

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

March 15, 2019

Issue 186

2019 SUMMER PLAYGROUND PROGRAM

Help Support your Playground Program: There are plans in place again for a playground program this summer. This program has been free to all kids ages 5-12yrs and we would like to continue the program at no charge. There are grants available but not all costs are covered. In the past businesses and individuals have donated towards this program for nutrition snacks, craft supplies, tons of fun Mon-Fri (Jul/Aug) and competitive wages for our leaders. If you are interested in assisting with budget requirements, please contact Rec Office for more info.

JOB OPPORTUNITY: Applications are being accepted at the Rec Office for Play Leaders this summer. Hours vary with positions. Must be available July 2nd through Aug 24th, Monday to Friday. Must be 14 yrs+, a current full time student returning to school in the fall.. Please submit your application to the rec office April 30th.

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

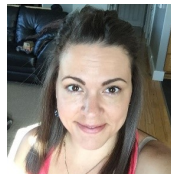
CMT Sign Shop
The Birch Tree Café

If you would like to be a sponsor of the 'Heartbeat' newsletter, contact 306-749-7451/ birchhillsrec@sasktel.net. The cost is \$100 by 3 sponsors (\$300/month) for printing, advertising and ensuring that the newsletter stays free for everyone.



BIRCH HILLS MUSEUM
Ham & Scalloped Potato Supper

Friday, April 5th at 5:00pm
In the Museum basement



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

Fire Department bonspiel March 16th Canteen and bar will be open

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 29th

Free will offerings accepted (donations)

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

Next Lunch : April 12th



Sunday, March 17th 9:00am Morning Prayer

Sunday, March 24th 9:00 am Morning Prayer

Sunday, March 31st 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

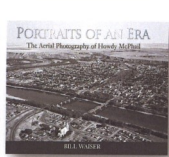
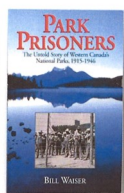
Bring cash (or your checkbook) and a friend, to shop from a huge selection of Tupperware you can take with you the same day!

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

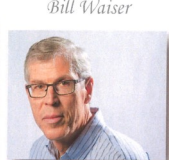
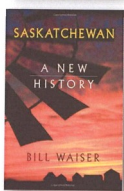
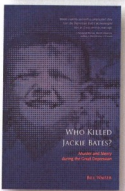
Questions?
Contact Sheena Mulligan at 306-749-2800

Birch Hills Public Library

Spring Gala



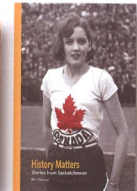
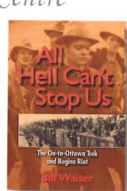
Guest Speaker:
Author and Historian
Bill Waiser



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

The rink boards annual general meeting will be postponed to a later date.

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

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

"The Birch Hills Step Out Line Dancers"

Present

*"Music to your Ears"
Talent Show*

Local Birch Hills individuals will showcase their music and talent

Date: Sunday, April 7, 2019

Where: Birch Hills Civic Centre

Time: 2 p.m.

Coffee and dessert to follow

Admission - By Donation

All funds raised will be donated to the Birch Hills Multi-Use Building Project

A tax receipt will be issued for donations of \$20. and over

Mark your Calendar - And see you there!

Upcoming Events

March

- 16 - Shamrock Shaker 2 @ BH Civic Centre
- 16 - Birch Hills Skating Club—Movie Night
- 17 - St Patrick's Day Irish Stew Supper
- 19 - Birch Hills & Area Health Foundation AGM
- 20 - Skating Rink AGM
- 21 - 24 - 2 Person Open Bonspiel
- 23 - Cash and Carry Party
- 23 - CO-OP AGM
- 27 - Birch Hills Public Library Spring Gala

April

- 5 - Birch Hills Museum Ham & Potato Supper
- 6 - Blackhawks Hockey Windup
- 7 - Lions Hockey Draft - Location TBD
- 7 - Music to your ears talent show
- 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



RECYCLE

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

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)

Birch Hills and Area Health
Foundation Inc.

