

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, Quayle Insurance, 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](mailto:birchhillsrec@sasktel.net)

December 1st, 2012

Issue 35



Hello Everyone,  
Due to the recent opening of two new restaurants in town, the rink canteen has cancelled their Sun and Mon brunch/lunches. Family Skate will still be available Sun 10-2pm.

If you are looking for some gift ideas for that certain someone or family, why not give the gift of fitness?! Purchase a membership for the Skating Rink, Curling Rink, or Golf Course (or a 10 round card). Contact me for more details.

Christmas is just around the corner and so comes the hustle and bustle of shopping, planning, baking, parties, decorating but best of all, gathering with friends and family. May you be blessed with plenty of joy this season and all year long. Cheers,

*Laurie Berube, Recreation Director*

Birch Hills Library hosting

### ADULT CRAFT CLASS

Thurs Dec 6 6:30pm sharp!

@ Birch Hills Civic Centre

\$45 ea All material provided

Instructor: Joy from 'Painting with Joy'

Our project this year is a beautiful lighted hand painted decorated glass block. To register, call Joanne at

library 749-3281 or home 749-3468

You must pay in advance. Only 20 spots

### ANNUAL CHILD CHRISTMAS CRAFT

Thurs Dec 6 after school -4:30pm

@ Birch Hills Public Library

For kids grade 1 to 6. Free of charge

Only 20 spots, call 749-3281

to register

We will be making ginger bread houses this year.



## THE FLUTE AND FIDDLE

is excited to bring to Birch Hills four different events for December.

Our Schedule is now posted at [www.fluteandfiddle.ca](http://www.fluteandfiddle.ca) and at the Clay Oven Café, where you can buy tickets or you can also buy tickets online.

Not all of the events however require tickets.



### DEC 14 Music Show

"The Song Remembers When" and

Family Dinner Buffet 6 - 8pm

Performance by Colleen Carr and

Heidi Munro

Tickets are \$20 for 8pm show

### DEC 22

#### Blue Grass Concert & Dance

Get ready for a good old community Dance!!

Family Dinner and Open Stage

6 - 8pm admission free.

Buffet and drinks for purchase

Concert & Dance starts 9pm - 2am

Tickets required

The Hard Ramblers and The Midnight

Roses are 2 amazing Blue Grass and

folk bands that will be performing. We

are in for an amazing night of entertainment and good old fashion fun

### DEC 31

#### New Years Concert & Dance

Local band "DUST till DAWN"

Will be rocking in the new year

8pm - 2am

Food available for purchase.

Tickets required \$20

Don't forget about our Sunday Brunch every week.

This issue of our Community activity newsletter was paid for by you by: **Birch Hills Curl-A-Drome**

If you would like to be a sponsor of the '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. Individual & half sponsorships are available. Thank you for supporting your local paper.

### DROP IN CO-ED



### REC HOCKEY

Monday nights

9:30-11:00pm

Skill not

required, but proper equipment is.

\$10 drop in fee

**Goalies play for free.**

Contact Natalie for more

details 960-3408

### Birch Hills

#### Historical Society

Annual General Mtg &

Pot Luck Supper

Friday, December 7th.

Supper 5 pm

Meeting to follow,

**Everyone Welcome.**



Funding Assists Recreational Activities



**Bouquets of Thanks to:**  
 \* Carter & Neil Braaten and for repairing Zamboni ...long after hours

\* Anders Hunter for updating the Birch Hills Google Calendar since spring

\* Bruce Stevenson & Ron Bodnarchuk for arranging and preparing cross country ski trails

\* Rob Boulding for arranging and the Birch Hills School for hosting the Referee Clinic

\* Brent Adams & Lorne Ridgeway for installing new counter & sink in the ladies washroom at the skating rink

Birch Hills Beauties presents

### Birch Hills Boxing Day Bash

featuring MARTY GRAMBO

Wednesday, December 26th

Doors open at 8p.m.

