



# HEARTBEAT

The 'Birch Hills Heartbeat' newsletter is printed bi-monthly 1st and 15th of the month. It is available at the following locations: **Birch Hills Recreation Office**, Lake Country Co-op, Grumpy's Confectionary, Quayle's Pharmacy, and 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](mailto:birchhillsrec@sasktel.net)**

January 15, 2019

Issue 182

**Hello Everyone,**

**This cold weather isn't for me so I hope all of you haven't got snowed in over the past couple weeks and will be able to stay warm over the next couple as well.**

**I will probably be at the rec office for a little while every weekday. Just because the nature of the job, there may be days where I will be out. If you need to get a hold of me I will be in the office 9-3 Tuesday and Thursday for sure. I will keep you updated to any changes.**

**Until Next Time,**

**Zac Pitzel**

## **Wanted Welder/Fabricator**

The Birch Hills Ball Diamonds are going to a new style of base that is more user friendly and is looking for someone that would be willing to build some metal ground anchors for us. In total we will require 14 single base anchors and 4 double base anchors. Samples of both of these styles are available. The hope is to have these built in time for the 2019 minor ball season.

If you have the tools and willingness to take this project on or would like further information, please contact Gordon at 306-940-8922.

**January** issues of this Birch Hills activity newsletter are sponsored by:

The Birch Tree Café  
Birch Hills Blackhawks Senior Hockey Team  
Birch Hills Lions Club

If you would like to be a sponsor of the 'Heartbeat' newsletter, contact 306-749-7451/[birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net). The cost is \$100 by 3 sponsors (\$300/mos) for printing, advertising and ensuring that the newsletter stays free for everyone.

"Come- Everything is Ready" Celebrate World Day of Prayer 2019- Slovenia

with us.

at Saron Lutheran Church, Friday, March 1, 2019 @ 2 p.m. Coffee and

fellowship to follow.

Any questions, please call at 1-306-423-5458.

The Birch Hills Grads 2019 would like to thank the community for all the support during our recent bottle drive. Thanks to your generosity we were able to raise

\$ 1668.15 to support us for that big day in our lives. Thank you everyone.

# JANUARY NEWSLETTER SPONSORED BY:



The Birch Hills and District Lions Club supports many local projects in the community including maintenance and upgrades to our rinks, ball diamonds, and campgrounds. We also provide assistance to individuals who may be burdened with medical related expenses such as travel and accommodation costs.

The Lions Clubs most recent donation was made to the Birch Hills Curling Club on December 20th at the Super League weekly games. The Birch Hills and District Lions donated \$500 to the Curling Club. In 2018, the curling club was gracious enough to allow the Lions Club to use the curling rink as a location to hold the Lions clubs monthly meetings. The Lions Club hopes this donation will help the Curling Club with any costs that may be incurred in the 2019 curling season.



**Lions Club President Jeff Pratt  
presents Curling Club president  
Leon Pratchler with a \$500  
cheque.**

Upcoming events for the Birch Hills and District Lions club are as follows:

- March 16/19 is the 2nd Annual Shamrock Shaker feat: Nightside District - BH Civic Center
- April 7/19 is the Annual Lions Club Hockey Draft - Location TBD
- April 13/19 is the FAMOUS Spaghetti Supper - BH Civic Center

For more information on upcoming events follow us on Facebook.

The Birch Hills and District Lions Club is always looking for members to join who have new ideas and are willing to help provide service to our community. If you are interested in joining please feel free to contact:

**Club Membership Chairpersons:** Bruce Tilford - 306-749-7743, Austin Pocha - 306-749-7408, or any other Lions Club member.

Current Birch Hills and District Lions Club Officers: **President:** Jeffrey Pratt - 639-760-6445, **Vice President:** Todd Devenis - 306-749-7726, **Secretary:** Brendan Doderai - 306-314-2328, **Treasurer:** Brock Tilford - 306-749-7708

## Birch Hills Curling Club Upcoming Bonspiels

Senior Open (50+) - January 14 - 17 - Includes banquet & cash prizes

Ladies - February 8 - 9 - Includes supper, cash prizes & draws

2 Person Open - March 21 - 24 (Depending on entries) - cash prizes, Calcutta

Open Mixed - Date TBD

To register, drop into the rink and sign up, or call the rink at 749-2951. To register for the senior open, you can also call or text 749-7040.



