

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

October 1st, 2014

Issue 79



Hello there!!

I hope all are settling in back to school mode and harvest is plentiful and going smoothly.

Soon the golf course will be closing and rinks will be running. Thank you to those that came out to visit and play at the golf course.

Thanks to our clubhouse staff and greens keepers for offering great food, service and according to many, the best greens around.

Hockey season is right around the corner and the newly developed ladies hockey team, the Barracudas are waiting *impatiently* to get started. It's not too late ladies, if you'd like to play, just contact me. If there are any men looking to play rec hockey Wednesday or Thursday nights, you can contact me as well.

Referees are desperately needed in the area. Please pass on the info & consider the training in November and get paid to ref games. More info in next paper.

Happy Fall and Thanksgiving.

Laurie Berube, Rec Director

GRAND OPENING

**** St Louis Walking Trail ****

In Conjunction with the Terry Fox Run
Thursday, October 9th 1:00pm
Coffee to follow at Senior's Hall

St Louis "Car Rally"

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



REUSE, RECYCLE, REPLAY

All Kinds of
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.

Bring a table or your own way of displaying if you have a lot. You are in charge of *selling* your own equipment.

Help may be needed. Contact Linda Njaa for more info 749-3134

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 & 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.

OCTOBER issues of the Birch Hills Community activity newsletter was paid for you by: **McIntyre Construction, Lake Park Baptist Church and Ray & Olive Stangland**

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 Highschool Marauders Football

Thurs, Oct 2nd in Laronge
Wed, Oct 8th Home Game
vs. Rosthern

Thurs, Oct 16 Home Game
vs Spiritwood

Thurs, Oct 23rd
in Shellbrook

All games at 4:00 PM

Good luck Marauders!

The Birch Hills & District Combined Appeal Blitz

October 7th to 10th

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.

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



FIREHOUSE NEWS:

Birch Hills Fire Department would like to invite everyone to an Open House at the Fire Hall on Friday, October 10th from 3 pm to 7 pm. We welcome everyone to tour the fire hall and trucks.

As well, we will be holding fire extinguisher demonstrations – we hope you never have to use one, but want everyone to be prepared and know what to do if the need arises.

Please join us for supper - there will also be a barbeque fundraiser (hamburgers & the fixings) as we continue in our effort to replace our Command Unit.

October 5 – 11 is FIRE PREVENTION WEEK. This year's theme is Smoke Alarms – do you know when yours expires? All smoke alarms have expiry dates. As the rest of the country changes their clocks, we remind you to please change your smoke alarm batteries!

- Birch Hills Fire Department

FALL SUPPER IN THE AREA

Yellow Creek –
October 19th



St Louis – October 26th

Weldon Country Villa Care Home
Beef Fall supper
Nov 01/2014 5PM– 7PM
@ the Weldon Auditorium

Wakaw – November 2nd

Meskenaw – November 2nd

Domremy – November 16

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



Salsa Workout Classes (similar to Zumba)

Friday Nights
6:30-7:30pm
\$10 ea time or
\$30/mos



@ the Dance Center.

C'mon Ladies, you asked
for exercise classes... and
we have a willing teacher.
Get Moving, Get Active,
Get Fit...Feel Great!

CURLING RINK AGM

Tuesday, Oct 28, 2014
7:00pm

@ the Curling Rink
All those interested in
what's happen-
ing at the
Curling Rink
are welcome
to attend



Sask Culture Days in Birch Hills

On Sept 26 & 27 residents of Birch Hills & area were invited to try different cultural experiences. Thanks to instructors Jenny Riviere (Painting), Erica Cochrane (Dance & Drama), Rosa Matice (Spanish lessons), Carol Churchill (Linedancing), Rebecca Quaal (Adult/Kids Yoga), BH Historical Society (Museum Tours & Treats), Freddie & Sheila Pelletier (Guitar lessons) and to Joanne Bzdel for helping with the brochure. The programs were well delivered and those that came out enjoyed their activities. Thank you to Sask Culture for funding & the opportunity to put a little culture in our lives. The winner of the \$100 Cash Prize goes to the Riviere Family for participation in the most activities. 9 of them.. YAY!!