Birch Hills Civic Centre

Advance \$20 at door \$25

Proceeds going to Birch Hills Lions Club

Midnight Lunch

\*NO MINORS\* Tickets available at Grumpy's, Birch Hills Advantage Credit Union, any B.H. Beauties LIMITED tickets, make sure to get yours early!



Thank you to all who came out and supported the **Fall Supper and Silent Auction!** A very successful evening generated just over \$6000 for the Skatepark/Basketball Court project. This could not have been possible without the hard work of the volunteers—a special “Thank You” to Stuart Matice for catering a fantastic supper and to the team from Scotia Bank for running the Silent Auction, Virtual Scavenger Hunt and collecting at the door. To the youth and adults who have committed to making this facility a reality in our community for everyone to enjoy...“a job well done...you have accomplished far more than first thought possible” To the businesses, individuals and families who have leant support both financially, prayerfully, emotionally and physically, “Thank You” just doesn't seem enough. We truly appreciate the support in and out of the community and look forward to completing this asset for our community!

RYSC and BH Skateboard Club



## BIRCH HILLS SENIOR HOCKEY SCHEDULE FOR DECEMBER

Sat, Dec 1	Home Game vs Whitefish	8:00pm
Fri. Dec 21	Away Game @ Northwest Rebels	8 pm
Sat. Dec 22	Away Game @ St Louis Blues	8:00pm
Fri. Dec 28	Home Game vs St Louis Blues	8:30 pm
Sat, Dec 29	Away Game @ Meadow Lake	8:00pm

**GO BLACKHAWKS, GO!**

## CANDLELIGHT SERVICES

Sun Dec 23 7pm  
 at Bethania Church Northern Light



Mon, Dec 24 Christmas Eve Service 7pm Civic Centre  
 Saron & Birch Hills Community Church

## Minor Hockey Games for December

Dec 4th	Atom vs Tisdale Black
Dec 5th	PeeWee vs Melfort Mustangs
Dec 6th	Midgets vs Melfort #1
Dec 7 & 8	Atom Tournament
Dec 21st	Novice vs Nipawin Black

**COME CHEER ON OUR KIDS!!**

It has been decided!

The **2013 Brrr Chills Winter Festival** will run

**February 8 - 16th, 2013**



Most activities will be similar to the 2012 festival.

ie: **Tobogganing & Bonfire, Sno-Posse Rally, Museum Supper, School Carnival, Curling, Sr Luncheon & Games, Sr Hockey Game, Library Breakfast.**

We are looking for organizers/helpers for the following:

**Sno-Pitch,**  
**Snow Stomp Family Dance,**  
**'Wish I was in Hawaii' Valentines Dinner**

We are looking for participation in the following:

**Light Parade (light up your ride),**  
**Birch Hills Talent Night (your time to shine)**  
**Country Gospel (if you can sing it, sign up)**  
**Snow Sculpting (let's hope & pray for snow)**  
**Febru-hairy Contest (let it grow, let it grow, let it grow)**

Plans have begun but there is room for more. Call or email Laurie for more details. The next Winter Festival Planning Meeting is **WEDNESDAY, DECEMBER 12 7:00PM** in the museum basement.

All ages are welcome and encouraged to participate

## SKATING RINK NEWS

The canteen will be open 3:30 Mon-Fri, the grill & deep fryer will be available after 5:00 and close after the last period of the last game or after the last practice has begun. Please feel free to order take out meals for after games or practices before the kitchen closes.

Canteen hours will extend to weekends for games, tournaments & special events. Come by for meal specials

### Public Skate Times

(pending ice rentals) will be:

**Mondays & Wednesdays** 3:30 - 5:00pm.

Shared ice: half hockey sticks /half skating only

**NEW Tuesdays** 12:00 - 1:00 pm Mr Vey supervising

**Sundays Family Skate** 10-2pm No sticks

**NEW Saturday Shiny** 2:00-4:00 when no tournaments or games are schedule...Watch rink calendar board

Remember there is a **public skating fee** of \$3 each or you can purchase a Rink membership for **\$75 family rate** or **\$30** per individual or minor hockey/skating family rate. Please pay at the canteen.

