



The **'Birch Hills 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, Grumpy's Confectionary, 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**

November 1st, 2015

Issue 105



Greetings Everyone

I have just returned from my annual SPRA (SK Parks & Rec) conference in Yorkton. There were several great topics discussed amongst rec professionals and one motivational speaker reminded us that we should continually be adding to our 'leisure bucket'. You know, the kind we can store all our leisure experiences in. As we age, we can reach in our bucket and pull out learned skills that can be used. The more leisure experiences we have, & the earlier we start filling our buckets, the better equipped we will be to return to it or help to experience new activities.

As a family, take advantage of all kinds of sports, culture and recreation, even if you think you may not like it now... you just never know what may peak your interest later on in life.

Start filling your bucket today!,

Laurie Berube, Rec Director

Annual Remembrance Day Services

Hosted by the Birch Hills

Legion Branch #122



November 11, 2015

@ the Civic Centre

Doors open 10:00 am,

Service Starts 10:30am

All are Welcome Free Reception at Legion afterwards. To Lay a wreath, Call Wayne 749-3219

Poppy day Starts Oct 30



'LEST WE FORGET'

UPCOMING FALL SUPPERS



NOV 1 - Meskanaw
1 - Wakaw
7 - Birch Hills
15 - Domremy

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

Birch Hills Legion

Branch #122

Ian & Carol Pryznyk

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/ sponsor (3/month) for printing, advertising and ensuring that the newsletter stays free for you & the community. Sponsoring into January. ...reserve your spot today!

Thank you for supporting your local paper.



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

The Dreamland Optimist Club of Birch Hills presents....

MARDI GRAS BLUES NIGHT

Music by 'Cold Shott Electric Blues'

Saturday, November 14th

@ the Birch Hills Civic Centre

Cocktails 6:00pm

Mardi Grass Buffet Supper 7:00pm

Dance 9:00pm

Advance tickets \$25 Available at Quayles Pharmacy, Birch Hills Co-op, Stuart/Rosa Matice 314-2378, Eleanor 940-7061

ONLY 125 Tickets will be sold

Please help us raise money for the kids of Birch Hills programs.

Sorry No Minors



5th Annual Roughrider Theme Fall Supper and Silent Auction



Saturday, November 7th

6:00pm @ BH Civic Centre

\$20 per person - Door Prize Draw for

2 Rider Gravity Chairs

Only 200 Tickets will be sold

Available from Youth Center or Birch Hills

Fire Fighters

ALL PROCEEDS TO BH FIRE

DEPARTMENT COMMAND UNIT FUND

Drop off any old electronics and purchase supper ticket and get your name in a draw for autographed Rob Bagg jersey.

Sponsored by Scotia Bank

SCHOOL CALENDAR

Oct 31/Nov 1 - Sr Boys Volleyball
Tourney

Nov 5 - Picture Retakes
6 - Report Cards Out
9 - 13 - School Break

Dec 11 - Sr Girls Basketball Tourney
17 - Sr Boys Christmas Classic
Basketball Tourney

Dec 22 - Jan 2 Christmas Break

Marauder Football

Birch Hills Marauders senior football
team wins playoff game in
Creighton!! in the new
Northern Conference 5

Way to Go Team!!



Funding Assists Recreational Activities in Birch Hills

LIBRARY NEWS

STORY TIME Fridays
for 3 - 5yrs old
1:00-1:45pm



Watch for details of upcoming
Christmas Crafts for Adults and Kids
(12yrs+) Tentative date for Adult Craft
is Nov 27th, Kids TBA

Come Visit your Local Library

BIRCH HILLS LADIES LINE DANCING



Join us Wednesdays 9:30-
11am @ Civic Center for LineDancing
Mondays too! Starting soon..