# JANUARY NEWSLETTER SPONSORED BY:



The Birch Hills Blackhawks would like to thank everyone who attended their 5th Annual Comedy Night, sponsored by Nutrien Ag Solutions. Lots of people work hard to make this event a success, including: emcee Wray Morrison, Bike Bob, Birch Hills Fire & Rescue, Brad Fauchoux, Ethel Rutherford, Georgine Harper, Jamie Tilford and Laura Swenson, the players, our silent auction donors (listed below), our main sponsor, Nutrien Ag Solutions and Kelly Taylor for giving us a good shot of endorphins to start the New Year. The Blackhawks unveiled their league championship banner that evening, which will be hung in the rafters at the Birch Hills Skating Arena.

Thanks to our Comedy Night Silent Auction Sponsors:

6th Avenue Car Wash; Shelley Gordon - PA  
Ashley Henry; Thirty-One Gifts - Prince Albert  
Braaten Construction - Birch Hills  
Carter's Custom Ag - Birch Hills  
CMT Signshop - Marlene Hovdebo  
Farm Credit Canada; Tim Bessette - PA  
Gene's Cycle & Sports - Prince Albert  
J Kaur Brow & Lash Studio - Prince Albert  
Maxim; Travis Anderson - Prince Albert  
Northland Building Supply - Melfort  
PWS Purified Water Store - Prince Albert  
Rally Volkswagen - Prince Albert  
Starlite Glass - Melfort  
Warren and Brenda Harper  
Younique; Michelle Harris - Birch Hills

Anderson Auto Body - Prince Albert  
Birch Hills Golf Course  
Broda Group - Prince Albert  
Cervus Equipment - Prince Albert  
Econo Lumber - Prince Albert  
Farm World - Prince Albert  
Home Hardware; Jeff & Ena McAuley - Melfort  
M.D.E. Surface Blasting & Trading - Birch Hills  
Melissa Reding; Tupperware - Prince Albert  
Peavey Mart - Prince Albert  
Quayle's Pharmacy - Birch Hills  
SaskTel Centre - Saskatoon  
Uniglass Plus Ziebart; Shelley Gordon - PA  
Waskesiu Golf Course

Thanks to our fans, sponsors and volunteers for the great support they have provided this year. We are currently in 4th place, trailing 1st place by 5 points, but with 2 games in hand. We have 6 regular season games to play (4 home and 2 away) and all the games will be key to moving up in the standings.

Upcoming Games:

Friday, January 18th – Warman at Birch Hills; Free admission courtesy Macfie Safety Consulting Ltd.

Saturday, January 19th – Birch Hills at Waldheim

Friday, January 25th – Dalmeny at Birch Hills; Free admission courtesy MacKenzie Funeral Chapel & Crematorium

Saturday, January 26th – Clavet at Birch Hills; Free admission courtesy Great Western Brewing Co.

Friday, February 1st – Birch Hills at Rosthern

Saturday, February 2nd – Aberdeen at Birch Hills; Free admission courtesy Northern Skies Outfitters

SGI Canada Provincial Playoffs - Eight of the Blackhawks' players (Matthew Laturnas, Tristyn Stevenson, Derek Becker, Beau Stevenson, Cole Jones, Brayden Stevenson, Tyler Tilford and Cody Folstad) and 1 coach (Todd Becker) will be joining the Kinistino Tigers to play in SGI Canada's SHA Provincial Senior B Men's Playoffs. We will post information on the Blackhawks' Facebook page when it is available and you can also follow the Kinistino Tigers on Facebook.

Playoffs and Provincial playoffs will be starting in February; please watch Facebook and for posters and the sandwich board for game information. Go Hawks!

Kinistino travels to Outlook Saturday, February 9th for the first game in their first round of provincial playoffs. Puck drop is 7pm. The 2nd game in the 2-game total goal series will be in Kinistino on Saturday, February 16th at 7pm.