FORM E

(Subsection 160.23(2) of the Act)

NOTICE OF ABANDONMENT OF POLL

The Rural Municipality of Birch Hills No. 460 Municipal Elections 2014. Division No. 2 Whereas Kyle Jensen, nominated for the office of Councillor for Division No. 2, is the only candidate, I hereby give notice that no voting for the office will take place on October 22, 2014.

Dated this 19th day of September, 2014.

Shirley Pratchler, Returning Office

FORM G

(Section 160.27 of the Act)

NOTICE OF VOTE

The Rural Municipality of Birch Hills No. 460 Municipal Elections 2014.

PUBLIC NOTICE is hereby given that:

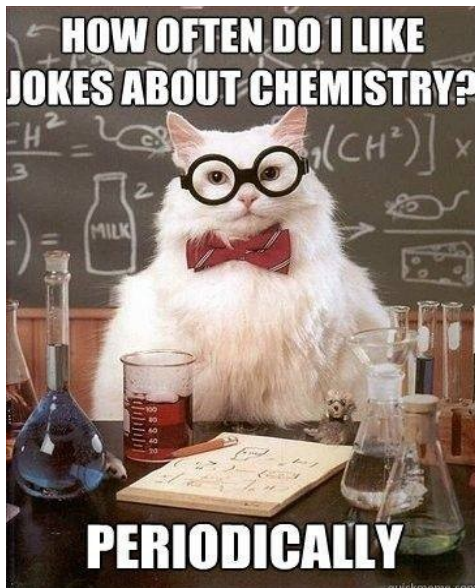
1. A vote will be held for the election of Councillors for Divisions No. 4 and 6.

2. The vote will take place on Wednesday the 22nd day of October, 2014, 9:00 am to 8:00 pm at the Birch Hills Civic Centre, 126 McCallum Avenue, for Divisions No. 4 and 6.

3. I will declare the result of the voting at 126 McCallum Avenue, Birch Hills on Thursday, the 23rd day of October, 2014, at the hour of 10:00 am.

Dated at Birch Hills, SK this 19th day of September, 2014.

Shirley Pratchler, Returning Officer



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



REMINDER:

To the membership of the Royal Canadian Legion #122 that your 2015 Membership cards have arrived and dues are now payable to the Branch.

Please contact Marlene Lypchuk, membership chair, 749-2571 and pass this info on to all out of town and Family members to arrange for mailing if required. Meetings every 2nd Thursday of each month @ 7:00pm and new members are always welcome



Thank you to Shirley Lyons for taking the Birch Hills and District Combined Appeal chairperson position. I am stepping down due to mobility issues.

It has been a pleasure working each year for funding for our variety of charities. I would like to thank Marilyn Sorsdahl for her hours of bookkeeping and skills to see it run so well. Also to Florence Sinclair for your time spent phoning workers to collect & issue receipts during the Blitz week Oct 6 - 10th this year at the Credit Union. I would also like to thank the Affinity Credit Union for letting us collect there and all they do for this cause. These are all worth while causes & it's great to see the benefits for the charity. Nice Work People!

Lois Arp

YOGA IN BIRCH HILLS

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

in the small gym at the Birch Hills School.

Fee will be \$88 per 8 week session.

intended for ages grade 9 to adult.

To register, please contact Rebecca at 960-7736 or

rebecca_quaale@hotmail.com



How Important is it to a child to have a good Coach?