Annual Meeting

Tuesday March 19th @ 7:00 PM

Location: Birch Hills Health
Centre

Everyone Welcome

What if supporting the body's efforts to function optimally was easier than you thought?? TRY RE-FLEXOLOGY!

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

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!

**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)

Sat
6
Apr
2019
Birch Hills Civic Centre
Licensed Event
239 Bellamy Avenue, Birch Hills



Weldon 4-H Beef Club
FUNDRAISER
Come on down to the
Birch Hills Curling Rink

During the 2 Man Tuff Spiel
Fri March 22nd (5pm) - Sun March 24th

for
**HOMEMADE SOUP, CHILI,
&
HOMEMADE PIES/DESSERTS!**



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

Birch Hills Volunteer Fire Department

Fundraising Calendars \$25 each

Available from any Volunteer Firefighter

All proceeds to purchase
needed equipment.



Birch Hills Seniors News

Senior Highlights;

The Birch Hills Seniors met on Monday March 11th.

The Spring Bowlarama will be held in Birch Hills on Tuesday April 2nd.

The Seniors Raffle Tickets are now available from Club Members.

Millie's Foot Care at the Hall on Thursday's, phone 306 749 3286 for appointments.

Senior Bowling at the Hall Monday's at 2pm.

Games at the Hall on Thursday's at 2pm.

Walking and machine exercise are new at the Hall phone 306 749 3286 for information.

Rod Gabriel announced that the Meyer's Quartet will have a concert at the Birch Hills Pentecostal Church on Sunday May 5th with a Fund Raiser for the Food Grains Bank.



A thank you to all those who helped make the annual birch hills days a success. We would like to give a huge thanks to the businesses that either helped put on the event or sponsored the event:

Birch Hills Museum and Thrift Shop

Birchview Home

Barrys Rock & Dirt

Evans Excavating

RM of Birch Hills

Winding River Colony

Philip Mansiere Enterprises

Pash Yoga

Quayle's Pharmacy

Birch Hills Golf Course

Congratulations to Ray Stangeland for winning the 2 Free rounds of golf from the Birch Hills Golf Club!

Hey Birch Hills! We are looking forward to an Exciting and Active Summer!

Track your activity. Win Prizes. The new ParticipACTION app helps you fit physical activity in your busy life and rewards you for it. Track your active minutes against your personal activity goal, read motivational articles and watch videos for your chance to win sweet weekly, monthly and quarterly prizes! PLUS, be one of the first to download the app for a chance to win from an extra \$20,000 in early-bird prizes between now and March 31st, including gift cards, trips and more. Sign up at www.participACTION.com now to make tracking your activity and progress a habit!

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

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 lganes@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
March 2019					1 10:30- Helping Hands 2:30- BINGO	2
3 11:00- Bible Study 2:30- Salt Water Joy	4 11:00- Ladies Auxiliary Meeting 2:30- Catholic Mass	5 10:15- Daycare Visit! 2:30- Making Shamrock Charms	6 11:00- Group Ex 12:30- Army & Navy Outing	7 10:30- Helping Hands 2:30- BINGO	8	9
10 11:00- Group Exercise 2:00- Crafting Irish Wreaths	11 10:45- Tone Chimes 2:30- Baptist (Communion)	12 10:45- Smitty's & Dollarama Outing 2:30- Olive, Mabel & Esther	13 10:30- St. Patty's Day Facts & Trivia 2:00- Bingo w Grade 4's	14 10:30- Helping Hands 2:30- BINGO	15	16
17 2:30- Glad Tidings <i>St Patrick's Day</i>	18 11:00- Bible Study 2:30- Yahtzee	19 10:45- Tone Chimes 2:30- Community Church	20 10:15- Daycare Visit! Birthday Celebration w The Job Mates	21 10:45- Minto Bowl Outing	22 10:30- Helping Hands 2:30- BINGO	23
24 11:00- Group Exercise 2:30- Shuffle Bowling	25 10:45- Tone Chimes 2:30- Pentecostal Worship	26 10:45- Walmart Outing 2:30- Resident Council	27 10:45- Armchair Traveling 2:30- Card Sharks	28 10:30- Helping Hands 2:30- BINGO	29	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.