# The Birch Tree Café

Homemade Burgers  
Soup & Sandwiches  
Authentic Asian Dishes  
Fish & Chips  
Everyday Special  
Breakfast (till 11:00am)  
Clay Oven Pizza  
*Cozy Atmosphere*  
*Catering Service*

Monday – Friday: 7:30AM – 7:30PM

Saturday: 11AM – 7PM

Sunday & Holiday: Closed

**The Birch Tree Café@ facebook**  
**306-749-2223**

## ST MARY'S ANGLICAN CHURCH

### UPCOMING EVENTS

#### Community Lunches:

All community members are welcome to join us for lunch

**Friday, January 18th**

Free will offerings accepted (donations)

Lunches will be the 1st and 3rd Friday of every month until June

Next Lunch : Feb 4th



Sunday Services 11:00am in January

Sunday Services 9:00am February to July

### Birch Hills Curling Club



Weekly Curling

Afternoon - Tuesday 1pm

2 Person - Wednesday 2 draws 7pm & 8pm

Mixed League - Thursday 2 draws 7pm & 9pm

Seeking Community Arts Initiative facilitator for The Birch Hills Community Arts Initiative as I'm moving at the end of the year. We are hoping to find someone who is willing to organize monthly art events, collaborate with the Birch Hills Rec Board and the School/Anglican Church for funding and a venue, provide supplies, instructors, and advertising as needed. Those interested are encouraged to contact Amy at 306-941-0788 or by email at amy.elizabeth.dow@gmail.com.

**Farm World**  
KEEPING YOU GROWING  
YOUTH CURLING CAMP

**KINISTINO SPORTS COMPLEX**

**PROGRAM TIMES:**  
Ages 6 - 10\* > 9:00 - 11:30am  
\*\*Helmets Are Required\*\*  
Ages 11 - 15 > 1:00 - 3:30pm

**\$20/CHILD INCLUDES**  
> Meet and Learn from Champion Kirk Muires  
> Introduction To Curling  
> On-ice basics & games  
> Curling Camp t-shirt

**REGISTER EARLY!**  
Space is Limited  
Phone Judy at (306) 864-7955 or  
Diane at (306) 864-7551 with child's age and  
contact information.

**CONCESSION AVAILABLE**

**ROCK ON! Sunday, January 20, 2019**

**100%** of Proceeds will go back to Kinistino Sports Complex Thanks to these SPONSORS:

**Farm World** **CURLSASK** **FAST CENTRAL TRADER** **107.5 Bolt FM** **northeast NOW** **HUMBOLDT JOURNALS**

### Church Services



St. Mary's Anglican Church @ 11am – First Sunday in Feb switches to 9am

St. Anne Roman Catholic Church - Sunday Oct 7th/18—Jan 27/18 @ 9:00am

Community Church @ 11am

Lake Park Baptist Church @ 11am

Saron Lutheran Church by Hagen @ 9:30am

Glad Tidings Tabernacle @ 11:00am



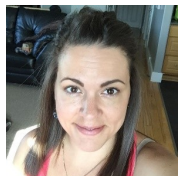
Birch Hills Sno Posse is happy to announce the RYSC Youth Group will be looking after the food service for our upcoming rally on February 9, 2019.

They will have a fantastic menu throughout the day you will not want to miss! We encourage all Birch Hills residents to come on down to the Civic Centre on February 9<sup>th</sup> and help support our Snowmobile Club and the RYSC Youth Group! We will not only have great food and beverages but you will have an opportunity to win various prizes through raffles, 50/50, silent auction and we will be selling Rider/Non Rider hands to win some cash!



What if feeling relaxed and calm was easier than you thought?? TRY REFLEXOLOGY!

Treatments now available at the Mane Event Salon & Spa. Call Mackenzie at 306-961-1386 to book.  
@peacelovehealing



### *Court Massage Therapy* *@ Mane Event Salon & Spa*

I'm Mandi Court and I've been a Massage Therapist since 2007. I now offer massage therapy out of the Mane Event Salon & Spa on Bellamy Avenue (Main Street). I do Swedish massage (relaxation), therapeutic massage (deep tissue), as well as Hot Stone Massage.

