



# 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)

March 1, 2019

Issue 185

**Hello Everyone,**

**Welcome to March, I hope that you all had a lovely Family Day and excited to jump into March. The first two days of the Brrr Chills Days festivities have been wonderful. The museum had a great turnout for their Coffee and Dessert and we had a ton of fun at the Birchview Winter Carnival. Still to come is the sliding hill and fireworks on Friday evening and Snoga with coffee and tea after at mane event studio on Saturday afternoon, hope to see you all there!**

**I will be in the office Tuesdays and Thursdays 9-3 but because of the nature of the job I may not be in the office normal hours for all other times look for the sign out front.**

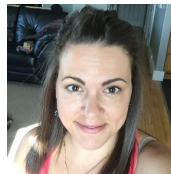
**Until Next Time,**

**Zac Pitzel**

**February** issues of this Birch Hills activity newsletter are sponsored by:

CMT Sign Shop  
The Birch Tree Café

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.



*Court Massage Therapy*  
*@ Mane Event Salon & Spa*

I'm Mandi Court and I've been a Massage Therapist since 2007. I now offer massage therapy out of the Mane Event Salon & Spa on Bellamy Avenue (Main Street). I do Swedish massage (relaxation), therapeutic massage (deep tissue), as well as Hot Stone Massage.

Some of the benefits of massage include reduced tension, pain reduction, headache relief, anxiety treatment, improved sleep, stress relief, improved joint mobility, boosted immune system and enhanced circulation.. Most insurance companies offer coverage for massage, and as a registered therapist I will issue receipts that can be submitted to your insurance company. With many insurance plans massages are fully covered, essentially making your treatment free!

To book an appointment call me at **306-960-0706**  
Make self-care part of your 2019!



# March NEWSLETTER SPONSORED BY:



## SIGNSHOP DIVISION

*Aluminum & Coroplast  
Vehicle & Wall Decals  
Stickers/Labels  
Outdoor Building Signage  
In Ice (arena) Logo Banners  
Lawn Stake Signs  
Various Banners  
Stand Alone Banners  
Trade Show Booths  
Window Clings  
Perforated Window Decals  
And Much Much More...*

## GARMENT DECORATING DIVISION

We do in house pressed and embroidery. We can provide screen printing and full or part sublimation.

- \*t shirts (1 or 100)
- \*hoodies
- \*jackets
- \*caps/toques
- \*all types of TEAM WEAR including Jerseys
- \*full line of safety wear
- \*table cloths & aprons
- \*bags
- \*blankets
- \*lawnchairs

## PROMOTIONS DIVISION

*If you want your name or logo on something we can get that done for you!*

*Just a few ideas:  
Calendars  
Pens  
Note Pads  
Lapel Pins  
Water Bottles  
Go Cups  
Stress Balls  
Medallions  
Trophies  
Awards  
Belt Buckles*

**ALL THINGS PROMO & ALL THINGS CUSTOM!**

**Marlene & Chris  
Hovdebo**

Marlene: (306)749-7604

Chris: (306)749-7606

### Birch Hills Curling Club Upcoming Bonspiels

2 Person Open - March 21 - 24 (Depending on entries) - cash prizes, Calcutta

To register, drop into the rink and sign up, or call the rink at 749-2951. To register for the senior open, you can also call or text 749-7040.

**March NEWSLETTER SPONSORED BY:**

**The Birch Tree Café**

**Homemade Burgers**

**Soup & Sandwiches**

**Authentic Asian Dishes**

**Fish & Chips**

**Everyday Special**

**Breakfast (till 11:00am)**

**Clay Oven Pizza**

***Cozy Atmosphere***

***Catering Service***

**Monday – Friday: 7:30AM – 7:30PM**

**Saturday: 11AM – 7PM**

**Sunday & Holiday: Closed**

**The Birch Tree Café@ facebook**

**306-749-2223**

ST MARY'S ANGLICAN CHURCH

UPCOMING EVENTS

Community Lunches:

All community members are welcome to join us for lunch

Friday, March 15th

Free will offerings accepted (donations)

Lunches will be the 1st and 3rd Friday of every month until June

Next Lunch : April 5th



Sunday, March 3rd 9:00am Morning Prayer

Sunday, March 10th 9:00am Holy Communion with Reverend Chris

Sunday, March 17th 9:00am Morning Prayer

Birch Hills Curling Club

Weekly Curling

Afternoon - Tuesday 1pm

2 Person - Wednesday 2 draws 7pm & 8pm

Mixed League - Thursday 2 draws 7pm & 9pm



Birch Hills Public Library

Birch Hills Library hours:

Tues 11-4 5-9

Thurs 9-12 1-6

Storytime Thursday 1:30 - 2:15

Storytime for 3-yr olds starts Oct. 4.

