



# 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)

August 1st, 2023

Issue 311

## Birch Hills Sr. Brewers Baseball

### Results for the Season:

June 6th—@ Tisdale 6:30 PM	L 14-6
June 13th—@ Prince Albert 6:30 PM	W 2-0
June 20th—VS Humboldt 6:30 PM	W 11-10
June 27th—@ Humboldt 6:30PM	W 6-3
July 4th—VS Tisdale 6:30 PM	W 17-5
July 8th— VS Nipawin (in Nipawin)	W 5-3
July 8th—vs Hudson Bay (in Nipawin)	W 21-4
July 11th—VS PA 6:30PM	W 13-3

## Playoffs Schedule

July 16th—VS Hudson Bay	W 10-0
July 18th—@ Hudson Bay	W 17-4

### Second Round

July 27th Vs Pasquia	W 8-7
July 31st @ Pasquia	W 6-5

### Finals

Winner of Nipawin Vs Humboldt (TBD)

Get updated on the Birch Hills Brewers Facebook Page!

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

### BIRCHVIEW HOME

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.



**HUMATERRA**  
GROW WISER.

#### WHO WE ARE

We are a Saskatchewan-based company founded in 2016. There are two facilities dedicated to producing H-Start: the pellet-based inoculant that can be broadcasted or applied in-furrow with seed and fertilizer.

#### WHAT WE DO

We produce broad-spectrum, living microbial soil inoculants to help rebuild soils in agriculture, forest and reclamation systems.

#### GET IN TOUCH

As a small company, we are dedicated to providing the best customer experience possible. Visit our website, send us an email, or give us a call with any questions you have.

[humaterra.ca](http://humaterra.ca) [sales@humaterra.ca](https://www.facebook.com/humaterra) 1-833-247-3536

# August Newsletter Sponsor:

The words of Tyness Meadows- Current Health Care Manager of Birchview Home

Forty years is a long time, did you know trivia is such an interesting way to look at what has changed and what was important to us way back when. It really isn't the trivia though that connects us to the interesting facts of the past, it is what we were doing and who or how we were doing it with others. In 1983 there were members of the community and surrounding area that were leaving their homes to make Birchview their home. There was also a generation of Health Care Workers that were moving into new roles at Birchview. I imagine that many of them really had no idea what they were getting themselves into and how it would impact their lives as they stood in a newly built Facility awaiting the first new residents to walk through the doors and make the Facility a Home.

When it comes to Long Term Care there has been a lot of evolution in what it is, who and how it supports and how we view it. The truth is these Homes were once very medical in their model and they run a tight ship. What seems to have really created evolution is families wanting Facilities to be homes in as many senses of the word possible. New philosophies like the Eden model have contributed to this change by challenging the notion of integrating large scale structure with small scale personal connection and attention.

I have often wondered how at Birchview, Eden took like weeds to a garden or deer to the farmer's fields. In my time with Birchview, I think I have experienced some of the contributing factors. There really is a deep connection between the staff and the residents and the community. In fact, many of the staff once retired have come back to serve the home in one way or another. Many of the families, have come back to the home long after their loved one's have passed to serve the new residents of the home and the team of staff through their volunteer engagement. Even a number of our staff teams come back to the home to volunteer their time to activities to serve the residents or just to spend time with them. It is not like they are not spending enough time here on paid time and more paid time and more that they often do not want – yet they keep coming to serve.

Folks that have had family here, have shared stories of how their family members had really felt cared for at Birchview. In some cases, folks would try one home then another and for them, Birchview was like momma bears bed and chair and porridge. It was just right. We all have unique and specific needs and wants and for many, they found it at Birchview.

Birch Hills seems to have viewed Birchview, over the years, as a part of their family and fabric. The community seems to take pride in caring for Birchview. Perhaps it is a deep respect for those that come to make Birchview their home, for their contributions to building our present through their past.

It is hard to say what things will look like in 40 years let alone 5 or 10 years. A supportive community, engaged families, dedicated staff teams and residents who claim their space here as Home will continue to shape Birchview's future with their stories, support and direction.

So Look for us, Celebrating Birchview 40<sup>th</sup>, at the Threshing Day parade on August 13<sup>th</sup>, We will be the ones wearing Yellow and Green!

