

HEARTBEAT

The 'Birch Hills Heartbeat' newsletter is printed bi-monthly and available at the following locations on the 1st and 15th of the month: Lake Country Co-op, 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

October 1st, 2017



Hello Readers,

Besides the beauty of nature changing colors, cooler days and less bugs, Do you know what else fall brings...?! Fall Suppers!! Yum!! A time to visit other communities and friends. Check out page 2 for the listing of area suppers. The Youth Centre is not able to host a

supper in BH this year so if any groups are interested, feel free to send the information.

Happy Thanksgiving Everyone Laurie Berube, Rec Director



Issue 151

OCTOBER issues of this Birch Hills activity news letter was sponsored by: **J.DEVENIS, D&C BRAATEN EDNA HERD TOWN COUNTRY MEMORIALS**

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.

Community Arts Initiative for Birch Hills

October 16th

Community Paint Night

7-9:00pm at

the BH School. Contact Amy @ 941-0788 Join us for a paint night where you will be led through different techniques of acrylic painting. Painting to be decided.

Other mediums will be available for those who would like to play with other mediums. Please let us know if you can come so we can

make sure we have enough supplies, etc. \$5.00 for 10-17 yrs



and \$10.00 for 18 and up Other Art nights Nov 4 & Dec 2 Follow updates, activities and photos on our

Facebook Page



Friday, October 6th 6:00pm - 1:00am \$5 COVer Charge

Pam Cochet, MC

Kitchen will be open for Supper and/ or Snacks @ Mane Event Downtown Birch Hills



Hosts: Jamie, Lea, Vince

Birch Hills Volunteer Fire Dept



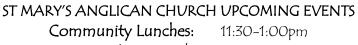
Seeking Men or Women willing to join the local fire department. Hours vary 30-500hrs a year, depending on

Training offered and can individual. helps towards a career.

Oct 5th **Colour Run** School Fundraiser (Turkey Trot)

Kids will be coming around town shortly asking for pledges. Funds will be used to buy new lights for the gym and to help with SLC events, drama, sports, talent nights..etc.

Everyone welcome on Oct 5th in the afternoon to come out and cheer on the kids as they run.



Any community members are welcome to join us for soup & bun Friday, Oct 6

Free will offerings accepted (donations) but not necessary.



Join us for lunch 1st and 3rd Friday of ea month.

Next lunch Oct 20

Weldon Community EventsRaising funds for Weldon Auditorium RenosPaint Night October 20th 7:30pm \$40Register by Oct 15th w/ Brenda at 887-2038Constant Reminder DanceSat, October 14/17 8-12 pmWeldon Auditorium cash bTickets at the door \$15/per personFall Trade Show and SaleSaturday, Nov 25 10 am-2pmTable rent \$20. Contact Brenda 887-2038Lunch available.	DringeDringeHerstell SpringsHerstell SpringsWatch for info on upcoming Christmas BingosFall Brunch:Sunday, Oct 29th, 10:00 am-12:30 pmCrystal Trade Show:Saturday, November 4thCall Lynn 864-8013
FALL SUPPERS	
Kinistino Anglican Lutheran Church Roast Beef Oct 1st 5-7pm Kinistino St Andrews United Church Oct 15th 4:30-6:30pm At the Kinistino Legion Hall Yellow Creek Fried Chicken & Perogi Oct 15th 5-7pm at YC Rec Cent Weldon Beef Fall Oct 28th At Weldon Care Home Crystal Springs Brunch Oct 29 10-12:30 at the CS Hall Meskanaw Nov 5th Dormremy Nov 12th If any group is interested in hosting a fall supper fundraiser in Birch Hills, Send info to Rec Office	evening show & dance. @ Community Hall Tickets call 930-3698 / 960-4435 Pauline/ Nicole \$10/person \$25 /family of 4 Proceeds to Rec Board BIRCH HLLS SCHOOL NEWS
with visits to Split, Croatia; Kotor, Montenegro; Santorini, Rhodes, Mytilene, Athens & Mykonos, Greece and Dubrovnik & Rijeka, Croatia on board the Pacific Princess. Call Stewart or Louise Adams	Birchview Nursing Home Oct Activities ** 10th Auxiliary Meeting 11:00am Anyone willing to assist with help at the home is welcome to attend and join our Auxillary ** 12th Danny Boy Music 15th Glad Tidings Gospel group 18th Job Mates Band 25th Ralph Galambos Entertaiment 31st Halloween Bash Entertainment by Wilf and Al are welcome to attend. 2:30pm start unless otherwise noted

