



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

April 15th, 2019

Issue 188

Hello Everyone,

Hope everyone is enjoying the nice weather I know I am.

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

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

Mane Event Salon and Spa
Court Massage Therapy
Pash Yoga
Peace Love Healing

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.

The Meier Quartet

will be at Glad Tidings
on Sunday, May 5th

11 am - Morning Program
- Dinner to follow

7 pm - Evening Concert
- Pie & Coffee to follow

(A Special Offering will be received
in support of the local Birch Hills
Foodgrains growing project)

Everyone is Welcome!

A new sound system was
installed in the Birch Hills
Skating Arena this season.

Thanks To:

Birch Hills Minor Sports,
Northern Skies Outfitters &
the Birch Hills Blackhawks
for purchasing the new
system!



Mane Event Salon & Spa

.....
Full Service Hair Salon for Women & Men

Haircuts, Colors, Styling

Gel Nails

Waxing

Tanning Bed

Salon Hours:

Tuesday, Thursday & Friday 9-6

Evening appointments available by

advanced booking

Walk-in's Welcome!

Kristy Nelson

306-749-7405

Court Massage Therapy

Mandi Court Registered Massage Therapist

Hours: Tuesday, Thursday & Friday 9am – 5:30pm

Located at Mane Event Salon and Spa

Treatments Available

Relaxation/Deep Tissue Massage 30/60/90 minutes

Hot Stone Massage 60/90 minutes

Paraffin Wax for Hands & Feet

Coming Soon!

Thai Massage

Aromatherapy

Facials

Receipts Available for Insurance Companies

306~960~0706 call or text for appointment!

APRIL NEWSLETTER SPONSORED BY:



Birch Hills Yoga Classes
Located inside the Mane Event Salon and Spa

Monday:

5:30-6:30pm Vinyasa flow

6:45-8:00pm Yin

Thursday:

9:00-10:00am Gentle Flow

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

Beginners Welcome in all classes!
Yin and Gentle Yoga are a great place to start

PASH Yoga also offers Private Events
Kids Yoga Birthday Parties
Private one on one classes
Private group classes

For more information about Yoga or Private bookings
follow PASH Yoga on Facebook and Instagram or email Me-
gan at pashprojects@outlook.com

NOW OFFERING

Pedicures
&
Reflexology

**ALSO AVAILABLE: Crystal Healing • REIKI • Access
Consciousness • Hot Stone Therapy • Hot Stone COMBOs**



by appointment only:

Mackenzie @ 306-961-1386

Certified Reflexologist with Reflexology Association of Canada

Mane Event Salon & Spa

ST MARY'S ANGLICAN CHURCH

UPCOMING EVENTS

Community Lunches:

All community members are welcome to join us for lunch

Friday, May 3rd

Next Lunch : May 17th

Friday, April 19th 7:00pm -
Good Friday Anglican / Catholic
service with Rev'd Ramel and
Rev'd Chris



Sunday, April 21st, 9:00am - Easter Sunday Holy
Communion with Rev'd Chris

Sunday, April 28th 9:00am - Morning Prayer

Birch Hills Dance Centre News

Congratulations to all the dancers who competed in the Dance Blast competition in Prince Albert in early March. Good luck to the Birch Hills dancers as they compete in Regina and Tisdale over the next two weekends.

The public is cordially invited to attend the annual Birch Hills Dance Showcase at the E.A. Rawlinson Centre in P.A. on Thursday, May 2 at 6 p.m. Tickets will be available on-line and at the box office later this month.

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!



BIRCH HILLS DANCE CENTRE
PRESENTS THEIR
YEAR-END RECITAL



E.A. RAWLINSON CENTRE
THURSDAY, MAY 2ND, 2019
DOORS OPEN 5:30 | RECITAL 6:00
TICKETS: E.A. RAWLINSON CENTRE
PHOTO: LISA LARSON PHOTOGRAPHY

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

April 1, 2019 Heartbeat

After defeating the Waldheim Warriors in the quarter finals, the playoffs ended abruptly for the team in the semi-final round against the Rosthern Wheatkings, who in turn lost to this season's champions, the Warman Wildcats. The Birch Hills Blackhawks would like to thank their board, coaches, volunteers, sponsors and especially the fans for their support during the 2018-19 hockey season. The team would not operate without the contributions and support of everyone involved.