## Birch Hills Library Report

135 Bellamy Ave  
(306)749-3281

[bircirc@wapitilibrary.ca](mailto:bircirc@wapitilibrary.ca)

Open Tuesday: 11-5 and 6-8

Wednesday: 12 - 5

Thursday: 1 - 6

Friday: 9 - 1

Saturday: 10 - 2

Masks are encouraged.

Join our Facebook group at: <https://www.facebook.com/groups/289306315777789/>

## Virtual Reality

Do you love under the sea?

Would you love to explore under the ocean?

Join us at the library for fun with virtual reality!

August 22<sup>nd</sup> at 2:00 pm

Contact the library to register today!

## Special events:

June – August, our summer program has officially started!!

June – August – Birch Hills Library is participating in Notice Nature, a program that encourages kids and families to get outside, enjoy nature, and have outdoor play!

July 31<sup>st</sup> to August 4<sup>th</sup> – Birch Hills Library is hosting a 5 Day Club by CEF from 3:00 pm – 4:00 pm. Ages 5 – 13.

August 22<sup>th</sup> @ 2:00 pm – Under the Sea Virtual Reality. Come explore the under water world through Virtual Reality!

August 25<sup>th</sup> @ 10:30 am – Join us with Chantelle from KidsFirst for a Monster of a good storytime!

## Artist of the Month

We have a very talented community,

And the library is looking for you!!

Would you like to display your art??

Contact the library for details!

## Weekly events:

Tuesdays – afterschool crafts.

Saturday at 10:30 am Story Sack Interactive Reading and snack. All ages welcome.

Contact the library if you have a book you would like to recommend for others to read

Check out our artist of the month! This month features Ryan Mulligan.

## Notice Nature

The library is participating in Notice Nature

A program that encourages children and families

To get outside, enjoy nature, and have outdoor play!

Stop in from June – August to pick up your passport.

Complete activities, have fun and win prizes!

(While supplies last)

## Connie's Pick

**This Tender Land By: William Kent Krueger**

Odie O'Banion, is a lively orphan boy whose exploits constantly earn him the superintendent's wrath. Odie and his older brother, Albert, are the only white faces among the hundreds of Native American children at the Lincoln Indian Training School on the banks of Minnesota's Gilead River.

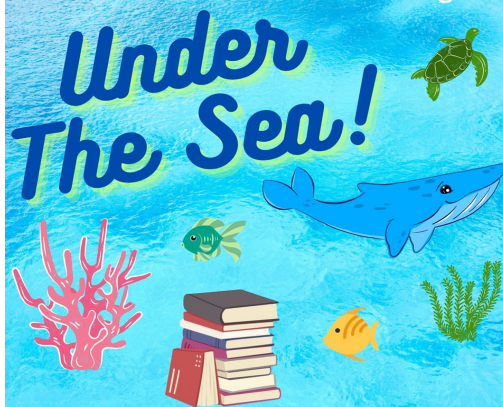
After committing a terrible crime, Odie and Albert are forced to flee for their lives with their best friend Mose, an mute young man of Sioux heritage. Out of pity they also take with them a heartbroken little girl named Emmy. Together they steal a canoe, head out on the great Mississippi in search of a place to call home.

Over the course one unforgettable summer, these four orphan vagabonds journey into the unknown, crossing with others who are adrift, from struggling farmers and travelling faith healers to displaced families and lost souls of all kinds.

This is the first book in a long time that I found myself not wanting to put down or eager to get back to it to see the other adventures Odie gets into.

I have read other books by this author and have enjoyed every one of them.

## Birch Hills Library Presents This Year's Summer Program:



Courtesy of the Community Initiatives Fund



The Community Initiatives Fund contributes to the quality of life of Saskatchewan's residents by providing grants for programs supporting healthy growth and development of children and youth, individual and community wellbeing, and nonprofit and community leadership.






