

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

Send your email address and request for mailing list to **birchhillsrec@sasktel.net**

May 1st, 2014

Issue 70



Greetings everyone,

This newsletter is jam packed full of activities for youth to seniors. May you find something to keep active, whether it be a sport, craft or just a visit with friends. There's a couple fundraisers coming up, get your tickets early to support these programs and encourage the organizers.

Take care and hopefully we've seen the last of winter

Laurie Berube, Rec Director

Spring Steer and Heifer Show

Saturday May 3

Weldon Arena

Show begins at



1:00pm



MINOR BALL LEAGUE

starts in May and runs into June

Games in Birch Hills

May 12	Squirt Girls	
May 13	Bantam Girls	
May 14	Mite Boys	
May 15	Midget Girls	
May 19	Squirt Girls	
May 21	Squirt Girls	
May 22	Mite, Midget, Bantam Girls	

Minor Ball is serving in the canteen at the ball diamonds. Come out for ice cream, snacks and to support our ball teams.

MAY issues of the Birch Hills Community activity newsletter was paid for you by: **Crystal Spiker/ Advantage Real Estate, Bling Car Wash, and the Birch Hills Co-op Grocery/Hardware**

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 ea sponsor (3/month) for printing, advertising and ensuring that the newsletter stays free for you & the community. Thank you for supporting your local paper.

Birch Hills Lions Club hosts

"Famous" Spaghetti Supper & Silent Auction

Saturday, May 3, 2014 @ Civic Center

5:30 Cocktails, 6:00 Supper, Auction to follow

Adults \$10, Students gr 6-12 \$6, 5yrs and under FREE

Tickets from any Lions Club member



Birch Hills Dreamland Optimists, Clay Oven & Flute and Fiddle hosts

Summer Playground Supper Fundraiser

Thursday, May 8th @ Flute and Fiddle

Doors open @ 5:30pm.

Roast Beef Supper served by Chef Stu, Clay Oven

\$20/per person. Limited tickets available

Purchase at the Clay Oven, Laurie (Rec Dir), Ann Woods, Becky Njaa

All proceeds to go to the Birch Hills Playground Summer Program.

Birch Hills Optimist meet every 2nd & 4th Tuesday of the month @ the Flute & Fiddle @ 7pm. Feel free to come to our meetings

BINGO in Crystal Springs

Starts Tues, May 6th

7:30 pm



New Program / Games
Queen/King for the Night

Free Coffee / Home Baked Treats

Weekly Door Prize

Monthly Loyalty Draw

Lucky 7: \$129 in 27 #s

Bonanza: \$190 in 58 #s

Jackpot: \$500 in 59 #s



Sunday, May 4

Crystal Springs Spring
Brunch

10:30 am - 12:30 pm

BIRCH HILLS BUSINESS HIGHLIGHTS AND THIS MONTHS NEWSLETTER SPONSORS

WIN A TRIP! When you purchase or sell your home through us, enter to win a Caribbean trip for two! Draw date Nov 15, 2014



Advantage Real Estate is very excited to welcome back (after a year of maternity leave) your local real estate expert Crystal Spiker! 749-7404

Crystal will be working for TEAM Birch Hills and TEAM Kinistino. She specializes in FARMLAND SALES and RESIDENTIAL REAL ESTATE SERVICES!

For a quick professional service Call 306-749-7404! Book your FREE market evaluation or inquire about our Vacation giveaway!

Birch Hills Co-op Groceries / Hardware
Hardware store hours

Monday - Friday 7:00- 7:00

Saturday 9:00-6:00

Sunday 11:00 -5:00

Grocery store hours

Monday - Friday 9:00- 7:00

Saturday 9:00-6:00

Sunday 11:00 -5:00

Come in and see us - we would like to hear from you! We're also on Facebook!