Birch Hills LIBRARY News



STORY TIME is back Starts again Oct 6th! Join us each Friday at 1:00pm

with Mrs Joanne. For ages 3 & 4

Library Hours: Tues 12-4/5-8 and Thurs/Fri 12-4 Ficton/NonFiction Books, Movies, Computer WiFi

Thank you to the Birchview Auxilliary for supporting our Zone Rally hosted here in Birch Hills, September 28th; Thanks to the Town of Birch Hills, the R.M. of Birch Hills, Quayles Pharmacy, Lake Country Co-op, CAA Prince Albert. Also to Callie Braaten, Nova Shore and Mallie Mitchell from BH Dance Centre and the 'Step Outs' for their most enjoyable performances. We appreciated all the special lunch touches from Marie's Catering. B.Getz

Birch Hills Community Fall trade Show

Saturday, November 18, 2017 10:00am – 2:00 pm Birch Hills Civic Centre Tables \$25 ea, Set up 8:30am

Lunch provided by the BH Guiding Association. Table must be prepaid prior to trade show.

Mail payments to Box 586, BH, SK SOJ OGO or call 306-749-2217 or text 306-961-9199 to register



MANE EVENT

Costumes & Cocktails Hallowe'en

October 28th

8:00pm \$10 cover prizes for best dressed

October 6th - Karaoke Pub Night \$5 cover charge 6:00pm Kitchen open

Book the Hall for birthdays, anniversaries, reunions, etc . Call or Text Kristy 306-749-7405 Community Flu Clinic Wednesday, November 1st At the Senior Hall 9:30 - 12:00 pm

Provided through Parkland Health



Paintball

Saturday, October 21st \$20/person... Teams of 3 Challenge is out to Fathers & Sons!

Mag fed air guns and safety equipment supplied. Ages 12yrs+ Parental consent required Register at noon, games to start after Weather permitting, maybe rescheduled Call Chevy at 306-749-3200 for more info.

MOMS & TOTS

Tuesday and Thursdays from 10-12pm At the Youth Centre \$2 drop in fee for centre hosting All Moms welcome

Join the "Birch Hills Mammas" Facebook Page to meet other moms in Birch Hills

YOGA in Birch Hills Instructor Megan Pashak Runs for six weeks from Sept 11–Oct 17th Monday 7:15–8:15pm Tuesday 9:30–10:30am and 8–9pm



At Birch Hills Dance Centre (basement) 6 Classes \$75.00 Drop in \$15

For more info Email pashprojects@outlook.com or to register.



REFEREE TRAINING CLINIC in Birch Hills Sunday, Nov 5, 2017 9-3:30pm Make some extra \$\$ during the winter. Adults & Youth are invited to register with SHA for the ref clinic. For more information or to register, contact Trent Cey at TrentC@sha.sk.ca.

Birch Hills Combined Appeal

October 2nd – 6th, 2017 This is a single appeal on behalf of the charities listed below, with space provided for any others you wish to support provided complete addresses are included.

NO CANVASSER WILL BE COMING TO YOUR DOOR!!! We will accept your donations at the Affinity Credit Union Birch Hills Branch during regular business hours.

Come to the Affinity Credit Union between Oct 2nd-6th with your donation. A receipt will be issued to you at the time. Contact Shirley Lyons at 749-3233 for more information Donate to any of the following registered charities of you choice:

Canadian Red Cross, Cdn Mental Health Assoc, Heart and Stroke (SK), Cdn National Institute for the Blind, BH Fire Dept, Salvation Army, SK Cancer Society, Schizophrenia Society of SK, Arthritis Society, BH & Area Health Care Foundation, Cdn Diabetes Assoc, Lung Assoc of SK, Multiple Sclerosis Society, Kidney Foundation (SK), Alzheimer Society (SK), Cdn Cystic Fibrosis, Muscular Dystrophy (Canada), Crohns & Colitis (Cda), BH Library, Weldon Country Villa, BH Cemetery Fund, Other charities of your choice.

