

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, Grumpy's Confectionary and various other businesses downtown. Pick up your free copy and share with a friend.

Send your email address and request for mailing list to **birchhillsrec@sasktel.net**

November 1, 2011

Volume 1, Issue 9



Hi Everybody! What a great little town and area we live in. I continue to meet so many creative, wonderful, and active folk. It is so exciting for me to hear you say that you want to get involved in your community. It's like music to my ears!

The buzz is out about the Brrr Chilly Winter Festival. We have four months to plan an amazing week. Please consider coming to the meeting on November 21st. Three easy steps to get involved.

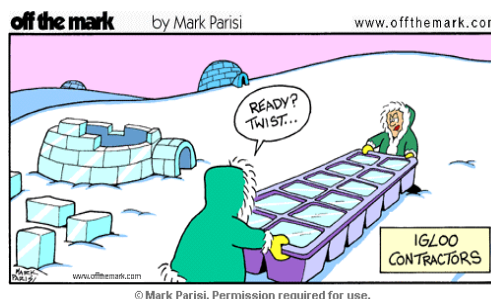
- 1) think of something you love to do
- 2) think of an event/program you could lead or help doing what you love to do.
- 3) talk to me and I can assist you to find funding or others to help you do what you love to do. This is an awesome opportunity to put Birch Hills on the 'places to be in February' list.

A quick update on our rink. Several funds were used and a lot of necessary maintenance work has been done in the

arena. Thanks to those that have been helping in both the skating and curling rinks. Despite a few hiccups, skating ice will be ready Nov 1st and the Curling Committee AGM is Nov 1st in the rink at 7:30pm. All curlers are welcome.

We have a Sr Hockey team! Come out to cheer on and support our Black Hawks with your Canadian hockey spirit. Check www.birchhills.ca for game schedules and updates.

Have a great couple of weeks.
Laurie Berube, Recreation Director



This issue of our Community activity newsletter was paid for by you by:

Birch Hills Advantage Credit Union

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.

BIRCH HILLS BLACKHAWKS

are hosting
a dance
November 12th
\$10/advance \$15 at door.

At the Civic Centre
Come out for an evening of entertainment and support Birch Hills Sr Hockey. Purchase tickets from Mark, Derek 749-7363, Brock 749-7708 or Greg 749-7383

The team is looking for volunteers for home games. Pls call Mark at 981-4680. Thanks

THE ROYAL CANADIAN LEGION BIRCH HILLS, SK BRANCH #122

November 11, 2011 Poppy and Remembrance Day.

Members of the Royal Canadian Legion invite you and your family members to join them at the Birch Hills Civic Center on November 11th. This is the day we pay tribute to the men and women who served their country in time of war, and especially to those who suffered and gave their lives. We appreciate your generous support in the past, and respectfully solicit your contributions again this year. Those purchasing wreaths may have the wreath laid by a person of their choice. Cheques should be made payable and mailed to ~

Birch Hills Legion Poppy Fund Wayne Boyle, Box 203, Birch Hills, Sk, SOJOGO 749-3219

Your response will enable us to aid those in need.

Please note - It is important that you inform Wayne with the name of the individual(s) that will be laying the wreath at the service **no later than Nov. 1st, 2011.**

Our next Legion meeting is on November 10th @ 7:00 pm. Please attend and remember your 2012 dues are now payable. Thank you, Don Lypchuk President Legion #122



Please Share
Paper with a
Friend

TLC Daycare Perogy Fundraiser

\$4/dozen Potato/Cheddar
or Potato/Onion.

\$4.50/dzn
Sauerkraut perogies

We are taking orders now if you would like some for the holiday season. 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.

At the AGM held Oct 22, the following list is the new elected Board of Directors for the TLC Daycare: President - Kelsey Olfert, Vice Pres - Kyla Oakes, Sec Malissa Hall, Treasurer - Tiffany Olson, Directors - Al Bzdel, Carlene Swales and Shelley Carrier. Please feel free to contact any one of these members

WELDON CANADIAN FOOD GRAINSBANK FUNDRAISER

Featuring Dave Meier and his Family Quartet
Come Join Us for an evening of music and fellowship (not to mention dessert) **Friday, November 25** 7:30 at the Weldon Lutheran Church

A free will offering will be taken in support of the Canadian Food Grainsbank organization and its work

Birch Hills Craft & Bake Sale

Nov 5, 2011 10-3pm At the Civic Centre
Table Rental \$15 Joyce 749-2553 /Marilyn 749-2286
Lunch will be available.



