

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

October 15, 2011

Volume 1, Issue 8

Small Town, Big Heart....
....Yup, that's Birch Hills

One beautiful fall day plus ninety acres of land and a couple dozen farmer folk equals a large contribution to the Birch Hills Community. This proves that with the help of few people, a lot can be accomplished. The Town of Birch Hills have generated a way of raising funds for the local skating rink, which helps to ensure that the facility is available to hockey players and skaters of all ages. For two consecutive years, vacant town land has been worked for grain production and all the money is donated to the local arena.

The Recreation Board in Birch Hills would like to thank the following businesses and persons for their contribution of time, money and products.

Tomtene Seeds (donation of HRSW, spraying of *Prepass* spray), Stewart Adams (seeding), Brent Adams (in crop spraying), Lorne Thoen of Dow Agro (donation of *Prepass* spray), Lisa Nemeth of Syngenta (donation of *Axial* spray), Theresa Bowie of Bayer Crop Science (donation of *Infinity* spray), Kelly Njaa and Mathew Njaa (spraying field), Viterra (donated *Roundup*).

On combining day, special thanks goes to combiners: Kelly Njaa, Murray Swenson and Carter Braaten. Grain Haulers: Kyle and Sheldon Jensen, Kevin and Wayne Evans. Lunch was provided by the King George Hotel, Advantage Credit Union and Viterra. Trucking and fuel costs were donated from Birch Hills Co-op and Viterra. Without your help, this project would not be as successful:

Well done, Birch Hills!!

Birch Hills Craft & Bake Sale

Nov 5, 2011 10 - 3pm
At the Civic Centre
Table Rental \$15



Call: Joyce 749-2553
Marilyn 749-2286

Support the Birchview Auxiliary
Lunch will be available. Proceeds are for Relay for Life, Strength for Chris Team

Thank you to the King George Hotel for hosting a great comedy event



Saturday Oct 1st

With your support and the communities, we raised over \$1500 to use at the arena AND we enjoyed a night of entertainment

Have a safe Halloween. May your pillow cases be full of candy!



'Just try it Paintball'

What a great day it was to shoot someone, with paintballs that is. Ten teams of three joined in on the fun and congratulations to the "Combiners" for their win! We managed to raise \$160 with the BBQ and Chevy donated \$200 towards the Skating Rink. Thanks to all that participated and spectated.

Watch for a Spring Paintball event.



This issue of the Birch Hills activity newsletter is sponsored for you by **Shaklee Products by Marilynn Solley**

If you would like to be a sponsor of the next 'Heartbeat' newsletter, 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.



Yoga by Greer

Start your Saturdays off

right with yoga at the Birch Hills Dance Studio. Watch for scheduled days on Facebook or in the Heartbeat. Oct Dates are 8th, 15th, 29th. 10am, \$10. Don't forget your mat

A Huge Thank You to

Murray

Braaten at Norseman



Construction for his contribution of the new sidewalk in front of and the storage shed behind the curling rink.



Please Share Paper with a Friend

TLC Daycare Perogy Fundraiser

\$4/dozen Potato/Cheddar
or Potato/Onion.

\$4.50/dzn
Sauerkraut perogies

We are taking orders now if you would like some for the holiday season. Call **Kelsey Olfert 749-3449 anytime, Tiffany Olson 749-3301 or 749-3302 during business hours or Kyla Oakes 749-3479 in the evenings.**

We will be taking orders until November 15, 2011.

Our Annual General Meeting October 22 at 7pm in the town board room and we encourage the public to come out and hear about the progress of the daycare. A new board of directors will be elected that night. If you would like a nomination form please **contact Malissa Hall at reception@ncr.ca** for a form and all forms must be returned to her by **Oct. 20, 2011.**

Yellow Creek Ukranian Fall Supper

Sunday October 16th

Take Hwy 20 towards Wakaw

****Don't be Disappointed, Come Early!! ****



THE ROYAL CANADIAN LEGION BIRCH HILLS,
SK BRANCH #122



November 11, 2011 Poppy and Remembrance Day.

Members of the Royal Canadian Legion invite you and your family members to join them at the Birch Hills Civic Center on November 11th. This is the day we pay tribute to the men and women who served their country in time of war, and especially to those who suffered and gave their lives.

We appreciate your generous support in the past, and respectfully solicit your contributions again this year.

