

The **'Birch Hills Community Heartbeat'** newsletter is printed bi-monthly and available at the following locations on the 1st and 15th of the month at: Co-op Grocery & Hardware, Quayle Pharmacy and Grumpy's Confectionary downtown. Pick up your free copy and share with a friend.
Send your email address and request for mailing list to birchhillsrec@sasktel.net

September 15, 2011

Volume 1, Issue 6

Dear Readers,

As summer comes to a close and the cool air surrounds us, let us be reminded that this is NOT the time to hibernate. Don't do it! We are not bears! We are amazing humans with ideas, energy, and stories to share. There is tons of fun to be had and if there isn't enough, let's create some.

I am looking for people interested in the following: Astronomy Lovers, Girl Club Leaders, and Halloween Enthusiasts. If this is you, please contact me.

Be Safe and Happy Harvesting!

Laurie Berube, Recreation Director
Stay Active, Stay Young!



Winter Festival Meeting



How do you have fun in the cold and wet snowy weather? Don't know? Come to a Winter Festival meeting on

Monday Sept 19, at 7pm in the Museum basement.

We have a good committee started but there is still room for your creative mind. All ages are encouraged to come represent their peers. This will be a meeting to discuss activities and dates for a 2012 winter festival.

If you have any questions or ideas contact Laurie at the Rec Office.

This issue of the Birch Hills activity newsletter is sponsored for you by **the Bottomless Cup**

If you would like to be a sponsor of the next 'Heartbeat' newspaper, contact Laurie at birchhillsrec@sasktel.net

The cost is \$100 for printing, advertising and ensuring that the newsletter stays free for the community. Half sponsorship are available. Thank you for supporting your local paper.

Canadian Breast Cancer Foundation
CIBC  **Run for the Cure**

The Birch Hills CIBC is hosting an Evening Walk & Supper **Wednesday, September 28th**

Watch for posters or call CIBC at 749-3188

Pledge forms available at CIBC or online at www.runforthe cure.com



FOOTBALL RETURNS

Many years have gone by since Birch Hills has seen Football games. It was awesome to see so many people come to cheer on our team. Watch for games in the field behind the school on September 22 and October 6th at 4pm.

Thank you to the coaches that have given their time for our kids to be team players.

CANSKATE is accepting late registrations. Contact Jackie Manson or Lisa Peterson

GENERAL QUARTERS PAINTBALL

presents 'Just try it' Paintball
Saturday, Oct 1 1-4pm at the Lions Ball Diamonds in Birch Hills

Cost is \$10 /person includes gun rental, helmet, and 100 pellets. (Additional pellets \$10/ 100)

Sign up teams of 3 or individuals can be placed on team. Target practices also available.

Must be 12 yrs+. Under 16 requires parental consent. Contact Chevy at 749-3200. Pre-registration preferred but drop in accepted



ZUMBA PARTY! *What is Zumba???*

It's the most fun you will have in one afternoon! Birch Hills Rec brings you Bobbi Janzen from Saskatoon.

Come out **Saturday, September 17th** 2pm sharp! for an exciting hour and half of dance fitness at the civic centre.

Zumba Dance is a blend of Latin dances with cardio fitness. *You will move, You will groove and You will want to do it all over again.* Cost is \$10 /person. Doors open at 1 Running shoes are a must. Bring water, towel and a friend.

Adult Volleyball

Starts **Sunday, Sept 18, 8-9:30 pm** at the Birch Hills School Gym.

Cost is \$40 for 12wks (24games) or \$2 drop-in.

Fees used towards rec equipment. See you there



'THE BOTTOMLESS CUP CAFÉ'

146 Bellamy Avenue 749-7957

Owner/Operator - Jennifer Clarke



Always wanting to own and operate her own restaurant, Jennifer's dream materialized in December 2010 and on January 27th, 2011 **The Bottomless Cup Café** was open for business. From the beginning, thanks to loyal customers and word of mouth advertising the business has flourished and grown.

The Bottomless Cup Café offers a host of menu items, including daily homemade soup and specials, a wide selection of sandwiches including clubhouses, BLTs, Denvers, Tuna and coming soon a Seafood Club. In addition to an all day breakfast featuring a deluxe omelette, which includes ham, cheese, peppers, green onions, mushrooms and broccoli, this café also has a variety of baked goods including pies, cinnamon buns and cakes.

Fall features may include Sunday breakfast openings and weekly suppers. Watch for notices posted on the restaurant windows.

The Bottomless Cup Café has take out available, which may be of interest to farmers during the busy harvest season. Small Christmas Party bookings (seating up to 20 in house) are currently being accepted.

