



# 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)

**October 15th, 2019**

**Issue 200**

RM of Birch Hills No. 460 –

## APAS Representative

The RM of Birch Hills No. 460 became APAS members in 2019. APAS is an agricultural organization that represents the views of a wide variety of agricultural stakeholders. They lobby the government on your behalf.

We are looking for an agricultural producer from the RM of Birch Hills to be the local representative to attend meetings on behalf of the agricultural producers in our area. Please submit a letter to the RM office by November 15, 2019 if this is of interest to you.

RM of Birch Hills No. 460

Box 369

279 Bellamy Avenue

Birch Hills, SK S0J 0G0

306-749-2233

Email: [rm460@sasktel.net](mailto:rm460@sasktel.net)

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

**BIRCH HILLS LIBRARY  
BIRCH HILLS SENIOR BLACK-HAWKS  
QUAYLES PHARMACY**

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.

**FIGHT the FLU!**

FLU CLINIC  
BIRCH HILLS PUBLIC SCHOOL  
Birch Hills  
Wednesday  
November 6, 2019  
3:30—7:00 pm

**PROTECT YOUR PATIENTS and your FAMILY this flu season**

- ▶ The free flu vaccine will be available starting October 21, 2019.
- ▶ The best way to protect our patients, our families, our co-workers and ourselves is through vaccination and regular hand washing. Get your shot early for best protection.
- ▶ Please report. If you choose to get your flu shot outside of work, please let your local Employee Health team know. Call-in or email your proof of vaccination.

Clinics start October 21 A complete listing of flu clinics offered by the Saskatchewan Health Authority can be easily accessed at [www.flu.ca](http://www.flu.ca) or by calling HealthLine 811.

[saskhealthauthority.ca](https://twitter.com/saskhealthauthority) Saskatchewan Health Authority Saskatchewan

Weldon Care Home  
Beef Supper  
October 26th  
5:00 PM  
@  
Weldon Auditorium

BIRCH HILLS/HARPERVIEW  
COOLIDGE – HEATHERDELL  
HISTORY BOOK

" SALE "

\$15.00 each

Or

2 for \$25.00

Birch Hills Historical Society Phone  
306-749-2262 or Marilyn at  
306-749-2286

# OCTOBER NEWSLETTER SPONSORED BY:

## Birch Hills Blackhawks Upcoming Events:

Saturday, October 19<sup>th</sup> 8:00pm – Kinistino @ Birch Hills (Exhibition Game)  
 Saturday, October 26<sup>th</sup> 8:30pm – Birch Hills @ Hague  
 Friday, November 1<sup>st</sup> 8:30pm – Birch Hills @ Rosthern  
 Friday, November 8<sup>th</sup> 8:15pm – Birch Hills @ Aberdeen  
 Sunday, November 10<sup>th</sup> 2:00pm – Clavet @ Birch Hills  
 Friday, November 15<sup>th</sup> 8:30pm – Birch Hills @ Dalmeny

The Blackhawks will once again be holding their Calcutta Shoot-out (date to be determined) and their Comedy Night on Saturday, January 4<sup>th</sup>. Information about these and other special events will be published in the Heartbeat and posted on Facebook.

The Blackhawks team consists of several local, as well as long-time players:

Brandon Juravinski	Brady Keller	Cole Jones
Derek Becker	Riley Lajeunesse	Chad Grambo
Travis Elsaesser	Kellen Harper	Avery Bruce
Bryce Nemish	Trent Swenson	Adam Morrison
Brett Njaa	Connor Njaa	Kyle Njaa
Reed Gunville	Tyler Tilford	Scott Swenson
Reed Whitrow	Colby Peifer	Cody Folstad
Aaron Springinotic	Matt Laternas	Taryn Phaneuf

The team is coached by Todd Becker, Bruce Tilford, Mike Markell and Zach Becker. The manager is Jamie Tilford and the trainer is Neil Braaten. Executive members at large are Laura Swenson, Brock Tilford and Greg Manson.

