

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, Grumpy's Confectionary and various other businesses downtown. Pick up your free copy and share with a friend. Send your email address and request for mailing list to birchhillsrec@sasktel.net

December 15, 2011

Volume 1, Issue 12



Happy Holidays Folks!

As the season of being merry fast approaches, the hustle and bustle of shopping, decorating and eating everything delicious replaces any kind of physical fitness routine that one may have had...I say, Let's Go For It!! indulge with friends and family. I will see you in the new year at the rinks, dance studio and gym....*right?!*



For those that are interested in the 'Febru-hairy' contest for the Brrr Chills Winter Festival: Men must shave their faces, Ladies must shave their legs and have their photos taken on Jan 15th. Contact me to register. Cash prizes will be awarded to the winners. Remember to register your address and start your snow sculptures, *whenever we get some snow....I know it is coming, so be ready.*

I wish you all to have a safe and joyous Christmas Season.

Laurie Berube, Recreation Director

CURLING RINK NEWS

Season Rates & Schedules

are as follows:

Adult League \$200 for 1 night / week for an additional \$50 members can curl both Mon & Thurs nights 7:30-9:30pm

Family \$450

Student \$75

Sub List Members \$100

Seniors League Tues & Fri 1:30-3:30
\$200 /Senior or \$150 / 80+ yrs

Contact Robyn 749-2951 to register

Kids Curling starts in 2012 pending volunteer help. Please contact Anna 749-7725 if you are able to assist after school.

Youth Curling Hey Teens! Want to try curling? Text 749-7451 for more information.

This issue of our Community activity newsletter was paid for you by:

**Kent Braaten -
Century 21 Fusion**
birchhillsrealestate.com

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.

Upcoming Curling Events. Watch for details:

Firemen's Bonspiel, Ladies Bonspiel, Open Bonspiel, Senior Bonspiel (March)

2nd Annual Boxing Day Bash

Hosted by the Birch Hills Beauties
Starts 8pm Birch Hills Civic Centre

Featuring Tim Toutant Monday Dec 26th
\$20 advance, day of \$25

The Birch Hills Beauties" was started by Carlene Swales(Getz) who contacted ladies that have various ties to the community. The Beauties got together to put on a dance for the community, that exceeded their expectations! Each year, money raised is given to different organizations in the town. Last years funds were donated to the skating rink, this year money is being raised for the new day care.

Prince Albert singer, Tim Toutant and his seven piece band will be "rocking the hills" once again! Tim and his band were amazing last year, you won't want to miss out again. There are a limited number of tickets available at Grumpy's, the Credit Union, Birch Hills Rec Director, and from any of the Birch Hills Beauties. (Anna D, Jackie M, Bev E, Jody M, Kathy A, Shelley C.) We hope to see you out!

Yoga by Greer

Try Yoga FREE Saturday
Dec 17th 10am
Power Yoga Friday 16th
7pm \$10 learn
more about
yoga



No experience is necessary. You don't have to be 'fit' but it will help your balance and strength. Don't forget your mat and a friend!

Attendance has been low.. if you have suggestions please contact Laurie at 749-7451

THE BOTTOMLESS CUP CAFÉ

Holiday Hours



Dec.24th 8:30 to 1:00
Dec.25th Closed
Dec.26th 9:00 to 1:00
Dec.31st Closed
Jan.1st Closed
January 2nd. Regular hours

TURKEY Dinner with all trimmings on Mon Dec. 19th 5pm to 7:30pm 7 spots left

Seasons Greetings

Volleyball Tournament

will be held late January. Sign up teams or single registrations with Laurie at 749-7451 / email birchhillsrec@sasktel.net. Teams of 8-10, must have minimum of 3 girls/team



Birch Hills 1st Annual Christmas Extravaganza

THANK YOU to the Birch Hills and Surrounding areas for making our 1st Annual Christmas Extravaganza a HUGE success!! I would also like to thank all the vendors who came out and displayed their great business' and products!!!



Congratulations to all the door prize winners : Rylan Forsyth, Olive Strangeland, Vanessa Arnestad, Joan Devenis, Shauna St. Amand, Alexis Devenis, Carl Barber, Bev Fisher, Jenna Timm, Tammy Forsyth & Ally Bzdel

**Happy Holidays Everyone!
See you next year!!**

DECEMBER MINOR HOCKEY GAMES

20th Atom 6:45
21st PeeWee 6:45

Come Cheer on our kids



Please Share
Paper with a
Friend

Wii Zumba Fitness

Tuesdays at 5:30

Starting in the New Year

Contact Laurie 749-7451
birchhillsrec@sasktel.net
for more details

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

The Blackhawks Senior Hockey team would like to thank everyone for coming out to cheer them on at games. Your support is greatly appreciated.