Birch Hills Library Spring Gala Guest Author & Speaker: Bill Waiser His latest book: History Matters

Turkey Supper

Wed. March 27, 2019

More details to follow!



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 6th

Tues 9 Apr 2019

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

370 Bellamy Avenue

Church Services



St. Mary's Anglican Church @ 9:00am - First Sunday in August switches to 11am

St. Anne Roman Catholic Church @ 11 am

Community Church @ 11am

Lake Park Baptist Church @ 11am

Saron Lutheran Church by Hagen @ 9:30am

Glad Tidings Tabernacle @ 11:00am



## Cash & Carry Party

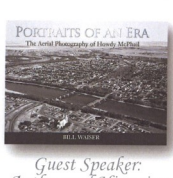
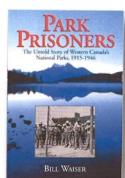
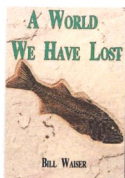
Saturday, March 23, 2019  
1:00pm - 4:00pm  
Birch Hills Senior Hall

Bring cash (or your checkbook) and a friend, to shop from a huge selection of Tupperware you can take with you the same day!

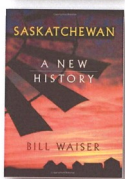
Mystery Hosts to be selected & Grand Prize draw for any who purchase!

Questions?  
Contact Sheena Mulligan at 306-749-2800

## Birch Hills Public Library Spring Gala



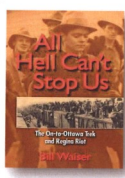
Guest Speaker:  
Author and Historian  
Bill Waiser



Wed. March 27, 2019  
Doors open @ 6:00pm  
Turkey Supper @ 6:30pm  
Birch Hills Civic Centre  
\$25 per person

Silent Auction  
50/50  
Books for Sale

Get tickets at the library  
or from any library board  
member.  
Advance tickets only



## EVERY WEEK IN THE HILLS

Open to Community

### MONDAYS

Line Dancing 9:30am - 11:00am  
Bowling 2:00 pm @ Seniors Hall  
Dreamland Optimists Group  
Fire Dept Meeting (every 2nd Mon) 7:00 pm @ Fire Hall

### TUESDAYS

Moms & Tots 10:00 am-12:00 pm @ Youth Centre  
\$2 drop in fee  
Library Open 11:00 am-4:00 pm and 5:00 pm-8:00 pm  
Knitting Grannies (2nd & 4th Tues) 1:00pm @ museum  
Birchview Ladies Auxiliary (1st Tues) 11:00am  
Craft Night 6:30 pm - 7:30 pm (5-12yrs) @ Library

### WEDNESDAYS

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

### THURSDAYS

Moms & Tots 10:00 am-12:00 pm @ Youth Centre  
\$2 drop in fee  
Library Open 9:00 am -12:00 pm and 1:00 pm - 6:00 pm  
Legion Meeting 2nd Thurs of each month 7:00 pm @ Legion (No meeting in July and August)

### FRIDAY

Friday Night Youth at Youth Centre 7:30pm

### SATURDAY

Thrift Shop Open 1:00 am-4:00 pm @ Museum  
Coffee 2:00pm @ Museum

Senior Centre Contact: Delores Jones 749-2680

## CRYSTAL SPRINGS EVENTS

Coffee Row at the Hall, 2 - 4 pm

Everyone is welcome. It is a wonderful opportunity for friends, neighbours & acquaintances to get together!

Hall available for rent, contact Lynn 306-864-8013



**Playoff Hockey Game 4**  
(If Required)  
**BlackHawks vs. Rosthern**



Guaranteed \$1,000 50/50 courtesy:

**Century 21**  
REALTOR  
JESSE HUIT  
306-960-1091

**Vivid Painting**  
Broch Tilford  
306-749-7708  
Derek Fjeld  
306-930-1091

<b>Sat</b>		<b>Time</b>	
<b>2</b>		<b>8:00pm</b>	
<b>Mar</b>		<b>Licensed Beverage Garden</b>	
<b>2019</b>		2nd Street, Birch Hills	

**Blackhawks**  
**Hockey Windup**



Happy Hour 5:30-6:30  
Steak Supper 6:30-8:00 **\$25.00**  
(Reservations required by April 1;  
call or text 306-980-8687 or 306-960-9744)  
Program & Social 8:00 (free admission)

<b>Sat</b>	<b>Birch Hills Civic Centre</b>
<b>6</b>	<b>Licensed Event</b>
<b>Apr</b>	
<b>2019</b>	239 Bellamy Avenue, Birch Hills 

