

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)**

February 1, 2019

Issue 183

**Hello Everyone,**

**Hope everyone's had a good first month to the new year, if the snow doesn't bury you in and I haven't got to meet you yet feel free to drop by the office to say hi.**

**Until Next Time,**

**Zac Pitzel**

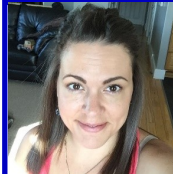
Congratulations to the women's' Provincial curling Champions, Team Silernagle . The event took place January 22nd-27th in Humbolt. The team consisted of; Coach– Lesley McEwan, Skip– Robyn Silernagle, Third–Stefanie Lawton, Second Jessie Humkin and Lead– Kara Thevenot. Thevenot raised in the Northern Lights District, was a graduate of the Birch Hills school. The team will now head to nationals February 15th in Sydney Nova Scotia after winning over Team Anderson on the last Rock in the 10th end.

*Birch Hills Sportsground would like to thank the kids (Tyler Hood , Nick Agnew, Emma and Ethan Tessier) from Birch Hills Public School for coming out to the sportsground during their Xmas break and volunteering some time to help split firewood, In total these kids helped split over 4 cords of wood that will come in handy for Rec board and Sportsground activities. Thank you for your efforts and to the school for promoting volunteering as part of their curriculum.*

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

The Birch Tree Café  
Sno-Possie  
Birch Hills Health Authority

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/month) for printing, advertising and ensuring that the newsletter stays free for everyone.



***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!

# **JANUARY NEWSLETTER SPONSORED BY:**

Birch Hills & Area Health Foundation

We need your help!

We are trying to raise \$25,000.00 to replace the Sit Tub at the Birchview Nursing Home. The present Sit Tube is very old and there is a high risk infectious control issues.

The Birch Hills & Area Health Care Foundation is a non-profit foundation that was formed in 1994 when our hospital was closed, the Birchview care home and Heath Center were amalgamated into the newly formed Prince Albert Health Care Region. The Birch Hills & Area Health Care Foundation was formed to keep control of the funds raised in our area for use in promoting health care in the Birch Hills area.

The foundation's role is to provide support for health related activities and the health facilities in Birch Hills & area, this includes the Birchview Nursing Home and the Health Center attached to it.

Our foundation is funded by tax deductible donations and bequests from local residents and supporters of our health facilities. Since our inception we have used these donations to support large and small projects, from the \$50,000.00 bed replacement project to supplying Broda chairs for the residents and \$1,000.00 education bursaries to grade twelve graduates enrolling in a health related field of secondary education. Currently we are replacing two air beds for the comfort of bed ridden residents to help prevent bed sores.

We have also supported the Rec board "Bridging the Gap" summer playground program, the Birchview facelift committee, the Birch Hills Fire Department, the Birch Hills First Responders and several other local health related organizations.

In the last ten years the foundation has donated over \$130,000.00 to support health care and healthy living in the Birch Hills Area.

As the Foundation continues to receive funding requests from our local health providers and other local groups we need to continue raising funds to support these very deserving projects.

Donations can be made to Birch Hills and Area Health Care Foundation, P.O. Box 578, Birch Hills, Sk. S0J 0G0

## **Birch Hills Curling Club Upcoming Bonspiels**

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

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

Open February 22-23 three games guaranteed

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 Sno-Posse is a local snowmobile club that will host the Birch Hills Snowmobile Rally on Saturday February 9th, 2019.

The executive consists of the following members: President: Mark Evans, Vice-President/Treasurer: Matthew Njaa, Secretary: Tammy Forsyth and 4 Directors: Sheldon Gordon, Cathy Gordon, Chris Braaten and Robert Fossen. The newest youth members at large are: Sawyer Arnestad, Landon Sampson, Tyler Mickelson and Rylan Forsyth.

The snowmobile club would like to welcome anyone willing to join a great organization. The money raised from the rallies is used to maintain 3 cabins that are strategically located along the river. These cabins are stocked with wood and other survival supplies that make a great outdoor adventure. Our club does our best to give back within the community of Birch Hills.

Without the hard work of volunteers none of this is possible. We would like to thank the past and present members for all their hard work and dedication towards this organization.

If you have an interest in snowmobiling/ATV, the love of the outdoor environment, or just want to meet folks that have the same interests, this is the club for you.

Follow us on Facebook under "[Birch Hills Sno-Posse](#)" for the latest information on meeting dates and times, and photos of all generations enjoying the use of Cabin 5, Northpoint Cabin and the newly constructed Cabin 10.

Cabin 10 has been rebuilt this summer and the finishing touches will be done in the spring of 2019. We have many folks to thank who came and helped construct the cabin. Without your help this cabin would not have been ready this winter! THANK YOU!

The club would like to remind all snowmobilers in the area to respect farmer's crop that may be in the field, and no snowmobiling on the golf course, as posted. Please leave cabins in a tidy condition by utilizing the recycle and garbage bins, it is greatly appreciated.