As of May 2011 the café is also the STC Bus Depot for ticket sales and freight.

Hours of Operation are:

Monday to Friday 7am to 4pm

Saturday 8am to Noon

Sunday, Evenings & Holidays, watch for notices

The Bottomless Cup Café wishes to thank all their loyal customers who are helping to make the restaurant a success.

The Bottomless Cup Café;

where there is no limit to the amount of coffee you
can drink nor the time you can spend

THE MUSEUM QUILTERS

With fall in the air it is time to think about quilting again. The Museum Quilters have a goal of 100 quilts they make yearly. A great deal of the material comes from the thrift shop. The finished quilts go to World Relief, Ronald McDonald House, The Linus Project or wherever there is a need.

If you enjoy quilting, or want to learn the basics, please come join us every **Thursday at 1pm** in the Museum basement. Starts after harvest, call 749-2500 for more information.

We are in need of fillers - old blankets, flannel sheets, etc.

Birch Hills 'Bark in the Park'

What an afternoon "Bark in the Park" turned out to be for us dogs! The sun was shining and a light breeze came along so we didn't get too hot. In case we felt too warm not only was a cool drink of water provided but also a paddling pool just our size greeted us. Our owners were able to enjoy "snow dogs, hot dogs and mangy mutts" if you please. Oh well, the proceeds of these went to help our friends at the SPCA.



My owner stopped at each business table to find out about their products and services (she got some good information). One business even gave us some free samples of food for me.

I now see that we are all capable of amazing feats when patience is abundant as shown by the agility course demonstrations.

In conclusion I thank those who came to help educate my owner, those who donated prizes, and those who participated in the event.

By M.Sorsdahl

COMMUNITY BOOSTERS

is for those that are interested in community improvements and business development.

Meetings are 3rd Tuesday of the Month at the Town Office. Next Meeting is **September 20th at 7:30** (ends 9pm sharp ...we promise!)

All ages are welcome

'King George Hotel'

Presents

Dez Reed's Great Plains Comedy Festival

Saturday, October 1st

Show starts 9pm

3 Comedians: Headliner: Myles Morrison

Featuring: Jim Fooks and Joel Jeffrey

Advance Tickets are \$20 ea (\$25 at the door)

Tickets can be purchased at the King George Hotel, Quayle Insurance, Grumpy's or call Laurie 749-2251

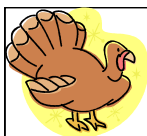


All ticket proceeds go towards the Birch Hills Arena

RIDERS vs LIONS BUS TRIP



There are only **4 seats** available for the Youth Bus Trip to watch the Riders vs BC Lions Football game in Regina on **October 16**. Tickets are \$42 each. Bus leaves 9am - Returns 10pm. If cost is an issue contact Kathy at 749-2478 or drop by the Youth Centre.



Brancepeth Hall Fall Supper

Sunday October 2, 2011 5pm - 7pm
Cost is \$10/adult & \$6/kids (6-12yrs)

Call Carol Pryzyk 749-2596 for more info.
No advance tickets required. Although they have never had to turn anyone away, come early.
Proceeds go to the Brancepeth Community

BIRCH HILLS SENIORS

All ages are invited to meet 2pm at the Seniors hall Mondays for Bowling and Thursdays for Cribbage.

A \$2 donation gets you free coffee, games and a fun afternoon.

If you need a gathering place, the Seniors Hall is available at no cost but donations are accepted.
Contact Vel Bombais at 749-3364

MUSIC LESSONS For 4 - 5 Yrs Old



Studies show a child's ear is developing the most between 4 and 5 years of age. That means it's the best time for your children to start music lessons.

After many years of teaching, I have specially designed this program so that your child can learn quickly while having lots of fun.

Classes consist of Playing keyboard, Singing, Rhythm Instruments (drums, etc.)
Ear training and So much more!
Lessons are once a week and last about 45 mins all in a fun atmosphere!
Contact Heather (Cook) Hare at 887-4300
Hurry, only a few spots left!

REMINDER—Birch Hills Combined Appeal Blitz
October 3 - 7th at Advantage Credit Union.
Watch for a "Donor Sheet" in your mailbox

Kids in the Hills

The Youth Center on Main St/Bellamy is available for kids to hang most days and Friday evenings. Play pool, foosball, air hockey, guitar hero or just hang with friends.

Sept 23 - Corn Maze in Rostern. Cost is \$5 includes weiner roast. Bus leaves Youth Centre 4pm and returns by 9:30pm

Sept 30 - Try Unicycling!! Learn to ride. Meet at 7pm at the Centre. Helmets are to be worn. Bring your own or use one from the centre

Watch for more details on upcoming events.