**Upcoming Events**

**March**

- 1 - World Day of Prayer @ 2 PM
- 8 - 9 - Gooser hockey tournament
- 16 - Shamrock Shaker 2 @ BH Civic Centre
- 17 - St Patrick's Day Irish Stew Supper
- 20 - Skating Rink AGM
- 21 - 24 - 2 Person Open Bonspiel
- 23 - Cash and Carry Party
- 27 - Birch Hills Public Library Spring Gala

**April**

- 6 - Blackhawks Hockey Windup
- 7 - Lions Hockey Draft - Location TBD
- 9 - Birch Hills Golf Club AGM
- 13 - Lions Club Spaghetti Supper @ BH Civic Centre
- 23 - Rec Board AGM Meeting

**Birch Hills Community Lutheran Brethren Church Invites you to:**

**Sunday Morning Worship**  
11:00am at the corner of 4th and Bellamy

**Tuesday & Friday Morning Moms and Tots**  
10:00am - Noon at the Youth Centre \$2 Drop In

**Thursday Evening Kaiser, Crib and Game Night**  
7:00pm at the Youth Centre

**Friday Night Youth**  
Age 12 and up  
7:30pm at the Youth Centre

**Saturday Morning Coffee Row**  
7:00am - 10:00am at the Youth Centre

**BIRCH HILLS --- WE ROCK!!**

A HUGE THANK YOU to everyone who voted and shared to win the \$25,000 FUEL UP MY TOWN Contest! This is the 2nd Canada Wide Contest that YOU made happen with your votes, sharing and support! A special THANK YOU to Tim Seibert for picking up on the correct way to have a valid entry...without his attention to detail we quite likely would not have been successful.

THANK YOU to Lake Country Co-op for donating the funds to the Skate-park! These funds will enable the washrooms and Camp Gazebo to be built this Spring for the entire community to enjoy!

This is proof that we ARE a community that CAN! "A brick on the ground is really just a brick, but many together can build a Stronghold!" Together We Are Stronger!

RYSC (Reaching Youth, Serving Community)



**RECYCLE**

Please Share your Newsletter with a friend. Send request to [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net) to receive the news letter online.

Birch Hills and Area Health  
Foundation Inc.

Annual Meeting

Tuesday March 19th @ 7:00 PM

Location: Birch Hills Health  
Centre

Everyone Welcome

What if feeling relaxed and calm was easier  
than you thought?? TRY REFLEXOLOGY!

Treatments now available at the Mane Event  
Salon & Spa. Call Mackenzie at 306-961-1386  
to book. @peacelovehealing

The rink board is holding their annual general  
meeting at the arena March 20th @ 7 PM. The  
rink board is currently looking for someone to  
fill a vacant spot on the board.

The Farm Project would like to thank: Steve  
and Brent Adams, Michael Farms and Trever  
and Layton Elsasser for Supplying equipment  
to take the wheat bag in.

Birch Hills Volunteer Fire Department  
Fundraising Calendars \$25 each  
Available from any Volun-  
teer Firefighter

All proceeds to purchase  
needed equipment.



*You're at home here.*



Lake Country Co-operative Association Limited  
Annual Member Information Meeting

Saturday, March 23, 2019

John M. Cuelenaere Public Library  
125 12 St. E  
Prince Albert, SK

10:30 a.m.

All Members Welcome!



### Birch Hills Classes

Located inside the Mane Event Salon and Spa

**Monday:**

5:30-6:30pm Vinyasa

6:45-8:00pm Yin

**Thursday:**

9:00-10:00am Gentle Flow

3:30-4:15pm Kids Yoga (7-10)

Beginners Welcome!

For more information follow PASH Yoga on Facebook and  
Instagram

Or email [pashprojects@outlook.com](mailto:pashprojects@outlook.com)

Birch Hills Seniors News

The Birch Hills Seniors Club held their AGM on Monday February 4th with a good turn out.

The executive has 1 Year left of their 2 year term with President Shirley Ulvild, Vice President Selmer Njaa, Secretary Millie Rowluck, Treasurer Marilyn Sorsdahl, (completing the term of Sharon Gabriel, who stepped down).

Directors for Special Events - Del Braaten, Kay Hovdebo, Mabel Epp, Myrdena Reynish, Olive Stangeland Jean Wenig, and Past President Inez Shilling.

The membership fees were set at \$15.00 for the coming year with a membership fee of \$5.00 per member being sent to SSAI, the Provincial Seniors Association. It is interesting to note there are 120 Seniors Clubs in the Province with over 5000 members.

Inez Shilling is the Bowlarama coordinator. Assistant - Jean Wenig

Delores Jones is in charge of the Hall rentals, call her at 306 749 2680.

Meals on wheels delivered in the month of June

Week 1 - Mable and Richard Epp

2 - Dawn Larson

3 - Millie Rowluck

4 - Rod and Sharon Gabriel

Foot Care - with Millie Rowluck on Thursday at the Hall

- call her for appointments at 306 749 3286

We welcome our new Recreation Director Zac Pitzel, looking forward to working with him.

