

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

April 1st, 2019

Issue 187



BIRCH HILLS MUSEUM
Ham & Scalloped Potato Supper

Friday, April 5th at 5:00pm
In the Museum basement



The Meier Quartet

will be at Glad Tidings
on Sunday, May 5th
11 am - Morning Program
- Dinner to follow
7 pm - Evening Concert
- Pie & Coffee to follow
(A Special Offering will be received
in support of the local Birch Hills
Foodgrains growing project)
Everyone is Welcome!

April issues of this Birch Hills activity newsletter are sponsored by:

Mane Event Salon and Spa
Court Massage Therapy
Pash Yoga
Peace Love Healing

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

A new sound system was installed in the Birch Hills Skating Arena this season.

Thanks To:
Birch Hills Minor Sports,
Northern Skies Outfitters &
the Birch Hills Blackhawks
for purchasing the new system!



Mane Event Salon & Spa

.....
Full Service Hair Salon for Women & Men

Haircuts, Colors, Styling

Gel Nails

Waxing

Tanning Bed

Salon Hours:

Tuesday, Thursday & Friday 9-6

Evening appointments available by

advanced booking

Walk-in's Welcome!

Kristy Nelson

306-749-7405

Court Massage Therapy

Mandi Court Registered Massage Therapist

Hours: Tuesday, Thursday & Friday 9am – 5:30pm

Located at Mane Event Salon and Spa

Treatments Available

Relaxation/Deep Tissue Massage 30/60/90 minutes

Hot Stone Massage 60/90 minutes

Paraffin Wax for Hands & Feet

Coming Soon!

Thai Massage

Aromatherapy

Facials

Receipts Available for Insurance Companies

306~960~0706 call or text for appointment!

APRIL NEWSLETTER SPONSORED BY:



Birch Hills Yoga 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

PASH Yoga also offers Private Events
Kids Yoga Birthday Parties
Private one on one classes
Private group classes

For more information about Yoga or Private bookings
follow PASH Yoga on Facebook and Instagram or email Me-
gan at pashprojects@outlook.com

NOW OFFERING

Pedicures & Reflexology

ALSO AVAILABLE: Crystal Healing • REIKI • Access
Consciousness • Hot Stone Therapy • Hot Stone COMBOs



by appointment only:

Mackenzie @ 306-961-1386

Certified Reflexologist with Reflexology Association of Canada
Mane Event Salon & Spa

ST MARY'S ANGLICAN CHURCH

UPCOMING EVENTS

Community Lunches:

All community members are welcome to join us for lunch

Friday, April 12th

Next Lunch : May 3rd



Friday, April 5th 7:00pm Stations of the Cross

Sunday, April 7th 9:00am Holy Communion with Bishop Michael

Friday, April 12th 7:00pm Stations of the Cross

Sunday, April 14th 9:00am Morning Prayer

Birch Hills Dance Centre News

Congratulations to all the dancers who competed in the Dance Blast competition in Prince Albert in early March. Good luck to the Birch Hills dancers as they compete in Regina and Tisdale over the next two weekends.

The public is cordially invited to attend the annual Birch Hills Dance Showcase at the E.A. Rawlinson Centre in P.A. on Thursday, May 2 at 6 p.m. Tickets will be available on-line and at the box office later this month.

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!



Annual Meeting



Birch Hills Senior Centre

Reservations Required for Supper (\$15)

To reserve, call or text 306-980-8687
or 306-749-7756 by **April 6th**

Tues
9
Apr
2019

Happy Hour | 5:30 PM
Supper | 6:30PM
Meeting | 7:00PM

370 Bellamy Avenue

Church Services



St. Mary's Anglican Church @ 9:00am - First Sunday in August switches to 11am

St. Anne Roman Catholic Church @ 11 am

Community Church @ 11am

Lake Park Baptist Church @ 11am

Saron Lutheran Church by Hagen @ 9:30am

Glad Tidings Tabernacle @ 11:00am

The Birch Hills Step Out
Line Dancers proudly present

MUSIC TO YOUR EARS

Showcasing local music and talents

Sunday, April 7th, 2019

Birch Hills Civic Centre

at 2:00pm

Coffee & Dessert to follow
Admission by donation

All funds raised will be donated to the
Birch Hills Multi-Use Building Project

Tax receipts will be issued for donation \$20 & up

Mark your calendar - See you there!

