



HEARTBEAT

The 'Birch Hills Heartbeat' newsletter is printed bi-monthly and available at the following locations on the 1st and 15th of the month: Lake Country Co-op, Cornerstone Insurance, Grumpy's Confectionary, Quayle's Pharmacy, and various 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

March 1st, 2018

Issue 161

Hello Everyone,

Well it seems like Mother Nature has taken her finger off of the FREEZE button... for now. Take time to get outside and enjoy the nicer weather. Go for a walk, snowshoe, ski, toboggan, or snowmobile ride.

Channel your inner Irish, and celebrate St. Patrick's day at one of our great upcoming community events.

*Until next time,
Natalie Matheson*

MARCH issues of this Birch Hills activity newsletter was sponsored by:

CMT SIGNSHOP, 762 THERAPEUTIC MASSAGE, RYSC YOUTH CENTRE

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



Community Funding Assists our Rec Activities in Birch Hills

SHAVE IT OR SAVE IT!

WE NEED YOUR HELP!!

Pastor Clint has put his head on the line to help raise funds for the operations of the Youth Center.

You decide whether he will...

SHAVE IT OR SAVE IT!

Pledges will be collected by the Youth Center from now until April 7th. Whichever fund has more pledges will determine his fate. **SAVE IT** means his hair AND beard will remain as is, but **SHAVE IT** and they **BOTH** come off!

SHAVE IT \$767.56 SAVE IT \$863.70

Tax Receipts Available Upon Request



Birch Hills PUBLIC LIBRARY News

STORY TIME with Mrs Joanne

Thursdays @ 1:30pm

Join us for Story Time for pre-schoolers

Library Hours

Tues 11-4, 5-8 ; and

Thurs 9-12, 1-6pm



BIRCH HILLS PUBLIC LIBRARY SPRING GALA

*Guest Speaker - Mary-Ann Kirkby
Author of: "I Am Hutterite" & "Secrets
of a Hutterite Kitchen"*

Wednesday April 18, 2018

Doors open @ 6:00pm

Turkey Supper @ 6:30pm

Birch Hills Civic Centre

\$25/person

Door Prizes & Raffle

Books to Purchase (cash & cheques only)

762 THERAPEUTIC MASSAGE

My name is Sandy Elsaesser and I am a recent graduate of MH Vicars School of Massage Therapy in Edmonton, AB. I completed the 2-year, 2200 hour course on June 16th, 2017, graduating with honours, and am now a fully registered member in good standing with Natural Health Practitioners of Canada Association. My association membership is recognized by insurance companies and receipts from me are fully reimbursable by most insurance providers.

For the past year I have been working in Prince Albert at North Country Massage and Medispa under the guidance of an RMT with over 20 years experience and am ready to start putting my new found knowledge to work in my own clinical setting. Since graduating, I have completed training in Dynamic Myofascial Cupping Techniques in November of 2017 and just recently completed Level 1 of the Dr Vodder Manual Lymphatic Drainage Massage in a 5-day course in Vancouver. I am excited to put these techniques to work helping you achieve your wellness goals.

I have lived in Birch Hills for over 20 years, and now that I have started on my new career path, I have opened my own clinic in the wonderful community I live in. I am currently booking appointments on Wednesdays and Fridays, however, I will be adding more days as the demand increases. You can book online at www.762therapeuticmassage.com, by email at 762massage@gmail.com or by calling [306-749-7774](tel:306-749-7774). I look forward to meeting you and becoming a part of your wellness journey.



CMT Signshop has been in operation for 2 years now in the Birch Hills area doing mainly a variety of signage, vehicle and wall decals, stickers, license plates, etc. We are very excited to announce that in the last 6 months we have expanded our business exponentially on 2 different levels. Last summer we began decaling clothing and other garments with our press and in the fall we purchased an industrial embroidery machine. With that we are happy to put your name, company name, a picture or whatever you want on a variety of garments such as clothes, bags, towels, caps, toques, etc. Lastly we recently opened up the promo division of our company and now are able to put your name on anything from a lapel pin, to pens, embossed into leather portfolios, stadium cushions, blankets, travel mugs, fidget spinners, power banks - you name it we can put YOUR name on it! If you have any questions please call/text or email us anytime or in just simply stop by the shop. You can reach Chris Hovdebo at (306)749-7606 or Marlene Hovdebo at (306)749-7604 or email us at cmtsignshop@gmail.com Like us on Facebook for pictures of things we have done and updates.