Those purchasing wreaths may have the wreath laid by a person of their choice.

Cheques should be made payable and mailed to ~

Birch Hills Legion Poppy Fund

Wayne Boyle, Box 203, Birch Hills, Sk, SOJOGO 749-3219

Your response will enable us to aid those in need.

Please note — It is important that you inform Wayne with the name of the individual(s) that will be laying the wreath at the service **no later than Nov. 1st, 2006.**

Our next Legion meeting is on November 10th @ 7:00 pm. Please attend and remember your 2012 dues are now payable. Thank you, Don Lypchuk President Legion #122

Halloween Howl



Saturday, October 29

8 pm - 2 am at the King George Hotel

*** DJ * Cash Prize for Best Costume***
Advance Tickets available at the
K.G. or from any member of the
Birch Hills Fire Dept
Door & 50/50 Proceeds go to BHVFD

Rec Adult Vball at the School Gym.

Every Sunday & Thursday 8-9:30 pm

\$2 drop-in. Fees used for future recreation activities. See you there!



If you are interested in signing up teams of 10 (5girls/5 boys) for a fun volleyball tournament, call/text the Rec Office

BIRCH HILLS RM CENTURY CELEBRATION

The RM of Birch Hills is celebrating its 100th Anniversary. December 9th

not October 9th!
sorry for any
confusion!



If you have any photos related to the RM that you would allow us to copy, please bring them to the RM office or call 749-2233.

2012 Brrr Chilly Winter Festival



February 10th to the 18th, 2012.

Some of the activities we are planning for are: street hockey, snowmobile rally, curling doubles bonspiels, snowpitch, cc ski loppets, snowsculpting contest, school carnival, a valentines day dinner, a best beard contest just to name a few.

We will kick off the week with a sledding & bonfire night and end the week with a skating fun-fest and a great entertainment celebration. Does that not sound like a fabulous way to spend a week in February? And there's room for more. So if you have ideas, and the willingness to help out on a particular part of this event, please contact Laurie at the Rec Office. 749-7451.

Birch Hills Business Highlights

'SHAKLEE' Products
Independent Distributor
Marilynn Solley 749-2676

Your Health, Your Life....Take Charge!!

There are many reasons why you should supplement. The quantity and quality of nutrients you ingest affects every system in your body: Cardiovascular and digestive, muscular and skeletal, lymphatic and endocrine, reproductive, urinary, and nervous system. In other words, how you look, feel and perform is directly affected by your daily nutrient intake.

Your body can't manufacture all the nutrients it needs. Shaklee Nutritional Products are products that you can trust. The question is, do you want Super Health? Shakelee has many nutritional products:

Calcium Mag Plus - Bone Health

CarotoMax - Antioxidants for eyes, lungs, heart

Cholesterol Reduction Complex - Heart Health

Joint Health Complex - Joint Pain Relief

Nutriferon - Immunity Support

Omega Guard - Heart, Brain & Vision

Shaklee DR - Additional Immune Support

Vita-D3 - Promotes Health Bones and Teeth

Vitalizer - Nutrition for a longer healthier life

Vivix - Fights cellular aging

Get started today, make an investment in yourself!

Marilynn Solley marilynn@project4wellness.com
www.project4wellness.myshaklee.com

We at Bottomless Cup Café wish to thank you for your patronage and would like to advise you of our new hours. We will now be open Sunday's from 8:30am until 1:30pm for breakfast menu only. All other hours remain the same. We also hope to continue with our weekly Friday Night Suppers. Watch the restaurant for notices.



We're on Facebook!
Select 'Like' on the
Birch Hills Recreation
Facebook page to get
activity updates.

BIRCH HILLS SENIORS

**Mondays for Bowling &
Thursdays for Cribbage**
2pm at the Seniors Hall



Having a gathering??
Why, not use The Seniors Hall
Kitchen, Hall, Tables at no cost
but donations are accepted.

G.I.R.L. Getting Informed about Real Life
with Tiffany Olson
Noon, sharp! Bring your Lunch
This is for young ladies ages
10-18yrs.
Each Wednesday till December 14th.
In the schools student counselling
room at Room C107AKA



FYI: We are making ice. The arena
should be running by end of Oct!

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 **October 18th at 7:30**
(ends 9pm sharp ...we promise!)