Hey Birch Hills! We are looking forward to an Exciting and Active Summer!

Track your activity. Win Prizes. The new ParticipACTION app helps you fit physical activity in your busy life and rewards you for it. Track your active minutes against your personal activity goal, read motivational articles and watch videos for your chance to win sweet weekly, monthly and quarterly prizes! PLUS, be one of the first to download the app for a chance to win from an extra \$20,000 in early-bird prizes between now and March 31st, including gift cards, trips and more. Sign up at www.participACTION.com now to make tracking your activity and progress a habit!

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

Gift certificates are still available for that perfect birthday! 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

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

TISDALE RIVERSIDE GOLF CLUB PRESENTS...

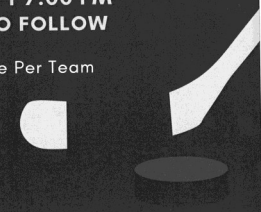
NHL HOCKEY DRAFT & CALCUTTA

Friday, April 12th
at the
Golden Age Center

DOORS OPEN AT 5:00 PM
SUPPER AT 6:00 PM
HOCKEY DRAFT 7:00 PM
CALCUTTA TO FOLLOW

2018
Calcutta
Winner
took home
over \$6000!

\$200 Entry Fee Per Team



**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**
Centre 10:00am - Noon at the Youth
\$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

RECYCLE

Please Share your Newsletter with a friend. Send request to birch-hillsrec@sasktel.net to receive the news letter online.



Upcoming Events

April

- 3 - Ball Registration
- 5 - Birch Hills Museum Ham & Potato Supper
- 6 - Blackhawks Hockey Windup
- 7 - Lions Hockey Draft - Location TBD
- 7 - Music to your ears talent show
- 9 - Birch Hills Golf Club AGM
- 13 - Lions Club Spaghetti Supper @ BH Civic Centre
- 23 - Rec Board AGM Meeting

May

- 1 - New To You Sale
- 2 - Birch Hills Dance showcase
- 4 - Attitude and Gratitude Spring Super

June

- 1 - Multiuse Facility Open House

**Rec Board AGM April 23rd 7:00PM
@Museum**

BIRCH HILLS --- WE ROCK!!

A HUGE THANK YOU to everyone who voted and shared to win the \$25,000 FUEL UP MY TOWN Contest! This is the 2nd Canada Wide Contest that YOU made happen with your votes, sharing and support! A special THANK YOU to Tim Seibert for picking up on the correct way to have a valid entry...without his attention to detail we quite likely would not have been successful.

THANK YOU to Lake Country Co-op for donating the funds to the Skate-park! These funds will enable the washrooms and Camp Gazebo to be built this Spring for the entire community to enjoy!

This is proof that we ARE a community that CAN! "A brick on the ground is really just a brick, but many together can build a Stronghold!" Together We Are Stronger!

RYSC (Reaching Youth, Serving Community)

NOTICE

ANNUAL MEETING

of the

BIRCH HILLS

Conservation and Development Area # 58

Notice is hereby given that the Annual Meeting
of the Birch Hills

Conservation and Development Area will be held

At Tomtene Seed Farms,

April 17, 2019

at 9:30 in the morning.

Secretary-Treasurer, Grant Getz

Some major expenditures are being considered so it is important that you as a ratepayer
attend.

Blackhawks Hockey Windup



Happy Hour 5:30-6:30

Steak Supper 6:30-8:00 **\$25.00**

(Reservations required by April 1;

call or text 306-980-8687 or 306-960-9744)

Program & Social 8:00 (free admission)

Sat

6

Apr
2019

Birch Hills Civic Centre
Licensed Event

239 Bellamy Avenue, Birch Hills



Birch View is having a

"New to You"



Sale

Wednesday May 1st

10-3pm



We're Spring Cleaning

our closets & hopefully you are too!