Silernagle 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 semifinals rematch with Homan where they were defeated.

Girls you made us proud!

Kara will be attending the two person bonspiel March 21-24 feel free to come say hi.

Birch Hills Seniors Club Raffle Tickets \$2 ea. or 3 for \$5

1. Wooden Lattice Planter [made and donated by Gordon Braaten]
2. Wooden Child's Desk with Bench [made and donated by Gordon Braaten]
3. Log Cabin Quilt with double heart stitching [hand-made and donated by Mabel Epp]

To be drawn on Threshing Day - Sun. Aug 11, 2019 Lottery Licence # SR18-4196



Birch Hills Skating Club
presents

A Night at the Movies

March 16th, 2019; 2:00pm
@ the Birch Hills Skating Rink

It is a trait common to us as people that we complain far more than we appreciate. It's our natural bent....we think more about ourselves rather than what others do for us. We want to try something new to shake us out of that attitude for an evening. What if there was a special community supper where the only tickets you could buy were for other people? What if there was a special supper built entirely around showing other people you care and appreciate them?

Birch Hills Community Church & Saron Lutheran Church

"Attitude of Gratitude"
Spring Supper

Saturday, May 4 6:00 pm
BH Community Church

TICKETS \$15/person from Youth Center LIMITED TICKETS AVAILABLE

The "Attitude of Gratitude" Supper is a special chance for us to show others in our community how much we appreciate them. You buy tickets for other people - we deliver the tickets to them. Should you wish, there will also be cards available when you buy the tickets to explain either anonymously or signed as to why you gifted them (discreetly given to them at Supper).

Cans, Bottles & Milk Jugs Piling Up?

Youth Center
Always Appreciates
Donations of the following
BEVERAGE CONTAINERS

- * Aluminum /Tin Cans
- * Plastic Bottles and Jugs INCLUDING MILK
- * Glass Bottles, Clear and Colored (Wine, Juice)
- * Juice & Milk Boxes and Cartons
- * Refillable Beer Bottles

WE NOW ACCEPT MILK JUGS AND CARTONS (please rinse)

**We Are Not Able to Accept Non Beverage Containers
Plastic Household Containers such as Soap, Javex
Glass Jars from Jam, Pickles, etc. or Soup Cans**

DONATIONS MAY BE DROPPED OFF AT BACK DOOR OF YOUTH CENTER!

STRUTHERS LAKE REGIONAL PARK

STRUTHERS LAKE IS LOCATED 32 KM SOUTH EAST OF BIRCH HILLS.
WE HAVE SEVERAL AMENITIES TO OFFER!

SPRAY PARK*WATERSLIDE*MINI-GOLF*ICE CREAM*FISHING*GEOCACHING*
CAMPING*TENTING*PICNIC*BEACH VOLLEYBALL*HORSESHOE PITS*
SWIMMING*BOATING*BALL DIAMOND*CANADA DAY ACTIVITIES*



GAZEBO RENTAL FOR ANY EVENT (WEDDING/ANNIVERSARY)

CONCESSION ON SITE WITH A FABULOUS MENU

Please call or email to book your campsite or cabin.

