

TOWN OF BIRCH HILLS

HEARTBEAT

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 to be added to newsletter emailing list to birchhillsrec@sasktel.net

September 15th, 2014

Issue 78



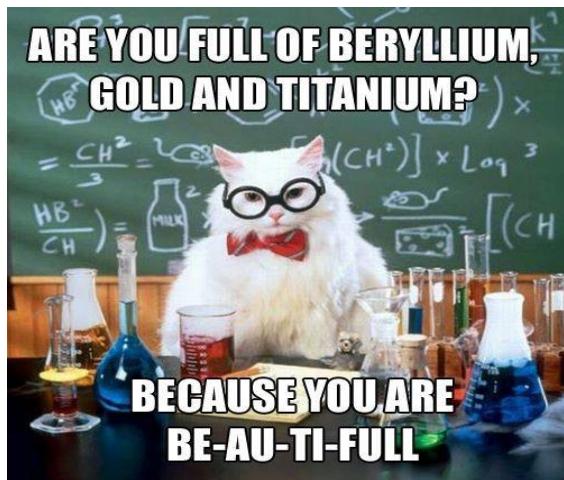
Greeting Folks,

Wow! was there ever a lot to pack into this newsletter. Make sure to check out all the fun activities scheduled for Sask Culture Days the last weekend of Sept. See page 2 for complete list and information. Make sure to register if required or just show up to the others.

The rinks will start making ice beginning of October and the Skating Rink Farm Field Project has been swathed and combining will be end of September, contact me if you would like to be apart of either of these projects.

High school football is starting soon. Watch newsletter or facebook page for home games schedule..Or just listen for the cheering!! Have a great couple of weeks

Laurie Berube, Rec Director



The Birch Hills COMMUNITY BOOSTERS

Next meeting **Tuesday September 16, 2014**

@ 7:30pm in the Museum Boardroom.

Contact Stewart, Louise Adams

or Shirley Ulvild for more info

Boosters are looking for new ideas, direction and people that are interested in 'Boosting the Community'

Join the next meeting to share your thoughts

FORM B

(Subsection 160.15 (1) of the Act)

Notice of Call for Nominations

Rural Municipality of

Birch Hills No. 460

PUBLIC NOTICE is hereby given that nomination of candidates for the offices of:

Councillor for Division No. 2

Councillor for Division No. 4

Councillor for Division No. 6

will be received by the undersigned at the municipal office during normal office hours from Tuesday, September 2, 2014 until Wednesday, September 17, 2014 at 4:00 pm local time.

Nomination forms may be obtained from the Rural Municipal office in Birch Hills.

Dated this 2nd day of September, 2014.

S. Pratchler, Returning Officer

Tenders being accepted to supply and install new windows in the Civic Center.

More details and tender information available at the town office

SEPTEMBER issues of the Birch Hills Community activity newsletter was paid for you by:

Dan & Susan Slind

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 Marauders Football

First Game of the year is September 17th behind the school. Good luck Marauders!



LADIES NIGHT OUT

Do you have an excess of jewellery or still looking for that one special piece?

Come out to the L.N.O

JEWELLERY EXCHANGE PARTY

Thursday, September 18th

7:00pm @ the Curling Rink.

Bring a sweet or salty treat to share and one or few pieces of jewellery you don't wear anymore to exchange for 'new' ones. *Jewellery not necessary... (it's just a good excuse to get together!)* All are welcome.

Girl Guiding in Birch Hills!

Guiding is a program for girls and women. We welcome new and returning members. Our branches are

Sparks (ages 5 & 6),
Brownies (ages 7 & 8),
Guides (ages 9 - 11), and
Pathfinders (ages 12 - 14).

For more information, contact Audrey at 306-749-2217.

The Birch Hills & District Combined Appeal Blitz

October 7th to 11th
a table set up in the Credit Union to receive your donations.
Donation forms will be in your post office box the last week of Sept.
However, if you have requested **no flyers**, you **will not** receive a form. They will be available for you at the Credit Union.

Just think – no door-to-door canvassers. Donate at your leisure and receive your receipt at the same time. See you there!