Next Hockey Games are:

December 17 (in Big River) 8:00

December 30 (homegame) 8:30

\$5/person at door. Proceeds to support Blackhawks.

Check Blackhawks Website for more information:

<http://www.bhsports.sasktelwebsite.net/blackhawks.html>

Rec Adult Volleyball at the

School Gym. Every

Sunday &

Volley Ball will break for the holidays. Due to popular demand it will resume again Jan 5th, 2012.

Thurs-

day 8-9:30 pm

\$2 drop-in. Fees used for

There has been discussion about starting drop in dodgeball...Any one interested?? contact Laurie

2012 Brrr Chills Winter Festival

February 10th to the 18th, 2012.



Plans are underway for an exciting 9 days of winter fun in Birch Hills. There is still plenty of opportunity for everyone to get involved. Some activities have been confirmed and some are still in the planning stages.

Next Meeting December 20th. 7:00 pm in the Museum Basement. All ages encouraged to come

We need volunteers to organize, cook, setup, take down, serve. We need prizes, equipment, entertainers, and participants to assist in making this the best winter festival in... well...in any where! So take a look and see where you would like to join in on the festivities

Starting with a Light Parade down Main Street, Sledding & Bonfire near Max Creek, Sno-Posse Snowmobile Rally, with pancake breakfast in the am, Snowpitch Tournament, 3 on 3 Hockey Tournament, Bingo, Scavenger Hunt, BBQ's, School Carnival, Seniors Lunch and Games Day (Crokinole, Cribbage, Bowling), Valentine's Dinner Theatre, Sleigh Rides, Twinkle Tour, Youth and Adult Curling Bonspiels, Chili Cook-off, Talent Show (singing, dancing, poetry, airbands, your time to show what you got!), Skating Fun Festival, Snowga, Cross Country Ski Relays and more....

Leading up to and during the festival there will be a Snow sculpting contest, "Febru-Hairy" contests for both men and women, Progressive 50/50's, Raffles and to end the week we will hold an Old Time Family Dance.

So if you have more ideas, and the willingness to help out on a particular part of this event, please contact Laurie at 749-7451.

SKATING RINK NEWS

Public Skating Every

Monday / Wednesday / Friday 3:30-5:00 pm

Saturdays 2:00 - 4:00 pm

Sundays 12:00 - 2:00 pm (no sticks allowed)

Rink Schedules on www.birchhills.ca.

Times subject to change due to other bookings

2011-12 Season Skating Rates

Free for Skating Club & Minor Hockey Players

\$25 for rest of family

Non Skating Club or Minor Hockey Players pay:

Family \$75 Single Adult \$50 Single Youth \$25

Drop in Public Skate \$5

Memberships help to support your local skating rink, please consider purchasing one for the season.

Please pay at the Canteen, Rec Office or Town Office.
Cheques payable to 'Birch Hills Recreation Board'

On Behalf of the Recreation Board:

A Thank you to Marie Braaten for her years of service in the Skating Rink Canteen.

We would like to introduce Delia Jureskin as our new Canteen Manager. Delia brings food service experience from the Philippines where she owned an internet cafe.

Please help to make her feel welcome

Watch for menu and hours of operation changes

CO-ED ADULT HOCKEY

Drop In Mondays at 9:30-11:00pm \$10/person.
Full equipment required. All levels of experience are encouraged to play. Text Natalie Matheson for more info 960-3408

If you think you're not good enough to play...you should see your rec director!!



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, and Tables at no cost. Donations are appreciated. Contact Vel Bombais at 749-3364

G.I.R.L. w/ Tiffany Olson

Noon, sharp! Bring your Lunch
This is for young ladies ages 10-18yrs.



Each Wed until **December 21st.**
In the schools student counselling room at Room C107AKA

Kids in the Hills

Please check with Kathy regarding Youth Centre activities ...schedules have been changed due to holidays 749-2478

Unicycling Continues Monday Dec 19 at Weldon Auditorium (Leave Youth Ctr at 7:15pm) Wednesday Dec 21 at Birch Hills Civic Centre 1-4pm Come Learn or Practice to Improve. We have the unicycles, bring helmet if you have one.

