



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

July 1st, 2017

Issue 145

HAPPY 150TH BIRTHDAY CANADA



Celebrate Canada's 150th birthday in Birch Hills

Friday Night: June 30th Kick off celebrations with us!
At dusk (10:30ish) **Fireworks** at the Diamonds

Saturday July 1st Events

9:00-11:00am **Pancake Breakfast:** hosted by the RC Legion
at the Civic Centre

starts 11am **Hole in One on the Driving Range**
Putting Contests, Golf rounds only \$10! At the Golf Course:

Starts at noon **Paintball - 3 on 3** at the Sportsgrounds:

Starts at noon at the Museum Grounds: FUN FOR ALL AGES:
Kids Games, Dunk Tank, BBQ, Face Painting, Bouncy Castle,
Giant Water Balloon Fight!

Live Entertainment & Dance Lessons (Old Tyme, Line and more)
Museum Tours, Ice Cream Treats and Cake

4-7pm **Community Potluck & Block Party** beside arena

Event Sponsors: S&A Ulvild, D&K Pratt, G&M Tweten, L&T Ganes,
TLC Daycare, Grumpy's Confectionary, Sk Lotteries (Community Grant),
CMT Signs, Town and RM of Birch Hills 460, BH Historical Society,
RYSC Youth Centre, Lake Country Co-op, Quayles Pharmacy, Hostess Chips

Event Committee: D.Pratt, G.Tweten, J.Herd, S.Ulvild, G.Getz,
L.Berube, L.Ganes, S.Adams, R.Sniden

THANK YOU to Sponsors and Organizers - HAVE FUN!!

Hey there, ,

Congratulations to students, teachers and staff of the BH school... YOU MADE IT! Enjoy your time of rest and wishing all the best to our graduates.

Next week is the start of our summer playground, Boredom Bustin', Library reading program and following week starts crafts for kids. There are other activities for kids coming up, check through newsletter and register where necessary. Parents are welcome to come play too.

Where ever you end up this July long weekend, I wish you safe and fun celebrating one of the best places on earth to be alive.

Happy Canada Day Eh?!

*Laurie Berube,
Recreation Director*

JULY issues of this Birch Hills activity news letter was sponsored by:

**TURQUOISE TREE
COUNCELLING & WELLNESS INC,**

SOYLAND FAMILY &

PRATT PLUMBING & HEATING

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 everyone.

BIRCH HILLS CELEBRATES CANADA'S 150TH BIRTHDAY

Friday, June 30th AT THE SPORTSGROUNDS

Park at the diamonds or golf course

Fireworks

Everyone is welcome to come to diamonds/golf area to watch at Dusk (10:30ish)

No one allowed on Driving Range please.

This event is brought to you by the Town and RM of Birch Hills.



July 1st AT THE CIVIC CENTRE

Pancake Breakfast/Brunch

Hosted by the Birch Hills Royal Canadian

Legion Members

9:00 – 11:00 am

All ages welcome

Adults \$8.00

Kids 5-12 \$5.00

Preschool Free



July 1st AT THE GOLF COURSE

Hole in One / Putting Contest

3 balls for \$2.00

Chance to win a 2017 or 2018 membership, gift certificates, other prizes

\$10.00 Green fees – 9 holes

(book tee times 306-749-2211)

Lunch Special: Serving homemade burgers & buns, potato salad and baked beans for \$10



July 1st AT THE SPORTSGROUNDS

3 on 3 Paintball for All Ages

Registration at noon

Wear appropriate clothing

\$10/person (Equipment provided)

Hosted by General Quarters Paintball in BH (Chevy)



July 1st AT THE MUSEUM

BBQ LUNCH

12:00–4:00pm

Serving BBQ burgers, dogs, smokies, chips, drinks.

hosted by Mane Event



July 1st AT THE MUSEUM

Family Fun for all ages Starting at 12:00 – 4:00pm

Bouncy Castles, Dunk Tank, Musical and Dancing Entertainment, BBQ, Thrift Shop Open, Museum Tours, Ice Cream Treats, Games, Cake served by TLC Daycare and many more activities

Entertainment in the big tent,

12:00–12:30 Ralph Galambos, Singer/Musician

12:30–1:30 *Step-Outs* Linedancers Watch & Lessons

1:30–2:00 Amy Dow, Singer/Musician

2:00–3:00 Old Tyme Dance Watch & Lessons

DUNK TANK: Line up to try and dunk Teachers, students, bosses, council members and others



July 1st 4:00 – 7:00pm
IN GREENSPACE BESIDE ARENA

Community Potluck & Block Party

Do you remember the Ol' Fashioned Kitchen Parties? Let's relax, eat and visit like the good ole' days.