Play! Always

Thimbles & Threads



Group meets each Monday from 6:30-8 pm at Birchview Home

Bring your own sewing machine & fabric. Group or individual projects. \$2 donation

Contact Melissa Braaten 749-3482 for more details



Museum Coffee Pot

We invite you to join us any Wednesday from 2 to 4pm for coffee. The Thrift Shop is open from 9am to 4pm. We are always looking for volunteers and new people for our Board of Directors.



Please Share
Paper with a
Friend

NEW GROUND CAFÉ

Open 11-3 pm Monday, Wednesday, Friday Thursday for supper by reservation only
For special catering requests Contact Jenni at 749-2529 or email newground@sasktel.net

Birch Hills Recreation

Laurie Berube, Recreation Director
Box 280 Birch Hills, SK S0J 0G0
Tel: 306-749-2251 Fax: 749-2545
E-mail: birchhillsrec@sasktel.net
Text: 749-7451
Facebook: 'Birch Hills Recreation'

*Communities that play together,
grow together!*

Kids Club K - Gr.6

Sat., Sept. 17th, 10:00am – 2:00pm
(every 3rd Sat. of the month)
Lake Park Baptist Church

Here We Come Hawaii!

A Luau Lunch - that's right, a
pig roast in the ground! (Ok,
maybe just a ham) Leis and
grass skirts, Volcanoes and much more!
\$3.00 for lunch

Register by Thursday Sept. 15th with
Rachelle: 749-3185 (church)
749-2996 (home)



Recreation Activities Provided through Sask Lotteries

Job Opportunity

OFFICE ASSISTANT POSITION

The Town of Birch Hills invites applications for the position of Office Assistant in the Town Office under the supervision of the Town Administrator. General office knowledge and computer skills are necessary. The Town offers competitive wages, employee benefits and a pension plan. Working hours are Monday to Friday, 9:00 am to 4:00 pm. Please submit a complete resume to the undersigned by **Friday, September 23rd, 2011.**

Administrator

Town of Birch Hills

Box 206, Birch Hills, SK S0J 0G0

Phone (306) 749-2232 Fax: (306) 749-2545

E-mail: birchhills.town@sasktel.net

Deadlines for submissions is the 10th and 25th of each month.
Send to **birchhillsrec@sasktel.net** or call **749-2251**

GOLF COURSE CORNER

ONLY A FEW WEEKS LEFT



Hungry but don't want to
wait?...why not pre-order
lunch Call 749-2211

Ladies Golf Tues 9:30 am and Thurs 5:30pm
Men's Night Tuesdays 6pm register by 5:30pm
Mondays 7am to 5pm 2 for 1 Green Fees

Thanks to the
ladies that always
serve fabulous
homemade meals
...with a smile

LIBRARY NEWS

Patron Appreciation
Day: **September 29th**
12-4:30

Serving coffee and
donuts at the Birch
Hills Library

Story Time

every **Friday 1- 1:45.**
Starts Sept 23rd.

**LG Computer for
sale** \$100 1st come,
1st served takes all.
Call 749-3281

Guess Who's Coming?

Birch Hills Co-op and
RYSC Youth hosting:
Birch Hills Fall Supper

Sunday October 23
with *Sask Roughrider*
Special Guest!

Watch for posters and
information for this
exciting community
event to raise money
for PA Food Bank,
Children's Hospital
and the Skatepark
Project

Birch Hills Upcoming Events

Sept 15 - BH Football in Rostern
17 - Zumba Party w/ Bobbi
18 - Volleyball Starts
19 - Winter Festival Meeting
20 - Community Boosters Meeting
21 - BH&D Health Care Foundation Mtg
22 - BH vs Aberdeen Football
23 - Youth Corn Maze Trip
26 - BH Football in Hague
28 - CIBC Walk for the Cure
30 - Youth Learn Unicycle

October 1- GQ 'Just Try It' Paintball
1 - KGH Comedy Show
2 - Brancepeth Hall Fall Supper
3 - BH vs PACI Football in PA
6 - BH vs Rostern Football
16 - RYSC Youth Rider Game
23 - Birch Hills Rider Fall Supper

November 11 - Remembrance Day Service
20 - Hockey Referee Clinic

February 3-5 RCL Curling Prov Finals
18 - Skate Fun Festival
? - Winter Festival (Volunteers Needed)

March 4 - Skating Club Carnival

off the mark by Mark Parisi
www.offthemark.com



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