



# 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)

**June 1st, 2019**

**Issue 191**

## NOTICE OF PREPARATION OF THE ASSESSMENT ROLL

Rural Municipality of Birch Hills No. 460

Notice is hereby given that the assessment roll for the RM of Birch Hills No. 460 for the year of 2019 has been prepared and is open to inspection in the office of the assessor from 9:00 am to 12:00 noon and from 1:00 pm to 4:00 pm on the following days: Monday to Friday inclusive May 1<sup>st</sup> to June 3<sup>rd</sup>, 2019, except public holidays.

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, accompanied by a \$50.00 appeal fee which will be returned if the appeal is successful, with:

The Assessor

RM of Birch Hills No. 460

Box 369

126 McCallum Avenue

Birch Hills, SK S0J 0G0

By the 3<sup>rd</sup> day of June 2019

Dated this 1<sup>st</sup> day of May, 2019

Cherie Opseth, Assessor

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

Wayne Steen LTD.

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.

Tom  
Hunter  
100 Years Old!

We invite you to Celebrate our Dad's Birthday  
with us on

Saturday, June 8th,

1:30 to 5 pm

at the Birch Hills Civic Centre

**June 11th Sportsground AGM**

**7 PM @ Rec Office**

Darryl, Alynn, Roxanne, Garlin, and Trent  
Hunter

**June NEWSLETTER SPONSORED BY:**



*Serving & Caring About Our Community Since 1998*

**For All Your Insurance Needs**

**(306)887-2020**

[www.steenagenciesinsurance.com](http://www.steenagenciesinsurance.com)

ST MARY'S ANGLICAN CHURCH  
UPCOMING EVENTS

Community Lunches:

All community members are welcome to join us for lunch

Friday, June 7

Next Lunch : September 6

Sunday, June 2nd 9:00am - Ascension Sunday with Rev'd Jordan Draper



Sunday, June 9th 9:00am - Pentecost with Rev'd Jordan Draper

Sunday, June 16th 9:00am - Trinity Sunday with Rev'd Jordan Draper

Birch Hills Cowboy Church

@ Community Centre

1st Sun of each month

Next Service

**Sunday, 7:00pm**

Featuring Country Gospel Music with

Pastor Rick Martin (981-2235)

Potluck Cookies & Cake to follow

All are Welcome



Thank you all for helping me - Bike Bob

RECYCLE

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



Birch Hills Public Library

Birch Hills Library hours:

Tues 11-4 5-8  
Thurs 9-12 1-6  
Storytime (From Oct-May) Thurs 1:30-2:15



HIGHER GROUND  
**Music & Arts**  
FESTIVAL

**\$60\***  
WEEKEND PASS  
AT THE GATE:  
\$75 weekend pass  
\$30 day pass  
Under 12 free when accompanied by a parent.

Troy Hudson & Broken Horse | Riff Raff  
No Fixed Address | Flashback | Dirty and the Perks  
Cold Shot | Clara Lessa Band | Carly Kat  
Cadillac Black | Breezin' | MORE!

Church Services



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

St. Anne Roman Catholic Church @ [Saturday at 7:00pm for June to September.](#)

Community Church @ 11am

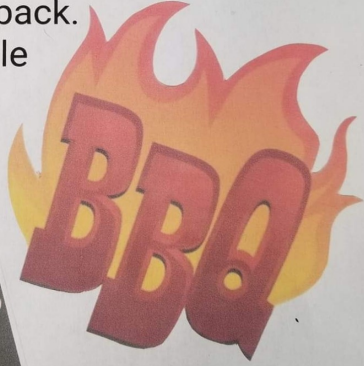
Lake Park Baptist Church @ 11am

Saron Lutheran Church by Hagen @ 9:30am

Glad Tidings Tabernacle @ 11:00am

St.Louis Rec Board presents....  
 1st annual summer BBQ Bingo  
 Sunday June 23rd at 2pm  
 St.Louis Community Hall  
 Just like our turkey bingo but  
 this time you can win a variety  
 BBQ meat pack.