During the winter season we

**Sunday Brunch Spe-**

10:00 - 2:00 pm and

**Lunch Homemade Meal**

will be serving:

**cials from**

each **Monday**

**Specials** 11:30 - 1:30pm

**CANCELLED**

**NEW - Birthday Party Special** minimum 10 kids, 1 hour private ice time, hotdogs, fries & soda. \$150 /party  
Contact Laurie 749-7451 for more info or for ice rentals.



Hockey Schedules soon available at  
[www.birchhills.ca](http://www.birchhills.ca)

## Birch Hills Job Opportunities

The skating rink is looking for individuals to fill the following positions:

**ICE MAINTENANCE PERSON:** Training will be provided. You will be responsible for keeping the rink arena clean of garbage, performing air quality checks, general maintenance with zamboni, and flooding the ice. This is a contract position and wages are based on experience and are negotiable. You will have on call helpers available.

**CANTEEN HELPER:** This is a part-time position 10-20hrs per week. You will have worked in customer service fields, have knowledge to use a grill and deep fryer and be available on weekends. This position will relieve and work with the current Canteen Worker. Wages negotiable and dependent on experience.

Please submit resumes to at [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net) or call 749-7451

**CIVIC CENTER JANITOR:** The Town of Birch Hills is accepting tenders for the contract of: Janitorial Services for the Birch Hills Civic Centre. All necessary janitorial supplies and equipment for the janitor to perform required duties as outlined in the Janitorial Agreement. Successful applicants will require a criminal record check. Please submit tenders by 4:00 pm on December 19th to: Town of Birch Hills, Box 206 Birch Hills, SK S0J 0G0

### **BOUQUET OF THANKS**



A total of \$8,948.00 was given through the Birch Hills & District Combined Appeal this year. Thank you to the many donors, to the Birch Hills Branch of Advantage Credit Union for hosting the weekly event, and to all the volunteers who helped.

### **NEW BIRCH HILLS BUSINESS**

#### **'The Little Kitchen'**

Jocelyn has opened her restaurant on Bellamy Ave (previously known as The Bottomless Cup)

Now Open 7am - 7pm

Monday to Saturday.

Breakfast 7-10am Lunch Specials 11-6:30pm

Burgers, Sandwiches, Poutine, Wings, and more everyday of the week

Call 749-3126 for take out or eat in.

Kids Menu available and includes ice cream sundaes (eat in only)

### **NEW BIRCH HILLS BUSINESS**

#### **'Clay Oven Café'**

Brothers Jeff and Shannon Simpso have opened their restaurant on Bellamy Ave (previously known as the New Ground Café)

New hours in December, Opening

Monday - Thursday 7am - 2pm

and Fridays 7am - 9pm

Deli Style, Soup, Sandwiches, Pizzas & more.

Hours will be extended in the new year

**Merry Christmas to all from the  
Flute and Fiddle and the Clay Oven Café!**

## GRIEVING FOR LOVED ONES THROUGH THE HOLIDAYS

The upcoming Christmas and Holiday season is a time of Family, Friendship and celebration but for many who have recently experienced the loss of a loved one, the holidays can renew feelings of sadness, loss and pain. A time which used to be filled with laughter and wonderful memories, now can feel hollow and even hopeless. The following are some suggestions of how to prepare for this time of year without becoming overcome by the emotions that may accompany our grief. There are ways to honor our memories and still celebrate the life, although changed forever, that we are living today.

\* **DECIDE WHAT YOU CAN HANDLE COMFORTABLY AND LET FAMILY AND FRIENDS KNOW.** Can I handle the responsibility of the family dinner, etc. or shall I ask someone else to do it? Do I want to talk about my loved one or not? Shall I stay here for the holidays or go to a completely different environment?