Line dancing the 'Step Outs' WEDNESDAYS. Civic Centre 9:30-11:00am All Skill Levels welcome. Great exercise and laughs to start your day

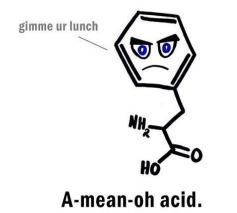
MONDAYS for <u>Beginners</u> -Starts October 30th 9:30-11:00am at Civic Centre



The Sew & Sews in St. Louis SK are having a Beginner Sewing Class On Saturday Oct 21 9:30-4:00. First project, table runner. Cost \$40 Included fabric, filling, backing and binding.

You get to choose the fabric! Bring your own sewing machine and basic supplies ex. Thread bobbins scissors and pins. and a bag lunch. Our club will supply the fabric and you will also have access to rotary cutters, cutting mats, irons and ironing boards. If you're looking for a few laughs and some basic instructions.. we are the place. You can sign up by calling Elaine (306) 961-3175. Or Louise Tournier (306)422-8640 Please pre register Thank You!

WHAT DO YOU CALL AN ACID WITH AN ATTITUDE?



REGISTRATIONS DATES HAVE PASSED, BUT YOU MAY NOT BE TOO LATE. .. CALL TODAY! MINOR HOCKEY - Boys & Girls can register / Coaches and Managers needed for a few divisions Contact Tanya for more info (981-3538) Image: SKATING CLUB Can-Skate & Star Skate Seeking helpers to plan & organize the Skate Club Contact Amanda 306-930-5358 Email: amandarosteski@gmail.com Sparks, Brownies, Guides, Pathfinders and/or Rangers - For Ages 5 - 17yrs For more info call Audrey 749-2217 DANCE CENTRE - Jazz, Tap, Ballet, Lyrical, Hip Hop & Modern, and more adult & youth classes Contact bhdc@sasktel.net for more info or to register for classes! PRE-SCHOOL- Contact Lisa 749-3137 or Jody 749-2943

4

BIRCH HILLS & AREA BUSINESS HIGHLIGHTS and NEWSLETTER SPONSOR

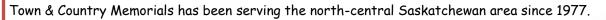
TOWN & COUNTRY MEMORIALS Call Teena Nelson at 306-981-2994 or Kate Rempel at 306-491-3209

Let Us Put Your Memories In Stone

At Town & Country Memorials we have an assortment of products and services available to you. We have a wide selection of in stock monuments for you to choose from and if nothing is quite what your looking for, we can custom order to your specifications.

Memorial vases, enameled pictures, custom designs-we can help you with them all. We have started a few new services in the past year. We now offer in cemetery sandblasting -put a date of passing on an existing monument or add a design to refresh an old monument. Monument restoration-cleaning, repairing, repainting, make existing monuments look new again and extend their life.

Also new to our list of services are Pet Memorials. We offer reasonable priced monuments for your animal family.



Fall Clean - up Week

October 2—9th

Please have your compostable material bundled and available for pick up iin your back alley where back alley access is available. Loose material will not be picked up.

The town landfill is strictly a compost site (no garbage refuse of any kind). This site is available to be opened during business hours at a fee of \$15. Please contact the Town Office to arrange a time.

Congratulations to the Birch Hills Highschool (9/10) Girls Volleyball team on winning the St Mary's Tournament in PA this past weekend.

GO Marauders!!



Birch Hills Lions Club

Birch Hills and District Lions Club is always looking for members with new ideas to help improve our already successful club. Young or old; New or previous members; all are welcome to attend meetings and become members of one of the most successful International Organizations in the world. If you would like to make a difference in our community feel free to contact one of our Membership Chairpersons: *Lion Austin Pocha (749-7408) or Lion Bruce Tilford (749-7743)*

2017 Lions Club Executve

President - Jeffrey Pratt 960-2370 Vice-Pres - Todd Devenis 749-7726 Secretary - Brendan Doderai 314-2328 Treasurer - Brock Tilford 749-7708 Rentals - Chris Braaten 749-7119

<u>Membership Chairpersons:</u> Austin Pocha - 749-7408 Bruce Tilford - 749-7743

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SAVE THE DATE ...