- \*Raffle Table
- \*50/50
- \*Canteen



← Weldon Garage Sale Day

JUN 22 Weldon Garage Sale Day  
 Public · Event · by Brenda Hadland

- Edit
- Share
- More

🕒 Saturday, June 22, 2019 at 8 AM – 4 PM UTC-05

📍 Community of Weldon and surrounding rurals

About Discussion

A sincere "thank you" to family+ friends for the visits, flowers, food + phone calls following my recent hip surgery.

A special thank you to Linda for doing hair at Birchview during my absence and to my chauffer Donna for trips to physio.

Special thanks also to Debbie + Dale for their help - love you so much

God bless you all,

Ruby

**EVERY WEEK IN THE HILLS**  
 Open to Community

**MONDAYS**

- Bowling 2:00 pm @ Seniors Hall
- Dreamland Optimists Group
- Fire Dept Meeting (every 2nd Mon) 7:00 pm @ Fire Hall

**TUESDAYS**

- Ladies Golf @ 9:30 for May and September - @ 9:00 for June, July and August
- 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
- Men's Golf- Registration 5:30 pm Tee off 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

**Music for Mission**

**"A Celebration of Gospel Music"**  
 Sunday, June 23/19 2:00-4:00 pm  
 Kinistino United Church

Artists featured: Darlene Tuletta, Ray Olde, Brenda Chute Olde, Faith Taylor, The Olson Family, Elise Coleman, Jim Chute, Glen Strong and the Strong Sisters, Carmen Robertson, Pamela Cochet.

Admission by donation!  
 All Proceeds support the mission and service fund.

# WEINER WEDNESDAYS!

Join Us at Skatepark  
5:30 - 7:00 pm



**COME AND GO!!**

Bring Your Hot Dogs/Smokies, Beverages & Lawn Chairs,  
And enjoy a relaxing time of visiting around the campfire!



**BASKETBALL  
Or Street Hockey  
FUN LEAGUE**  
Beginners 7 pm  
Adults vs.  
Teenagers  
7:30 pm  
Come Show Who's Got Game!!

## 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



## Upcoming Events

### June

- 1 - 16 Participaction Challenge
- 5&6 - BH Library Spring Craft
- 8 - CIY (Chalk it Yourself)
- 8 - Weldon 4 H Beef Club Achievement Day
- 14 - Wine, Dine & Nine @ Golf Course
- 22 - Town vs Country @ Golf Course
- 28-July 1 - Higher Ground Music and Art Festival

### July

- 6 - Blackhawks Open Golf Tournament
- 13 - Battle For the Hills @ Golf Course
- 20 - Legion Annual Golf Tournament and Steak Supper. Contact Ron Lyons—(306) 749-7460

**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** Age 12 and up

7:30pm at the Youth Centre

### Saturday Morning Coffee Row

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

# June Birch View Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>June 2019</b>						1
2	11:00- Bible Study 2:00- Fire pit with Smores	3 11:00- Ladies Auxiliary Meeting 2:30- Community Church	4 10:30- <i>Galloway Farm Trip</i> 2:30- Olive, Mabel, Esther & Richard	5 10:45- Stretcherise 12:30- <i>Army &amp; Navy Outing</i>	6 Renee's EDO 10:30- Helping Hands 2:30- Bingo	7 8
9	11:45- <i>Walking to Birch Tree Café w Youth Vol.!</i>	10 11:30- Grade 4's Farewell BBQ 2:30- Baptists Church (Communion)	11 5:00- <i>Family BBQ w Ralph Duncan &amp; Friends</i>	12 10:30- Helping Hands 2:30- Backyard Games and Ice Cream Cones	13 2:30- Bingo 4:00- <i>Melfort Car Show</i>	14 15
16 <i>Happy Father's Day</i>	11:00- Bible Study	17 2:30- Pentecostal Church 5:30- <i>Baseball Game in Town</i>	18 10:30- Lunch Club BBQ Shrimp & Caesar Salad 2:30- <i>Job Mates (Bday Party)</i>	19 9:30- <i>Waskesiu Trip!</i>	20 1:30- <i>National Indigenous Persons Day in Kinsman Park</i>	21 <i>Hello Summer!</i>
23 2:30- <i>Glad Tidings</i>	10:45- <i>Walmart Trip</i>	24 2:30- Catholic Church	25 11:30- <i>Going to the Golf Course</i>	26 2:30- Backyard Party w Ralph Galambos!	27 Renee's EDO 10:30- Helping Hands 2:30- Bingo	28 29
30						

Contact Renee with your questions & comments @ 306-749-2440 or renee.beaven@saskhealthauthority.ca

## SEASONAL EQUIPMENT OPERATOR – RM OF BIRCH HILLS NO. 460

DATE POSTED: May 21, 2019

The Rural Municipality of Birch Hills No. 460 is accepting applications for a seasonal equipment operator with the municipality.