Watch for details
\$2 drop in fee. No experience required

Alzheimer Society

SASKATCHEWAN

CAREGIVER SUPPORT GROUP

Family or Friends - this support group offers the chance to:

- * Exchange information & form friendship with others affected by dementia
- * Access the most current information
- * Learn and share practical tips for coping with change
- * Find a sense of hope

DATE: 2nd Tuesday of every month

TIME: 7:30pm

LOCATION: Board Room - Regional Home Care Building
D-4050 2nd Avenue West, PA

CONTACT: Ted Sayer (306) 922-2803 or
email patnted@sasktel.net



For more info please visit www.alzheimer.ca/sk or
Call 1-800-263-3367

DONATIONS ACCEPTED Have clothes you want to give away??
We have a solution!! TLC Daycare now has a yellow bin out front. It is
a drop off center for new or used clothing. It is in conjunction with
Community Living. TLC Daycare is doing this as a fund raiser and the
proceeds will be going to new play equipment outside and other
equipment and supplies that are needed. So if you are cleaning out your
closets keep us in mind!! Thank You.

JOB OPPORTUNITY

TLC Daycare is looking to hire a maintenance person in a casual position.
Wage would be based on experience. Job would involve general
maintenance to the building inside and out, shovelling snow, mowing
grass and fixing whatever needs to be fixed! Call the daycare at
749-2441 or email a resume to tlcdaycare@sasktel.net

Thanks, Judy, Director of TLC Daycare



CURLING CLUB NEWS

The season will soon begin and it is expected
that league will begin first part of November.
There are days and evening leagues for adults, seniors and juniors are
more than welcome. Competitive and Just for Fun leagues...Come
try a new sport or revisit an old one!

The AGM will be held

November 5th. 7Pm at the Curling Rink

Curling Club Members are encouraged to attend, as well as anyone
who has any interest in the goings on of the Curling Club and Rink.

Upcoming Bonspiels

Nov 28th Cash Spiel	Jan 11-15th Senior Bonspiel Wk
Jan 23rd Legion Provincials	Feb 5-7th Ladies Bonspiel
Mar 4-5th Open Bonspiel	Mar 18-19 2 Person Tuffspiel

BIRCHVIEW NEWS NOVEMBER UPCOMING EVENTS

Everyone Welcome Starts 2:30pm

5th Remembrance Day Service
12th The Sinclairs
15th Glad Tidings
18th Job Mates Band
23rd The Gramps
Dec 1st Memorial Service



Birch Hills Cowboy Church

@ Community Centre

1st Sun of each month

Next Service

November 1st 7:00pm

Featuring Country Gospel Music with down home bible message.

All are Welcome

Pastor Rick Martin 981-2235



**WOW!!
GOOD JOB**

60th Wedding Anniversary!!!

You're invited to celebrate
Archie & Myrtle Brown's
60th wedding anniversary.

Saturday November 14th at the Big Bend
Outfitting Lodge (Hagen Hall)
from 4:00pm - 11:00pm.

Come & Go, Appetizers, supper &
beverages will be served.

No Gifts please



BIRCH HILLS MUSEUM THRIFT SHOP

Big Bag Sale ONLY \$15.00

Some items exempt.

Special Christmas Sale

Grab Boxes - - - Best Buy \$2.00

Open Wednesdays - - 9am to 4pm



FELLOWSHIP OF THE LEAST COIN



Birch Hills United Church Women invite all
those interested to a Fellowship of the Least
Coin service of worship at 3 p.m. on

Friday, November 6

in the Evangelical Lutheran Church in Birch Hills.

The Fellowship of the Least Coin movement began in 1956 when the wounds of World War II were still sore and the victims of the nuclear bomb attack on Hiroshima and Nagasaki were not able to forgive the allies.

To seek reconciliation with the people of these war-torn countries, an international team, sponsored by the Presbyterian church women in the USA were instrumental in setting up the movement. When offering a prayer for peace, justice and reconciliation, each woman was asked to place a coin of the least currency of her country in a special money box. The least coin is significant because women in any economic context can give equally. This was how the movement for peace came to be called "Fellowship of the Least Coin".

The International Committee for the FLC meets annually to make grants for the coming year for projects that benefit women and children throughout the world. These grants are listed in the World Day of Prayer booklets.