RYSC Youth Center is a ministry of Birch Hills Community Church and Saron Lutheran Church.

Our purpose is to serve our community while spreading the good news of Jesus Christ.

Community service is important to us and because of this we partnered with the youth in our community to fundraise, design and build a local Skate Park.

As we saw other needs arise within the community we went on to develop the Skate Park location with a basketball court, community gardens, sandbox and play structure. Throughout the summer we hold weekly community campfires. This is a time for neighbors to get together, roast some hot dogs, and visit. Please listen for the coming announcements we hope to see you there.

This facility is open free of charge to anyone in our community and surrounding areas and is maintained by volunteers from our churches. We are diligent in keeping the park maintained, and making it a safe environment for all who desire to use it.

Our Youth Centre downtown has provided games nights and a place for Mom's and Tots to gather. We also provide a location for coffee row and lunches when the restaurants in town are closed.

We gathered the community together to provide new lights for our town Christmas tree, and hold an annual Christmas tree lighting in early December.

Our youth Center also boasts a golf simulator, a pool table, shuffleboard, air hockey, ping-pong tables, and a variety of games, at no charge, for anyone young or old to enjoy.

Our Worship services are: Saron Lutheran Church: Sundays, 9:30 am, Birch Hills Community Church: Sundays, 11:00am

We continue to appreciate and thank you for the community support over the years, through fundraising and participation, and we look forward to finding new ways to serve, to promote family and community into the future.

ST MARY'S ANGLICAN CHURCH NEWS

Community Lunches: 11:30-1:00pm
All community residents are welcome to join us for soup & bun. Join us for lunch 1st and 3rd Friday of each month.

Next Lunch March 2nd

Free will offerings accepted but not necessary



St. Patrick's Stew Supper

St. Mary's Anglican Church

Saturday March 17th

5:00pm - 7:00pm

\$12 - adult, \$6 - 10 and under, preschool free



Glad Tidings News

Women's Network Service will be held on March 4th at 11:00am. Sharon Gabriel will lead the service. Special speaker will be Janice Walker from Saskatoon.

Lunch will follow.

Everyone welcome!

EVERY WEEK IN THE HILLS

Open to Community

MONDAYS

Bowling at the Senior Hall 2:00 pm Dolores Jones 749-2680
Line Dancing (beginners) all welcome 9:30-11am @ Civic Centre
Fire Dept Mtgs every 2nd Mon 7pm @ fire hall Lyle Evans 930-8074
Dreamland Optimists Group - Call Stuart Matice 306-314-2378 for info

TUESDAYS

Moms & Tots @ Youth Centre 10am-12pm \$2 drop in fee
Library Open Weekly 11-4pm and 5-8pm
Rec Volleyball 8:00-9:30pm @ school gym \$2 to play
Knitting Grannies meet 2nd & 4th Tues @ museum 1:00pm
Birchview Ladies Auxiliary 11:00am 1st Tues ea month

WEDNESDAYS

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

THURSDAYS

Cribbage at the Senior Hall 2:00 pm Dolores Jones 749-2680
Moms & Tots @ Youth Centre 9am-12pm \$2 drop in fee
Library Open 9am - 12pm and 1pm - 6pm
Story Time 1:30 - 2:15 4&5yrs
Legion Mtg 2nd Thurs ea month 7pm @ Legion hall.

FRIDAYS

Kaiser, Crib & Games Nite @ Youth Ctr 7:30pm every Friday

SATURDAY

Thrift Shop Open at the Museum 1:00-4:00pm Coffee on at 2:00pm
Contact Rec Office if you have changes or events to add to this list at 749-7451.

BIRCH HILLS SCHOOL NEWS

MARCH 2018

- Mar. 9/10 - Sr. Boys Basketball conferences @ BH
- Mar. 9/10 - Sr. Girls Basketball conferences @ TBD
- Mar. 12 - PLC - No Classes
- For all upcoming events please visit our school webpage @ <http://bh.srsd119.ca>.
- If your student is going to be away, please contact the school office at 306-749-3301.



Thank you to Sharon Rolfes who has come forward to fill the position of Treasurer for Combined Appeal.

Shirley Lyons

Chairperson, Combined Appeal



Cross Country Skiers

Trails are being set at the golf course. Follow updates on Facebook "Birch Hills Cross Country Ski Club". Feel free to share ski trail info and partner up and try new trails around Sask.



