

The **'Birch Hills Community Heartbeat'** newsletter is printed bi-monthly and available at the following locations on the 1st and 15th of the month at: Co-op Grocery & Hardware, Quayle Pharmacy and Grumpy's Confectionary downtown. Pick up your free copy and share with a friend.
Send your email address and request for mailing list to birchhillsrec@sasktel.net

October 1, 2011

Volume 1, Issue 7

Hello Neighbours,

What an amazing fall we are having. I hope you are enjoying this fantastic weather. Wait until you see all the great events that are happening! As you will see there are lots of activities available. Whether you are playing or spectating, participation in your community is important.

As the holiday approaches, may we be thankful to find ourselves surrounded by friends and family. If you don't have any, borrow somebody's... No one should eat turkey alone!

Thank you to those that have made me feel welcome in Birch Hills. I am grateful for your hospitality.

Happy Thanksgiving Everyone
Laurie Berube, Recreation Director
Stay Active, Stay Young!



'King George Hotel'

Presents

Dez Reed's Great Plains Comedy Festival

Saturday, October 1st

3 Comedians, 1 great Night: Headliner: Myles Morrison, Featuring: Jim Fooks and Joel Jeffrey

Advance Tickets are \$20 ea
(\$25 at the door)

Tickets can be purchased at the King George Hotel, Quayle Insurance, Grumpy's or call Laurie 749-2251



Thanks to the Hotel for donating all ticket proceeds to the Birch Hills Arena

Brancepeth Hall Fall Supper

Sunday October 2, 2011 5pm - 7pm

Turkey Dinner with all the down home cooked fixings...No tickets required

Cost is \$10/adult & \$6/ (6-12yrs)
Proceeds to support the Brancepeth Community

Let's try it....

Ladies 3 on 3 Hockey

If you are interested in learning the game of hockey and simple skating techniques, please contact Laurie at the rec office. This is non contact hockey and no skill is required but proper equipment is. *Beg, Borrow or Buy*. There will be coaches to teach and help with skill development.

Also coming to Birch Hills Arena.....

Co-ed Drop In Rec Hockey

GENERAL QUARTERS PAINTBALL

and Birch Hills Recreation presents

'Just try it Paintball'

Saturday, Oct 1 1-4pm at the Lions Ball Diamonds in Birch Hills



Cost is \$10 /person includes gun rental, helmet, and 100 pellets.
(Additional pellets \$10/ 100)

Sign up teams of 3 or individuals can be placed on team. Target shooting also available.

BBQ Lunch Available. Come Watch

Must be 12 yrs+. Under 16 requires parental consent. Contact Chevy at 749-3200. **Registration Starts Noon**

This issue of the Birch Hills activity newsletter is sponsored for you by

Norwex Products by Joan Budnick

If you would like to be a sponsor of the next 'Heartbeat' newsletter, contact Laurie at 'birchhillsrec@sasktel.net'

The cost is \$100 for printing, advertising and ensuring that the newsletter stays free for the community. Half sponsorship are available. Thank you for supporting your local paper.



Yoga by Greer

Start your

Saturdays off

right with yoga at the Birch Hills Dance Studio. Watch for scheduled days on Facebook or in the Heartbeat. October Dates are 8th, 15th, 29th.

RecAdult Volleyball

at the Birch Hills School Gym. Every **Sunday & Thursday 8-9:30 pm**

\$2 drop-in.

Fees used for future recreation activities.



See you there!

TLC Daycare News

The new community TLC Daycare is coming along nicely. The building is going up quickly and it is great to see some progress. Our plan is to have the daycare up and running by spring 2012. There will be spaces for 50-60 children and the daycare can employ up to ten people.

We are now fundraising to help get it going. We held a Walk-A-Thon in June and a Steak Night in August. Our next fundraiser will be Perogie Sales. We will be selling bags of homemade perogies for \$4/dozen. You can choose from Potatoe and Cheddar or Potatoe and Onion. Sauerkraut perogies will be available for \$4.50/dzn. We are taking orders now if you would like some for the holiday season. You can call **Kelsey Olfert 749-3449 anytime, Tiffany Olson 749-3301 or 749-3302 during business hours or Kyla Oakes 749-3479 in the evenings.**

We will be taking orders until November 15, 2011.

Our Annual General Meeting October 22 at 7pm in the town board room and we encourage the public to come out and hear about the progress of the daycare. A new board of directors will be elected that night.

If you would like a nomination form please contact Malissa Hall at reception@ncr.ca for a form and all forms must be returned to her by **Oct. 20, 2011.**

Happy Thanksgiving!