The Birch Hills United Church women along with other local church women's groups support this ecumenical movement. Last year \$177.57 was forwarded to the Women's Inter-church Council of Canada.

For further information and to support the Fellowship of the Least Coin (FLC), contact Effie at 306-749-3522 before November 1, 2015.

UPCOMING TRADESHOWS

**Weldon Annual
Trade Show and Sale**

Saturday Nov 14th

from 10:00 until 2:00

Lunch available

For table booking call

Brenda 887-2038

\$20.00 /table

**Find
Bargains
Here!**



Birch Hills Community Boosters Fall Trade and Craft Show

is full, with a variety of vendors offering a great
selection of goods, crafts, baking, etc.

Mark your calendar,

Saturday November 21st

from 10am to 2pm,

Birch Hills Civic Centre,

Lunch served by the Birch Hills Guides and
Brownies. Our Show is full!!

26 Venders, great variety of goods
something for everyone

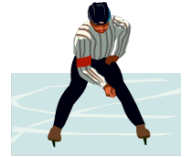
Doors open at 8:30 for venders to set up

BIRCH HILLS SKATING ARENA NEWS

Public Skating days will be Mon, Wed, Fri after school 3:30–5:00pm and Sat & Sun's 2:00–4:00pm. Fees are \$5 for public skate, Sun Family Skate \$10 (pay at the canteen or the caretaker) Or become a member of the rink and public skating is covered for the season, plus you be a member of the rink coffee club. For more information or for Memberships see the canteen workers or contact the Rec Office..

\$30 for individuals or family of Minor Hockey/Skating Club or \$60 for whole family

Consider being a Hockey Ref & Make \$\$\$...On line registration on SHA website.
Clinics in Birch Hills November 15th



JOB OPPORTUNITY: Canteen Manager & Helpers needed for evenings and some weekends. Food Safe Certificate, Drivers License and previous experience an asset. Contact the Rec Office at 749-7451 or by emailing resume to birchhillsrec@sasktel.net. Competitive wages and potential for bonuses.

BLACKHAWK SENIOR HOCKEY NEWS

The Blackhawks lost their home opener to the Muskeg Lake Blades 5 to 4 in a thrilling overtime game. Birch Hills goal scorers were Brent Bremner, Tyler Tilford, Cody Phaneuf and Derek Becker. Mark Peterson played a strong game in net.

Volunteers needed to help at gate and canteen. Even one time would help greatly! Please contact Jamie Tilford



Mark your Calendars – January 2nd Comedy Night w/ Rob Pue Tickets \$25

UPCOMING GAMES

Nov 6th 8:30 vs Leoville Huskies	Nov 7th 8:00 vs Meadow Lake Broncos
Nov 21st 8:00 @ Meadow Lake	Nov 28th 8:00 vs LaRonge 89'ers

SKATING CLUB NEWS

Skating will begin Tues Nov 3rd. Our skating days are Tuesdays & Thursdays
Star Skate 4:00–5:15pm
CanSkate 5:30–6:15

Skating Club Board Members

Welcome Amanda Rosteski as the new Club President.

Kyla Oakes Sec/Treasurer and Shirley Pratchler as Test Chair.

Thank you to Jackie Manson for your years of dedication to the skating club and to Malissa Hall as past president. If anyone else is interested in joining the committee please contact Amanda 930-5358

PA Parkland Health Region Volunteer Service Opportunities

The Prince Albert Parkland Health Region is in need of caring, compassionate and committed volunteers to fill the following service positions:

Influenza Clinic Volunteers

Volunteer Shifts are 8:30 a.m. – 12:00 p.m. or 1:00 p.m. – 4:30 p.m. Days are flexible, Monday through Friday and/or according to your availability.

"Loving Spoonfuls" – Birchview Home, Birch Hills

Duties: escorting, assisting, sitting with residents at mealtime Shifts: Breakfast, Lunch and/or Dinner meals.

Monday – Sunday, once or twice per week.