Birch Hills Curling News

Weekly league curling

Tues/Fri afternoons 12:30pm

Wed night 2 Person Sponsored by Cervus Equipment

Thurs Night Super League Sponsored by Cornerstone Insurance



Upcoming Bonspiels

Mar 2 & 3

Open 4 Person Bonspiel

Mar 23/24

2 Person Bonspiel & Season Wind Up

Annual Weekend Getaway Raffle tickets on sale now.

Thx for your support with these curling fundraisers!

Birch Hills Skating Club Carnival

Sunday March 18th, 2:00pm

Birch Hills Arena



STAY UPDATED

'LIKE' our Facebook page to get activity and news updates. Feel free to add your own event or activity info on the 'Birch Hills Community & Recreation' Facebook page.

BIRCH HILLS UNITED CHURCH NEWS

This year's World Day of Prayer features the Republic of Suriname. The ecumenical service takes place on Friday March 2nd, 3:00pm at the Lutheran Church. It is being hosted by the Birch Hills United Church Women. Please join us and all the other churches in the community at this special worship service provided by the Women's Inter-Church Council of Canada. All are welcome. The Suriname World Day of Prayer committee asks you to "please remember your local environment and consider actions you might take to nurture and preserve Creation for the next generation."

Youth Centre NEWS

Saturday Morning Coffee

7:00 to 10:00 am

Any early bird welcome



Moms & Tots

Tues & Thurs 10-12pm

\$2 drop in fee. Open to All moms

Family Game Night

Friday Nights Kaiser, Crib

Now new games available to play:

Pool, Foosball, Dominoes, Chinese Checkers, Chess, Dutch Blitz, etc.

Kids 10yrs < are welcome if

accompanied by an adult

Fun starts 7:30pm @ Youth Center...

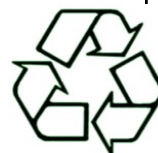
Potluck Snacks

Anyone Welcome!



Upcoming Events

- March 2/3 - Open 4 Person Bonspiel
2 - World Day of Prayer
3 - Tway Poker Rally
4 - Janice Walker @ Glad Tidings
5 - CAI - Plasticine Art w/ Mr Ruder
- Sr. Hockey Playoffs Game 1 @ BH
9 - Sr Hockey Playoffs Game 2 @ St. Louis
11 - Sr Hockey Playoffs Game 3 @ BH
17 - Lake Country Co-op AGM
- St. Patrick's Stew Supper
- Shamrock Shaker
18 - Skating Club Carnival
23/24 - 2 Person Bonspiel & Season Wind Up
25 - Saron Lutheran Church Easter Ham Supper and Music
27 - BH & Area Health Foundation AGM
April 10 - Golf Club AGM & Supper
18 - Library Spring Gala
21 - Grad Bottle Drive
23 - Rec Board AGM



RECYCLE

Please Share Newsletter with a friend Send request to birchhillsrec@sasktel.net to receive the news letter online

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 7th**

**Special Guest Candace Dunham – Sask
Golf Association**

**Tues
10
Apr
2018**

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

370 Bellamy Avenue

CRYSTAL SPRINGS COMMUNITY EVENTS



Coffee Row: Crystal Springs Rec Co-op

Once a Month

Coffee Row 2:00 to 4:00 P.M.

Crystal Springs Hall

Everyone is Welcome!

Next Date is: **March 7th**

Come and enjoy a relaxing afternoon with friends and neighbours! Coffee, tea and goodies are provided

The hall is available for rent.

Contact Lynn 306-864-8013

Saron Lutheran Church Presents an Easter Celebration!

Ham and Scalloped Potato Supper followed by entertainment from Dean n' Sylvia. (Dean Bernier and Sylvia Schira)

Country and Country Gospel Music

Sunday March 25th, 2018 at Saron Lutheran Church

Supper at 5:00pm and entertainment at 6:00pm.

\$20 per person, \$10 children 12 and under, preschool free

Tickets available from Linda Njaa 306-749-3134

Community Arts In Birch Hills



March 5 7:00-9:00pm **Playing with Plasticine** with *Alan Ruder*.

An art class for everyone! Each participant will create a plasticine relief based on the photographs or electronic images they have brought to class. The plasticine relief will be similar to the illustrations in Barbara Reid's children's books. Each participant will leave the class with their own original, framed, plasticine relief.