Applicants must have a Class 1A license and have skills and experience in maintenance and operation of heavy equipment including grader, loader, track hoe, gravel truck, tractor & mower, loader, etc.

Key Duties will include but are not limited to the following:

- grading of municipal roads
- hauling gravel
- mowing municipal ditches
- equipment maintenance and repair
- other duties as directed by Acting Foreman and Council.

Qualifications:

- Valid driver's license. Class 1A license required.
- Geographical knowledge of the RM an asset.

Your resume should include:

Past and present work experience, education and skills, references and a current driver's abstract

Please forward your resume to the address below prior to June 10, 2019.

RM of Birch Hills No. 460  
Box 369  
Birch Hills, SK S0J 0G0  
Email: [rm460@sasktel.net](mailto:rm460@sasktel.net)  
Fax: 306-749-2220

For further information please call the municipal office at 306-749-2233.

We thank all applicants, but only those selected for an interview will be contacted.

Thank you for your interest in working for the RM of Birch Hills.



## Birch Hills Public Library Spring Craft

Making a Mosaic Garden Pot  
with Wanda Oleniuk.

Two afternoon classes (to allow drying)

Wed June 5 & Thurs June 6

2:00pm-4:00pm

St Mary's/St Anne's Church

\$25 fee which includes all materials needed

Coffee and cake served

**Must register by calling the library  
@ 749-3281**

**during open hours Tues. 11-4 5-8 or  
Thurs 9-12 1-6**



## Summer Employment

### Summer Student

### Town of Birch Hills

The Town of Birch Hills invites applications for the position of a summer student. Applicants must be a student returning to high school in the fall.

#### POSITION DESCRIPTION

This position will require the applicant to assist the town maintenance crew within the Public Works Department. The expected hours will be a minimum of 30 hours per week with the potential to increase to full time. Applicants must hold a valid class 5 drivers license.

#### DUTIES & MAINTENANCE

- Assist in grounds-keeping duties including cutting and trimming grass, watering, weeding, and general clean-up duties
- Painting of buildings, curbs, etc.
- Assist in general pothole repair and maintenance

Perform other related duties as assigned

Students that are interested in summer employment with the Town of Birch Hills are asked to submit a detailed resume by 4:00 p.m. June 21, 2019 to:

Town of Birch Hills

126 McCallum Avenue

Box 206

BIRCH HILLS SK S0J 0G0

Fax: 306-749-2545

Email: [birchhills.town@sasktel.net](mailto:birchhills.town@sasktel.net)

Birch Hills Volunteer Fire Department

Fundraising Calendars \$25 each

Available from any Volunteer Fire-fighter

All proceeds to purchase needed equipment.



#### Hay Tender

The Town invites tenders for hay on Town Property.

The areas to be hayed:

The Town Reservoir

Land between the Airport and Town Waste Site

Town snow dump - area North side of Ward Road

We would like to receive the tenders in a cost per bale tender price.

If you would be interested in tendering, please submit your per bale tender to the Town Office by 4:00 pm on Wednesday, June 12, 2019.