Bookings start on April 1, 2019

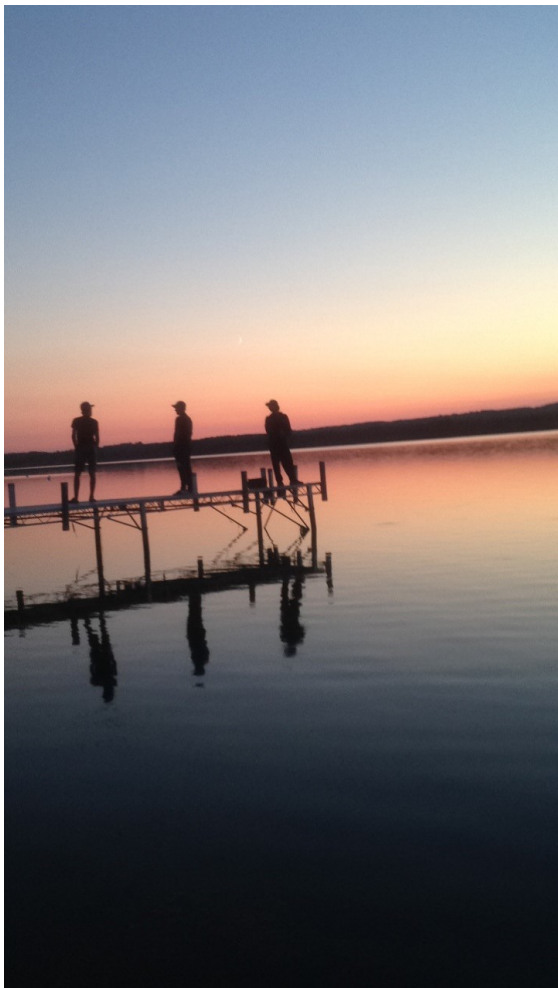
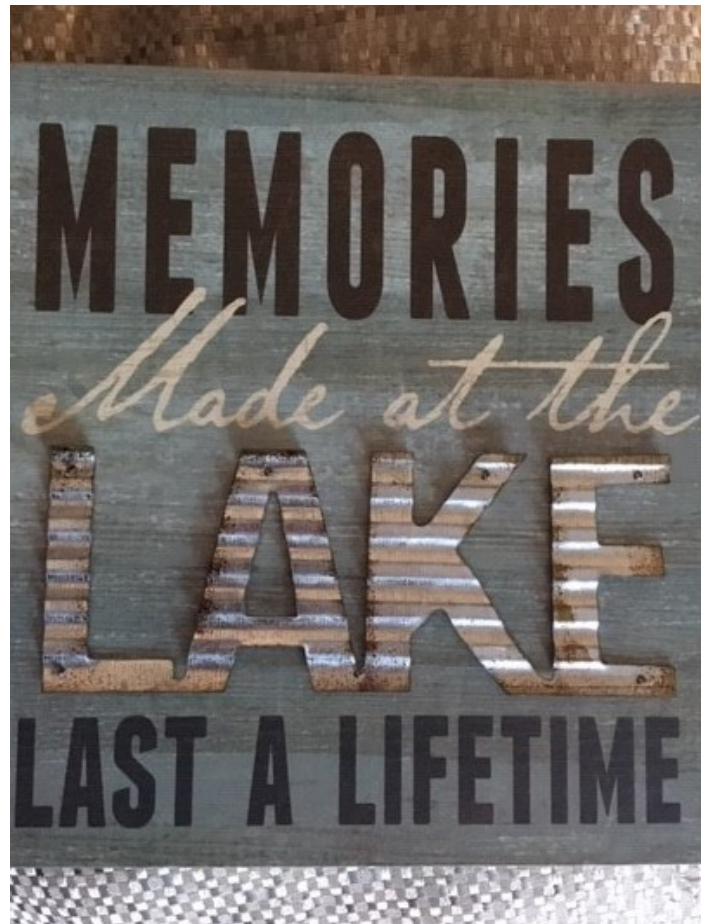
More information on saskregionalparks.ca/Struthers Lake

Call: (306) 864-3240

Email: strutherslakerp@gmail.com

Open May 17th, 2019 to September 2, 2019

Come enjoy your summer at the



Struthers Lake Regional Park
306-864-3240

GAZEBO RENTALS

- Weddings - Birthdays
- Anniversaries

MAY LONG TO SEPT LONG

**SPRAY PARK
ATV TRAILS
GEO CACHING
WATERSLIDE
CAMPING
CONCESSION
ON SITE**

FISHING BOATING

strutherslakerp@gmail.com