Thanks to our 2018-19 Sponsors:

Bronze:

Wong's Family Restaurant
Quayle's Pharmacy
Silver:
King George Hotel
Lake Country Coop
Tilford Farms – Bruce Tilford
Investors Group – Rupert Bremner
Revive Salon – Pam Grambo
TC Electric Inc. – Luc Robin
CMT Signshop – Marlene Hovdebo
Bourgault Industries Ltd.
Peifer Farms Ltd.
Greg Manson

Gold:

Vivid Painting – Brock Tilford & Derek Fjeld
Pratt Plumbing & Heating – Devin Pratt
Peak Electric – Lenny Gaudet & Chase Berge
Century 21 Prestige Real Estate - Jesse Heit
Platinum:
Affinity Credit Union – Birch Hills
Nutrien Ag Solutions – Perry Clarke
Braaten Construction – Neil Braaten
Macfie Safety Consulting – Scott Macfie
Great Western Brewing Company – James Mueller
Armie's Trucking Ltd. – Armand Lajeunesse
Murann Farms Ltd.
Northern Skies Outfitters
Carter's Custom Ag – Carter Braaten
Cornerstone Insurance – Birch Hills
Mackenzie's Funeral Home & Crematorium – Brian Stobbs

Thanks to our Volunteers who make every game and event possible (apologies if anyone was missed – we know that there are lots of people who step up to help when needed):

Iris Fjeld	Rosalind Doderai	Allen Harper
Ron Lyons	Bob McRury	Ethel Rutherford
Murray Swenson	Laura Swenson	Georgine Harper
Carl Hanson	Brock Tilford	Ramona Swenson
Chad Bruce	Greg Manson	Wade Cochrane
Mitch Soyland	Tracy Collison	Jamie Tilford
John Grambo	Neil Braaten	
Wray Morrison	Dave Folstad	

Upcoming Events:

Saturday, April 6th – Annual Windup @ the Civic Centre (see ad in the Heartbeat)
Saturday, June 1st – Grab'n'Go Breakfast @ the Skating Rink
Saturday, July 6th – Alumni Golf Tournament (all former and current players, board members, sponsors, volunteers, and fans are welcome to attend)

Kinistino Tops (taking of pounds sensibly) Club meet each Wednesday at the basement of the United Church in Kinistino. Weigh in from 5:00-5:30 . Followed by our meeting. For more information you can call Treena at #864-3142.

Hey Birch Hills! Lets TRACK our way to \$150,000.00 for our five Recreational facilities. Psarticipation has put out the challenge to find Canada's most active community, and we can do it! Between May 31st and June 16th we have planned some fun and exciting physical activities that will pull our community together doing things we all love. We need your help TRACKING hours of activity for our town. You can TRACK by downloading the Participation APP, or manual forms will be available during the contest period from the Rec Office or RYSC Youth Centre. For more information talk to Zac or Kathy. Let's Get TRACKING!

RECYCLE

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



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

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

NOTICE OF PREPARATION OF ASSESSMENT ROLL

Town of Birch Hills

Notice is hereby given that the assessment roll for the Town of Birch Hills for the year of 2019 has been prepared and is open to inspection in the office of the assessor from April 5, 2019 to May 6, 2019 on Monday to Friday from 9 a.m. to 4 p.m.

A bylaw pursuant to section 214 of *The Municipalities Act* has been passed and the assessment notices have been sent as required.

Any person who wishes to appeal against his or her assessment is required to file his or her notice of appeal with: The Assessor, Town of Birch Hills, Box 206 Birch Hills SK S0J 0G0, by the 6th day of May, 2019.

Dated this 3rd day of April, 2019.

Assessor

Town of Birch Hills

Upcoming Events

April

17 - Arena AGM

17 - BIRCH HILLS Conservation and Development Area # 58 AGM

23 - Rec Board AGM Meeting

May

1 - New To You Sale

2 - Birch Hills Dance showcase

4 - Attitude and Gratitude Spring Super

May 31-June 16 - Participation Challenge

June

1 - Multiuse Facility Open House

1 - Grab and Go Breakfast @ Skating Rink

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

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

Friday Night Youth and up

Age 12

7:30pm at the Youth Centre

Saturday Morning Coffee Row

7:00am - 10:00am at the Youth Centre

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!

NOTICE

ANNUAL MEETING

of the

BIRCH HILLS

Conservation and Development Area # 58

Notice is hereby given that the Annual Meeting
of the Birch Hills

Conservation and Development Area will be held

At Tomtene Seed Farms,

April 17, 2019

at 9:30 in the morning.