**Ladies  
Wine, Dine & Nine**



**\$35 Non-Golf Club Members  
\$15 Members  
(includes green fees and meal)  
50/50 draw; Putting and/or Chipping Contest  
Caddy Auction (tax receipts available for caddy auction)  
Proceeds to new Clubhouse**

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<b>Fri 14 Jun 2019</b>	<b>Registration/Supper   5:00PM Golf   6:00PM</b>
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Call 306-749-2211 by June 10 to register

**Wanted**



 **Caddies for our  
Ladies Wine,  
Dine and Nine  
(Proceeds from this evening  
go to new clubhouse)**

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<b>Fri 14 Jun 2019</b>	<b>Registration/Supper   5:00PM Golf   6:00PM</b>
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Call 306-749-2211 by June 10 to sign up

  
**Blackhawks  
Golf Tournament**

**Open to all current and past  
Blackhawks players, volunteers  
sponsors and fans  
1<sup>st</sup> 72 paid accepted**

**Golf & Supper - \$45 (Carts Extra)  
Steak Supper Only - \$25  
Mail cheques to Box 783 Birch Hills, SK  
or etransfer to  
blackhawksgolf@gmail.com  
Entries accepted until June 26, 2019**

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<b>Sat 6 July 2019</b>	<b>9 holes Golf   1:00 PM Supper   6:00 PM</b>
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Golf - Birch Hills Golf Course  
Supper - Shores (Bring campers, tents, lawn chairs, coolers, beverages)



**Boys/Men Golf Lessons  
Basic Beginner  
Minimum 10 years of age ++  
Maximum 8 participants**

**\$25.00 Members  
\$35.00 Non-Members  
Instruction by Golf Canada  
certified coaches**

Includes basic etiquette, grip, stance, addressing the ball, lining up, slope of clubs, driving range, putting, chipping, and a golf game on course.

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<b>Wed 4, 11, 18, 25 Jun 2019</b>	<b>Meet at clubhouse   6:00PM</b>
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Call 306-749-2211 by June 3<sup>rd</sup> to sign up



**Girls/Ladies Lessons  
Basic Beginner  
Minimum 10 years of age ++  
Maximum 8 participants**

**\$25.00 Members  
\$35.00 Non-Members  
Instruction by Golf Canada  
certified coaches**

Includes basic etiquette, grip, stance, addressing the ball, lining up, slope of clubs, driving range, putting, chipping, and a golf game on course.

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<b>Wed 5, 12, 19, 26 Jun 2019</b>	<b>Meet at clubhouse   6:00PM</b>
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Call 306-749-2211 by June 3<sup>rd</sup> to sign up



Wine, Dine & Nine June 14	Town vs. Country June 22	Birch Hills Blackhawks July 6	Battle of the Hills July 13
Royal Canadian Legion July 20	Hunter Nelson Memorial August 10	Junior / Senior August 25	Ladies Harvest September 4

**Member Championship & Junior Tournament TBD**

2 Fore 1 Mondays – 2 golfers, 9 holes, \$22  
TGI Fridays – 2 golfers, 9 holes, 1 cart \$50  
(excludes statutory holidays)

**Ladies Golf - Tuesdays 9:00am**  
**Men's Night Thursdays Registration 5:30pm; Golf 6:00pm**  
Junior Golf - TBD

Call 306-749-2211 for more information 

Thanks So Very Much


There are no words that will cover how much you all are appreciated the kindness that was shown to me after my fall.

The friendship, visits, phone calls, texting, flowers, baking, meals, and it goes on and on.

Then of course a Big Thank you to my family who have been through all the ups and downs.


Ron you certainly are MR. Versatility.

Love From  
Shirly

  
**Weldon 4-H Beef Club**

*Invites you to their*  
**2019 Achievement Day**  
**Saturday June 8, 2019**

Cattle show starts @ 1:00 pm



Silent auction throughout the day  
Awards & Supper to follow show

**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*  
**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](mailto:strutherslakerp@gmail.com)

## Adult Slow Pitch

July and August 2019 Tuesdays at 7:00 pm

Registration deadline is June 15th

\$300/ team registration

If you have a team or you would like to be on a team contact the Rec Office.

Out of town teams /players welcome to join in!



## STRUTHERS LAKE CONCESSION

Catering services offered

Offering a great selection of favorite lake treats, at a great price!

**ICE \$3.00**

May 16th - June 20th  
 Mon-Thurs 10am-7pm  
 Fri-Sun 9am-9pm

June 21st- Sept 3rd  
 Open 7 days a week  
 8am-10pm

**Under New Management !!**

Weekly specials starting July long weekend...