\* **MAKE SOME CHANGES IF THEY FEEL COMFORTABLE FOR YOU.** Open presents Christmas Eve instead of Christmas morning. Vary the timing of gift giving. Have dinner at a different time or place. Let the children take over decorating the house, the tree, baking and food preparation, etc.

\* **RE-EXAMINE YOUR PRIORITIES: GREETING CARDS, HOLIDAY BAKING, DECORATING, PUTTING UP A TREE, FAMILY DINNER, ETC.** Do I really enjoy doing this? Is this a task that can be shared?

\* **CONSIDER DOING SOMETHING SPECIAL FOR SOMEONE ELSE.** Donate a gift in the memory of your loved one. Donate money you would have spent on your loved one as a gift to charity. Adopt a needy family for the holidays. Invite a guest (foreign student, senior citizen) to share festivities.

\* **RECOGNIZE YOUR LOVED ONE'S PRESENCE IN THE FAMILY.** Burn a special candle to quietly include your loved one. Hang a stocking for your loved one in which people can put notes with their thoughts or feelings. Listen to music especially liked by the deceased. Look at photographs.

\* **WHEN IT COMES TO HOLIDAY SHOPPING,** make a list ahead of time and keep it handy for a good day or, shop through a catalogue or on line.

\* **OBSERVE THE HOLIDAYS IN WAYS WHICH ARE COMFORTABLE FOR YOU.** There is no right or wrong way of handling the holidays. Once you've decided how to observe the time, let others know.

\* **TRY TO GET ENOUGH REST -- HOLIDAYS CAN BE EMOTIONALLY AND PHYSICALLY DRAINING.** [ALLOW YOURSELF TO EXPRESS YOUR FEELINGS. Holidays often magnify feelings of loss.](#) It is natural to feel sadness. Share concerns, apprehensions, feelings with a friend. The need for support is often greater during holidays.

\* **KEEP IN MIND THAT THE EXPERIENCE OF MANY BEREAVED PERSONS IS THAT THEY DO COME TO ENJOY HOLIDAYS AGAIN.**

\* **DON'T BE AFRAID TO HAVE FUN.** Laughter and joy are not disrespectful. Give yourself and your family members permission to celebrate and take pleasure in the holidays but respect each other's differences. Often we aren't at the same place as others with our grief and that's OK.

Above all, be flexible and gentle with yourself and have realistic expectations. If you want things to be just as there were, you'll be disappointed. Grief changes us but it doesn't have to isolate us and keep us from celebrating and even enjoying the holidays. It is normal to feel overwhelmed and anxious this time of year, especially if we are grieving. Expect that there will be some very difficult and challenging moments but try to find the HOPE in what the new normal may look like.

Respectfully submitted by *The Prince Albert Regional Victims Services Unit* of the RCMP.

Serving the detachment areas of: Shellbrook, Spiritwood, Big River, Smeaton, Wakaw and rural Prince Albert.

Phone: (306) 765-5574 for more information



## EVERY WEEK IN THE HILLS



### MONDAY

Bowling at the Senior Hall 2:00 pm Vel 749-3364

T.O.P.S. (take pounds off sensibly) 5-6pm at the Health Centre

Thimbles & Threads 6:30pm at Birchview Melissa 749-3482

Curling Mixed League 7:30-9:30pm 749-2951

Drop in Hockey at the Skating Rink \$10 ea Goalies Free Natalie 960-3408

### TUESDAY

Karate 7:30pm St Louis Karate Club 422-8665

Community Booster Mtg 3rd Tues of the month Civic Centre 7:30-9pm

Crystal Springs Bingo (Until Dec 4th) 7:30pm at the Crystal Springs Hall

Senior Curling League 1:30-3:30pm 749-2951

Sparks 6-7pm / Brownies 6-7:30 Contact Audrey 749-2217

Awana for kids Ages Kindergarten-Gr 6 6:45-8:30.