Play! Always

Looking for kids Digging Deep to begin in the New Year

Family Winter Retreat

February 17-19th Christopher Lake

Join us for a weekend of Snowmobiling! Tubing Hill!

Skating! Cross Country Skiing! Rest & Relaxation!

Call Holly at 749-2461 for more info

LIBRARY NEWS



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

THE MUSEUM QUILTERS



Come join us every **Thursdays at 1pm** in the Museum basement.

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

Thimbles & Threads

Mondays from 6:30-8 pm at Birchview Home



Bring your own sewing machine & fabric.

\$2 donation

Contact Melissa Braaten 749-3482 for more info

Museum Coffee Pot

We invite you to join us any **Wednesday** from 2 to 4pm for coffee. The museum Thrift Shop is open from 9am to 4pm.



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 **January 17 at 7:30** (ends 9pm sharp ...we promise!)

All ages are encouraged

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

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!*

CHRISTMAS EVE SERVICES



★ Lake Park Baptist Church @ 7pm

★ Birch Hills Community Church &
Saron Lutheran @ 7pm at the Civic Ctr

★ Birch Hills United Church @ 6:30
at the Evangelical Lutheran Church

★ St Mary's Anglican Church @
9:30pm

All are Welcome

off the mark by Mark Parisi
www.offthemark.com



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2013 FIRST NATION SUMMER GAMES

Birch Hills has partnered with Muskoday to host youth ball tournaments in 2013. This is a great opportunity for our Small Town to show off our Big Hearts! For more information visit www.2013fnsg.ca

Congratulations to:

Nadia Stevenson,

of the Birch Hills district, and former resident of Humboldt SK. She was recently inducted into the Humboldt and District Sports Hall of Fame at the 9th "Night of Champions" Induction Dinner, Nov. 10th.

Nadia's induction was as official and builder in the sport of Figure Skating, and she is the first person from this sport to be inducted in Humboldt's Sports Hall of Fame. From beginning involvement as a parent in 1972, she served as Skate Humboldt president and secretary, as regional coordinator, judge/evaluator, competition data specialist, and two terms on the provincial figure skating association. 2012 will mark the Nadia's 40th year of volunteer service and support to the sport of Figure Skating.

NOTICE

The Town Office
will be closed
December 26, 27 &
January 2nd.
Merry Christmas &
Happy New Year

SENIOR CASH CURLING BONSPIEL

SATURDAY, JAN 14

Contact Robyn at 749-2951
for more details

RYSK Youth Ski Trip

Feb 23-26th
2 full days skiing at
Nakiska, AB.
Cost \$300 includes
Ski, Retreat, Meals.
Phone Kathy at
749-2478 for details



Funds Provide Recreational Activities

Birch Hills Upcoming Events

Dec 16 - Town/RM/Fire Dept Dinner
16 - Power Yoga by Greer
17 - FREE Yoga by Greer
20 - Brrr Chills Winter Fest Mtg
26 - Boxing Day Dance
30 - Blackhawks Home Game

Jan 11 - Daycare Mtg @ Civic Ctr 7pm
14 - Blackhawks Home Game
14 - Senior Cash Curling Bonspiel
17 - Community Boosters Mtg
20 - Blackhawks Home Game
21 - Hockey Days in Birch Hills
Pancake Breakfast
Minor Hockey Games
22 - Blackhawks Home Game
31 - Rec Board AGM

Feb 3-5 - RC Legion Curling Prov Finals
10-18 - Brr Chills Winter Fest (vols needed)
11 - Sno-Posse's Snowmobile Rally
12 - Snow-Pitch Tournament
18 - CanSkate Festival (vols needed)

March 4 - Skating Club Carnival
10-12 - Juvenile Curling Provincials
31 - Two person Curling Wind Up



**Bouquet of Thanks from
Quayle Pharmacy To:
ERNEST STENSRUD**

He has been looking after the icy sidewalks in our town. I have seen him out with his ice chipper, chipping and scraping and spreading salt on the really slippery spots. He has cleaned up the walk west of the pharmacy and we are very appreciative! Thanks Ernest

THE SMALLEST ACT OF KINDNESS IS WORTH MORE THAN THE GRANDEST INTENTION