# PHOTO CONTEST

**1<sup>st</sup> Annual Threshing Day Photo Contest**

**What:** Photo contest for all ages! Prizes and ribbons awarded for the winners.

**Who:** There are 2 categories for each age group.  
Adults - 18+ Kids 17 and younger

**Categories:**  
Farming and Agriculture  
Community Faces

**When:** photos can be dropped off at the museum any Wednesday or Saturday with the deadline being Wednesday August 9<sup>th</sup>. Please include your name, phone number, age and which category you wish to enter in.

**Where:** Photos and winners will be displayed in the metal shed on the museum grounds along with the silent auction.

**Deadline to Submit is August 9<sup>th</sup>**

For questions – please call or text Erin Kernaleguen 306-241-2185

## EVERY WEEK IN THE HILLS

### Open to Community

#### Monday

Fire Dept Meeting (every 2nd Mon) 7:00 pm @ Fire Hall

#### Tuesday

2PM-4PM Senior Games @ DLCC

6PM Drop in Pickleball

#### Wednesday

Thrift Shop/Museum Open and Coffee  
10:00 am-4:00 pm

9 am @ Civic Centre Line Dancing

#### Thursday

2PM-4PM Senior Games @ DLCC

7 PM R. C. Legion #122 Meeting (second Thursday of the Month)

#### Saturday

Thrift Shop/Museum Open and Coffee  
10:00 am-2:00 pm

VALKEN STORAGE- Birch Hills

--behind Priority Computers  
--

146 Bellamy Avenue

10 X 12 units overhead doors

Fully Fenced and monitored

Entrance at back lane

Contact Val QUAYLE or Ken

306 749 3190

**St. Mary's Anglican Church, 279 McCallum Avenue, Birch Hills, SK**

**Effective Sunday, August 2<sup>nd</sup>, Sunday service time changes to 11:00AM**

All events at **St. Mary's, Birch Hills** unless otherwise indicated. Contact Father Jordan to attend an event via **Zoom**.

Wednesday, August 2<sup>nd</sup> 7:00PM – **Holy Trinity Evening Service** @ Holy Trinity, Brancepeth

Sunday, August 6<sup>th</sup> 11:00AM – **Ninth Sunday After Trinity**

Tuesday, August 8<sup>th</sup> 7:00PM – **Vestry Meeting**

Wednesday, August 9<sup>th</sup> 7:00PM – **Holy Trinity Evening Service** @ Holy Trinity, Brancepeth

Sunday, August 13<sup>th</sup> 10:00AM – **Threshing Day Ecumenical Service** @ Museum Cover-all

Wednesday, August 16<sup>th</sup> 7:00PM – **Holy Trinity Evening Service** @ Holy Trinity, Brancepeth

Saturday, August 26<sup>th</sup> 2:00PM – Service @ **Epiphany, Glen Mary**

Sunday, August 27<sup>th</sup> 2:00PM – **Holy Communion & Baptism** with potluck to follow @ St. Philip's

**Reach Out** – Thanks to all who have contributed to Reach Out; this program is on a seasonal hiatus, but they will be accepting clothing donations again in the fall.

Contact Ethel Rutherford (306-749-7444) regarding Sunday School.

Contact Fr Jordan to arrange for Holy Communion at home or private confession by appointment.

Reach Fr Jordan by phone: (306) 749-2229 or email: [jordan.g.t.draper@gmail.com](mailto:jordan.g.t.draper@gmail.com)

**For more information** about youth activities and other events:



Follow us on Facebook [Parish of Birch Hills, Kinistino & Muskoday | Facebook](#)

## Birch Hills Upcoming Events

### August

12—Blackhawks Golf Tournament

13—Threshing Day Celebration

13—Fireworks @ The Golf Course

20—Club Championship Golf Tournament

22—Under The Sea (Virtual Reality) @ Library

25—KidsFirst Reading Program @ Library

27—Junior/Senior Golf Tournament

## CHURCH SERVICES:

Glad Tidings Tabernacle - Sunday services at 11:00 am.



### St. Anne's Roman Catholic Parish

"A Small Congregation With A Big Heart"

Parish Priest: Father Phong Tran

**-Mass:** Sundays at 4:00 P.M.

**-August 1st:** Birchview Ecumenical Service 2:30 P.M.

Every Sunday Children's Liturgy and Sacrament preparation are available.