**FRIDAY NIGHTS STEAK NIGHT 5pm-7pm**  
 6oz steak, fries, ceaser salad & garlic toast = \$12.00

**SUNDAY FUNDAY BREAKFAST 9am-11am**  
 All you can eat pancakes = \$6.00  
 add 3 sausage \$2.50

Cheryl Crooks 306-290-7060  
[Cherylcrooks@hotmail.com](mailto:Cherylcrooks@hotmail.com)

STRUTHERS LAKE WILDLIFE ASSOCIATION PRESENTS



PROCEEDS GO TO THE STRUTHERS LAKE REGIONAL PARK

## REEL IN A SUMMER OF FUN FISHING CONTEST!

### HOW TO PLAY:

1. REGISTER IN YOUTH OR ADULT CATEGORY AND PAY THE ENTRY FEE, THEN GO FISH!! (A VALID FISHING LICENSE MUST BE PRESENTED AT TIME OF REGISTRATION IF OVER 16 YEARS OF AGE)
2. BRING YOUR CATCH TO THE FRONT GATE FOR OFFICIAL WEIGHING AND RECORDING! (ALL PROVINCIAL FISHING REGULATIONS APPLY)

### PRIZES!

- LARGEST FISH WINS:  
 ADULT (16 +): 50% OF ADULT POOL & A FILLETING KNIFE  
 YOUTH (15 & under): 50% OF THE YOUTH POOL & FISHING ROD & REEL  
**KIDS GET A FREE HOOK AT ENTRY!**

REGISTER WITH THE STRUTHERS LAKE REGIONAL PARK AT THE FRONT GATE (REGULAR PARK ENTRY FEES APPLY)

ONE TIME ENTRY FEE OF ONLY \$5.00 ALLOWS YOU TO ENTER AS MANY FISH AS YOU LIKE!!!

**CONTEST ENDS AUGUST 24TH, 2019**  
 CONTACT JOAN LANDER WITH ANY QUESTIONS (306.749.2616)

### Amended hours to reflect

- June 1-June 20 Fri 5p-8p, Sat 11-8:30 and Sundays 11-8:30
- June 21-Sept long weekend 7 days a week 8 am-10pm.

Follow us on Facebook "Struthers Lake Regional Park" and also in Instagram Strutherslake2019

## **Town of Birch Hills seeks Office Assistant**

The Town of Birch Hills invites applications for the full-time position of Office Assistant/Recreation Bookkeeper. The successful applicant will be under the supervision of the Town Administrator.

The Office Assistant will be responsible for providing administrative and clerical services. Providing these services in an effective and efficient manner will ensure that municipal operations are well maintained. The position will be three (3) days a week in the Town Office and two (2) days a week in the Recreation Office.

This position will require the applicant to:

- ✓ Provide administrative support to ensure that municipal operations are maintained in an effective, up to date and accurate manner
- ✓ Provide support to Council and various boards to ensure that they are provided with the resources to make effective decisions
- ✓ Provide receptionist services by greeting and assisting visitors, answering phones, responding to inquiries, and processing payments
- ✓ Maintain confidential records and files
- ✓ Maintain records of decisions
- ✓ Research and assist with the preparation of motions, policies and procedures
- ✓ Perform the day to day processing of financial transactions to ensure that municipal finances are maintained in an effective, up to date and accurate manner.
- ✓ Maintain accounts payable and accounts receivable systems in order to ensure complete and accurate records of all moneys
- ✓ Assist with administering employee files and records in order to ensure accurate payment of benefits and allowances
- ✓ Maintain the bi-weekly payroll in order to ensure that employees are paid in an accurate and timely manner

The Town seeks an energetic, ambitious person with a great work ethic and the ability to work independently and as part of a team. The applicant should possess the following knowledge, skills and personal attributes:

- |   |   |
|---|---|
| ✓ Excellent interpersonal skills                      | ✓ Knowledge of office administration and bookkeeping/payroll procedures |
| ✓ Problem solving skills                              | ✓ Knowledge of council and committee systems                            |
| ✓ Decision making skills                              | ✓ Be honest and trustworthy   |
| ✓ Effective verbal and listening communication skills | ✓ Be respectful   |
| ✓ Effective written communication skills              | ✓ Be flexible   |
| ✓ Effective organizational skills                     | ✓ Demonstrate sound work ethics   |
| ✓ Time management skills                              | ✓ Bondable  |
| ✓ Computer skills                                     |   |