Bling Carwash owner Mel Rosteski purchased the car wash in 2012 and has done many upgrades to it as well as more to come!! In April he upgraded all mechanics and he also put in all new cleaning products throughout the car wash, you will find a difference in the soap, foam brushes and wax. Mel also installed a stereo system in the car wash so you can now listen to tunes while you wash. In March 2014 we went under new management (Amanda Bliss). We have now started promotions for each month starting with "Air Freshener Day" If you spend \$5 you receive a free air freshener our next promotions will be May 3rd. May 6th will be "time and half Tuesday" that means more for your buck!! May 31st we will be doing a draw for a bucket full of cleaning products for your car worth \$60 if you spend \$5.

We thank you for the support and feed back!! amanda.rosteski@gmail.com 306-930-3100

KIDS VBS

The Anglican, Lutheran and United churches invite all kids to a one-day vacation Bible school on the upcoming PLC day,
Monday May 5th
from 9:00 - 4:00.

This event will be hosted by at the Lutheran church. Please bring a bag lunch. Questions? Please phone 749-2229

Sask Lotteries Community Grant Funding is available to community groups in Birch Hills and area. If your group is seeking financial assistance for programs or activities involving sport, culture or recreation, feel free to contact Laurie at the Rec Office for more information on how to apply for funding.

Groups such as Minor Sports Ball & Hockey, Knitting Grannies, the Library, Cross Country Skiers, Birch Hills Seniors, the Skating Club, Birch Hills Mamas, Birch Hills Historical Society, and more have all benefited from previous Saskatchewan Lotteries Funding.



MENTAL HEALTH SUPPORT GROUP

Tuesday nights at St. Mary's Anglican Church in Birch Hills, located at 255 McCallum Avenue at 7:00pm.
Let's help each other walk out of darkness towards a life of health and hope.



If you have any questions, please feel free to contact Amy Dow at amy.dow@outlook.com or on her cell: (306) 941-0788.

Community Garden

If you are interested in reserving a garden plot, contact Shirley Ulvild 749-2500.
Gardening tips available, just ask.



Please Share
Paper with a
Friend or Send
Email to receive
the news letter
online

Deadlines for submissions for newsletter are the 10th and 25th of each month. Send entries to birchhillsrec@sasktel.net or call 306-749-7451

**Birch Hills
2014 Golf Course Board Members**

Iris Field
Jordan Carrier
Jamie Tilford
Dale Pratt
Tyler Cochrane
Gordon Cochrane

Welcoming new board members

Keith Matheson
Brock Tilford

Special thanks to Ray Stangland and Milt Taylor for their years of serving on the Golf Course Board

Highlights from the meeting:

- * Seeking committed individuals for the clubhouse planning. whether it be for renovations or a new building.
- * Green Fees remain the same, except for Family Rate increases to \$1120 (2 adults and kids)
- * Seeking two more individuals to serve a 2 yr term on the board
- * Members receive 50% green fee discounts at partnering courses.

**Birch Hills 2014 Skating
Arena Board Members**

Tyler Cochrane
Shannon Vey
Stewart Adams
Ron Lyons
John Herd
Karla Lyons
Kelly Njaa
Greg Manson
Skating Club Rep TBD

Welcoming new members

Jaesen Dansereau
Vicki Eldstrom

Special thanks to Elston Macfie for his service on the Skating Arena Board

Highlights from meeting:

- * Skating Club numbers are down, need ideas to attract more skaters and committee members
- * Major upgrade projects being planned.
- * Tenders for Canteen Leasee and Caretaker being accepted for next season

Sport Clinics



FEEDBACK NEEDED

Parents ask your kids which activities they would like to see come to Birch Hills this summer. Let Laurie at Recreation Dept know asap which ones they are interested in.



Some ideas for clinics but not limited to...