Some of the benefits of massage include reduced tension, pain reduction, headache relief, anxiety treatment, improved sleep, stress relief, improved joint mobility, boosted immune system and enhanced circulation. Most insurance companies offer coverage for massage, and as a registered therapist I will issue receipts that can be submitted to your insurance company. With many insurance plans massages are fully covered, essentially making your treatment free!

To book an appointment call me at **306-960-0706**  
Make self-care part of your 2019!

## EVERY WEEK IN THE HILLS Open to Community

### MONDAYS

Line Dancing 9:30am - 11:00am  
Bowling 2:00 pm @ Seniors Hall  
Dreamland Optimists Group  
Fire Dept Meeting (every 2nd Mon) 7:00 pm @ Fire Hall

### TUESDAYS

Moms & Tots 10:00 am-12:00 pm @ Youth Centre  
\$2 drop in fee  
Library Open 11:00 am-4:00 pm and 5:00 pm-8:00 pm  
Knitting Grannies (2nd & 4th Tues) 1:00pm @ museum  
Birchview Ladies Auxiliary (1st Tues) 11:00am  
Craft Night 6:30 pm - 7:30 pm (5-12yrs) @ Library

### WEDNESDAYS

Thrift Shop Open 9:00 am-4:00 pm @ Museum  
Coffee 2:00pm @ Museum  
Line Dancing 9:30-11:00 am @ Civic Centre  
Museum Open 2:00 pm - 4:00 pm  
Town Council Meetings 2nd and 4th Wed of the month

### THURSDAYS

Moms & Tots 10:00 am-12:00 pm @ Youth Centre  
\$2 drop in fee  
Library Open 9:00 am -12:00 pm and 1:00 pm - 6:00 pm  
Legion Meeting 2nd Thurs of each month 7:00 pm @ Legion (No meeting in July and August)

### FRIDAY

Friday Night Youth at Youth Centre 7:30pm

### SATURDAY

Thrift Shop Open 1:00 am-4:00 pm @ Museum  
Coffee 2:00pm @ Museum

Senior Centre Contact: Delores Jones 749-2680

## Birch Hills Public Library

### Birch Hills Library hours:

Tues 11-4 5-9

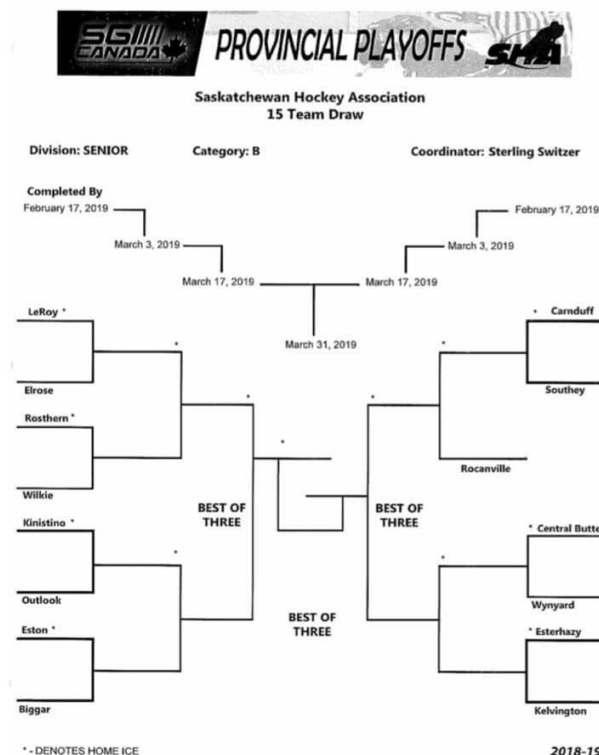
Thurs 9-12 1-6

Storytime Friday 1:30 - 2:15

Storytime for 3-yr olds starts Oct. 4.