Call 749-3185 or www.lakepark.ca



### WEDNESDAY

Line Dancing CONTINUES 9:30-11am at the Sr Centre

Thrift Shop Open at the Museum 9:00-4:00pm Great Deals

Coffee & Sweets at the Museum 3:00 pm

Volleyball School Gym 8-9:30 \$2 Drop In All Welcome

Girl Guides 6:30-8pm Contact Audrey 749-2217

### THURSDAY

Cribbage at the Senior Hall 2:00 pm Vel 749-3364

ZUMBA 9-9:45pm at the Dance Centre \$10 drop in Nov 1-Dec 20

Curling Mixed League 7:30-9:30pm 749-2951

Pathfinders 6:30-8pm Contact Audrey 749-2217

### FRIDAY

Lutheran Church Coffee Break 9:30-11am Bellamy & 4th St

Story time for 3 - 4 yr olds 1-1:45 at the Birch Hills Library

Senior Curling League 1:30-3:30pm 749-2951

TLC Bingo 3rd Friday of the month at the Civic Centre 7 - 9pm



### SUNDAY

Family Skate at the Rink 10 - 2pm (subject to change, pending rentals)

Volleyball School Gym 8-9:30 \$2 Drop In All Welcome

**If you have something to add to this list, contact Laurie at 749-7451**

#### 'Birch Hills Community & Recreation'

'Like' our facebook page to get activity updates.

Feel free to add your own event or activity info

#### Other Local Facebook pages:

Birch Hills Bargain Basement, Birch Hills Mamas, Birch Hills Dance Centre, Birch Hills Blackhawks, Birch Hills Sportsground Upgrade, General Quarters Paintball, Birch Hills Community Garden, Birch Hills Sno-Posse

'Like' these pages to become part of these groups activities and events



Deadlines for submissions for newsletter are the 10th & 25th of each month. Send to [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net) or call 749-7451



### KNITTING GRANNIES

Next Meeting Date:

Dec 11

The Knitting Grannies enjoyed their time with Mrs. Bev Hunter's Grade 3 class on Nov. 27th and the 30th. Many eager small fingers tackled the art of knitting. Thank you for inviting us and making us feel so welcomed. Twenty-one shawls have been made since Nov 30 and 8 of those have been given away. If you would like to extend a little extra comfort to someone by giving them a shawl, please let us know. Thank you to those who have donated yarn to us. We do not charge for the shawls and donations of yarn or cash are accepted at any time.

Contact: Florence 749-2795, Shirley 749-2416, Marilyn 749-2286

#### Library Hours

Tuesday 12:00 - 4:00pm / 5:00-8:00pm

Thurs and Friday

12:00 - 4:30pm



#### DROP IN RECREATION

##### VOLLEYBALL

in the School Gym

Wednesdays & Sundays

8 - 9:30pm

\$2 to play You don't have to be good to play, you just have to have fun!



Be a Part of The Birch

Hills Sno Posse

Contact President,

Peter Lubyk at

980-7674 for more information.

Visit us on Facebook too.

Having a kids birthday party or small gathering??

The Seniors Hall rents out by donation their *Hall, Kitchen, Tables, and Floor Bowling.*



Contact Vel Bompais at 749-3364

## 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 cell: 749-7451  
Facebook Page: 'Birch Hills Recreation'

Communities that play together,  
...grow together!

## Watch for upcoming curling bonspiels

Jan 19	Family Funspiel
Jan 25/26	Fireman's Bonspiel
Feb 9/10	Ladies Bonspiel
Feb 25 - Mar 1	Senior Bonspiel Week
Mar 8 - 10	Mixed Playdowns
Mar 15 - 17	Open Bonspiel
Mar 22 - 24	2 Person Funspiel

Birch Hills Recreation, Laurie Berube and Natalie Matheson hosted 5 teams from Saskatchewan (Saskatoon, Prince Albert, Nipawin and LaRonge) who participated in the (hopefully)