For more information about the Birch Hills Sno-Posse Club contact Mark Evans @960-2569 or Matthew Njaa @ 749-7010.

## **Birch Hills Snowmobile Rally February 9, 2019:**

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 Saturday February 9th 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!

Birch Hills Sno Posse appreciate the local folks and businesses in our community and surrounding area for your sponsorship for our rally. If you are curious and want a sneak peek at what prizes will be at our rally, you can view them on our Facebook page "Birch Hills Sno Posse". If anyone would like to make a prize donation, please contact us, we are happy to assist you, in return by advertising. We have followers from all over the province!

More details on our poster, see you on Feb 9<sup>th</sup>!



**JANUARY NEWSLETTER SPONSORED BY:**

**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, February 1st**

Free will offerings accepted (donations)

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

Next Lunch : Feb 15th



Sunday, February 3 9:00am – Morning Prayer

Sunday, February 10 9:00am – Holy Communion

Sunday, February 17 9:00am – Morning Prayer

Sunday, February 24 9:00am – Holy Communion

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.

## Birch Hills Curling Club

Weekly Curling

Afternoon - Tuesday 1pm

2 Person - Wednesday 2 draws 7pm & 8pm

Mixed League - Thursday 2 draws 7pm & 9pm



## Birch Hills Public Library

### Birch Hills Library hours:

Tues 11-4 5-9

Thurs 9-12 1-6

Storytime Thursday 1:30 - 2:15

**Storytime for 3-yr olds starts Oct. 4.**

**Birch Hills Library Spring Gala**  
**Guest Author & Speaker: Bill Waiser**  
**His latest book: History Matters**

**Turkey Supper**  
**Wed. March 27, 2019**  
**More details to follow!**



## Church Services



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

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.

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## 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

## 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

## CRYSTAL SPRINGS EVENTS

**Feb. 2: Crystal Springs Poker Rally, Registration 10am-1pm**

**Feb 6: Coffee Row at the Hall, 2 - 4 pm**

**Everyone is welcome. It is a wonderful opportunity for friends, neighbours & acquaintances to get together!**

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

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



## Saskatchewan Hockey Association 15 Team Draw

Division: SENIOR

Category: B

Coordinator: Sterling Switzer

Completed By  
February 17, 2019

February 17, 2019



## Upcoming Events

### February

2 - BH Blackhawks vs Aberdeen Knights

- Crystal Springs Poker Rally

8 - 9 - Ladies Curling Bonspiel

9 - BH SnoPosse Snowmobile Rally

### March

8 - 9 - Gooser hockey tournament

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

### Upcoming Games:

- Friday, February 1<sup>st</sup> – Birch Hills at Rosthern 8:30pm
- Saturday, February 2<sup>nd</sup> – Aberdeen at Birch Hills 8:00pm; Free admission courtesy Northern Skies Outfitters

**SGI Canada Provincial Playoffs** - Eight of the Blackhawks' players (Matthew Larnas, 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.

- Saturday, February 9th – Kinistino at Outlook 7pm
- Saturday, February 16th - Outlook at Kinistino 7pm

Twin Rivers Hockey League Playoffs will be starting in February; please watch Facebook, check the website [www.trhl.ca](http://www.trhl.ca) and look for posters and the sandwich board for game information. Go Hawks!

## BlackHawks Hockey vs. Aberdeen



**Free  
Admission  
Courtesy:**



Sat  
**2**  
Jan  
2019

**Time | 8:00pm  
Licensed Beverage Garden**

2<sup>nd</sup> Street, Birch Hills



### 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 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 birch-hillsrec@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

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.

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

"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.

## **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



#### **Birch Hills Classes**

Located inside the Mane Event Salon and Spa

#### **Monday:**

5:30-6:30pm Vinyasa flow

6:45-8:00pm Yin

#### **Thursday:**

9:00-10:00am Gentle Flow

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

Beginners Welcome in all classes!

Yin and Gentle Yoga are a great place to start

For more information, follow PASH Yoga on Facebook and Instagram

Or email Megan at 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.

## NOTICE

Birch Hills Seniors Club Annual Meeting

Monday February 4th, 1pm @ Seniors Hall

Bowling to follow.



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.



## NOTICE !

Birch Hills Museum

Events



### CELEBRATE FAMILY DAY

MON. Feb. 18<sup>th</sup> – POTATO SUPPER – 5pm

Adults \$10.00 Preschool Free 6 Yrs to 10 Yrs - \$5.00

Takeout Available 749-2262

Birch Hills Historical Society

### ANNUAL GENERAL MEETING

FRI. Feb. 22nd

Museum Basement

SUPPER 5pm – MEETING TO FOLLOW

Everyone Welcome



The Birch Hills Golf Course has seasonal employment opportunities for 2019 as follows:

Course maintenance workers (full time & part time) - must be physically fit and experience with riding mowers, tractors and other "farm related" equipment would be a definite asset.