Blackhawks Comedy Night

Saturday, January 6th, 2018 Tickets available soon from Birch Hills Senior Hockey Team Players



Community Funding Assists our Rec Activities in Birch Hills

Transwest Air, and RYSC Youth Centre hosting

Helicopter Shoe Drop and Sneaker Scramble

The Fires are no longer critical and a new date will be announced soon! Watch for more details on posters and Facebook posts.

Shoes (entry) is \$10 ea at the Youth Centre

Sponsored by ScotiaBank and Propoganda We appreciate your patience & support!!



Birch Hills & District Laurie Berube, Book Tee Times at Clubhouse 306-749-2211 Recreation Director Box 280, Birch Hills. Sk Recreation Board SOJ ()G() Monday and Fridays - 2 fore 1 golf (\$20 for 2golfers/9holes) Office Located at: 146 Bellamy Ave Golf for \$15 a round till the end of season Office Hours Mon, Wed, Thurs 9am-12pm (excluding 2 fore 1 days) General Hours M-F 9am-4pm text or call Clubhouse Clothing 15% off Cell: 306-749-7451 or E-mail: birchhillsrec@sasktel.net (members are 25% off) starting Sept 15 till end of season Facebook Page: 'Town of Birch Hills Men's Club Windup Sunday, October 1st. Community & Recreation' Ladies Club Windup Tues Oct 3 Lunch (golf weather permitting) Town Website: www.birchhills.ca Upcoming Events MYSTERY LUNCH For Golf Staff, Board Members and spouses/ Oct 1 - Men's Golf Club Windup families are invited to our Mystery Lunch - Kinistino Fall Supper 5 - Highschool Football home game You may not know what you're getting - School Colour Run but it will be tasty!! 6 - No school classes - St Marv's Community Luncheon Saturday, October 14th - Karaoke Pub Night Mane Event 12:00pm 9 - Thanksgiving Holiday \$5 per person 14 - Weldon Dance - Golf Clubhouse Mystery Lunch Sign up by Wed, Oct 11 15 - Yellow Creek Fall Supper 749-2211 20 - St Mary's Community Luncheon - Weldon Paint Night SKATING RINK NEWS 21 - Paintball 3 on 3 25 - Weldon Fall Trade Show There has been a delay in the plant start up. We are still 28 - Costumes & Cocktails Hallowe'en shooting to have ice for mid October. If you are interested - Weldon Fall Supper in joining a hockey team this year, feel free to contact the 29 - Crystal Springs Fall Brunch following 31 - Hallowe'en Costumes & Cocktails Nov 1 - Flu Clinic Elston 961-2842 Mens Rec Hockey: Hawkeyes 3 - Western Night Supper & Entertaiment Goosers Mitch 749-7978 - St Mary's Community Luncheon Ladies Rec hockey: Barracudas Carole 749-7446 4 - Crystal Springs Fall Trade Show Tanya 981-3538 Minor Hockey: IP - Midget 5 - Hockey Referee Clinic SHA Skating Club Star & CanSkate Amanda 930-5358 - Meskenaw Fall Supper 11 - St Louis Comedy Hypnotist & Dance Nov 5 - Hockey Referee Clinic 12 - Dormremy Fall Supper 25 - Hockey Day in Birch Hills 17 - St Marys Community Luncheon Dec 10 - Canada 150 Skating Day 18 - Birch Hills Fall Trade Show 25 - Hockey Day in Birch Hills Ice Rentals call Justine 749-7989 - Weldon Trade Show & Sale Book Private Ice for extra practice with friends, family Dec 10 - Canada 150 Skating Day gatherings, birthday parties. 15 - St Mary's Community Luncheon Jan 6 - Blackhawks Comedy Night Public Skating Fees \$3 /day \$30 individual / \$60 Family BIRCH HILLS UNITED CHURCH NEWS Regular worship services are held the second and fourth Sunday of the month at 9:30 a.m. Everyone is welcome. Western Night Friday, November 3 at the Brancepeth Hall Doors Open 5:30pm, Supper 6:30, Entertainment Bernadette Greuel/ Ralph Galambos, Silent & Live Auction, Tickets available with Sandra 749-3216 \$20Adults, 12 & under \$10. The Birch Hills United Church Women will again host an ecumenical service for Fellowship of the Least Coin in November. Everyone is invited to save their "least" coin (nickels) and bring them to the service. All money received will then be forwarded to the Women's Inter-Church Council of Canada to help with their many projects in Canada and around the world