### 1st Annual Ladies Hockey Tourney

Congratulations to the Saskatoon's "Agitated Chipmunks" for their win. Special Thanks to Barry's Rock and Dirt for sponsoring towards prizes for all the teams. This tournament would not have been as successful if it wasn't for our volunteers and workers who helped with various duties, from ref-ing, raffle table, bar, time keeping, etc. Thank you Keith & Audrey Matheson, Kim Lemon, Lorne Ridgeway, Wade Cochrane, Bruce Tilford, Vince, Jennifer Harper, Chevy, Greg Manson, Ken Stobbs, Doug Rutherford, Stewart Adams, Delia Jureskin for a job well done. Thank you to those that donated prizes for the raffle table:  
.....Audrey Matheson (Avon), Joan Budnick (Norwex), Kenah Markowski, Treena (Arbonne), Kelly (Tupperware), Laurie Berube, Birch Hills Co-op (hockey pucks, sweater), Rugged Country (long sleeved shirts). What a great day!  
*Watch for Co-Ed Hockey Tournament in the spring! (pending interest)*

## CURL-A-DROME NEWS



The Curling rink board welcomes you back for another great season of curling. Mixed League Curling will begin Thurs Nov 1st & Senior League starts on the 2nd.

**Mon & Thurs 7:30-9:30pm Mixed League**  
**Tues & Fri 1:30-3:30 Senior League**

### 2012-2013 Membership Fees

Adult Rate \$225 for one night \$275 for two nights  
Senior Rate \$225 for league 80yrs+ \$175  
Family Rate \$475 Student Rate \$100 Spare \$125  
Drop In Rate \$10  
Contact Robyn at 749-2951 for private ice rentals or other inquiries

Cross Country Ski trail now open at golf course.

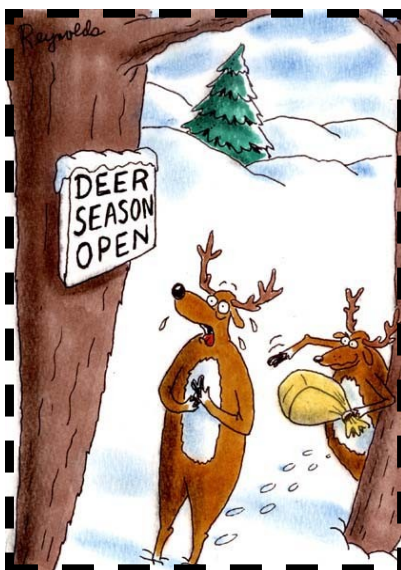
Please no walkers, pets, snowmobilers or snowshoers on the trails. Thanks



Please Share Paper with a Friend or Email your request to receive the news letter online

## Birch Hills Upcoming Events

Dec 6 - Library Child & Adult Crafts  
7 - Historical Society AGM  
7&8 - Atom Tournament  
11 - Knitting Grannies Meet  
12 - Winter Festival Meeting  
14 - F&F Music Show  
15 - Hockey Day in Kinistino  
18 - Christmas Concert  
21 - TLC Daycare Bingo  
22 - F&F Family BBQ & Bluegrass  
23 - Bethania Candlelight Service  
24 - Saron & Comm Church Candlelight Srvc  
26 - Boxing Day Dance  
28 - Blackhawks vs St Louis Blues  
31 - F&F New Years Dance  
Jan 19 - Family Funspiel (2adults/2kids)  
25/26 - Firemans Funspiel  
Feb 9/10 - Ladies Bonspiel



**Hockey Day in Birch Hills** was held on Saturday, November 17th. Thank you to Past/Present Councilors; Barry, John, Shirley, Darlene, Keith, Dale, Sharon for hosting the pancake breakfast. Thanks to the Skating Club for gathering prizes & hosting the Raffle table raising \$560. The winner of 50/50 \$820 went to Chris Ravndahl Family. Thank you to all who participated, donated, volunteered, spectated, ate, and watched Minor Hockey Games during the day.

**How lucky we are to be able to celebrate a Skating Arena in our community!**