CURLING RINK AGM

Tuesday, October 28, 2014
7:00pm @ the Curling Rink
All those interested in what's happening at the Curling Rink are welcome to come



COMMUNITY OPEN FORUM

A survey will be sent out soon seeking your ideas, suggestions, concerns and solutions for the Town of Birch Hills. Watch for more details in the next couple of weeks, in upcoming newsletters and mailboxes. An open community forum will be scheduled later this year after information has been gathered and reviewed. Council and residents will get together to discuss goals & strategies for the future of Birch Hills.

Laurie



Sask Culture Days

September 26-28, 2014

PUT A LITTLE CULTURE IN YOUR LIFE!

Join in on this weekend of free and interactive cultural activities for the whole family. See below for activities that are of interest, register if required and mark your calendar for an fun filled weekend, thanks to Sask Culture Grant Funding. Complete weekend schedule and booklets are available at the Birch Hills Co-op, mailboxes, online or facebook. Collect participation stickers and win prizes. See booklets for more details

Friday September 26th

Conversational Spanish 7-8pm w/ Rosa in Museum Basement

Yoga for Beginners 7-8:15pm w/ Rebecca in Senior Centre

Open Stage Singers & Musicians Welcome 8pm @ the Flute & Fiddle

Saturday September 27th

Tap Dance Intro 8yrs+ 10-11am w/ Erica @ Dance Centre

Conversational Spanish 11-12pm w/ Rosa in Museum Basement

Yoga for Kids Kind-Gr 3 11-11:30am w/ Rebecca @ Senior Centre

Yoga for Kids Gr 4-8 1-1:45pm w/ Rebecca @ Senior Centre

Yoga Sun Salutations Gr 9-adult 2:30-3:30pm w/ Rebecca @ Sr Ctr

All yoga classes require **pre-registration**, space is limited.

Text Rebecca at 960-7736



Guitar Lessons w/ Freddie Pelletier
10-12pm @ Flute & Fiddle



Chilean Lunch Specials starting 11:30am until gone @ Clay Oven



Jazz Class ages 8yrs+ 11-12pm w/ Erica @ Dance Centre

Drama Classes w/ Erica @ Dance Centre for All Ages

Line Dancing w/ Carol & Group 1-2:30pm @ Flute and Fiddle

Museum Treats & Tours 2-4pm Serving free Strawberry Shortcake



Painting Class "Angels Looking On"

w/ Jenny in Museum

Ages 15-Adult @ 10am and Ages 9-14 @ 1:00pm

Only 8 spots available each class. Must **register**. Call 749-2237

Sunday September 28th

Old Time Rural Fall Supper @ Brancepeth Community 5-7pm





The 2014 Ladies Harvest

Fun Golf Tournament was a rousing success again! We had 73 women participate in the 9 hole Texas Scramble! We want to thank the following businesses for prizes they generously donated: The Birch Hills Coop, Affinity Credit Union, Birch Hills CIBC, Brahma Insurance, Town of Birch Hills, Bacon Apiaries, Quayle's Pharmacy and the Birch Hills Golf Course. We also want to thank Myrtle Brown who made her jams and breads for the special hole

events; Jeanette Tomtene who provided some flax also for the special hole events (Tomtene Seed Farm); and Sandra Barber who provided Haskap jam for prizes as well as a Haskap topping made from Haskaps picked at Northern Light Orchard for the dessert. A huge shout out to all the members of the ladies club - for a bang up job gathering produce and other prizes from their gardens and homes, to fill our prize tables and organizing the tournament!

The club house staff, well what can we say? They provided a wonderful meal and looked after us for the day. Thank you to Ethel Rutherford and her staff. The course maintenance staff had the course in tip-top shape. How lucky are we to be able to golf on such a beautiful course. And to have a greens expert like Ed Fusick and hard working men like Carl Hansen, Dave Keen and Stan Bliss - well we are blessed. And last but not least, the ladies club wants to thank Norma Beaulieu - she knows why!

Lorisa Ganes

Watch for date next year so you can join the fun in this annual event!