"On Call" Volunteers – Jubilee Lodge, Kinistino

Assisting with outings, parties, social gatherings, shopping trips, taking residents to appointments, etc. Shifts: As needed

You can reach the PAPHR Volunteer Services Department at (306) 765-6010, by email at volunteers@paphr.sk.ca or find us on the web at www.princealbertparklandhealth.com. You can also contact the Recreation staff in the PAPHR long-term care facility closest to you. We look forward to matching your talents and interests with the right position for you.

**I put grandma on
speed dial...**



Join us -fb/Grandchildren&KidsSayTheCutesThings

I call it "InstaGRAM"!

MULTIUSE BUILDING ANNOUNCEMENT

Town Council and the Multiuse Building Committee are very excited to announce the development of this project. Early in 2014, the idea to create a multiuse building was discussed by members of council. Our Senior residents were using an aging building that was quickly requiring repairs that would be costly. As part of this conversation, and what Council may be able to assist with, the proposal of the Multiuse project was formed.

The old Co-op grocery store quickly became a building of interest as it had the required space, parking, and location. Members of Council met with Duane Lowe, and our building inspector, to determine the effectiveness, building requirements, and a general discussion on what we were trying to achieve. Duane Lowe graciously donated his time to create a floor plan that would get us pointed in the right direction, in terms of the planning process, and to most effectively use the space with which we had to work.

After months of planning and discussion, a decision was made by Mayor and Council, to submit an offer on the building, and move forward with project. The offer was made to Pasada Group which was accepted. Pasada Group also made a donation to the project, that will be detailed, along with other very important donations, in a future edition of the Heartbeat.

Throughout the planning process, and determining our needs, we also looked at Library Space and its usage. The Library will also be relocated to the Multiuse Building, allowing for increased area, and a possibility of additional features or uses of the Library. It was additionally determined that we would create a space for the Birch Hills Lions Club. This gives them a meeting room and areas for storage and counter space.

The interior of the building will be completely rebuilt with electrical, heating and plumbing, new walls and flooring. The exterior of the building will also be updated and modernized.

This project will greatly assist its user groups, and will boost interest in the business area of our town. We are very proud to make this announcement, and look forward to the positive effects it will have on our town. We will continue to update residents on a regular basis. In the near future we will announce a couple of very key donations to the project, outline timelines, aspects of fundraising, and also what we can do as a community to see this project through to completion.

The Multiuse Building Committee that was formed and has recently met, are focusing on aspects of the project including fundraising and timelines. The committee members are as follows;

<i>Shirley Ulvild</i>	<i>Town Council</i>
<i>Barry Evans</i>	<i>Town Council</i>
<i>Owen Stubbs</i>	<i>Town Council</i>
<i>Tara Garipey</i>	<i>Secretary</i>
<i>Joanne Bzdel</i>	<i>Library</i>
<i>Millie Rowluck</i>	<i>Seniors Club</i>
<i>Lorna Gjesdal</i>	<i>Member at large</i>
<i>Todd Devenis</i>	<i>Lions Club</i>
<i>Duane Lowe</i>	<i>Member at Large</i>

COMPUTER LESSONS

Mondays and Wednesdays,
November 16, 18, 23, 25, 30
and Dec 2. Time 1:30pm -
One hour classes



Those interested can call
Laurie at Rec Office to register or for
more information 749-7451 Classes will
be different and planned according to
needs & requests
Limited Spaces available

Birch Hills Library hosting & partnered
with the BH School and Recreation Dept.
Funding from the Birch Hills CIBC



SHOP TIL YOU DROP

Saturday, November 14
LAST CALL

Get a jump on Christmas presents & spend
the day with friends travelling to
different towns finding all kinds of little
treasures. Message or call asap
Iris Fjeld 306-749-7377.