This position offers a SUMA Benefits package, Municipal Pension Plan and a salary which is dependent on experience and qualifications. Applicants are asked to submit a detailed resume, by 4:00 p.m. June 7, 2019 to:

Town of Birch Hills  
126 McCallum Avenue, Box 206  
BIRCH HILLS SK S0J 0G0  
Fax: 306-749-2545 ~ e-mail: [birchhills.town@sasktel.net](mailto:birchhills.town@sasktel.net)



# OK BIRCH HILLS IT'S TIME TO GET TRACKING!

**No matter your age or fitness level - Every Minute Counts!**

**How do I participate?** Starting May 31<sup>st</sup> and ending June 16<sup>th</sup> we are asking the entire community to track their daily physical activity... Active Recess, Gym Class, Playing Games or Sports after school! Mowing grass, Yardwork, Walking the Dog, Housework, Gardening, Ball, anything that gets you off the couch and moving!!! Organize a Town Wide game of tag with your friends, get a group of parents together and challenge the kids in Basketball or street hockey, go Garage Saleing!!! Wherever you are, in the community, in another Town, or at the lake, all Physical activity counts!

If you are AGE 17 or Older, download the PARTICIPATION APP and LINK IT TO YOUR FITBIT, GARMIN OR Apple health! To do this, go to your App Store and search Participation. Download then follow the instructions to register into the contest. Minutes are tracked to the Postal Code you enter during registration. Downloading the App not only helps you track your minutes but also makes you eligible for some great prizes including a weekly Draw for Amazon gift cards, Monthly draw for \$250 Sport Chek Gift Card and a Quarterly draw on June 30 for a \$2,000 Sport Chek Gift Card! NOT APPY? Jot down your minutes and submit them to the Youth Center or phone Them to the Youth Center at 306-749-2478 —great option for Seniors who don't use computers or smart phones!

**Can I track my kids who are under the Age of 17? YES YOU CAN!!!!** You need to go on to the Participation Community Better Website, Log In and Track Personal Minutes for you and your family. You may add up to 10 family members. If you have more than 10 you will have to create a new account to track them as well.

**How can I see how my community is doing?** Starting May 31<sup>st</sup>, there will be a leaderboard on the Community Better Challenge Website. The leaderboard will allow you to see the top 20 communities per region. On June 16<sup>th</sup> The top 5 finalists from each region (our Region is Saskatchewan/Manitoba) will be announced. If we are successful We have the opportunity to show why Birch Hills should be selected as Canada's Most Active Community...Peter our Mascot says he's got that part covered!

**Where can I find out ongoing information on planned events, get help or help promote this contest to My family and friends?** The best way to promote is personal word of mouth and challenges with your family, friends and neighbors! The next best way is to check out our Facebook Page under Birch Hills Participation Community Challenge. There you will meet Peter Participation, our friendly, outgoing goose who will be travelling throughout our communities to promote this event. He will also post up to date information on daily/nightly activities for everyone to enjoy — Peter encourages everyone to comment on and share the posts as this could be very Instrumental in the final phase of the contest! Peter also encourages individuals to post their activity pictures on Facebook and use **#Participation #CommunityBetterChallenge #PeterGetsTracking**

# PARTICIPACTION PHYSICAL ALPHABETIC SCAVENGER HUNT CHALLENGE!

Everybody LOVES a Challenge! And Everybody LOVES a SCAVENGER HUNT!! Pick up a form from the Youth Center or the Rec Office and take the Challenge! Hand in the completed form (at least 1 activity for each letter) by June 16th and be entered into a draw for a \$50 Co-op Gift Card! Do the suggested activities for each letter or come up with your own....activity must be done for minimum 20 minutes to count! Challenge your Parents, Friends, Classmates!