Archery, Basketball, Boxing, Cheerleading, Fencing, Football, Karate, Lacrosse, Rugby, Soccer, Skateboarding, Softball, Tennis, Ultimate Frisbee, Volleyball

If you are an enthusiast of any sport and you would like to teach/coach, please email birchhillsrec@sasktel.net

COMING SOON

..watch for more details

Town Clean Up May 18th - 23rd

Birch Hills Good Neighbours Nominations

Birch Hills 2014 Recreation Board Members

Keith Matheson	Shannon Vey
Tyler Cochrane	John Herd
Dale Pratt	Kyle Jensen
Steve Adams	Hugh Sampson
Kathy Evans	Leon Pratchler
Shirley Ulvild	Gordon Cochrane

Thank you to Anna Devenis for her service with the Rec Board.

FLUTE and FIDDLE UPCOMING EVENTS

Saturday, May 10 - Jeffery Straker
Tickets \$20 Available at the Clay Oven Café or Jenny Riviere 306-749-2237



Hosts for Fridays in May

May 2nd - Breannee Stubbs	May 9th - Carmen Robertson
May 16th - Amy Dahlin	May 23rd - Barry Hodgson
May 30th - Pam Cochet	

"WishList" for the TLC Daycare

The following items would be greatly appreciated if you have around the house or wish to donate:

Indoor and Outdoor toys in good condition

Red/Blue/Black pencil crayons

Coloring books

Big holed beads

Popsicle sticks

Glue sticks

Acrylic or water based paints.

Catalogues

Pipe cleaners

Yarn

Drop off or call 749-2441

Birch Hills United Church Women extend an invitation to women of all ages to join us for a day of "Heart and Soul" on Saturday, May 3 at the Evangelical Lutheran Church.

The day will begin at 9 with registration, includes a worship service, book display, silent auction, drumming workshop and display and demonstration of unique artwork techniques. The noon luncheon will feature inspirational guest speaker Shelli (Thoms) Gardiner, who was born and raised in Birch Hills.

Cost for the full day is \$15, includes lunch and coffee break snacks. For info and to pre-register please phone Mary at 749-3446.



Co-ed Adult Slow Pitch: Sign up your team (individuals are also welcome to register to be on a team or to be a spare) Maximum 6 teams for the Birch Hills League. Must have 3 ladies per team. Thursday or Tuesday Nights... (pending players requests)

Co-ed SlowPitch Tournament: May long weekend and July ...watch for more details on how to register.



FIREHOUSE NEWS:

Spring is on its way and, with that, farmers will be busy getting ready for seeding. Birch Hills Fire Department wishes everyone a SAFE seeding season. Please take the time to make sure you are moving machinery safely – those few minutes of precaution could save your life!

As we enter the season for **CONTROL BURNS**, please remember to report your burn before you light it by calling **(866) 404-4911**:

- Call before you start to report your land location;
- Call once the burn is completed to advise you are done.

**** It is important to know that if you haven't called the Control Burn number and the Fire Department gets called out, it is a**

\$500 minimum charge. **

- Birch Hills Fire Department

For information on senior housing in Birch Hills, please contact Alan Ruder 306 749-7541

Want to see changes?...BE THE CHANGER!

The Birch Hills COMMUNITY BOOSTERS

Next meeting Tuesday May 20, 2014 @ 7:30pm
in the Museum Boardroom.

Contact Stewart or Louise Adams or Shirley Ulvild for more info



Yoga Classes are Coming to Birch Hills!

Rebecca Quaaale is teaching 8 week classes in May for beginners and more advanced students. The first session is full, however, if you are interested for the next sessions or want to be put on a waiting list, feel free to contact Rebecca at (306) 960-7736 or rebecca_quaaale@hotmail.com



For more info of
AL-ANON MEETINGS:
Answering Service: 930-0993
Web Site: <http://www.sk-alanon.ca>

St. Mary's/ St. Anne's Joint Church BBQ
Wednesday, May 28th 5:00-7:00pm
@ the Anglican/Lutheran church on McCallum Ave.

For Take out call 749-7480.