Bring your musical instruments to play, a chair, a dish to share, your family/friends.

Lawn Games & BBQ available to use.

YELLOW CREEK'S STREET DANCE

Saturday, July 22nd

at the Dead Horse Saloon, Yellow Creek

Supper 6:00-9:00pm

Featuring: *Moonshiners* 2:00-6:00pm

Jo' Mama 9:00pm

\$20 entry. \$5 per ticket is donated to the Autism Society. Must be 19yrs or older



MANE EVENT Salon & Dance Hall

2nd Annual Street Dance -

Saturday, July 29th

Featuring CURTIS GRAMBO and

Special Guest Breanne Stubbs

6-8pm BBQ Supper is on! Bring the family for

Live music, food & fun for all ages.

8pm cover for adults \$20 (19+), Kids 0-12 free, 13-18yrs > \$10

Youth must be accompanied by an adult



Book the Hall for birthdays, anniversaries, reunions, etc.

Call / Text Kristy 306-749-7405

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

Weiner Wednesday is now....

TUBE STEAK TUESDAY!!

at the Skatepark.

Bring your chairs, hot dogs and drinks
and spend a relaxing time with friends and
neighbors around the campfire!

Every Tuesday from
5:30 pm to 7:00 pm.

Weather permitting
Love to see you there!



Community Funding Assists our Rec Activities

BIRCH HILL SCHOOL



**CONGRATULATIONS
2017 GRADUATES!!**

Thank you teachers and staff for all you
do for our kids.

Happy Summer Vacation Everyone

HAPPINESS IS



...the last day
of school.

CRYSTAL SPRINGS EVENTS

Bingo: Get your daubers ready! Bingo in Crystal Springs on
Tuesday 7:30pm

Crystal Hotel Street Dance: Saturday, July 15th

Live Band (Zero Kilometers to Empty), BBQ, Beer Gardens,
Doors open 7, Tickets \$15 in advance, \$20 at the
door. Call 749-5823 or visit hotel



Crystal Hotel Mudfest: Saturday, Aug 12th

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

In spring of 1990, I came out to Birch Hills School for the first time, to do a short student teacher placement with a young teacher named Linda King. I so enjoyed my three weeks in Birch Hills, that I remember bringing my girlfriend at the time (who is now my wife) out to see the place where I wanted to teach for my career.

In Fall 1996, that wish came true, and it has been 21 amazing years since then. I want to take this opportunity to thank all of the students and families who over the years have made my time in Birch Hills one of the most amazing experiences of my life. I have learned far more from all of you, than you could ever have learned from me. I promise to take the "Small Town with a Big Heart" with me as I continue in what time I have left in my career of teaching.



To all of my students, past and present, find me on social media and stay in touch. Combined, you make a legacy that I am so very proud to say I was a part.

Michael Gange
Birch Hills School (1996-2017)

COMMUNITY REGISTRATION & INFORMATION NIGHT

this event was held June 20th at the Civic Centre. It was a nice opportunity for groups and committees to recruit, register and give community residents information of youth and adult activities in town. We would like to make this an annual spring/fall event. If your group is interested, pls contact the Rec Office

Farmers Market in Birch Hills

Fridays 9:30 - 5:30pm
(or until products sell out) Downtown Birch Hills
beside post office.

Winding River Colony fresh eggs, chicken,
homemade pies, crafts, jams & other delights.



BIRCH HILLS MINOR SPORTS

Two things are required to keep these
sport activities local and on-going.
Kids to play and people to help out!