Clubhouse reception/sales and kitchen staff (full & part time) - must have Food Safe certificate and Serve it Right certification (or be willing to take course; online is available) and provide proof of certification, prior to employment.

Please submit resumes to email address: [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net) or [lgenes@sasktel.net](mailto:lgenes@sasktel.net) no later than March 16, 2019, or drop off at Birch Hills Recreation Office on Bellamy Ave by March 15th, 2019.

## **FOREMAN – RM OF BIRCH HILLS NO. 460**

DATE POSTED: February 1, 2019

The Rural Municipality of Birch Hills No. 460 is accepting applications for a full-time, year-round working foreman position with the municipality.

Assets for this position would include good management skills, organizational skills and communication/ interpersonal skills.

Applicants must have a Class 1A license and have skills and experience in maintenance and operation of heavy equipment including grader, loader, track hoe, gravel truck, tractor & mower, scraper, loader, etc.

Key Duties will include but are not limited to the following:

- ability to schedule and prioritize work and report to Council regularly on activities and related issues
- provide direction and supervision regarding the maintenance of municipal infrastructure as well as organizing and assigning employees' schedules and tasks while ensuring safety procedures are followed and maintained
- grading, maintaining & building roads, mowing, hauling gravel, snow removal, installing culverts, installing signs, servicing equipment and other duties as directed by Council.
- managing and ordering shop inventory, maintaining and overseeing public works logs and inspection reports

Qualifications:

- Valid driver's license. Class 1A license required.
- Good organizational, communication and record keeping skills.
- Solid leadership skills and the ability to work well with staff, Council, ratepayers, contractors, suppliers, etc.
- Geographical knowledge of the RM an asset.
- Experience in road construction an asset.
- Previous experience as a Foreman an asset.

Your resume should include:

Past and present work experience, education and skills, references and a current driver's abstract

Please forward your resume to the address below prior to February 28, 2019.

RM of Birch Hills No. 460

Box 369

Birch Hills, SK S0J 0G0

Email: [rm460@sasktel.net](mailto:rm460@sasktel.net)

Fax: 306-749-2220

For further information please call the municipal office at 306-749-2233.

*We thank all applicants, but only those selected for an interview will be contacted. Thank you for your interest in working for the RM of Birch Hills.*

## ***Town of Birch Hills***

### ***seeks***

#### ***Town Foreman***

The Town of Birch Hills invites application for a permanent position of Public Works Foreman.

The successful candidate will oversee the public works department staff and will be expected to work effectively as a team or with limited supervision.

The ideal candidate shall require strong leadership skills, good oral and written communication skills, good decision making skills, and adequate mechanical skills. This position involves operation of Water Treatment Plant, Sewage Lift Station, grader and loader operation, light equipment operation and general public works duties.

Qualifications include:

Level 2 Water Treatment and Distribution

Level 1 Waste Water Treatment and Collection

Grade 12 education or equivalent

Valid Class 5 driver's license

Experience operating equipment

Applicants without certification may be considered and training will be provided. Ongoing training is essential and will be provided.

This position offers a SUMA Benefits package, Municipal Pension Plan and a salary which is dependent on experience and qualifications. Applicants are asked to submit a detailed resume outlining experience, qualifications, education, references and expected salary, by 4:00 pm on February 22, 2019 to:

Town of Birch Hills

Box 206

BIRCH HILLS SK S0J 0G0

Fax: (306) 749-2545

Email: birchhills.town@sasktel.net

Only candidates selected for an interview will be notified.

## ***Town of Birch Hills***

### ***seeks***

### ***Town Maintenance Worker***

The Town of Birch Hills invites applications for the full-time position of Public Works/Maintenance employee.

This position will require the applicant to:

- Possess a grade 12 or equivalent
- Possess a valid driver's license
- Have strong interpersonal, communication and public relations skills
- Have equipment operation experience and adequate mechanical skills
- Maintain and keep up equipment
- Clean and maintain streets
- Be willing to obtain pesticide applicator license
- Be willing to participate in education workshops
- Be willing to participate in ongoing training
- Back up water operator

The Town seeks an energetic, ambitious person with a great work ethic and the ability to work independently and as part of a team. Good public relations are essential.

The successful applicant will take direction from the Town Foreman, with duties as assigned.

This position offers a SUMA Benefits package, Municipal Pension Plan and a salary which is dependent on experience and qualifications. Applicants are asked to submit a detailed resume outlining experience, qualifications, education, references and expected salary, by 4:00 pm on February 22, 2019 to:

Town of Birch Hills

Box 206

BIRCH HILLS SK S0J 0G0

Fax: (306) 749-2545

Email: birchhills.town@sasktel.net

Only candidates selected for an interview will be notified.