Contact Person: Donna 306 314 5672

### Christ Alone Lutheran Brethren Church

(Formerly called Birch Hills Community Church)

**Sunday Service 11:00 am**

**Corner and 4th of Bellamy**

**Bible Study Thursday Evenings 7:30 pm**

### Saron Lutheran Church

Hagen, Sk

**Sunday Service 9:20 am**

Aug 13

Aug 27

Sept 10

Sept 24

### Lake Park Baptist Church

**Sunday Worship 11 AM**

**Youth:** Events are being planned for the summer. Contact James Banman for more information at [lakeparkyouth@gmail.com](mailto:lakeparkyouth@gmail.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.





**Sunday, August 13th**  
**Bring your lawn chair and join us on**  
**the first fairway or deck to watch**  
**Sunset 8:33pm & Fireworks Dusk**



**Sunflower seeds and outside liquor are not permitted**  
**Please park in ball diamond or golf course parking lots**

## Ladies Golf Mexican Night



**Mexican Themed Menu**  
**Margaritas**  
**Games and Lots of Fun**

**Mon**  
**14**  
**Aug**  
**2023**

**Golf | 6:00PM**  
**Supper to follow**

Call 306-749-2211 by **Aug 9** to register

## Club Championship



**Meal – 8 oz Steak, Mushrooms & Onions, Baked Potato, Caesar Salad, Baked Beans, Focaccia Bread, Dessert**  
**(Must sign up by August 16)**

**Ladies, Men and Junior Members eligible**  
**(Carts & Meal extra)**

**Must have Handicap to qualify for Men's Low Net**

**Sun**  
**20**  
**Aug**  
**2023**

**18 holes golf**  
**Tee times starting at 12:00PM**  
**Meal to follow round**

Call 306-749-2211 by August 16 to sign up



Town vs.  
Country  
June 24

Hunter  
Nelson  
Memorial  
July 8

Two  
Hills Cup  
July 15

Jack & Jill  
(Proceeds to  
new Clubhouse)  
July 16

Royal  
Canadian  
Legion  
July 22

**New Date**  
Birch Hills  
Blackhawks  
Aug 12

Club  
Championship  
Aug 20

Junior /  
Senior  
August 27

### Ladies Golf:

**Mondays starting at 6:00pm** (1/2 price green fees for non-members)  
**Tuesdays starting at 9:24am**

**Men's Night Thursdays 6:00pm**  
**\$5.00 annual membership; \$5 - \$7 nightly fee**  
**plus green fees / cart rental if applicable**

**Meal reservations required by Tuesday 12:00pm**  
**Prebooking is recommended for Ladies & Men's Golf**







Our lunch special is served from 11:30am to 1:00pm Monday to Friday. Call 306-749-2211 to preorder.  
Menu is subject to change.  
Follow us on Facebook Birch Hills SK Golf Course and check out our website at [www.birchhillsgolfcourse.ca](http://www.birchhillsgolfcourse.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Lunch Chicken Wraps	<b>2</b> Lunch Chef's Salad	<b>3</b> Lunch Beef Dip	<b>4</b> Lunch Taco Salad	<b>5</b> Hot Dogs
		<b>Jr Night 530pm</b> Taco in a Bag		<b>Men's Night 6pm</b> Ham & Scalloped Potatoes (sign up by Aug 1)		
		<b>Men's Night Meal</b> Sign-up				
<b>6</b> Taco in a Bag	<b>7</b> Burgers	<b>8</b> Lunch Denvers	<b>9</b> Lunch Turkey Caesar Salad	<b>10</b> Lunch Beef Dip	<b>11</b> Lunch Chef's Salad	<b>12</b> Smokies
		<b>Men's Night Meal</b> Sign-up	Sign-up for Ladies Night (Aug 14 – Mexican Night)	<b>Men's Night 6pm</b> Sponsored by Aquifer & Pratt Plumbing (sign-up by Aug 8)		<b>Blackhawks Tournament</b>
<b>13</b> Taco in a Bag	<b>14</b> Lunch Pulled Pork	<b>15</b> Lunch Clubhouse	<b>16</b> Lunch Taco Salad	<b>17</b> Lunch Beef Dip	<b>18</b> Lunch Turkey Caesar Salad	<b>19</b> Burgers
Sign-up for Junior Night Meal	<b>Ladies Night 6pm</b> Mexican Night (sign-up by August 9)	<b>Jr Night 530pm</b> Chicken Wraps (sign-up by Aug 13)		<b>Men's Night 6pm</b> Subs (sign-up by Aug 15)	<b>Ladies Night Meal</b> Sign-up (Subs)	
		<b>Men's Night Meal</b> Sign-up				