Cost is Adults \$8,
10 & under \$5, Family \$28.
Preschool & under-free



SOUP FOR SENIORS

Come down to the Sr Hall on
May 10 @ 11:00 - 1:00pm
Lunch will be Served, the
Friendship is up to you!



Information Presentation for Seniors

All seniors living in Birch Hills are encouraged to attend a presentation on
Safety, Security, and Wellness
May 8th, 2:00 pm
at the Seniors Hall

Presenters include the Birch Hills Fire Department, Parkland Ambulance, and the RCMP. Coffee and a snack will follow the presentation. If you need transportation to the event please contact Phyllis Braaten at 306-749-2774 before May 7th.



Screen-Free Week is May 5 - 11

Screen-Free Week is the international celebration where children, families, schools, and communities turn OFF screens and turn ON life. [Click here](#) for more information so you can take in the celebration and learn how to unplug and PLAY!

Here are a few links to help you put together your plan of attack:
[Get advice](#) from a family of seven that saves screen time for the weekend.
Download our [screen time tracking log](#).
Make a [family screen time pledge](#).

Sask Culture Days is coming back
September 26-28

If you are interested in teaching arts or culture during this weekend, please contact Laurie at the Rec Office.

Mark your calendars for a weekend of free classes of yoga, painting, language arts, dancing and more.

Funding provided by



SUMMER PLAYGROUND PROGRAM

Good News!! The playground program will return to Birch Hill this July & August. The days of the program will expand to Monday through Friday 1:00 -4:00pm. The program will take place at the Lion's Club Ball Diamonds, unless otherwise scheduled.

We are still awaiting funding approvals but the support of the community has been tremendous. With fundraisers and grant sponsors, we will be able to offer the program again this summer.

SPONSORSHIP OPPORTUNITIES If you are a business or individual that is interested in:

- 1) Sponsoring or co-sponsoring for t-shirts this year. Cost will be between \$350-400. Your logo will be displayed on the shirts.
- 2) Sponsoring the nutrition breaks for the kids. Cost is estimated to be \$400. Please contact Laurie at the Rec Office asap for more information

Birch Hills Cowboy Church
@ Community Centre

1st Sunday of each month

Next **May 4, 7:00pm**

Featuring Country Gospel Music with down home bible message.

All Welcome.

Pastor Rick Martin 981-2235



Birch Hills Public Library

Adult Spring Craft

May 6 @ 6:00 pm

Make an antiqued terracotta pot with the help of artist Joy Ogden



Pre-register @ the Library 749-3281
\$40 per person

BIRCH HILLS JOB OPPORTUNITIES

**** Summer job opportunity of grass cutting** at Brancepeth Holy Trinity Church. Contact Les Stobbs at 749-2550 for details, please leave a message

The Town of Birch Hills is seeking applicants for the following:

**** Student** to assist foreman within the Public Works Department during summer.

**** Waterworks Operator**

**** Town Maintenance Worker**

For full details of job requirements see www.birchhills.ca or the Birch Hills Community & Recreation Facebook page

Submit resume for town positions by 4:00pm May 23, 2014

Town of Birch Hills

126 McCallum Avenue, Box 206

Birch Hills, SK S0J 0G0

Fax 306 749-2545

Email: birchhills.town@sasktel.net

BIRCH HILLS WASTE SITE

The waste site will begin its summer hours starting this Saturday, May 3rd. Frank Rowluck will have site open from 9:00am -5:00pm on Saturdays, as well as 4:00-7:00pm on Wednesdays

Ladies Golf Club Supper Meeting for Tuesday May 6 at 5:30 at the Clay Oven.

Supper with meeting to follow. All women are welcome to join the Birch Hills Ladies Golf Club.





Laurie Berube,
Recreation Director
Box 280, Birch Hills, SK
S0J 0G0

Fax: 306-749-2545

E-mail: birchhillsrec@sasktel.net

Cell text or call: 306-749-7451

Facebook Page:

'Birch Hills Community & Recreation'

Website: www.birchhills.ca



Funding Assists Recreational Activities in Birch Hills



GOLF COURSE NEWS

****NEW**** Members will receive extra benefits this year as we partner with other courses. Birch Hills Golf members will receive half off course fees at partnering golf courses. Anytime, Anyday (excluding tournaments. Member cards must be shown). Partnering so far is Manitou, Lanigan and Shellbrook. Watch for more details.