All ages are welcome

Deadlines for submissions for newsletter are the 10th and 25th of each
month. Send to birchhillsrec@sasktel.net or call 749-7451 with info

Kids in the Hills

The Youth Center on Main St/Bellamy is available for
kids to visit most days and Friday evenings meet at 7pm
at the Centre. (unless otherwise stated) Play pool,
foosball, air hockey, guitar hero or just hang out with
friends. **Unicycling** - Learn to ride, We provide helmets

Oct 14 - Games Night

Oct 21 - Swimming in Melfort (bus leaves 6:30) \$5/ea

Oct 28th - Great Pumpkin Hunt

Watch here for details on upcoming events.

Play! Always

Thimbles & Threads



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

Bring your own sewing
machine & fabric. Group
or individual projects.
\$2 donation goes to use
the home

Contact Melissa Braaten
749-3482 for more info

LIBRARY NEWS



**Story Time for
the wee ones
(ages 3-4)**
every Friday 1- 1:45.

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.



Funds Provide Recreational Activities

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 or call: 749-7451
Facebook: 'Birch Hills Recreation'

*Communities that play together,
grow together!*



SOUP FOR SENIORS

October 22nd, 11 - 1 pm at the
Seniors Hall

Come enjoy a homemade soup
lunch with friends and family.
Donations accepted but not necessary.
Contact Judy for more info 749-3488

RIDERS vs LIONS BUS TRIP



Wishing the Group going to
watch the Riders vs BC Lions
Football game in Regina on
October 16 a very fun and
safe trip **REMEMBER** the
bus leaves from the Youth Centre at
9 am and returns around 10pm.
Contact Kathy 749-2478 for info

off the mark by Mark Parisi
www.offthemark.com



MUSEUM THRIFT SHOP

Seasonal Change Over
1/2 price BIG BAG SALE
On all Summer Items
Only \$5.00 a bag till the end of October



Pre Christmas Shop early
Every Wednesday
Thrift Shop Open 9am to 4pm
Museum viewing
2-4pm on Weds or by appointment
donations accepted

THE MUSEUM QUILTERS

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

We are in need of fillers: old blankets, flannel sheets, etc.
If you have some, please bring them to the museum



Take the Lead!

Program is designed to
train youth to become
play program leaders.
Seminars are provided
free of charge for kids
interested in leading an
afterschool program and
for adults that are willing
to be youth mentors.

This great opportunity
will provide an essential
service to our
community. Please
contact the rec office by
Nov 15th, if you or
someone you know
would be interested.

Birch Hills Fall Supper

Hosted by Birch Hills
Co-op & RYSC Youth
Sunday October 23
with *Sask Roughrider*
Guest Speaker!

Tickets available at the
Co-op & Youth Centre.
Only 200 available
**\$18/ adult, \$12 for 12 &
under. Senior Takeout
available \$12.** Must call
in advance 749-2562.
At the Civic Center
Dinner served 6pm
sharp! Doors open at 5.

This community event
will raise money for PA
Food Bank, Children's
Hospital & the Skatepark
Project

Birch Hills Upcoming Events

October 15 - Yoga by Greer
16 - RYSC Youth Rider Game
22 - TLC Daycare AGM
- Soup for Seniors
23 - Birch Hills Rider Fall Supper
29 - Yoga by Greer
29 - Fire Dept/KG Halloween Dance

November 5 - BH Craft & Bake Sale
11 - Remembrance Day Service
20 - Hockey Referee Clinic
30 - CAC Presentation to BH

December 9 - BH RM Century Celebration

February 3-5 - RCL Curling Prov Finals
10-18 - Brrr Chilly Fest
(volunteers needed)
10 - Tobogganing & Bonfire
11 - Sno-Posse's Snowmobile Rally
12 - Snow-Pitch Tournament
18 - Skating Fun Festival
(volunteers needed)

March 4 - Skating Club Carnival

Let's try it.... **Ladies 3 on 3 Hockey**

If you are interested in learning the game
of hockey and simple skating techniques,
please contact Laurie at the rec office.
This is non contact hockey and no skill is
required but proper equipment is. *Beg,
Borrow or Buy.* There will be coaches to
teach and help with skill development.

Also coming to Birch Hills Arena.....

Co-ed Drop In Rec Hockey

Zumba Fitness by Wii

Coming mid-November. Drop In for
some booty shaking, good times.

Times & Dates to be confirmed.

Watch the Heartbeat & Facebook for
details.