## Blackhawks Windup & Golf Tournament

Open to all current and past Blackhawks players, volunteers sponsors and fans

**1<sup>st</sup> 72 paid accepted**

**Golf & Supper - \$45 (Carts Extra)**

**Steak Supper Only - \$25**

Mail cheques to Box 783 Birch Hills, SK  
or e-transfer to

**[blackhawksgolf@gmail.com](mailto:blackhawksgolf@gmail.com)**

**Entries accepted until August 5, 2023**

Sat  
**12**  
August  
2023

**9 holes Golf | 1:00 PM**  
**Supper | 6:00 PM**

Golf - Birch Hills Golf Course  
Supper to follow

**New Date**

**STRUTHERS LAKE REGIONAL PARK**

**PROGRESSIVE 50-50 FUNDRAISER**

**STARTING MAY 1, 2023**

TICKETS AVAILABLE @ GATEHOUSE  
or ANY BOARD MEMBER

**TICKETS 1-\$10 OR 3-\$20**

**GET YOUR TICKETS THIS SUMMER**

**DRAW WILL BE ON SEPTEMBER 4TH, 2023**  
**@ 12:00 NOON at THE PARK GAZEBO**

**ALL PROCEEDS GOING TO THE PARK**

For more information or tickets call (306) 290-8882-(306) 280-0957  
Maximum retail value of the draw is \$20,000 if all 5997 tickets are sold



# 2023 UPCOMING EVENTS

**REGIONAL PARKS**

**MAY 19**

✓ **CAMPING SEASON OPENS**  
PROGRESSIVE 50/50 STARTS

**JULY 1**

**CANADA DAY CELEBRATIONS**  
PLANNING IN PROGRESS

**JULY 28 & 29**

**SLO-PITCH TOURNAMENT**  
DRAW FOR BOOZE BASKET  
MORE INFORMATION TO COME

**JULY 31-AUG 4**

**SWIMMING LESSONS**  
WWW.SWIMSAFE306.COM

**JULY & AUGUST**

**FRIDAYS 1-4 Forest Therapy Walks and Kids Mindfulness Day Camp**  
Must be pre-registered

**SEPT 4**

**CAMPING SEASON CLOSED**  
DRAW FOR 50-50

**STRUTHERS LAKE REGIONAL PARK**

**STRUTHERS LAKE REGIONAL PARK**  
is offering.....

# SWIMMING LESSONS 2023



Lesson Schedule <http://www.swimsafe306.com/struthers-schedule>  
Registration Link: <http://www.swimsafe306.com/struthers-registration>

**JULY 31 to AUGUST 4**

 **LEARN TO SWIM**  
 **SWIMSAFE306.COM**  
 **SELECTED LEVELS/AGES**  
**REGISTRATION OPENS 60 DAYS PRIOR TO LESSONS**

**EMAIL: [swimsafe306@gmail.com](mailto:swimsafe306@gmail.com)**

**STRUTHERS LAKE REGIONAL PARK**  
IS OFFERING

# KIDS DAYCAMP

**NATURE CONNECTIONS**

**EVERY FRIDAY in JULY AND AUGUST**  
**1:00-4:00 pm**  
**Open to ages 6-12 yrs**  
NO COST TO ATTEND

**We will meet @ the grassy area by play park**

**What will we do?**  
Nature games, Music, Mindfulness-Movement, Visual Arts, Literacy, STEM Activities

**Call 306-280-0957**

**SPONSORED BY:**  

**MUST BE PRE REGISTERED EACH DATE**

**Seats are limited! Maximum 15**

**REGIONAL PARKS**

**STRUTHERS LAKE REGIONAL PARK**  
IS OFFERING

*Connect with Nature*  
**The Forest is the Therapist**  
*Enhance your physical and mental health*  
*For all fitness levels*



