/Dance, Any Age; "Time to Be Awesome", Most Outstanding Open, Small Group; "Gold Watch" for Outstanding jazz, large, 8 – 11 yrs. The following duos and individuals also got Special Adjudicator Awards: Jaelynne and Lacey Fjeld for Most Outstanding Jazz Duo, 10 & under; Natalia Fowler, Most outstanding Demi-Character Solo, 12 & under; Hunter Stubbs, Most Promising Modern Contemporary solo, 13 – 14; Jovana Hoey & Kylie Lussier, Most Promising Lyrical Duo, 17 & 18; Jovana Hoey, Most Outstanding Hip Hop solo, 13 – 16; Jovana Hoey, Taylor Soderberg, Most Outstanding Song/Dance Duo, any age. Birch Hills Dance Studio dancers also brought home Five Gold Star Awards for marks of 90 or over, Eighteen Gold Awards for marks of 85 or over and Twenty-four Silver Awards for marks of 80 to 84.

The Birch Hills Thimble and Threads quilt group would like to thank the businesses that donated door prizes for our quilt retreat. It was very much appreciated.

Thanks to Riverbend Quilting from St Louis for bringing their fabric. What a great weekend!!

Thank you!

Birchview Nursing Home March Activities

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

March 16th - Sham-Rockin' Social with Salt Water Joy

March 18th - Gladtidings

March 21st - Job Mates Band

March 22nd - Step Outs Dancers

March 28th - Cudworth Cowboys

March 29th - Klassen's Easter Program

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

Poker Tournament hosted by St. Louis Rec Board

Saturday March 31, 1:00pm @ St. Joseph Centre
(bowling alley)

\$100 entry - 100% payout

Max 100 players

\$10,000 starting chips

20 minute blind levels

Re-entry and 1 add on

Cash bar, food service, and draws

Call or text Edward for info @ 306-961-4671



BIRCH HILLS BLACKHAWKS

Twin Rivers Hockey League Final vs
Rosthern



Game 1 - Friday March 16 @ 8:30pm in Rosthern

Game 2 - Saturday March 17 @ 8:30pm @ BH

Game 3 - Friday March 23 @ 8:30pm in Rosthern

Birch Hills Multiuse Kickoff Fundraiser

Thank you to everyone who attended or supported our Multiuse Kickoff Fundraiser event.

The Committee was glad to announce our goals for the new facility and inform the community of where the project is to date and what we would like to accomplish with the final project. The evening consisted of a spectacular meal catered by Diane Georget, followed by introductions of the Multiuse Facility Committee and an update of the project. We also had presentations on behalf of the Affinity Credit Union for \$10,000 and the Birch Hills Lions Club for \$5,000.....This will go a long way in our fundraising goals!

We would like to thank the following sponsors from that evening:

Flaman Fitness—donation of M5 Bowflex Max Trainer

Birch Hills Golf Course—donation of Golf Membership

Museum Quilters—donation of a handmade quilt

Wayne & Barry Evans—donation of \$200 beef package

The door tickets raised \$4,710.00 with the Door Prize of the \$200 beef package won by Marnie Stubbs. The delicious meal that was served that evening will be paid for out of these proceeds.

The raffle tickets for the 3 major prizes brought in \$1,205.00. The winners were as follows:

3rd Prize—Handmade Quilt to Beth Rude

2nd Prize—Birch Hills Golf Course Membership to Terry Ganes

1st Prize—Bowflex Max Trainer to Delores Jones, who so graciously donated it to the Senior Citizens Hall

The evening also brought in several large donations from individuals that wanted to contribute but could not attend or just simply donated out of the kindness of their hearts. To mention a few of the larger donors.....George & Alice McIntyre-\$2,000; Ray Crozier-\$1,000; Arvin & Shirley Ulvild-\$1,000; Lemar Soyland-\$1,000.

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. The community fundraising is extremely important to this project. Thanks for all your support!

Senior Highlights

The Birch Hills Senior's Club held their Annual Meeting on Monday February 12th, 2018.

A new executive was installed: President Shirley Ulvild, Vice President Selmer Njaa, Secretary Millie Rowluck, Treasurer Sharon Gabriel. Hall Bookings: Delores Jones 306-749-2680. Bowling Coordinator: Inez Shilling

To get the new year started, we will host a New Horizons Workshop with Joy Bateman. Date to be announced.

Our Spring Fair will be held on April 14th at the Seniors Hall. See the Heartbeat for details.

We have 16 members in our Club with room for many more.

Watch for activities that might interest you.

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

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!

Birch Hills Skating Club Carnival

Sunday March 18th, 2:00pm

Birch Hills Arena



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.

Weldon Spring Trade Show and Sale

Saturday April 21, 10am - 2pm

Weldon Auditorium

Vendors needed. Call or text Brenda at 306-960-8335 or Chelsey at 306-864-8084 to reserve your spot.

Lunch available.

All proceeds to the Weldon Auditorium.

BIRCH HILLS UNITED CHURCH NEWS

Thank you to everyone who came out and participated in the World Day of Prayer on Friday, March 2. Our offerings totaled \$494 and this has been forwarded to Women's Inter-Church Council of Canada to help fund special Women's projects both here in Canada and around the world.

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!



Upcoming Events

- March 17 - Lake Country Co-op AGM
- St. Patrick's Stew Supper
- Shamrock Shaker
18 - Skating Club Carnival
23/24 - 2 Person Bonspiel & Season Wind Up
25 - Saron Lutheran Church Easter Ham Supper and Music
27 - BH & Area Health Foundation AGM
31 - St. Louis Poker Tournament
April 10 - Golf Club AGM & Supper
14 - BH Senior's Club Spring Fair
18 - Library Spring Gala
21 - Weldon Spring Trade Show
23 - Rec Board AGM

Spring Fair

Sponsored by the Birch Hills Seniors Club

Saturday April 14th, 10am - 2pm

Senior's Hall - 370 Bellamy Avenue

12 tables with a great variety of goods

Noon Luncheon. Coffee and treats.

Raffle and 50/50 tickets.