Support the Birchview Auxiliary

Proceeds are for Relay for Life, Strength for Chris Team

Attention Hockey Referees



Anyone interested in being a hockey referee this season must take a referee clinic. Your last chance will be in Birch Hills on Sunday, November 20.

Classroom sessions will be at Birch Hills School from 9am - 1pm. An on ice training session will follow at 1:30 at the Birch Hills Rink. All officials must also complete an online training session at www.sha.sk.ca. The online modules take about an hour and must be complete prior to attending the clinic. For the first time in many years, there is a full slate of Minor Hockey teams between Birch Hills and Kinistino. There are also Senior Hockey teams in both communities.

We need to have more officials, especially for the Bantam, Midget and Senior Hockey games. Our hockey teams cannot always rely on out of town officials to fill these roles. Kinistino is especially short of refs right now.

Clinic fee is \$90 for ages 17 and under and \$135 for adults. Registered hockey players and coaches will receive a \$40 discount as insurance only needs to be paid with one registration. For more information, please call or text my cell at 930-7635. My email address is robbooulding@hotmail.com



A big bouquet to Gerald and Kurt Olsen for donating the oats to make sheaves for the Historic Society.

THE 2012 THRESHING AND FAMILY FUN DAY
WILL BE HELD ON SUNDAY, AUGUST 12TH
...MARK YOUR CALENDARS...

Rec Adult Vball at the School Gym.

Every Sunday & Thursday 8-9:30 pm

\$2 drop-in. Fees used for future recreation activities. See you there!



If you are interested in signing up for a fun volleyball tournament, call/text the Rec Office 749-7451

BIRCH HILLS RM CENTURY CELEBRATION

The RM of Birch Hills is celebrating its 100th Anniversary. December 9th, 2011

If you have any photos related to the RM that you would allow us to copy, please bring them to the RM office or call 749-2233.

2012 Brrr Chills Winter Festival

Next Meeting **Monday November 21** 7 pm
in the Museum Basement. All ages welcome

February 10th to the 18th, 2012.



Street hockey, snowmobile rally, curling doubles bonspiels, snowpitch, cc ski loppets, snowsculpting contest, school carnival, a valentines day dinner with entertainment, a best beard contest just to name a few activities we are planning for.

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

There has been lots of talk and great ideas. Let's get together & plan an amazing event!

Nurse Practitioner Services

WHO: Cheryl Weger R.N.N.P.

WHAT: A Nurse Practitioner (NP) is a registered nurse who has completed specific nursing education and training in the diagnosis and management of common as well as a few complex medical conditions. NP's are generally licensed through nursing boards rather than medical boards and provide a broad range of health care services.

Duties may include the following:

- * Diagnosing, treating, evaluating and managing acute and chronic illness and disease (eg: diabetes, high blood pressure)
- * Obtaining medical histories and conducting physical examinations
- * Ordering, performing and interpreting diagnostic studies (eg: routine lab tests, bone x-rays, EKG's)
- * Prescribing physical therapy and other rehabilitation treatments
- * Prescribing drugs for acute and chronic illness
- * Providing prenatal care and family planning services
- * Providing well-child care, including screening and immunizations
- * Providing primary and specialty care services, health maintenance care for adults, including annual physicals
- * Providing care for patients in acute and critical care settings
- * Assisting in minor surgeries and procedures (eg: dermatological biopsies, suturing, casting)
- * Counseling & educating patients on health behaviors, self-care skills and treatment options

An NP provides high quality, cost effective and individualized care for patient's families & communities. Approx. 60-80% of primary and preventive care can be performed by NP's.

WHEN: Mon, Wed, Thurs, Fri 9-4:30pm,

WHERE: Birch Hills Health Facility

HOW: You can make an appointment by phoning the clinic at 749-3331

BH Nurse Practitioner & Primary Health Care Team

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, and Tables at no cost. Donations are appreciated.

G.I.R.L. w/ Tiffany Olson

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



Each Wed till December 14th.
In the schools student counselling
room at Room C107AKA

Kids in the Hills

The Youth Center on Main St/Bellamy is available for kids to visit most days and Friday evenings meet at 7pm at the Centre. (unless otherwise stated) Play pool, foosball, air hockey, guitar hero or just hang out with friends. **Unicycling** - Learn to ride, We provide helmets
Watch here for details on upcoming events.