Ladies Golf Club returning this year. All women are welcome to attend their supper meeting May 6th, 5:30pm at the Clay Oven. Come out to meet the others.

Stay tuned for more details of the course opening.



Birch Hills Dance Centre News

Congratulations to all the dancers who participated in the "Dance Experience" competition at Tisdale in early April. We had 45 groups, solos, duets and trios competing and brought home 26 Platinum awards for marks of 90% and higher, 12 Gold for marks of 85 to 89, 7 Silver for marks of 80 to 84. Birch Hills Dancers were also presented with many Adjudicator's Choice Awards: Kayla Doderai for Most Outstanding Solo, Ages 15 & over and also for Outstanding Choreography for Solo for her Modern; Enchanted" was chosen for Outstanding Choreography for a Trio/Small Group; Jovana Hoey & Kaelan McDougall for Most Entertaining Duet, 11 to 14 yrs.; Amber Sansone for Most Promising Hip Hop Soloist; and Taysia Hoey for Most Promising Musical Theatre/ Song & Dance. Session Adjudicator Choice Awards were won by "We Like Spelling" for Most Outstanding Performance for Musical Theatre routine; Kayla Doderai for Most Outstanding Performance for her Modern solo; Lexi Doderai for Lots of Heart for her Lyrical solo; "Spic & Span" for Most Promising Ballet Group, ages 11/12; Kayla & Lexi Doderai for Most Promising Lyrical Duet, age 14 & over; Jaemynn Hoey & Jodi Smith for Most Outstanding Performance for their Jazz duet; Jovana Hoey & Kaelan McDougall for Most Outstanding Performance for their Musical Theatre duet; "Ladies Night" for Most Promising Hip Hop group, ages 13/14; Les Artistes for Most Outstanding Performance in Ballet ages 5/6; "Enchanted" for Most Outstanding Performance for Classical Ballet age 15/16; Jaemynn Hoey for Most Promising Modern solo, ages 13 - 15; and "Girls" for most Outstanding Performance in Hip Hop ages 15/16.

Our youngest dancers from the Little Boppers, Ballet & Jazz Combination, and Ballet and Tap Combination classes finished their dance year with a performance for the residents at Birchview Nursing Home on April 16.

Birch Hills Upcoming Events

- May**
- 3 - Wanda Oleniuk Garden Sale
 - Weldon Steer Show
 - Lions Club Spaghetti Supper
 - Women's 'Heart & Soul'
 - 4 - Crystal Springs Brunch
 - Cowboy Church
 - 5-11 - In Motion; Screen Free Week
 - 6 - Crystal Springs Bingo starts weekly
 - Ladies Golf Club Supper Meeting
 - Adult Craft @ the Library
 - 8 - Playground Supper Fundraiser
 - Information Presentation for Seniors
 - 10 - Soup for Seniors
 - Jeffery Straker Concert (F&F)
 - 18-23 - Town Clean Up
 - 20 - Community Booster Meeting
 - 28 - Joint Church BBQ
- June**
- 7 - Garage Sale Day
 - Erin Hill Concert (F&F)
- August**
- 1-3 - Weldon's 100th Celebration
 - 15 - LPBC Show, Shine & Smoke
 - 18-22 - LPBC Vacation Bible School



EVERY WEEK IN THE HILLS



MONDAY

Line Dancing 9:30-11:00am @ the Senior Hall
Bowling at the Senior Hall 2:00 pm Vel 749-3364
Thimbles & Threads Sewing Club 6:30pm @ Birchview Melissa 749-3482
Fire Department Meetings 7pm @ fire hall