We will gladly take your gently used

clothes, shoes and accessories!

Please bring items to the Recreation Room
Thank You in advance ☺



Birch Hills Volunteer Fire Department

Fundraising Calendars \$25 each

Available from any Volunteer Firefighter

All proceeds to purchase needed equipment.



Struthers Lake Regional Park

MAY LONG to SEPT LONG



**CONCESSION
ON SITE**

**BOATING
FISHING**

306-864-3240

**WATERSLIDE
MINI GOLF
SPRAY PARK
CAMPING
GEO CACHING**


GAZEBO RENTALS

- Birthdays
- Weddings
- Anniversary

strutherslakerp@gmail.com

"Follow us on Facebook @ Struthers Lake Regional Park".

April Birchview Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Renee's EDO 11:00- Bible Study <i>April Fools Day</i> <small>All Fools Day</small>	10:30- Tone Chimes 2:30- Catholic Mass	10:30- Group Exercise 2:30- Olive, Mabel, Esther & Richard	12:30- Army & Navy Outing	10:30- Helping Hands 2:30- Bingo	
<i>Music To My Ears</i> At the Civic Center 2 pm Admission by Donation	10:30- Painting Party 2:30- Baking	10:30- Tone Chimes 2:30- Community Church (Communion)	10:15- Daycare Visit 2:30- Horse Racing	10:45- Ricky's & Value Village Outing	10:30- Helping Hands 2:30- Bingo	
2:30- Glad Tidings 	11:00- Bible Study 2:30- The Klassens	10:30- Tone Chimes 2:30- Baptist Service	10:30- Helping Hands 2:30- Celebrating Birthdays with The Job Mates	10:45- Minto Bowl Outing 6:00pm- "Birdview" Eden Committee Comedy Hour	<i>Good Friday</i>	
<i>Easter Sunday</i> <small>NATIONAL HOLIDAY</small>	<i>Easter Monday</i> <small>Earth Day</small>	Renee's EDO 2:30- Pentecostal Assembly	10:45- Walmart Outing 3:30- Barveenok Dance Club (Ukrainian)	10:15- Daycare Visit 2:00- Volunteer Appreciation Tea Wes Stubbs to Entertain	10:30- Helping Hands 2:30- Bingo <small>Arbor Day</small>	2:30- Ralph Duncan & Friends
	10:30- Group Exercise 2:00- Step Outs Line Dancers	10:30- Tone Chimes 2:30- Catholic Mass	<div> <div>April</div> <div>2019</div> </div>			

Contact Renee at 1306-749-2288 or renee.herzog@saskhealthauthority.ca with your questions, comments, concerns

Multiuse Facility News!

We are progressing very nicely on the project! The walls are complete, the electrical wiring is in, and we are ready for dry-wall to be installed and completed in the next few weeks. In addition, the rear entry doors are also installed and some exterior lighting has been completed.

On June 1st the Multiuse Committee is planning an open house with food and beverages. This is the Community Garage Sale day so we hope to have a great turnout. Please stop by and walkthrough the building. You will be pleasantly surprised at how big the space is, and how it was utilized!

Carrying on with the open house event, we will be holding a street dance in front of the facility. There is a live band, FLASH-BACK, playing hits from the 60's, 70's, and 80's. There will also be delicious food, and drinks. This is going to be a fun filled day so we encourage everyone to come out and enjoy the day!

We are looking for 4 sponsors to donate \$200 each to cover the cost of the band. If this is something that interests you, please contact the Town Office at 749-2232 or speak to any Multiuse Facility Board member. You, or your business, will be recognized the night of the event, in appreciation of your donation, and help in making the entire day a success.