Thank you to Ball Coaches &
Managers for keeping our ball
program alive in Birch Hills
Tennille Hesje,
Kristy Nelson
Jennifer Braaten
Jaesen Dansereau,
Christine MacGillivray
Jan Goy, and Brittany Becker

If you are interested in becoming a Ball
or Hockey Coach, Manager, General
Helper, Umpire, Referee, or you have
any questions Email
bhminorsports@outlook.com



Birchview Nursing Home welcomes all



2:30pm Ralph Galambos

July Activities

If anyone is interested in sharing their talent of
music, dance, acting for our residents and guests, contact
Shelley 306-749-2288



RECYCLE

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

Co-ed Rec Slow Pitch

Tuesday Nights 7:00pm

Come out and cheer on your favourite players



Pecan Sandies (1/0)
Balls Deep (0/1)

Red Dogs, (1/0)
YankDeez (0/1)

Join the "Birch Hills Slowpitch" Facebook page
for updates and ball info

KG Bar is hosting specials each Tues night for players and
friends. Kitchen open until 10pm.

Slowpitch Tourney: in Birch Hills Saturday, July 22nd
\$400 team entry, Concession, gardens, 4 game guarantee.
Contact Justin or Bill 306-960-2180

SUMMER STREET HOCKEY LEAGUE

Enter as a team or individual!
Looking for teams to play
round robin once a week
throughout the summer with
Playoff Tournament or Game
August 20th!
Each team must have 1 Adult!
Call Clint or Kathy at Youth Center 749-2478



BIRCH HILLS UNITED CHURCH NEWS

Thank you to all those who donated clothing and other
items for the Women's Shelter in P.A. Also thank you to
all those who have given monetary donations at the Men's
Breakfasts over the past year for the Birch Hills school's
Breakfast for Learning program.

There will be no United Church worship services in
July. We hope you will join us at the ecumenical service on
Threshing Day at the Museum on August 13

BOUQUET OF THANKS



How grateful we are for the
thoughtful concern of family,
friends and neighbors after the
recent loss of our mother,
Gladys Gjesdal.

Thank you to all who reached out
with kind words, phone calls, food and flowers,
cards and hugs!

From: Janet and Wayne; Karen; Knute and
Melodie; Steve and Joy; and our families.

BIRCH HILLS & AREA BUSINESS HIGHLIGHTS and NEWSLETTER SPONSORS

TURQUOISE TREE COUNSELLING & WELLNESS INC



Erin McLeod and Tiffany Olson are registered clinical Social Workers who share a vision of working with people that seek to improve themselves and lives.

Turquoise Tree Counselling and Wellness Inc. offers a wide variety of counselling and coaching services in all areas of relationships, grief & loss, self esteem/confidence, stress management, anxiety, depression and overall mental health wellness using a variety of types of therapy that are tailored to our clients needs.

Each individual is on their own unique journey in life. We believe that education and self-determination are key elements of the journey.

Counselling services may be covered through the client's employee insurance plans.

Two offices you can find us at:

2040- 2387 10th Ave W

Prince Albert, SK

306-922-2777

OR #6-102 McKendry Ave

Melfort, SK

306-752-1020

www.turquoisetreecounselling.com
turquoisetree@sasktel.net

Pratt Plumbing and Heating

Contact Devin Pratt at 306-280-5137 or email prattplumbingandheating@sasktel.net for your plumbing or heating needs. Now equipped for A/C installs



2017 SUMMER PLAYGROUND PROGRAM

The Playleaders for 2017 are

Taylor Mitchell, (306-749-7789)

Megan Thompson and Matthew Hood.



Come meet your playleaders at the

Canada 150 Celebrations in BH on July 1st.

Kids must be registered before attending the program

Join our facebook page for updates, notices, and other info. '*Birch Hills Summer Playground Program*'

Registrations on Facebook or when program starts.

First day Tuesday, July 4th

Monday to Friday 1:00pm to 4:00 pm. at the Lion's Club Sportsgrounds. (Rain days, meet at golf clubhouse).

Thanks to grants & donations this program continues to be free to all kids 5-12yrs!

Birch Hills LIBRARY News

SUMMER CRAFTS w/ Alicia Hood

July 11, 18 & 25 and Aug 8, 15 & 22

6:30pm-7:30pm

Ages 5-12yrs, No Cost



Register at the Library for the
Summer Reading Program

WHO WANTS TO PAINTBALL!

Sunday, July 23 5 - 8 pm
 at Paintball Paradise in Prince Albert
 Adults and Kids Age 10 & Up



Leave Youth Center at 4:15 pm

Basic Package \$35, Super Package \$59

\$10 Deposit to Book your spot by July 17

Call Clint or Kathy 749-2478 for info

Supplies for Playground Program

If you happen to have any of the following to donate, bring to the program or contact Rec Office: Egg cartons, sand toys, sponges, water balloons, foam letters/ animals /sports, rainbow loom bands, deck of cards, markers, 2L bottles, heavy duty plastic (75-100ft), balls, bean bags, glue sticks, sunscreen, bug spray. Thank You!