<b>BlackHawks Hockey vs. Warman</b>	<b>BlackHawks Hockey vs. Dalmeny</b>
	
<b>Free Admission Courtesy:</b> 	<b>Free Admission Courtesy:</b> 
<b>Fri 18 Jan 2019</b> <b>Time   8:30pm</b> <b>Licensed Beverage Garden</b> 2 <sup>nd</sup> Street, Birch Hills 	<b>Fri 25 Jan 2019</b> <b>Time   8:30pm</b> <b>Licensed Beverage Garden</b> 2 <sup>nd</sup> Street, Birch Hills 
<b>BlackHawks Hockey vs. Clavet</b>	<b>BlackHawks Hockey vs. Aberdeen</b>
	
<b>Free Admission Courtesy:</b> 	<b>Free Admission Courtesy:</b> 
<b>Sat 26 Jan 2019</b> <b>Time   8:00pm</b> <b>Licensed Beverage Garden</b> 2 <sup>nd</sup> Street, Birch Hills 	<b>Sat 2 Jan 2019</b> <b>Time   8:00pm</b> <b>Licensed Beverage Garden</b> 2 <sup>nd</sup> Street, Birch Hills 



## Upcoming Events

### January

- 14 - 17 - BH Senior's Open Bonspiel
- 18 - BH Blackhawks vs Warman Wildcats
- 19 - BH Minor Sports Elimination Draw and Dance
- 20 - Youth Curling Camp in Kinistino
- 25 - BH Blackhawks vs Dalmeny Sabres
- 26 - BH Blackhawks vs Clavet Cougars

### February

- 2 - BH Blackhawks vs Aberdeen Knights
- Crystal Springs Poker Rally
- 8 - 9 - Ladies Curling Bonspiel
- 9 - BH SnoPosse Snowmobile Rally

### March

- 16 - Shamrock Shaker 2 @ BH Civic Centre
- 21 - 24 - 2 Person Open Bonspiel

### April

- 7 - Lions Hockey Draft - Location TBD
- 9 - Birch Hills Golf Club AGM
- 13 - Lions Club Spaghetti Supper @ BH Civic Centre

Birch Hills Volunteer Fire Department  
Fundraising Calendars \$25 each  
Available from any Volunteer Firefighter  
All proceeds to purchase needed equipment.



Gift certificates are still available for that perfect birthday or Valentine's gift! Message us for details or contact the Rec Office @ 306 749-7451 texting included.....or text/call Lorisa @ 306 749-7756. E-TRANSFERS AVAILABLE @ email address [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net)

Just a reminder about our installment payment program for the payment towards your 2019 player membership! Start now....and pay the final payment by May 1st to ensure your player membership at the #1 - 9 hole Course in the province! (My rating of course - but shared by many others!).

And - our Early Payment of player green fees at 2018 rates applies also! Pay your full player fee by April 15, 2019 and avoid any increase to 2019 player fees.

Lorisa Ganes

306 749 7756



**BIRCHHILLS**  
*Birch Hills Minor Sports  
Elimination Draw and Dance  
\$10,000 Grand Prize*

1st Prize: \$10,000 2nd Prize: \$1,000  
9 Additional Prizes of \$100 awarded at every 25th ticket  
pulled 1st ticket out of the draw barrel \$500  
Prizes totalling \$12,400  
Proceeds going to Birch Hills Minor Sports &  
The Birch Hills Skating Rink

Saturday January 19, 2019  
Doors open at 7:00 pm  
Birch Hills Civic Centre  
126 McCallum Avenue  
Birch Hills, SK

Featuring  
**NIGHTSIDE  
DISTRICT**

\$10.00 Cover Charge at the door without ticket  
No Minors Allowed  
Midnight Lunch Provided

\$100 per ticket  
Only 251 tickets sold  
Lottery License #RR18-0167

Contact Tanya @ 306-930-1892 to purchase a ticket  
or  
[birchhillsminorsports@outlook.com](mailto:birchhillsminorsports@outlook.com)



### RECYCLE

Please Share your Newsletter with a friend. Send request to [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net) to receive the news letter online.