## 2019-20 Blackhawks Schedule (Dates and times are subject to change)

Day	Game Date	Away Team	Home Team	Game Time
Saturday	10/26/2019	Birch Hills Blackhawks	Hague Royals	8:30 PM
Friday	11/01/2019	Birch Hills Blackhawks	Rosthern Wheatkings	8:30 PM
Friday	11/08/2019	Birch Hills Blackhawks	Aberdeen Knights	8:15 PM
Sunday	11/10/2019	Clavet Cougars	Birch Hills Blackhawks	2:00 PM
Friday	11/15/2019	Birch Hills Blackhawks	Dalmeny Sabres	8:30 PM
Saturday	11/23/2019	Birch Hills Blackhawks	Warman Wildcats	8:15 PM
Saturday	11/30/2019	Birch Hills Blackhawks	Cudworth Tricky Maroons	8:00 PM
Saturday	12/07/2019	Shellbrook Silvertips	Birch Hills Blackhawks	8:00 PM
Sunday	12/08/2019	Dalmeny Sabres	Birch Hills Blackhawks	2:00 PM
Saturday	12/14/2019	Warman Wildcats	Birch Hills Blackhawks	8:00 PM
Friday	01/03/2020	Aberdeen Knights	Birch Hills Blackhawks	8:30 PM
Friday	01/10/2020	Hague Royals	Birch Hills Blackhawks	8:30 PM
Sunday	01/12/2020	Birch Hills Blackhawks	Waldheim Warriors	4:30 PM
Friday	01/17/2020	Birch Hills Blackhawks	Shellbrook Silvertips	8:30 PM
Saturday	01/18/2020	Rosthern Wheatkings	Birch Hills Blackhawks	8:00 PM
Friday	01/24/2020	Cudworth Tricky Maroons	Birch Hills Blackhawks	8:30 PM
Saturday	01/25/2020	Waldheim Warriors	Birch Hills Blackhawks	8:00 PM
Saturday	02/01/2020	Birch Hills Blackhawks	Clavet Cougars	8:30 PM

**OCTOBER NEWSLETTER SPONSORED BY:**

# Quayle's Pharmacy

PO Box 249  
226 Bellamy Ave.  
Birch Hills, SK S0J 0G0

Phone: (306) 749-2221

Fax: (306) 749-3330

quaylespharmacy@sasktel.net



Quayle's has a great selection of wine, spirits, coolers and imported and domestic beer.


Everything you need for gatherings with friends & family!



We proudly serve our community!

Ask us how to  
**sign up**  
**TODAY!**

Perks Earned	Money Saved
15	\$5
30	\$10
60	\$20



\*Perks rewards program is not available at all PharmaChoice locations, and reward levels may vary by store. See in-store for details.

Halloween merchandise is out and select items are up to 75% off.

Flu Shots are scheduled for Monday Oct 21/19 10:00 am to 5:00 pm.

With Simpl, we can organize all your prescriptions, non-prescription medications and supplements for you. Simpl offers pre-sorted packs to fit every lifestyle at no extra cost. Pick the one that works best for you, and simplify your life with Simpl!



# OCTOBER NEWSLETTER SPONSORED BY:

## Birch Hills Library

### ***Birch Hills Library's two main present-day focuses:***

To do all that is possible to hasten the move into its new spacious quarters in the Multi-use Facility.

To increase library use in the community.

Birch Hills Library has a long history (60 plus years) of service to this community. It continues to encourage our citizens to use its services to enhance their lives in various ways – reading, listening, learning, sharing, and helping. Our Library is part of the 42 libraries within the Wapiti Region. There are six other Regions in our province. All provincial library Regions are interconnected, enabling patrons to use their membership card throughout Saskatchewan. Wapiti and other Regional Libraries provide a vast number of e-resources – books, music, newspaper, magazine, movies which are available to us online. If there isn't an item you want here in Birch Hills, you can request it and have it shipped here. Computers, printing, and photocopying are also available at our Library.

We are kicking off Library Week with

### ***Patron Appreciation Days***

Coffee & Cupcakes on Tues. Oct 22<sup>nd</sup> and Thursday Oct. 24<sup>th</sup>

2 to 4 pm.