COMING AGAIN SOON...

Hosted by the RYSC Youth Centre

SHOE DROP

Mark your calendars

Sunday, August 20th

and watch for more details in next paper





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

Office Located at: 146 Bellamy Ave
Office Hours Mon, Wed, Thurs 9am-12pm
General Hours M-F 9am-4pm text or call
Cell: 306-749-7451 or
E-mail: birchhillsrec@sasktel.net
Facebook Page: 'Town of Birch Hills
Community & Recreation'
Town Website: www.birchhills.ca



Book Tee Times at Clubhouse 306-749-2211
Check us on Facebook (*Birch Hills SK Golf Course*)

Monday FUN-days - 2 fore 1 Rounds

NOW ON FRIDAYS 2 can golf for price of 1

Ladies Welcome Tuesdays 9:30am & Wednesdays 5:30pm

Thursdays - Men's night 6:00pm

LUNCH SPECIALS DAILY MON-FRI

July Tournaments - Don't miss out...Register Today

July 1st - Golf for \$10, Hole in One challenge

July 8th - District Legion Tourney (Contact Ron if you can help out)

10th & Final Cory Braaten Open Memorial Golf Tournament

\$10,000 Hole in One Prize

August 19th, 2017

9:00 am Start 4 Man Best Ball

\$200 entry fee per team of 4 (includes lunch)

20 teams max

Money raised will go the
Cory Braaten Scholarship fund for a graduating
student from Birch Hills High School entering
into a trade.

Please register with Naomi by Aug 15th 306-314-2347



Upcoming Events



- July 1 - Canada 150 Celebrations
2 - Cowboy Church
8 - District Legion Golf Invitational
11 - Kids Crafts starts (Tues nights)
- Boredom Bustin' starts (Tues/Thurs Nights)
15 - Crystal Springs Hotel Street Dance
18 - Kids Craft, Boredom Bustin'
22 - Yellow Creek Street Dance
- SlowPitch Tourney in BH
23 - Paintball (RYSC Youth)
29 - Birch Hills Street Dance
August 12 - Crystal Hotel MudFest
- BH Fire Dept Golf Open
13 - Annual Threshing & Family Fun Day
19 - Cory Braaten Golf Memorial Open
20 - RYSC Youth Shoe Drop
Sept 6 - Ladies Harvest Fun Golf Open
23 - Donkey Cup Open Golf Tourney

JOB OPPORTUNITY

The Birch Hills Golf Course is looking for short term sales
and kitchen staff for late August to mid October.

This staff position requires a Food Safe Certificate and
experience working with the public would be a definite as-
set.

Please forward your resume or letter of interest to
lganes@sasktel.net (or drop it off at the golf course) For
more info on the position, please call Jamie at the golf

Boredom Bustin'

Tues and Thurs Evenings 6:30-8:00pm
Starts Tues July 4th Meet in the school
yard to play games. All ages are welcome.
kids bring your parents!

Birch Hills Cowboy Church
@ Community Centre
1st Sun of each month



Next Service

Sunday, July 2nd
7:00pm

Featuring Country
Gospel Music with Pastor Rick
Martin (981-2235)

Potluck Cookies &

Cake to follow

All are Welcome



Annual Open Ladies Wine, Dine & Nine Golf Nite with Caddy Auction

Was held June 20th. Despite the cooler evening, 20 some
ladies braved the chill and enjoyed golfing with new and old
friends. Thank you to the Ladies golf club, and the clubhouse
staff for helping to organize this event and prepare delicious
appetizers. Thanks you to Carl Hanson & Mens Club for prizes.

To the following gentlemen that made our evening just a little more fun: A
huge thank you to our beverage servers Bill Carlisle & Cory Richards. AND
to our Caddy's: Greg Manson, Larry Strand, Brett Honish, Joel Simon Lionel
Turgeon, Barry Zelinsky, Allen Harper, Kyle Njaa and Trent Swenson.
The evening raised \$955 to be used towards a new clubhouse!

Ladies, mark your calendars for Sept 6th, Ladies Harvest Fun Golf!