Senior Bowling on Monday's at 2 pm

Senior Games day on Thursdays at 2pm

\$ 2.00 drop in fee includes coffee and treats.

Please join us, need a ride call 306 749 2500.

Next Seniors meeting Monday March 11th at 1pm.



Gift certificates are still available for that perfect birthday! Message us for details or contact the Rec Office @ 306 749-7451 texting included.....or text/call Lorisa @ 306 749-7756. E-TRANSFERS AVAILABLE @ email address birchhillsrec@sasktel.net

Just a reminder about our installment payment program for the payment towards your 2019 player membership! Start now....and pay the final payment by May 1st to ensure your player membership at the #1 - 9 hole Course in the province! (My rating of course - but shared by many others!).

And - our Early Payment of player green fees at 2018 rates applies also! Pay your full player fee by April 15, 2019 and avoid any increase to 2019 player fees.

Lorisa Ganes  
306 749 7756

Rec Board AGM April 23rd 7:00PM @Museum

The Birch Hills Golf Course has seasonal employment opportunities for 2019 as follows:

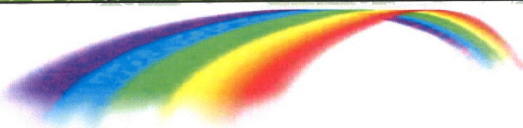
Course maintenance workers (full time & part time) - must be physically fit and experience with riding mowers, tractors and other "farm related" equipment would be a definite asset.

Clubhouse reception/sales and kitchen staff (full & part time) - must have Food Safe certificate and Serve it Right certification (or be willing to take course; online is available) and provide proof of certification, prior to employment.

Please submit resumes to email address: birchhillsrec@sasktel.net or liganes@sasktel.net no later than March 16, 2019, or drop off at Birch Hills Recreation Office on Bellamy Ave by March 15th, 2019.



# Birchview March Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:30- Helping Hands 2:30- BINGO	2
3	4 11:00- Bible Study 2:30- Salt Water Joy	5 11:00- Ladies Auxiliary Meeting 2:30- Catholic Mass <small>Mardi Gras</small>	6 10:15- Daycare Visit! 2:30- Making Shamrock Charms	7 11:00- Group Ex 12:30- Army & Navy Outing	8 10:30- Helping Hands 2:30- BINGO	9
10 <small>Daylight Saving Time Begins</small> 2:30- Glad Tidings	11 11:00- Group Exercise 2:00- Crafting Irish Wreaths	12 10:45- Tone Chimes 2:30- Baptist (Communion)	13 10:45- Smitty's & Dollarama Outing 2:30- Olive, Mabel & Esther <small>Ash Wednesday</small>	14 10:30- St. Patty's Day Facts & Trivia 2:00- Bingo w Grade 4's	15 10:30- Helping Hands 2:30- BINGO	16
17 	18 11:00- Bible Study 2:30- Yahtzee	19 10:45- Tone Chimes 2:30- Community Church	20 10:15- Daycare Visit! Birthday 2:30- Celebration w The Job Mates <small>Spring Begins</small>	21 10:45- Minto Bowl Outing <small>Purim</small>	22 10:30- Helping Hands 2:30- BINGO	23
24	25 11:00- Group Exercise 2:30- Shuffle Bowling	26 10:45- Tone Chimes 2:30- Pentecostal Worship	27 10:45- Walmart Outing 2:30- Resident Council	28 10:45- Armchair Traveling 2:30- Card Sharks	29 10:30- Helping Hands 2:30- BINGO	30



## ST PATRICK'S DAY

### IRISH STEW SUPPER

#### ST MARY'S ANGLICAN CHURCH

279 MCCALUM AVE

Sunday, March 17, 2019

5:00 pm – 7:00 pm

Takeout available

Adults \$12.00

10 & under \$6.00

Preschool free



Congratulations to Team Silernagle on their third place finish at the Scotties. This was the teams first trip to the Scotties. It's the first medal Saskatchewan has received at the Scotties since 2011. The team consisted of; Coach– Lesley McEwan, Skip– Robyn Silernagle, Third–Stefanie Lawton, Second Jessie Humkin and Lead– Kara (Kilden) Thevenot. Thevenot raised in the Northern Lights District, was a graduate of the Birch Hills school.

Silvernagle beat Homan 6-3 on Friday to finished in second place in the Championship Pool and advance to the 1-2 page playoff. She then lost to Alberta's Chelsea Carey 11-7 on Saturday, forcing a semifinal rematch with Homan where they were defeated.

Girls you made us proud!

Chelsea Carey will represent Canada in Denmark in March.