Recreation Activities Provided through Sask Lotteries

SASKATCHEWAN HIGH SCHOOL RODEO

October 1 & 2 in Melfort,
at the Creek Side Arena \$5 at gate
Start both Saturday & Sunday mornings with
a Pancake Breakfast 8 - 10am \$5/plate

Junior and Senior High Rodeo

Ham Dinner Saturday 6-8pm tickets sold in advance

Contact Raelene at 921-6100



Birch Hills & District Combined Appeal Blitz

October 3rd - 7th a table will be set up at the Advantage Credit Union to receive your donations. Donation forms will be in your mailbox or at the Blitz.

The majority of our area will receive their form in the mail; however, if you have requested 'no flyers', you will not receive a form.

Just think - No door-to-door canvassers, donate at your leisure and receive your receipt at the same time.

A chance to give to your charities of choice.

THE BOTTOMLESS CUP CAFÉ

Four Course
Thanksgiving
Feast



October 7th, 5-8pm
by reservation only.
749-7957

Includes: Seasonal Soup, Salad, Turkey, stuffing, whipped potatoes, gravy, mashed turnips, cranberry sauce, pumpkin pie, whipped cream, coffee or tea. For \$15.50/person

BIRCH HILLS HOUSING AUTHORITY

is in need of
Volunteers to serve
on their Local Board.

Applications can be
picked up at the Town
Office

Please submit your
application by
Tuesday, October 11

NOTICE: "Compost" pick up is Wednesday,
October 5th. Leave in alleys for pick up

Winter Festival Committees

Great meeting, lots of ideas! The dates set are
February 10th to the 18th, 2012. Some



of the activities we are planning for
are: street hockey, snowmobile rally,
curling double bonspiels, snowpitch,
(that's right, play ball in the 'snow'),
cc ski loppets, snowsculpting contest, school
carnival, a valentines day dinner, and a beard
growing contest.

We will kick off the week with a sledding &
bonfire night and end the week with a skating
fun-fest and a great entertainment celebration.
Does that not sound like a fabulous way to spend
a week in February? And believe it or not
there's room for more fun. So if you have ideas,
and the willingness to help out on a particular
part of this event, please contact me at the Rec
Office. 749-7451.

Proposed name: **2012 Brrr Chilly Fest**
What's your thought or suggestion for a name?



RIDERS vs LIONS BUS TRIP

Wishing the Group going to watch
the Riders vs BC Lions Football
game in Regina on October 16 a very fun
and safe trip

REMEMBER the bus leaves from the Youth
Centre at 9 am and returns around 10pm.
Contact Kathy 749-2478 for more info

Birch Hills Business Highlights

'NORWEX' Products

Joan Budnick 749-3552

The Norwex mission is to improve quality of life by radically reducing the use of chemicals in personal care and cleaning. By using our microfiber cloths and water alone, we can reduce the consumption of cleaning chemicals in our home by up to 90% while at the same time reducing our exposure to toxic fumes.

Microfiber cloths remove up to 99.9% of the bacteria from surfaces, resulting in a cleaner and healthier environment. Microfiber cloths are very durable and can withstand the rigors of everyday use.

Save Time and Money: in today's busy world. It has been proven that our products decrease cleaning time by 75% or more. Save money by reducing the use of chemicals and cleaning supplies up to 90%. The average household spends \$450-\$600 a year on cleaning items.

Improve Health: you don't breathe, touch or ingest harmful chemicals. Dirt and dust are removed instead of being spread around. You have a cleaner indoor climate, which reduces allergies.

Better Environment: enjoy the satisfaction of knowing you are doing your part to preserve the environment for future generations.

To learn more, host a show or purchase products, contact **Joan Budnick @ 749-3552** or email sbudnick@sasktel.net

Birch Hills Craft & Bake Sale

Nov 5, 2011 Table Rental \$15

At the Civic Centre

Call: Joyce 749-2553

Marilyn 749-2286

Support the Birchview Home Auxiliary



BIRCH HILLS SENIORS

**Mondays for Bowling &
Thursdays for Cribbage**
2pm at the Seniors Hall

Having a gathering??
Why, not use The Seniors Hall
Kitchen, Hall, Tables at no cost
but donations are accepted.

G.I.R.L. Getting Informed about Real Life

with Tiffany Olson
Noon, sharp! Bring your
Lunch
This is for young ladies ages
10-18yrs.