SUNDAY WORSHIP SERVICES IN BIRCH HILLS

Birch Hills Community Lutheran Brethren Church @ 11:00am

***Welcome* Pastor Clint Knutson**

(Lutheran church corner of Bellamy & 4th St)

Lutheran Church Service 9:30am **w/ Pastor Dan Haugen**

(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 11:00am

St Anne's Roman Catholic Church @ 255 McCallum Ave 9:00am



YOGA IN BIRCH HILLS

Yoga classes are returning to Birch Hills for the fall season! All classes will take place in the small gym at the Birch Hills School. Class dates and times are:

Tuesdays starting Sept 30, 2014 to Dec 2, 2014

*Beginner Yoga: 6:15-7:30

*Multi-Level Yoga: 7:45-9:00

Thursdays starting Oct 2, 2014 to Dec 4, 2014

*Beginner Yoga: 6:30-7:45

Fee will be \$88 per 8 week session.

Previous participation in yoga classes or Rebecca's beginner yoga class is a prerequisite for enrolment in the multi-level class. Classes are intended for ages grade 9 to adult.

To register, please contact Rebecca at 960-7736 or rebecca_quaale@hotmail.com



BIRCH HILLS SCHOOL - BREAKFAST FOR LEARNING PROGRAM

School has started off with a lot of excitement, new staff, new students, and many interesting activities planned for this fall. The Breakfast for Learning program is again getting ready to roll serving breakfast foods on Tuesday and Friday mornings. We have 8 senior students on our volunteer list and two 7th graders who are anxious to help out! We are fortunate that businesses and individuals from our community have **made monetary donations, baked countless muffins, donated cheese, fruit, cereal, yogurt, cutlery, plates, napkins, offered to help the students prep and serve the breakfast foods - all of this is greatly appreciated.** Breakfast days are fun, social times for the students, and give students a boost as they set out on a new day of learning. Again this year we are looking for people to assist with this program. If you can offer even ONE morning, to help serve and join in with our school community - your help will be appreciated.

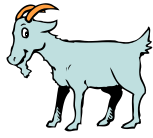
Please call the school at (306) 749 - 3301 or email me at bhunter@srsd119.ca with any questions - **or if you would like to join our team.**

Bev Hunter and BFL Team



Hats off to last years contributors: Affinity Credit Union (BH board), D & T Tessier, , Ruby Ulrich (countless muffins!) Judy Bati, Stella Demery, Rev. Chris Dow, L & K Hunter, Lexi Thompson, Jenny Brin, Jen Evans, April Hovdebo, and all others who I have missed, but who brought in donations of food for our program

GET YER GOAT...OR THEIRS!



Golf Course Raffle
\$5/ticket

Buy your Friend or Foe a
ticket to Win A Real Live Goat!!

No KIDDing!!

Goat Insurance \$20

(ensures you won't win the goat)

TIME IS RUNNING OUT...

Draw Date Sept 30, 2014

Tickets on sale now at Golf Course or
from golf board members (Jamie
Tilford, Iris Fjeld, Laurie Berube)

FIRST RESPONDERS

If anyone is interested in taking a first responder course, we are currently trying to organize one for October 17-19th and 24-26th (total of 40hrs) All costs covered by the PAPHD. All participants must be 18yrs of age and hold a valid CPR C certificate. (CPR course can be obtained prior to responders course at no cost)
Thank you to the volunteer Team of First Responders we already have in Birch Hills. For more info or to RSVP call or text Lorne 960-2456.

Salsa Classes (similar to Zumba)



Friday Nights

6:30-7:30pm

\$10 @ the Dance Center.

Starting Sept 19th

CONTRACT HELP NEEDED

We need to install a 16 foot railing inside the Daycare. It will be bolted to the cement floor. The Daycare will supply all of the materials for the installation. We are looking for interested persons that would charge us an hourly rate to do the work.
Call Anne @ 749-2441

Birch Hills Cowboy Church @ Community Centre



1st Sun of each
month

Next Service

October 5 7:00pm

Featuring Country
Gospel Music
with down home bible
message.