THE RACE TO 100

As part of our fundraising efforts, and final drive to complete the project, we have implemented a donation program. We are asking 100 people from our, and surrounding communities, to donate \$1000 each. It will also include an option of MasterCard or Visa, or 4 payments of \$250, if that is something contributors would like to do. In doing so, there will be an area set aside in the facility, recognizing *The 100*, for their contribution to the project. Feel free to contact the Town Office at 749-2232. Additionally, we appreciate all contributions to the project that members of the Community have made over the past few years, and we intend to proudly display, and recognize, all donations, at the completion of the facility. We are very proud of this project, and what it will do for the community! We thank everyone in Birch Hills and surrounding areas for their past and future support!

Birch Hills Seniors Club Raffle

Tickets \$2 ea. or 3 for \$5

1. Wooden Lattice Planter [made and donated by Gordon Braaten]
 2. Wooden Child's Desk with Bench [made and donated by Gordon Braaten]
 3. Log Cabin Quilt with double heart stitching [hand-made and donated by Mabel Epp]
- To be drawn on Threshing Day - Sun. Aug 11, 2019 Lottery Licence # SR18-4196



2019 SUMMER PLAYGROUND PROGRAM

Help Support your Playground Program: There are plans in place again for a playground program this summer. This program has been free to all kids ages 5-12yrs and we would like to continue the program at no charge. There are grants available but not all costs are covered. In the past businesses and individuals have donated towards this program for nutrition snacks, craft supplies, tons of fun Mon-Fri (Jul/Aug) and competitive wages for our leaders. If you are interested in assisting with budget requirements, please contact Rec Office for more info.

JOB OPPORTUNITY: Applications are being accepted at the Rec Office for Play Leaders this summer. Hours vary with positions. Must be available July 2nd through Aug 24th, Monday to Friday. Must be 14 yrs+, a current full time student returning to school in the fall.. Please submit your application to the rec office April 30th.

Cans, Bottles & Milk Jugs Piling Up?



Youth Center

Always Appreciates
Donations of the following

BEVERAGE CONTAINERS

- * Aluminum /Tin Cans
- * Plastic Bottles and Jugs INCLUDING MILK
- * Glass Bottles, Clear and Colored (Wine, Juice)
- * Juice & Milk Boxes and Cartons
- * Refillable Beer Bottles

WE NOW ACCEPT MILK JUGS AND CARTONS (please rinse)

*We Are Not Able to Accept Non Beverage Containers
Plastic Household Containers such as Soap, Javex
Glass Jars from Jam, Pickles, etc. or Soup Cans*

DONATIONS MAY BE DROPPED OFF AT BACK DOOR OF YOUTH CENTER!

It is a trait common to us as people that we complain far more than we appreciate. It's our natural bent....we think more about ourselves rather than what others do for us. We want to try something new to shake us out of that attitude for an evening. What if there was a special community supper where the only tickets you could buy were for other people? What if there was a special supper built entirely around showing other people you care and appreciate them?



Birch Hills Community Church & Saron Lutheran Church

"Attitude of Gratitude" Spring Supper

Saturday, May 4 6:00 pm
BH Community Church

TICKETS \$15/person from Youth Center LIMITED TICKETS AVAILABLE

The "Attitude of Gratitude" Supper is a special chance for us to show others in our community how much we appreciate them. You buy tickets for other people - we deliver the tickets to them. Should you wish, there will also be cards available when you buy the tickets to explain either anonymously or signed as to why you gifted them (discreetly given to them at Supper).

NOTICE OF PREPARATION OF ASSESSMENT ROLL

Town of Birch Hills

Notice is hereby given that the assessment roll for the Town of Birch Hills for the year of 2019 has been prepared and is open to inspection in the office of the assessor from April 5, 2019 to May 6, 2019 on Monday to Friday from 9 a.m. to 4 p.m.

A bylaw pursuant to section 214 of *The Municipalities Act* has been passed and the assessment notices have been sent as required.