Every Wednesday Starts
October 5th until December 14th.
In the student counselling room at
the school rm C107AKA



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

REMINDER—Birch Hills Fall Clean Up Week

Monday, October 10th thru Saturday the 15th

Please box or bag your yard cleanup & leave in alley for
townmen to pick up at various times

Kids in the Hills

The Youth Center on Main St/Bellamy is available for
kids to visit most days and Friday evenings kids meet
7pm at the Centre. (unless otherwise stated) Play
pool, foosball, air hockey, guitar hero or just chill out
with friends.

Try Unicycling!! Sept 30

Learn to ride. Helmets are to be worn.

Bring your own or use one from the centre

Scavenger Hunt Oct 7th,

Games Night Oct 14th

Watch here for details on upcoming events.

Play! Always

Thimbles & Threads



Group meets each
Monday from 6:30-8pm
at Birchview Home

Bring your own sewing
machine & fabric.

Group or individual
projects. \$2 donation
goes to use the home

Contact Melissa Braaten
749-3482 for more info

Museum Coffee Pot



We invite
you to join us
any Wednesday from 2
to 4pm for coffee. The
Thrift Shop is open from
9am to 4pm. We are
always looking for vol-
unteers and new people
for our Board of Direc-

We're on Facebook!
Select 'Like' on the
Birch Hills Recreation
Facebook page to get
activity updates.

COMMUNITY BOOSTERS

is for those that are interested in
community improvements and
business development.

Meetings are 3rd Tuesday of the
Month at the Town Office. Next
Meeting is **October 18th at 7:30**
(ends 9pm sharp ...we promise!)

All ages are welcome

Birch Hills Recreation

Laurie Berube, Recreation Director
Box 280 Birch Hills, SK S0J 0G0
Tel: 306-749-2251 Fax: 749-2545
E-mail: birchhillsrec@sasktel.net
Text or call: 749-7451
Facebook: 'Birch Hills Recreation'

*Communities that play together,
grow together!*



SOUP FOR SENIORS

October 22nd, 11 - 1 pm at the
Seniors Hall

Come enjoy a homemade soup
lunch with friends and family.
Donations accepted but not necessary.
Contact Judy for more info 749-3488



**"He's got a point. Nobody eats
a flamingo on Thanksgiving"**

MUSEUM THRIFT SHOP

Seasonal Change Over
1/2 price BIG BAG SALE
On all Summer Items
Only \$5.00 a bag till the end of October

Pre Christmas Shop early

Every Wednesday
Thrift Shop Open 9am to 4pm
Museum viewing
2-4pm on Weds or by appointment
donations accepted



King George Hotel Wing Night

Fridays 8 - 11 pm

\$4.50/lb

Eat in Only



THE MUSEUM QUILTERS

If you enjoy quilting, or want to learn the basics, please come
join us every **Thursdays at 1pm** in the Museum basement.
Starts after harvest. Call 749-2500 for more info

We are in need of fillers: old blankets, flannel sheets, etc.
If you have some, please bring them to the museum



LIBRARY NEWS

**Story
Time for
the wee
ones
(ages 3-4)**



every Friday 1- 1:45.
Starts Sept 23rd

FOR SALE: LG Computer

\$100 Complete with
hard drive, monitor,
keyboard 1st come,
1st served. For more
details call 749-3281

Guess Who's Coming to Birch Hills?

Birch Hills Co-op and
RYSC Youth hosting:
Birch Hills Fall Supper

Sunday October 23
with *Sask Roughrider*
Special Guest!

Watch for posters and
information for this
exciting community
event to raise money
for PA Food Bank,
Children's Hospital
and the Skatepark
Project

Birch Hills Upcoming Events

October 1- GQ 'Just Try It' Paintball
1 - KGH Comedy Show
2 - Brancepeth Hall Fall Supper
3 - BH vs PACI Football in PA
3-7 - BH Combined Appeal Blitz
5 - G.I.R.L. begins
6 - BH vs Rostern Football
7 - Bottomless Café Turkey Dinner
8 - Yoga by Greer
9 - BH RM Century Celebration
10-15 - Town Fall Clean Up
15 - Yoga by Greer
16 - RYSC Youth Rider Game
22 - TLC Daycare AGM
- Soup for Seniors
23 - Birch Hills Rider Fall Supper
29 - Yoga by Greer
29 - Lions Club Halloween Dance

November 5 - BH Craft & Bake Sale
11 - Remembrance Day Service
20 - Hockey Referee Clinic
30 - CAC Presentation

February 3-5 - RCL Curling Prov Finals
10-18 - Brrr Chilly Fest
(volunteers needed)
11 - Sno-Posse's Snowmobile Rally
18 - Skating Fun Festival
(volunteers needed)

March 4 - Skating Club Carnival



Courtesy of Mabel
Epp's Garden.



Please Share
Paper with a
Friend