NAME _____	PHONE _____
ACTIVITY	MIN
Aerobics, Archery	
Basketball, Bubble Soccer, Bocce Ball, Beach ball Soccer	
Canoing, Cycling, Camping, Climbing, Carpet Bowling	
Dodgeball, Dog Walking, Disc Golf, Dancing	
Egg Hunt, Excercise, Equestrian	
Fishing, Flying a Kite, Football, Farm Work	
Gardening, Geocaching, Golfing	
Hula Hooping, Hopscotch, Hockey, Housework	
Incline walking, immense Beach Ball	
Jump rope, Jogging, Jumping jacks	
Kick ball, Karate, Kayaking, Kiddie Pool Kickball	
Line Dancing, Laser Tag, Lawn Mowing, Lawn Bowling	
Monkey Bars, Mini Golf, Mini Hockey, Musical Chairs	
Night Games, Netball,	
Obstacle Course,	
Pickleball, Paddleboarding, Ping Pong, Paintball	
Quad square (4 square)	
Running, Racing, Rollerblading	
Swimming, Swinging, Scavenger Hunt, Shuffleboard,	
Tag, Table Tennis, Trampoline, Taekwondo	
Unicycling, Ultimate Frisbee	
Volleyball,	
Weightlifting, Washing your Car, Wrestling, Walking	
X Marks the Spot Scavenger Hunt, Xtreme Drift Car	
Yoga,	
Zip Lining, Zumba, Zorb Balls	



**Birch Hills Participaction  
Community Challenge**



# KIDS CAN BE LEADERS IN PHYSICAL ACTIVITY TOO!!

WE WANT TO ENCOURAGE KIDS TO BECOME LEADERS AND PLAY AN ACTIVE ROLE IN MOTIVATING AND INSPIRING FOLKS TO GET UP AND GET ACTIVE! **Organize a group event of at least 6 people and lasting at least 30 minutes long and fill out the form**

**below...hand it in to the Youth Center or Rec Office by June 16<sup>th</sup> to be entered into a draw for a Green Machine Drift Car!!! Each group activity organized, implemented, completed and handed in gets their name in on the draw!**

<b>NAME</b> _____	<b>ACTIVITY</b> _____
<b>DATE</b> _____	<b>NUMBER OF PEOPLE</b> _____
<b>TOTAL MINUTES</b> _____	<b>MALE</b> _____ <b>FEMALE</b> _____
<b>PARENT/GUARDIAN SIGNATURE</b> _____	

## WHAT EVENTS ARE PLANNED IN THE COMMUNITY AND WHAT IS AVAILABLE?

WATCH FOR SIGNS IN THE COMMUNITY AND CHECK FACEBOOK FOR EVENTS!

EVERY DAY ALL DAY - GOLFING!!

**BRODA BIG DIG!** Age 9 and under - Dig for loonies, quarters and "jewels" - keep coins you find - bring jewel to Youth Center to be entered into a Special Cash Draw!

MONDAYS AND WEDNESDAYS 7 - 8 PM STREET HOCKEY AT SKATEPARK

TUESDAYS PICKLEBALL AT SKATEPARK

WED. - JUNE 5 - YOUTH WALK AROUND BOTTLE DRIVE! IF YOU HAVE BOTTLES YOU WOULD LIKE TO DONATE, PLEASE SET THEM ON YOUR CURB BY 4 PM!

THURSDAY - JUNE 6 - LET'S ALL PITCH IN AND DO TOWN WIDE CLEAN-UP! MEET AT YOUTH CENTER AT 7 PM - BRING YOUR WHIPPER SNIPPER IF YOU LIKE, WE SUPPLY GARBAGE BAGS! COFFEE & COLD DRINKS TO FOLLOW

TENTATIVELY: COME SKATEBOARD WITH THE PROPAGANDA CREW! YOUTH CENTER HAS BOARDS FOR YOU TO TRY — BRING HELMETS! DATE TO BE ANNOUNCED!

LET US HELP YOU GET ACTIVE! THE FOLLOWING GAMES/EQUIPMENT AVAILABLE FROM YOUTH CENTER:

DRIFT CARS, LADDER BALL, BOCCE BALL, LAWN DARTS, BASKETBALLS, YARDZEE, UNICYCLES, SKATEBOARDS (FOR BEGINNERS ONLY), PICKLEBALL NET AND PADDLES, STREET HOCKEY NETS AND STICKS.

**CALL 749-2478 OR STOP IN TO CHECK OUT!**