Come register as a new patron or drop in as an existing patron and check out what is offered at our Library.

### **The Move to the Multi-use Facility**

***The Sooner the Better*** – Currently we are in cramped quarters, severely limiting the numbers of materials we can store and the number of programs we can accommodate on site during open hours.

***To Date:*** BH Library Board has donated, at the least, \$8,500 towards the cost of renovations in the Multi-use Facility.

***Stone Soup Luncheon*** – **upcoming on Wed. Nov. 13<sup>th</sup> 11:30 to 1 pm.** Community is invited and encouraged to attend and make as generous a donation as is possible for their family. As requested, receipts for charitable donations over \$20 will be issued. All proceeds go to the Multi-use Facility. We are so hoping that renovations can soon be completed and the Library is able to move in.

### **Increase Library Use in the Community**

Presently, BH Library is open Tuesday and Thursday for a total of 16 hours/week. Wapiti Region has awarded us 15 open hours per week and the Library Board, together with the Town and RM have purchased an extra hour per week.

How can we increase circulation to ensure we stay open 16 hours/week?

By registering new patrons, which is easy and free.

By encouraging existing patrons to use the library more frequently.

By Increasing special programming for children and adults.

**WE HOPE TO SEE YOU AT PATRON APPRECIATION DAYS and at STONE SOUP LUNCHEON in November!**

**ST MARY'S ANGLICAN UPCOMING EVENTS**

**Community Lunches:**

All community members are welcome to join us for lunch

Friday, October 18th



Next Lunch : November 1st

Sunday, October 20th 11:00am

- St. Mary's, Birch Hills - Trinity XVIII Holy Communion

Friday, October 18th (St. Luke the Evangelist) 7:00pm, St. Alban's Cathedral, Prince Albert - Ordination to the Priesthood of Deacons Jordan Draper & Dr. David Butorac

Saturday, October 19th 8:00am - Holy Trinity Church, Brancepeth - Holy Communion

Sunday, October 27th 11:00am - St. Mary's, Birch Hills - Trinity XIX

**Birch Hills Public Library**

**Birch Hills Library hours:**

**Tues 11-4 5-8  
Thurs 9-12 1-6**

Storytime will begin Thurs Oct 24th at 1:30-2:15  
Ages 3 & 4

Also stay tuned for an upcoming Home School Program for kids 5yrs+.



Birch Hills Library is hosting a Patron Appreciation Day in celebration of Library Week.

Coffee and cupcakes will be served on

Tues Oct 22 & Thurs Oct 24

From 2pm-4pm

Please come and join us at the library.

## BRA CLINIC

*NO Fitting Fee, No Shipping & Handling & product Available at the time of fitting for purchase*

Now representing the Tabbra Jeunique/Leuniqué purchase

**HEY LADIES: Do you have trouble finding the right bra for you? Do you suffer from back pain? Is your bra uncomfortable?**

**Our Bras: Jeunique/Leunique & Tab**

- Eliminate Bruising from underarms
- Improve lymphatic drainage
- Give support
- Can eliminate neck and shoulder pain
- Don't let you sag or bounce
- Will not ride up your back
- Straps stay put and do not dig into your shoulders.
- Increase circulation
- Improve posture
- Make your clothes fit & look better
- Help to eliminate perspiration under your breasts



**The Bra Lady**  
Bras created for women by women  
For appointments please call Val @ 306-749-3190

Appointments suggested but not required

FREE BRA-FITTING CLINIC

**Church Services**



St. Mary's Anglican Church @ 11am

St. Anne Roman Catholic Church - Sunday at 9:00am from October to the end of January

Community Church @ 11am

Lake Park Baptist Church @ 11am

Saron Lutheran Church by Hagen @ 9:30am

Glad Tidings Tabernacle @ 11:00am

Monday October 21st - beginning @ 10 am  
- evening fittings also available  
@ St Mary's/St Anne's Church Hall  
Call Val @ 749-3190 To Book your Fitting

Brancepeth Community Hall



# FALL SUPPER



**Sun. Oct. 20, 2019**

Doors Open at 5pm

Adults: \$15.00

Children (12 & Under) \$6.00

**TAKE OUT AVAILABLE**

SHA Referee Division official Clinic a@ the Birch Hills arena Sunday, November 17th from 8:30 AM until 1:30PM. All officials that wish to be registered for the 2019/2020 season must attend a Saskatchewan clinic.