All are Welcome.
Pastor Rick Martin
981-2235

BIRCH HILLS LIBRARY NEWS

Library Hours:

Tuesdays: 12-4 & 5-8 pm,

Thursdays & Fridays:

12 to 4:30 pm

LIBRARY's READING PROGRAM

Kids, bring in your reading
sheets for prizes

StoryTime

Stories read to kids 3yrs+
on Fridays 1:00-1:45pm



FRAUD AWARENESS SPEAKER

Be Educated when it comes to computer,
cell phone, mail fraud. It can happen to
anyone. Watch for more details to come

Canadian Breast Cancer Foundation CIBC Run for the Cure

Join us on Wednesday **October 1,**
2014 for CIBC, Birch Hills, Run for
the Cure, mini-marathon and supper.

Walk will start at 5:30 P.M.

Supper will start at 6:00 P.M.

Pledge and registration forms will be
at the branch. Pre-registration

required for the supper.

We look forward to seeing you.

"People often say that motivation doesn't last.
Well, neither does bathing - that's why it's recommend it daily."



FLUTE and FIDDLE UPCOMING EVENTS

The Great Plains (Saskia and Darrel) Oct 11th

Purchase concert tickets at Clay Oven online www.fluteandfiddle.ca

Open Stage & Karoke Friday Night Hosts in September

19th - Pam Cochet 26th - 'Not My Monkey'

Friday BBQ Nights 5-8pm

\$12.50 for BBQ Buffet BBQ your own (steak provided).

Like us on Facebook,

Follow us on Twitter

Christmas Shopping Bus Tour

SATURDAY, OCTOBER 18, 2014 -

All day excursion!

Comfort of a chartered bus, stopping
in 5 towns at several vendors.

\$35/person (non- refundable) -

ONLY 40 seats available!

Must be prepaid prior to October 1st

2014 (a request will not
hold your spot) We can
do pickups in Kinistino if
requested. Contact Iris
Fjeld @ 749-7377.



EVERY WEEK IN THE HILLS

MONDAY

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 1pm @ Sr Hall starting Oct 14th
 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 7pm

Yoga Beginner & Multi Level times contact Rebecca 960-7736 Sep 30-Dec 2

WEDNESDAY

Ladies Evening Golf 5:30pm
 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
 Birchview Ladies Aux 9:30 every 2nd Wed ea month New members welcome
 Randy Hoback Office 1st Wed of month @ Town Hall 1-3pm
 Holy Trinity Church Srvc 7pm Brancepeth starting June 4- Aug 13th
 Town Council Meetings 2nd and 4th Wed of the month

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
 * **NEW** Drama Club for Kids @ Dance Center 6:30pm \$25/mos
 Yoga for Beginners w/ Rebecca 960-7736 Oct 2 - Dec 4

FRIDAY

Lutheran Church Coffee Break 9:30-11am Bellamy & 4th St
 Birch Hills Library Open 12-4:30pm **Story time** 1-1:45pm
 Flute & Fiddle Karaoke & Steak Nite Happy Hour till 8 All ages welcome

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



REUSE, RECYCLE, REPLAY

Sports Gear



Trade it, Sell it or Give it Away



October 4th

at the Birch Hills Co-op
 (in greenhouse tent)

Bring your used sports
 equipment to trade, sell or

donate. You are in charge of selling
 your own equipment. Bring a table or
 your own way of displaying if you have
 alot. Help may be needed. Contact
 Linda Njaa for more info 749-3134

4th Annual Brrr Chills Winter Festival

Planning Meeting

October 6th 7pm

In Museum Basement
 Contact Laurie @ Rec
 Office if you have ideas
 or want to get involved



Birch Hills Community Boosters Fall Craft, Bake & Trade Fair

Saturday, November 1st

10 am to 2 pm

at the Birch Hills Civic Center

Tables \$20

Call Leanne Bailly at 306-749-2784

Fills up fast!

St Louis "Car Rally"



Register and pay for
 your team by October 1st
 for a discounted price of
 only \$100/vehicle.