## Birch Hills Community Lutheran Brethren Church Invites you to:

### Sunday Morning Worship

11:00am at the corner of 4th and Bellamy

### Tuesday & Friday Morning Moms and Tots

10:00am - Noon at the Youth Centre  
\$2 Drop In

### Thursday Evening Kaiser, Crib and Game Night

7:00pm at the Youth Centre

### Friday Night Youth

Age 12 and up  
7:30pm at the Youth Centre

### Saturday Morning Coffee Row

7:00am - 10:00am at the Youth Centre

## CRYSTAL SPRINGS EVENTS

### Crystal Springs Poker Rally - February 2nd

Registration 10am-1pm

**Bingo:** Bingo will restart in 2019 - watch for an announcement

Hall is available for rent, Contact Lynn  
306-864-8013



### Birch Hills Classes

Located inside the Mane Event Salon and Spa

#### Monday:

5:30-6:30pm Vinyasa

6:45-8:00pm Yin

#### Thursday:

9:00-10:00am Gentle Flow

3:30-4:15pm Kids Yoga (7-10)

Beginners Welcome!

For more information follow PASH Yoga on Facebook and Instagram

Or email [pashprojects@outlook.com](mailto:pashprojects@outlook.com)



## Birch Hills Seniors News

As the Seniors await their annual meeting, they look back on 2018 with a great deal of satisfaction and look forward to building on their successes.

Carpet bowling is still popular on Mondays at 2pm. Thursday games day is a lot of fun. So far we have been playing, Chase the ace, sticks, crokinole, shuffleboard and scrabble. We have many games in our cupboard we just need more people to join us.

Seniors Game Day is on Thursday at 2pm, coffee and snacks included for a \$2.00 drop in fee. Need a ride call 749-2500.



The Birch Hills Historical Society held their first meeting of 2019 on Wednesday January 2nd. The annual meeting will be held on Friday February 22nd at 5pm starting with a supper followed by the meeting. Everyone is welcome. We have 2 suppers planned as Fundraisers to support the ongoing expenses of the Museum. Mark your calendar. Monday, February 18th (Family Day) our famous potato supper 5pm. Friday April 5th (pre spring work) Ham and scalloped potato supper 5pm. Thanks to the Birch Hills United Church for the donation of 30 very comfortable chairs for our coffee room, a nice addition to this popular place.



**BIRCH HILLS SNO-POSSE**  
23<sup>rd</sup> ANNUAL  
**SNOWMOBILE RALLY**  
**SATURDAY FEBRUARY 9, 2019**  
Registration At  
**BIRCH HILLS CIVIC CENTRE**  
Hands Sold From  
8:00 AM - 1:00 PM  
Last hand in By 4:00 PM

**PANCAKE BREAKFAST**  
Starting @ 8:00 AM

FREE TRAIL LUNCH PROVIDED  
\*Warm Up Shocks Along Trail\*  
\*BBQ Burgers Served @ Civic Centre\*  
**PRIZES TO FOLLOW!**

**BIRCH HILLS SNO POSSE**

For more information call:  
Mark Evans @ 306 960-2569 or Matthew Njaa @ 306 749-7010  
Find us on Facebook: Birch Hills Sno Posse

**Meskanaw Community**  
**Snowmobile Rally**  
**Saturday January 26<sup>th</sup>, 2019**  
Registration 10:00 am - 1:00pm  
At MESKANAW HALL  
Last Rider out by 1:30pm  
All Riders MUST be back at hall by 4:00pm

**Prizes**  
1<sup>st</sup> 25% - 2<sup>nd</sup> 15% - 3<sup>rd</sup> 10%  
Hands 1/\$10.00 or 3 For \$20.00  
Draws made at 4:30pm  
Concession and Cash Bar at the Hall  
Fuel Available on the trail  
Raffle Table and 50/50 Draws  
\*\*\*All proceeds go towards Meskanaw Hall Maintenance\*\*\*

Contact Info:  
Kyle (306) 940-4750  
Rodney (306) 940-4773

**CRYSTAL SPRINGS  
POKER RALLY**

**SATURDAY, Feb 2, 2019**

Registration 10 am-1 pm  
at Crystal Springs Hall  
Last Rider Out by 1:30 pm  
All Riders Back by 4:30 pm

**Hands 1/\$10 or 3/\$20**  
**1<sup>st</sup> 25% + 2<sup>nd</sup> 15% + 3<sup>rd</sup> 10%**

**Cash Bar + Hot Lunch**  
**Fuel Available**

**Snow or No Snow, this Event is a Go!**  
**For more info, call Lynn 864-8013**

Hosted by the Crystal Springs Rec Co-op