MINOR HOCKEY HOME GAMES

Hockey Day in Birch Hills

Sat, Nov 21st



10:00 am IP Game

12:00 pm Novice Game

2:00 pm Atom vs Tisdale Black

4:15 pm PeeWee vs Star City

Wed, Nov 25th Atoms vs Kinistino 6pm

Sat, Nov 28th Atoms vs Nipawin 4:15pm

DROP IN VOLLEYBALL

Sunday Evenings 7:30 - 9:00pm

Starting November 15th
in the School Gym

\$2 drop in fee, goes to
school for rental

Sitter service may be
arranged. Contact Rec Office for
more information

Recommended for 16yrs+ All Welcome





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: 'Town of Birch Hills
Community & Recreation'
Website: www.birchhills.ca



GOLF COURSE NEWS

The Golf Board Members want to thank you for your patronage over the 2015 season. We had a good season and as far as we are concerned..... WE HAVE THE BEST GOLF COURSE AROUND!! Our sincere thank you to Ed Fusick, Carl Hanson and the other staff that worked diligently on the course itself. We were so pleased to welcome a number of students to employment with the golf course this year. Mr. Fusick - we cannot say enough about you. Mr. Fusick single-handedly saved the course approximately \$20,000 by refusing to give up on deteriorating equipment. We also had some creative ideas from our clubhouse managers making home-made boxed suppers for some harvesting farmers to a 'mystery' lunch to thank our annual membership holders, board members and employees as well as their immediate families. The volunteers, donations of equipment and labour and the fundraising efforts - never receive as much thanks and praise as they deserve! But we thank you anyway!

We want to advise you of 2 programs we put into place (these have previously been done, but we have now formalized the policies that will be used).

Early payment of annual membership fees

To allow for the early purchase of an annual membership at **current rates to avoid a possible increase** in the new season, those who elect to purchase their memberships for the new season will have until January 15, 2016 to do this. If the rates increase in 2016, the purchaser will not have to pay the increase. The payment must be made IN FULL by January 15, 2016.

Installment payments of annual memberships

To allow for the gradual purchase of the annual membership through installment payments, those who elect to do this will be able to make up to 5 payments, via cash, money order or cheque (receipts will be given). You may start as soon as you wish but the final payment **must be made** no later than May 1st, 2016 and must include any new season increase. There will be an administration fee for any refunds.

DID YOU KNOW that our 2015 (single) adult membership of 525.00 is equal to about 28 - 9 hole rounds? This is truly bang for your buck! Especially if you pay this under our installment program. Those of you who previously purchased 2 or 3 - 10 packs in a season.....THE ANNUAL MEMBERSHIP is a much better value ESPECIALLY with the option of the installment payments! The annual membership is UNLIMITED golf!

Stay tuned for information on our "Loyalty Program" and our "Pre-Paid Card Program" that will be replacing our 10-packs.

Birch Hills Golf Board

Birch Hills Upcoming Events

- Oct 31-Nov 1 - Sr Boys Volleyball Tourney
Nov 1 - Meskanaw & Wakaw Fall Supper
- Cowboy Church
5 - Curling Club AGM
6 - Fellowship of the Least Coin
- Sr Hockey Home Game
7 - Firemen's Roughriders Theme Fall Supper
- Sr Hockey Home Game
9-13 - School Break
11 - Remembrance Day Service

14 - Weldon Trade Show
- Shop Til You Drop Bus Tour
- Brown 60th Anniversary Celebration
- Mardis Gras Blues Night Fundraiser
15 - Hockey Ref Clinic
- Domremy Fall Supper
- Drop In VolleyBall starts
20 - RBC Sports Day in Canada - Jersey Day
21 - Annual Fall BH Home & Bus Tradeshow
- Hockey Day in Birch Hills
25 - Atom Home Game
27 - Library Adult Craft night (tentative)
28 - Cash Spiel Open Curling
- Atom Home Game
- Sr Hockey Home Game
Dec 6 - Brancepeth Family Christmas Party
- Cowboy Church
Jan 2 - Sr Hockey Comedy Night
11-15 - Seniors Curling Bonspiel
22 - Sr Hockey Home Game
23 - Provincial Legion Open Curling
29 - Sr Hockey Home Game
30 - Sr Hockey Home Game

Feb 5-7 - Ladies Curling Bonspiel
6 - SHA Zone 8 Midget Hockey Camp
Mar 4/5 - 4 Person Open Bonspiel
18/19- 2 Person Tuffspiel & Windup

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