Pile in & scavenger hunt for cash prizes

Sat, October 11, 2014

Entry Fee \$120/vehicle

Entry Fee includes, supper and DJ music
 to follow after prize awards

1st Prize of \$1000

2nd Prize of \$ 500

3rd Prize of \$ 300

For more information or to register call
 422-8665 or 981-3810



Drama Club for kids

9yrs - 15yrs

Thursdays 6:30 - 7:15pm

\$25 /month

@ the Dance Center

There is discussion about having a Dinner Theatre
 or Drama Performance for the 2015 Brrr Chills
 Winter Festival in February 2015. If there are
 adults or youth that are interested please contact
 Erica Cochrane @ bhdcrc@sasktel.net or Laurie
 Berube @ birchhillsrec@sasktel.net

Senior Housing
 units are still
 available from
 the Birch Hills
 Housing
 Authority.
 For more
 information on
 these units
 please contact
 Alan Ruder at
 306-749-7541



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

Cell: 306-749-7451 text or call

Fax: 306-749-2545

E-mail: birchhillsrec@sasktel.net

Facebook Page:

'Birch Hills Community & Recreation'

Website: www.birchhills.ca



Funding Assists Recreational Activities in Birch Hills



The Knitting Grannies invite you to join them on Tuesday Oct. 14th at 1:00pm in the Birch Hills Seniors' Hall for the start of another busy winter. Projects include Comfort Shawls, mitts and toques. We will meet every 2nd Tuesday at the same time and place beginning Oct. 14th.

Dancing for the Health of It

Line Dance Seminar at the Civic Center

Saturday, October 25

9:30 - 4:00pm

Cost \$10 (includes coffee and lunch)

Register with Carol (749-3173), Gaylene (749-2514), Sandra (749-3216), Lorisa (749-3504).

Everyone Welcome,
No Dancing Experience Required



ANNUAL BRANCEPETH FALL SUPPER

September 28, 2014

5:00 - 7:00pm

At the Hall

Take Out Available

Home cooked meal,
proceeds go towards the hall.



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

Crystal Springs

Fall Trade Show

Sat, Nov 22nd.

Call Brenda at

306-749-7745 if you are
interested in a table.

BIRCH HILLS GOLF COURSE NEWS

Lunch at the Clubhouse

Call 749-2211 to pre-order lunch

homemade & fresh buns and meats

Fresh baked Cinnamon Buns on Sat & Sun



Mens Night 6:00pm Tuesdays

Ladies Golf Tues 9:00am

Wed 5:30pm

Funday Mondays: 2 for 1 green fees (\$18)

Thirty Thursdays: 9 holes & Cart Rental \$30

LAST CHANCE to get your ticket for friends or enemies to win a real live goat. Tickets available at clubhouse, or with Iris Fjeld, Jamie Tilford, Laurie Berube, Brahma Insurance...
Draw Date September 30th

Friends of
Gladys Gjesdal
are invited to a
celebration of
her



95TH
BIRTHDAY PARTY
Friday, Oct 3rd
2:00-4:00
at the Lutheran
Church in Birch
Hills.



Birch Hills Upcoming Events

- Sept** 16 - Community Booster Meeting
17 - Marauders Football Home Game
18 - Ladies Night Out Jewellery Party
19 - Salsa (Zumba) Classes start Fridays
25 - Meet the Teacher Night
26-28 - Sask Culture Days (see pg 2)
28 - Brancepeth Fall Supper
30 - Draw for Golf Goat Raffle
- Oct** 1 - CIBC Run for the Cure
3 - Gladys Gjesdal 95th Birthday Party
4 - Sports Gear Trade, Sale, Donate
6 - Winter Festival Meeting
7-11 - Combined Appeal Blitz
8 - School Picture Day
10 - No Classes @ School PLC Day
11 - St Louis Car Rally Scavenger Hunt
- the Great Plains Concert
14 - Knitting Grannies Start Tuesdays
17 - Annual School Turkey Trot
18 - Christmas Shopping Bus Tour
25 - Line Dance Seminar
28 - Curling Rink AGM
- November** 1 - BH Trade Show
15 - Hockey Day in Birch Hills
16 - Hockey Ref Clinic
22 - Crystal Springs Trade Show
- December** 6 - Ladies Hockey Tourney

Birch Hills Memorial Museum

Sat. Sept. 27, 2014 2 to 4 pm

Celebrating Culture Day's in Birch Hills
Free Strawberry Shortcake and Coffee
Museum Tours and Special Features
Please Join Us for Treats & Tours

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