Secretary-Treasurer, Grant Getz

Some major expenditures are being considered so it is important that you as a ratepayer attend.

A huge thank you to Shirley Jensen for all the beautiful quilt tops she made. To Shirley Lyons, Karen Jordon, Carla Hope, and Brenda Hadland, thank you for your generous time; without you I would not have been able to put these quilts together. To the Birch Hills Museum for the use of the space to assemble them. They have been given to Muskoday Rehab Centre, Birch Hills Ministerial, St. Louis Christmas Hampers, Mobile Crisis Centre, Group Home, Women's Shelter, Pineview Nursing Home, The Y.W.C.A., Bernice Sayese Centre, and The Salvation Army for a grand total of 251 quilts donated.

Faye Erikson



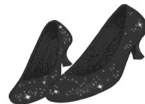
Birch View is having a



"New to You"

Sale

Wednesday May 1st
10-3pm



We're Spring Cleaning

our closets & hopefully you are too!

We will gladly take your gently used

clothes, shoes and accessories!

Please bring items to the Recreation Room
Thank You in advance ☺



Birch Hills Volunteer Fire Department

Fundraising Calendars \$25 each

Available from any Volunteer Firefighter

All proceeds to purchase needed equipment.



Struthers Lake Regional Park

MAY LONG to SEPT LONG

CONCESSION ON SITE

BOATING FISHING

306-864-3240

**WATERSLIDE
MINI GOLF
SPRAY PARK
CAMPING
GEO CACHING**


GAZEBO RENTALS

- Birthdays
- Weddings
- Anniversary

strutherslakerp@gmail.com

"Follow us on Facebook @ Struthers Lake Regional Park".

April Birchview Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Renee's EDO 11:00- Bible Study <i>April Fools Day</i>	10:30- Tone Chimes 2:30- Catholic Mass	10:30- Group Exercise 2:30- Olive, Mabel, Esther & Richard	12:30- Army & Navy Outing	10:30- Helping Hands 2:30- Bingo	
<i>Music To My Ears</i> At the Civic Center 2 pm Admission by Donation	10:30- Painting Party 2:30- Baking	10:30- Tone Chimes 2:30- Community Church (Communion)	10:15- Daycare Visit 2:30- Horse Racing	10:45- Ricky's & Value Village Outing	10:30- Helping Hands 2:30- Bingo	
2:30- Glad Tidings 	11:00- Bible Study 2:30- The Klassens	10:30- Tone Chimes 2:30- Baptist Service	10:30- Helping Hands 2:30- Celebrating Birthdays with The Job Mates	10:45- Minto Bowl Outing 6:00pm- "Birdview" Eden Committee Comedy Hour	<i>Friday</i>	
<i>Easter Sunday</i>	<i>Easter Monday</i>	Renee's EDO 2:30- Pentecostal Assembly	10:45- Walmart Outing 3:30- Barveenok Dance Club (Ukrainian)	10:15- Daycare Visit 2:00- Volunteer Appreciation Tea Wes Stubbs to Entertain	10:30- Helping Hands 2:30- Bingo	2:30- Ralph Duncan & Friends
10:30- Group Exercise 2:00- Step Outs Line Dancers	10:30- Tone Chimes 2:30- Catholic Mass	<i>April 2019</i>				

Contact Renee at 1306-749-2288 or renee.herzog@saskhealthauthority.ca with your questions, comments, concerns

Multiuse Facility News!

We are progressing very nicely on the project! The walls are complete, the electrical wiring is in, and we are ready for dry-wall to be installed and completed in the next few weeks. In addition, the rear entry doors are also installed and some exterior lighting has been completed.

On June 1st the Multiuse Committee is planning an open house with food and beverages. This is the Community Garage Sale day so we hope to have a great turnout. Please stop by and walk through the building. You will be pleasantly surprised at how big the space is, and how it was utilized!

Carrying on with the open house event, we will be holding a street dance in front of the facility. There is a live band, FLASHBACK, playing hits from the 60's, 70's, and 80's. There will also be delicious food, and drinks. This is going to be a fun filled day so we encourage everyone to come out and enjoy the day!

We are looking for 4 sponsors to donate \$200 each to cover the cost of the band. If this is something that interests you, please contact the Town Office at 749-2232 or speak to any Multiuse Facility Board member. You, or your business, will be recognized the night of the event, in appreciation of your donation, and help in making the entire day a success.