Any person who wishes to appeal against his or her assessment is required to file his or her notice of appeal with: The Assessor, Town of Birch Hills, Box 206 Birch Hills SK S0J 0G0, by the 6th day of May, 2019.

Dated this 3rd day of April, 2019.

Assessor

Town of Birch Hills

April 1, 2019 Heartbeat

After defeating the Waldheim Warriors in the quarter finals, the playoffs ended abruptly for the team in the semi-final round against the Rosthern Wheatkings, who in turn lost to this season's champions, the Warman Wildcats. The Birch Hills Blackhawks would like to thank their board, coaches, volunteers, sponsors and especially the fans for their support during the 2018-19 hockey season. The team would not operate without the contributions and support of everyone involved.

Thanks to our 2018-19 Sponsors:

Bronze:

Wong's Family Restaurant
Quayle's Pharmacy
Silver:
King George Hotel
Lake Country Coop
Tilford Farms – Bruce Tilford
Investors Group – Rupert Bremner
Revive Salon – Pam Grambo
TC Electric Inc. – Luc Robin
CMT Signshop – Marlene Hovdebo
Bourgault Industries Ltd.
Peifer Farms Ltd.
Greg Manson

Gold:

Vivid Painting – Brock Tilford & Derek Fjeld
Pratt Plumbing & Heating – Devin Pratt
Peak Electric – Lenny Gaudet & Chase Berge
Century 21 Prestige Real Estate - Jesse Heit
Platinum:
Affinity Credit Union – Birch Hills
Nutrien Ag Solutions – Perry Clarke
Braaten Construction – Neil Braaten
Macfie Safety Consulting – Scott Macfie
Great Western Brewing Company – James Mueller
Armie's Trucking Ltd. – Armand Lajeunesse
Murann Farms Ltd.
Northern Skies Outfitters
Carter's Custom Ag – Carter Braaten
Cornerstone Insurance – Birch Hills
Mackenzie's Funeral Home & Crematorium – Brian Stobbs

Thanks to our Volunteers who make every game and event possible (apologies if anyone was missed – we know that there are lots of people who step up to help when needed):

Iris Fjeld
Ron Lyons
Murray Swenson
Carl Hanson
Chad Bruce
Mitch Soyland
John Grambo
Wray Morrison

Rosalind Doderai
Bob McRury
Laura Swenson
Brock Tilford
Greg Manson
Tracy Collison
Neil Braaten
Dave Folstad

Allen Harper
Ethel Rutherford
Georgine Harper
Ramona Swenson
Wade Cochrane
Jamie Tilford

Upcoming Events:

Saturday, April 6th – Annual Windup @ the Civic Centre (see ad in the Heartbeat)

Saturday, June 1st – Grab'n'Go Breakfast @ the Skating Rink

Saturday, July 6th – Alumni Golf Tournament (all former and current players, board members, sponsors, volunteers, and fans are welcome to attend)

Crystal Spring Events

Crystal Springs Rec Co-op

April 3: Coffee Row at the Hall, 2 - 4 pm, everyone welcome

Bingo will start on May 7th -- Watch the May 1st HeartBeat for more information & to find out what's been going on in Crystal Springs!

"90th birthday party for James Cochrane on Sunday, April 28 from 2 to 4, at the BH Community LB church. Come help us celebrate!"

Thank you all for helping me - Bike Bob

BALL REGISTRATION

Wednesday April 3rd
at the Birch Hills Legion
from 6:00 pm - 8:00 pm.

This will be the only registration held, any registrations after April 3rd will not be accepted, so please be sure to contact us ahead of time if you cannot make registration night.

bhminorsports@outlook.com

All age groups will most likely be co-ed teams unless registration numbers are up, the ages are as follows:

LTP: 2013-2015 - \$60.00
Jr. Mite: 2011-2012 - \$60.00
U10: 2009-2010 - \$120.00
U12: 2007-2008 - \$120.00
U14/U16: 2005/2006-2003/2004 - \$120.00

We are always looking for coaches and parent helpers, without you we would have no program, so if you would like to volunteer let us know!