I was at a youth program training session in Prince Albert this past week. There was a time where we had to share a story from our past about when we could remember having a good coach and/or a bad coach. A lady, I didn't know before shared that when she was on a ball team, she remembered her coach being supportive & encouraging to all the members on her team. She mentioned how the team members supported each other and they won several years of playoffs. Most likely from the example of coaching these girls received. I'm sure it is not a surprise to some, that the coach's name was **Archie Tilford**. Her experience was a positive one and to this day she is an active, outgoing and fit young mother. The ladies that talked about bad experiences with their coaches, said they never returned to those sports and some never even tried other sports. I wanted to share this story, because it shows that adults really can make a difference in a child's life, not cause they won but because they showed they cared. *Kudos to our coaches, teachers, leaders and mentors of our young ones.*

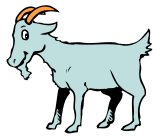
Laurie Berube

BIRCH HILLS SCHOOL - BREAKFAST FOR LEARNING PROGRAM

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

GET YER GOAT...OR THEIRS!



Golf Course Raffle
Winner to be announced!

JOB OPPORTUNITIES:

CANTEEN MANAGER / WORKERS or CANTEEN LEASER

Wages negotiable and dependent upon experience. Inquire at Rec Office for more info.

or send resumes and tenders by Oct 17th to birchhillsrec@sasktel.net or mail to

Box 280, Birch Hills Attn: Laurie

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.

Birch Hills Cowboy Church

@ Community Centre

1st Sun of each month

Next Service **Oct 5 7:00pm**

Featuring Country Gospel Music with down home bible message. All are Welcome. Pastor Rick Martin 981-2235



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

COMMUNITY OPEN FORUM

We are seeking Town and RM residents ideas, opinions, suggestions, concerns and solutions for the well being and future of the Town of Birch Hills and area.

Please take a few minutes to complete the survey that was put in your mailbox, OR online by visiting www.birchhills.ca OR for those receiving the newsletter on line...hover and click the link below.

<https://www.surveymonkey.com/s/7SPVWPH>

Surveys are to be filled out and returned by October 17th. They can be dropped off at the Town Office or Rec Office. Once information is gathered and reviewed, a town open community forum will be scheduled in November. This will be a positive time for Council and residents to get together to discuss goals & strategies for the future of Birch Hills.

Laurie Berube

Lake Park Baptist Church News

FIRST FRIDAY COFFEEHOUSE

Friday, November 7th @ 7:30 pm

Featuring the First Friday Band and guests, Amy & Tani
\$8 at the door



AWANA For Kids

ages 5 to 12

Tuesday nights from 6:45 to 8:30
Awesome games, fun songs, bible memorization, interesting teaching and amazing awards!

YOUTH BIBLE STUDY

Tuesday Evenings at 7 pm

YOUTH ACTIVITIES

on Friday evenings

FLUTE and FIDDLE UPCOMING EVENTS



Hallowe'en Howl w/ Stephanie Thomson(Iverson)

Friday, Oct 31st (no open stage)

Tickets \$10 before Oct 20 Prizes for Best Costumes

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

Open Stage & Karoke Friday Night Hosts in October

3rd - BreeAnne Stubbs

10th - Carmen Robertson

17th - Ralph Galambos

24th - Pam Cochet

31st - No open mic...Halloween Howl

Friday BBQ Nights 6-8pm

\$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,

All day excursion!

BUS IS FULL...

HAVE FUN LADIES



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 every 2nd Tuesday
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-Dec2

WEDNESDAY

Line Dancing all welcome 9:30-11am @ 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
Salsa Classes 6:30-7:30 @ Dance Centre (pending participation)

Call if you have changes or events to add to this list; Laurie at 749-7451

Work Tender Birch Hills Civic Center

Removal of 10 wood framed windows and installation of 10 new triple pane units with constructed 24 x 24" infill below window insulated and finished on both interior/exterior. Panel interior finished to paint grade drywall or MDF. Panel exterior must be hardyboard or other durable finish (no vinyl siding)
Window units are approximately 24" x 80".
Tender quote must include all materials, labor, and taxes. Send to Box 206 or drop off at Town Office

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

The Birch Hills COMMUNITY BOOSTERS

Next meeting

Tuesday October 21, 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

Birch Hills Community Boosters Fall Craft, Bake & Trade Fair

Saturday, November 1st

10 am to 2 pm

at the Birch Hills Civic Center

Tables are booked.