Play! Always

Thimbles & Threads

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



Bring your own sewing
machine & fabric.

\$2 donation

Contact Melissa Braaten
749-3482 for more info

Yoga by Greer

Start your Saturdays off
right with yoga at
the Birch Hills
Dance Studio.



November 5th

and 29th 10am, \$10

Don't forget your mat!

LIBRARY NEWS



**Story Time
for the wee ones
(ages 3-4)**
every Friday 1- 1:45.

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 volunteers
and new people for our
Board of Directors.



MUSEUM THRIFT SHOP

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

**Crystal Springs
Christmas Tradeshaw
& Craft Sale**

**in the Hall
November 26th**

10 - 3pm

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 **November 15 at 7:30**
(ends 9pm sharp ...we promise!)

All ages are welcome

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

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!*

Take the Lead! is designed to train youth to become play program leaders. A Free Seminar will be offered for youth interested in leading an after-school program and for adults that are willing to be youth mentors. This opportunity will provide an essential service to our community and could lead into summer employment for youth.

Please contact the rec office by Nov 15th, if you or someone you know youth or adults that are interested.

Congratulations! The following people from Birch Hills graduated from the U of S in the fall convocation held in October.

*Tim Wayne Bodnarchuk received a Master of Science degree in Vet Microbiology from the Western College of Vet Med.

*Darren LaRose received a Master of Education degree in Education Administration from the College of Education.

We are proud of you!

...Museum Coffee Pot Crew



Funds Provide Recreational Activities

Heavy Equip Mech Prog - Jan to June 2012

Prince Albert Gabriel Dumont School
Apply by Nov 25th 1-877-488-6888 or
Email: tony.blacklock@dti.gdins.org

JOB OPPORTUNITY

Substitute Librarian required
Please apply with resume at the Birch Hills Library. Hours of operation are Tuesday 12-4 and 5-8pm, Thursdays & Fridays 12-4:00pm


THE MUSEUM QUILTERS

Come join us every **Thursdays at 1pm** in the Museum basement. 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



A Huge Thank You to MARTY BRAATEN

not Murray  OOPS!
at Norseman Construction
for his contribution of the new sidewalk in front of & the storage shed behind the curling rink.

2nd Annual Boxing Day Bash

featuring Tim Toutant
Monday Dec 26th
Starts 8pm

Birch Hills Civic Centre
\$20 advance, day of \$25
Limited number of tickets available at Grumpys Conf, Advantage CU, Anna Devenis or the Rec Dept

Proceeds for the new Birch Hills Daycare
No Minors allowed

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



A Bouquet to Ernest Stensrud who so faithfully picks garbage around our town. A good example to all
Thank you from Shirley Ulvild and friends

Birch Hills Upcoming Events

- Nov 1 - Curling AGM (at rink) 7:30 pm
5 - BH Craft & Bake Sale
5 - Yoga by Greer
6 - Wakaw & Meskenaw Fall Supper
10 - BH RC Legion meeting
11 - Remembrance Day Service
11-17 - Rosetown Curling Competition
12 - BlackHawks Dance Fundraiser
18/19 - Rosetown Open Cash Bonspiel
20 - Hockey Referee Clinic
20 - Domremy Fall Supper
21 - Brrr Chilly Festival Meeting
25 - Weldon Cdn Food Fundraiser
25 - BlackHawks 1st Home Game
26 - Crystal Springs Craft Sale
29 - Yoga by Greer
30 - CAC Public Forum
- Dec 9 - BH RM Century Celebration
26 - 2nd Annual Boxing Day Dance
- Feb 3-5 - RCL Curling Prov Finals
10-18 - Brrr Chilly Fest (vols needed)
10 - Tobogganing & Bonfire
11 - Sno-Posse's Snowmobile Rally
12 - Snow-Pitch Tournament
18 - Skating Fun Fest (vols needed)
- March 4 - Skating Club Carnival



Ladies 3 on 3 Hockey

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.

These are the days & times available:
Sun afternoons OR Mondays 9:30pm.
Please let me know which days work best.
Laurie text or call 749-7451

Wii Zumba Fitness

Coming mid-Nov. Drop In for some booty shaking. Times & Dates to be announced. Watch the Heartbeat & Facebook for details.