TUESDAY

Knitting Grannies 2nd & 4th Tues of ea month @ Sr Hall
Karate 7:30pm St Louis Karate Club 422-8665
Library Open 12-4pm and 5-8pm
Community Booster Mtg 3rd Tues of the month Civic Centre 7:30-9pm
St Louis Karate 7-8pm Call 422-8665 or 749-7500
Optimist Club 2nd & 4th Tues of the month New members welcome
Crystal Springs Bingo starting May 6th
Mental Health Support starts Apr 29 @ St Mary's Church/contact Amy Dow

WEDNESDAY

Line Dancing all welcome 9:30-11am at the Sr Hall
Thrift Shop Open at the Museum 9-4:00pm Great Deals!
Coffee & Sweets at the Museum 3:00 pm
Sparks/Brownies/Guides/Pathfinders Contact Audrey 749-2217 to join
Birchview Ladies Aux 9:30 every 2nd Wed ea month New members welcome
Randy Hoback Office 1st Wed of month @ Town Hall 1-3pm



THURSDAY

Cribbage at the Senior Hall 2:00 pm Vel 749-3364
Library Open 12 - 4:30pm
St Louis Karate 7-8pm Call 422-8665 or 749-7500
Legion Mtg 2nd Thurs ea month 7pm @ legion hall. New members welcome



FRIDAY

Lutheran Church Coffee Break 9:30-11am Bellamy & 4th St
Birch Hills Library Open 12-4:30pm **Story time** 1:00pm
Flute & Fiddle Steak Night, Open Mic & Karaoke Starts 5pm All Ages

SUNDAY

If you have something to add to this list, contact Laurie at 749-7451

BIRCH HILLS LIBRARY NEWS

Library Hours:

Tuesdays: 12-4 & 5-8 pm,
Thursdays & Fridays:
12 to 4:30 pm



StoryTime Every Friday
1:00-1:45pm For kids 3yrs+

COMMUNITY COMMITTEE CONTACTS

Senior Hall

Vel Bompais 749-3364 Hall Rentals

Birch Hills Royal Cdn Legion

Lyle Mohn 749-7927 Hall Rentals
Marlene Lypchuk 749-2571 Member Info



Birch Hills Lions Club

Bruce Tilford 749-7743
Todd Devenis 749-3425

Birch Hills Historical Society

Shirley Ulvild 749-2500

Community Boosters

Stewart & Louise Adams 749-3521

Dreamland Optimist Club

Stuart Matice 306-314-2378

Community Garden

Ann Woods 306-749-3237

Sparks/Brownies/Guides/Pathfinders

Audrey Matheson 749-2217

Fire Department

Peter Lubyk 980-7674

Sno-Posse Snowmobile Club

Jodi or Sheldon Gordon

Birchview Ladies Auxillary &

Meals on Wheels (help wanted)
749-2288



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

Other Local pages:

BH Bargain Basement, , BH Black-hawks, Bling Car Wash, Brahma Insurance, Clay Oven Café, Community Boosters, BH Community Garden, BH Co-op, BH Dance Centre, Dreamland Optimist Club of BH, Flute and Fiddle, General Quarters Paintball, BH Mamas, Partie Perks Rental Studio, BH Sno-Posse, , 'Like' these pages to become part of these groups & get more information

SUNDAY WORSHIP SERVICES IN BIRCH HILLS



Birch Hills Community Church @ Civic Centre 11:00am
at 428 Bellamy Ave 9:30am:

Lutheran Church Service (1st, 3rd & 5th Sun of the month)

United Church Service (2nd & 4th Sundays of the month)

Glad Tidings Tabernacle (Pentecostal) @ 101 4th St 11am

Lake Park Baptist Church @ Hwy 3 11:00am

Saron Lutheran Church near Hagen 9:30am

St Mary's Anglican Church @ 255 McCallum Ave 9:00am

St Anne's Roman Catholic Church @ 255 McCallum Ave 11:30am