Lunch Counter hosted by the BH
Ladies Hockey Team the Barracudas

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



Weldon Trade Show and Sale

Saturday, November 29

10:00am - 2:00pm

@ the Weldon Silver Tone Hall

Lunch available for purchase. Contact
Brenda for more info at 749-2038

Registered: Watkins, Avon, Epicure,
Lia Sophia, South Hill Designs, Young
Living Essential Oils, Tupperware,
Norwex, Organo Gold Coffee, Mary
Kay, Jockey, Scentsy, Color by Amber,
Terry's Art, various arts and crafts



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

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

Crystal Springs Fall Trade Show

Sat, November 22nd.

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



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

TOWN OF BIRCH HILLS CLEAN-UP WEEK

The Town of Birch Hills has declared the week of
Monday, Oct 13th thru Saturday, Oct 18th, 2014
As "FALL" CLEAN-UP WEEK.

Residents are asked to have any extra compost/
refuge ready to be picked up. Please have your grass
clippings and yard clean up in clear bags and your
branches and brush bundled in manageable pieces. Anything
placed out after Saturday, October 18th will not be picked up by
the town crew. Thank you for keeping your town clean



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 GOLF COURSE NEWS



OCTOBER SPECIAL \$10 for round of golf

Winner of August 50/50 is Allen Harper

LAST CHANCE: Golf Course will closed for the season on October 13.
I hope you were able to enjoy a round or two of golf. See you next spring!

Spread the Word: We will be looking for Greens keepers next year

Friends of Gladys
Gjesdal are invited
to a celebration of



her **95th**
birthday

on
Friday, Oct 3rd

2:00-4:00

at the Lutheran
Church in Birch
Hills.

FRAUD AWARENESS SEMINAR

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

Birch Hills Upcoming Events

- Oct**
- 1 - CIBC Run for the Cure
 - 3 - Gladys Gjesdal 95th Birthday Party
 - 4 - Sports Equip Trade, Sale, Donate
 - 5-11 - Fire Prevention Week
 - 6 - Winter Festival Meeting
 - 7-11 - Combined Appeal Blitz
 - 8 - School Picture Day
 - Marauders Football Home Game
 - 9 - St Louis Walking Trail Grand Opening
 - 10 - No Classes @ School PLC Day
 - 11 - St Louis Car Rally Scavenger Hunt
 - the Great Plains Concert F&F
 - 13-18 - Fall Town Clean up Week
 - 14 - Knitting Grannies Start Tuesdays
 - 16 - Marauders Football Home Game
 - 17 - Annual School Turkey Trot
 - 18 - Christmas Shopping Bus Tour
 - 21 - Community Boosters
 - 23 - RM Councillor Voting
 - 25 - Line Dance Seminar
 - Soup for Seniors
 - 28 - Curling Rink AGM
 - 31 - Hallowe'en Howl @ F&F
- November 1 - BH Trade Show**
- Weldon Fall Supper
 - 15 - Hockey Day in Birch Hills
 - 16 - Hockey Ref Clinic
 - 22 - Crystal Springs Trade Show
 - Soup For Seniors (ham dinner)
 - 29 - Weldon Trade Show
- December 6 - Ladies Hockey Tourney**

SOUP FOR SENIORS

Saturday, October 25 11:00 - 1:00pm
At the Birch Hills Senior Centre
Come and enjoy a free hearty bowl of soup
along with great fellowship!
If you are unable to attend, please call the
Senior Center on the 25th for delivery.
Phone 306-749-3217 Join us November
22nd for our Christmas Ham Dinner