Our final event will be in April (Drawing with Lana – tentative) for this year, taking a break from May to August and starting up again in September. If you or anyone you know who is/was a resident has art that you would potentially like to showcase for an art show in late April, please let me know. If we get enough people interested, I can plan something!

We are now able to offer you tax receipts for donations made to the community arts initiative through the Recreation Board. For those who would like to give, please contact me, Amy, at 306-941-0788. Thank you!! And thanks to the Recreation Board for all their support!

Calling all artists who like working with paints and want to get together for paint nights over the summer! Let me know so we can find like minded people where we can visit over art and social time!

Follow updates, activities and photos on our Facebook Page.



The Birch Hills & District Lions Club is proud to present:

The Shamrock Shaker

Featuring: Nightside District

Location: Mane Event; 239 Bellamy Ave, Birch Hills

Date: March 17, 2018

Time: Doors open at 8:00

Advance tickets \$20 (available from any Lions Club Member)

Or

\$25 at the door

Proceeds for this event will be going to various community initiatives.



BIRCH HILLS AND AREA HEALTH FOUNDATION

Annual Meeting

Tuesday March 27, 2018 @
7:30pm

Birch Hills Health Centre

Everyone is welcome to
attend.

Birch Hills & District



Recreation Board

Birch Hills Recreation
Box 280, Birch Hills, Sk
S0J 0G0

text or call 306-749-7451 or
E-mail:

birchhillsrec@sasktel.net

Facebook Page: 'Town of Birch
Hills Community & Recreation'

Town **Website:**

www.birchhills.ca

Candlelight Way of the Cross

Every Friday night in Lent (Feb 16 - Mar 30) at
7:00pm

St. Mary's Anglican - St. Anne's Catholic Church

Join us for this meditative entry into the
biblical story of Our Lord's Passion. This
quiet, contemplative service is only
20 - 30 minutes long. All are welcome,
including children.



You're at home here.



Notice of

ANNUAL MEMBERSHIP MEETING

Lake Country Co-operative Association Limited

Saturday March 17, 2018

John M. Cuelenaere Public Library

125 12th Street East

Prince Albert, SK

10:30 am

ALL MEMBERS WELCOME!

Birch Hills & Area Health Foundation

At the last meeting of the Foundation board a motion was passed to replace two air bed mattresses in Birchview, the cost of the mattresses is \$1,988.00 each.

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 education bursaries to grade twelve graduates.

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

SASKATCHEWAN HEALTH AUTHORITY

The following are Volunteer Service Opportunities in Birch Hills for the week of February 26, 2018.

The Volunteer Service Department is in need of caring, compassionate and committed volunteers to fill the following service positions:

Pet Therapy – Birchview Home, Birch Hills (306) 749-3488

Volunteers with well-trained, friendly pets may visit the residents at the Nursing Homes. The pets must meet the necessary requirements prior to visiting.

Shifts: Once or twice per week: Flexible hours.

If you are interested in this or any other Volunteer service position, or if you have a particular skill or talent you would like to share with the patients, residents or clients in the Health Region, please call your local health care facility to apply. You can also reach the Volunteer Services Department at (306) 765-6010, by email at volunteers@paphr.sk.ca or find us on the web at www.paphr.ca. We look forward to matching your talents and interests with the right position for you.

Birchview Nursing Home March Activities

All are welcome to attend. 2:30pm start,
unless otherwise noted

March 7th - Wes Stubbs

March 16th - Sham-Rockin' Social with Salt Water Joy

March 18th - Gladtidings

March 21st - Job Mates Band

March 22nd - Step Outs Dancers

March 28th - Cudworth Cowboys

March 29th - Klassen's Easter Program

If you have a talent to entertain,
contact Shelley to set a date

BIRCH HILLS BLACKHAWKS



2nd Round Playoffs vs St. Louis Blues

Game 1: Monday March 5th 8:30pm @ Birch Hills

Game 2: Friday March 9th 8:30pm @ St. Louis

Game 3: Sunday March 11 2:30pm @ Birch Hills

Best of 5 Series

Thank you to Tilford Painting - Brock Tilford for guaranteeing the \$500 50/50 at the Feb 23rd game. The winner of \$500 was Moniqua J.

Peak Electric - Lenny Gaudet & Chase Berge is sponsoring the guaranteed \$500 50/50 at the March 5th game, and Century 21 Prestige Real Estate - Jesse Heit is sponsoring the guaranteed \$500 50/50 at the March 11th game.