# FOREST THERAPY WALKS

*Free to attend*

- REGISTER "for each walk" BY CALLING 306-280-0957
- MUST BE 18 + MAXIMUM PARTICIPANTS IS 15

**Every Friday in July and August**  
**1:00-4:00 pm**

**Thank you to our sponsors Sask Lotteries and Sask Parks and Recreation**

**meet @ grassy area by play park!**



# Playground Program Schedule

## August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Dragonfly painting	2 clay charms	3 library Day Meet at the library @2	4 make a monster	5
6	7 Frozen paint	8 make a kaleidoscope	9 picture frame	10 library Day Meet at the library @2	11 scavenger hunt	12
13	14 salt drawing	15 pineapple pinecone	16 paper plate fan	17 library Day Meet at the library @2	18 mermaid puppets	19
20	21 spray painting	22 marshmallow shooters	23 paper plate snail	24 library Day Meet at the library @2	25 tin foil river boat race	
		Hours of programming @ 1 till 4 Ages 5-12	Make sure your child is dressed for the weather.	Please bring a hat, water bottle, wear sunscreen (bug spray if wanted)	Pick up & drop off will be @ the sportsgrounds if otherwise will be posted	Any updates and plans will be posted on Facebook.

**CRYSTAL SPRINGS REC CO-OP**  
**2023 MUDFEST**  
**SUNDAY, AUG 6, 2023**  
**4 WD Trucks / ATVs / Side x Sides**  
 Early Registration \$20 (call 306-864-8013 by Aug 1st)  
 Day of Event Registration \$25 from 12 pm to 1 pm  
**HEATS START @ 1 pm**  
**Prizes & 50-50 Draw**

Beer Gardens / Burgers, Fries & Poutine / Concession  
 Bring a Lawn Chair!! Entry - Donation to Children's Hospital  
 Tug-o-War - 4-person \$20 Tug-o-War - Family Team \$10  
 DJ Donnie Seaborne -- Great Tunes!

**CRYSTAL SPRINGS, SK | 12 pm - 6 pm**

### REMINDER

Crystal Springs Rec Co-op  
 Once Monthly Coffee Row  
 Wednesday August 2nd  
 2:00 P.M. to 4:00 P.M.  
 Crystal Springs Hall  
 Everyone is welcome!  
 For more information con-  
 tact Donna: 306 314 5672

## **Birch Hills Historical Society**

24<sup>th</sup> Annual Threshing Day & Family Fun Day

**Sunday, August 13, 2023**

Free Admission



**Be sure to mark your calendars and invite friends and family to come out for this year's 24<sup>th</sup> annual Threshing Day!!**

### **Schedule of Events**

7:30am-9:30am • Pancake Breakfast at the Museum (Proceeds go towards our "Raise the Roof Fundraiser" as the Museum roof needs to be replaced)

10:00am-11:00am • Church Service in coverall building on Museum grounds

(Collection proceed will go to The Ministerial Association)

12:00 • Parade (Put on by the Museum with Stuart Matice as Parade Marshal)

Participants should be there right after the church service (11:00) Please meet at Simpson Ave near the grain elevators.

\*Phone your entry to Stuart Matice, Parade Marshal at 306-314-2378

11:30-3:00 • Food Concessions: BBQ (Put on by the Historical Society)

11:30-3:00 • Pie, Ice Cream, Coffee and Lemonade

12:00-3:30 • Silent Auction (in Large metal shed on Museum grounds)

12:00-3:30 • Photo contest entries and winners displayed in large metal shed on museum grounds *\*See contest details below*

1:00-3:30 • Classic Car show (in front of museum)

1:00-3:00 • Children's events

1:15-3:30 • Musical Entertainment – The Dean Smith Band

1:00-3:30 • 50/50 Raffle Draw done at 3:45 (Bob McRury)

3:00 • Threshing Demonstration

Dusk: Fireworks at Driving Range

**The Museum will be open for touring until 3:00pm, It's a great chance to visit the exhibits.**

*There will also be Birch Hills History books for sale in the large metal shed on the grounds.*

*(Donations gratefully accepted to help support the museum)*