THE RACE TO 100

As part of our fundraising efforts, and final drive to complete the project, we have implemented a donation program. We are asking 100 people from our, and surrounding communities, to donate \$1000 each. It will also include an option of MasterCard or Visa, or 4 payments of \$250, if that is something contributors would like to do. In doing so, there will be an area set aside in the facility, recognizing *The 100*, for their contribution to the project. Feel free to contact the Town Office at 749-2232. Additionally, we appreciate all contributions to the project that members of the Community have made over the past few years, and we intend to proudly display, and recognize, all donations, at the completion of the facility. We are very proud of this project, and what it will do for the community! We thank everyone in Birch Hills and surrounding areas for their past and future support!

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.

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 Blackhawks 2018-19 Awards Presented

The Birch Hills Senior Blackhawks held their annual awards banquet and presentations on Saturday, April 6th 2019. After a delicious barbequed steak supper, the 2018-19 awards were presented.

The winners were (Front row – left to right) Kellen Harper – Most Sportsmanlike; Avery Bruce – Most Improved; Cole Jones – Coach's Award; Tristyn Stevenson – Coach's Award;

(Back row – left to right) Ramona Swenson - Bill Lewis Memorial (given to a person involved in Senior hockey who also makes outstanding contributions to our community); Scott Swenson – Top Defenseman; Brady Keller – Top Scorer; Brayden Stevenson – MVP Regular Season & Rookie of the Year (Brayden also won the Twin Rivers Hockey League Rookie of the Year); Tyler Tilford – Top Defenseman.

Missing were Matt Laturnas – MVP Regular Season and Derek Becker – Floyd Harper Memorial Award for MVP Playoffs

Congratulations to all award winners! Thanks to everyone for joining us to celebrate our season!



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).

The Stepout Linedancers hosted a very successful talent show called Music to your Ears on Sunday, April 7, 2019. This event raised approximately \$4,300.00 for the multiuse facility. The Stepouts would like to thank the following entertainers for participation in the program:

Birchview Birds-Jennie Mourrot, Irene Olsen, Vickie Opseth, Elsie Ozmun, Tammy Fiddler and Grace Penner

Julie Jilde duo of Grace Penner and Lisa Larson

Levi and Claudia Rask, Linda Njaa and Janet Ruder, Mason Carrier, Hunter Ackerman, Dawna Larson and Carroll Birkland, James Carrier, and also the Anglican Chorus made up of Colleen Code, Jamie Harper/Tilford, Karen Pratt, Ethel Rutherford, Tanis Quaale, Val Quayle, and Meridee Robertson.

Dancers from the Dance Studio- Hannah Braaten, Lacey Fjeld, Hadley Gariepy, Peyton Larson and Emily Stanford.

We thank all the Step Out Linedancers for dancing as well as those that provided the desserts for coffee. The main organizing committee of Maxine Cromartie, Shirley Lowe and Grace Penner did an amazing job. Thank you to Marilyn Barth and Val Quayle for all the table decorations and Sandra Barber for being the MC.

Special thanks to the sound, video and stage crew of Lorisa Ganes, Jim Bannman and Marvin Penner.

We thank Shirley Ulvild, who spoke on behalf of the Multi use facility committee and who also made the first donation of \$1,000.00 in the one hundred fundraising campaign.

It takes a lot of people to put a show together and make it happen smoothly. Thank you to all those who took the time to come out and enjoy this afternoon with us and for your generosity.

A dream written down with a date becomes a goal.... A goal broken down into steps becomes a plan.... A plan backed by action becomes reality.

The Arena Board AGM has been rescheduled to April 17 @ 7:00 at the Arena . They board is looking to fill two vacant positions as the Chairperson and Vice Chairperson roles are open.

Crystal Springs Events

CRYSTAL SPRINGS EVENTS

May 1: Coffee Row at the Hall, 2 to 4 pm, Everyone is Welcome!

May 5: Spring Brunch, 10 am to 1 pm

May 7: BINGO season starts!!

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

“90th birthday party for James Cochrane on Sunday, April 28 from 2 to 4, at the BH Community LB church. Come help us celebrate!”

Thank you all for helping me - Bike Bob

CHAMPIONS CUP
THE WORLD'S BEST BATTLE
Playoffs

Grand Slam of Curling
Merlis Belsher Place-Saskatoon

Tues April 23- 8pm vs. Stern
Wed April 24- 8pm vs. Flaxey
Thur Apr 25-8pm vs. Hasselborg
Friday April 26-4pm vs. Jones

Playoffs Saturday and Sunday

STERM SILVERNAGLE