**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



Birch Hills Volunteer Fire Department

Fundraising Calendars \$25 each

Available from any Volunteer Firefighter

All proceeds to purchase needed equipment.



## 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

### TUESDAY

**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

### 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

## RECYCLE

Please Share your Newsletter with a friend.

Send request to birch-

hillsrec@sasktel.net to receive the news letter online.



*You Are Invited to*

**WELLNESS PRESENTATION**

*Tuesday, Nov. 12<sup>th</sup> at 2:30 p.m.*

*Senior's Hall*

*Presentation by Shelley Carriere, Rec Coordinator of the  
Birchview Nursing Home*

*Also - time to be allocated to all Seniors for any Questions or  
Concerns they may have - which our Board members will do  
their very best to address or find answers for you.*

*We do look forward to having you join us!*

*Coffee and a light lunch to follow*

*The Birch Hills Senior Housing Board*

**Upcoming Events**

**October**

19 - BH Blackhawks vs Kinistino (exhibition)

20 - Brancepeth Community Hall Fall

Super

25 - Kicking Butt Karaoke Night

**November**

2 - Birch Hills Trade show

10 - BH Blackhawks Home Opener vs Clavet

11 - Remembrance Day

17 - SHA reffing clinic @ arena

23—Weldon Trade show

23 - St. Mary's ACW Cookie Walk and Tea

Birch Hills & District  
**Lions Club**



Presents:

**Kicking Butt  
Karaoke Night**

**DATE:** *Oct 25<sup>th</sup>*

**TIME:** 8:00pm

**LOCATION:** Birch Hills Civic Centre

**Bar & Midnight Lunch**

*Tickets \$10.00 available from any Lions Club Member  
and at Quayles Pharmacy*

**\*\*PROCEEDS GOING TO THE MULTI-USE FACILITY\*\***

Birch Hills Tradeshow

Saturday November 2nd - 10am - 2pm

Birch Hills Civic Centre

Tables \$25 each

Lunch provided by Birch Hills Guiding Association

Please contact Audrey at [kam@sasktel.net](mailto:kam@sasktel.net) for table rental.

Table must be prepaid prior to the trade show.

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

**Sunday Morning Worship**

11:00am at the corner of 4th and Bella-  
my

**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

# October Birchview Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 2019</b> Extra Calendars on the Rec Desk ☺		11:00- Ladies Auxiliary Meeting 2:30- Baptist	10:30- Horse Racing 2:30- Going to the Bar (Weather permitting)	( Annelle ) Auxiliary Zone Rally in Cudworth <b>12:30- Army &amp; Navy Outing</b>	 10:30- Helping Hands 2:30- BINGO	
	10:00- Baking Pumpkin Pies <b>1:00- Giant Tiger Shopping Trip</b>	( Annelle ) 10:30- Tone Chimes 2:30- Community (Communion) 4:30- Supper Club	<b>2:30- Sing Along w Olive &amp; Friends</b> <b>12:30- TLC Daycare Harvest Meal</b> 4pm- Youth Vol. Orientation	<b>10:30- Music by Joanne Howes</b> 2:00- Making Cabbage Rolls	10:00- Helping Hands 2:30- BINGO	
		10:30- Grade 4's Visit! 2:30- Pentecostal	10:30- Card Sharks <b>2:30- JOB Mates Birthday Bash</b>	 <b>10:45-</b>	10:30- Helping Hands 2:30- BINGO	
<b>2:30- Glad Tidings</b>	10:30- Stretchcize <b>2:30- Alice &amp; the Fiddler</b>	10:30- Tone Chimes 2:30- Roman Catholic <small>Sinchat Torah</small>	 <b>10:00- Minto Bowl</b>	( Annelle ) Recreation Conference @ Pineview 2:30- Fred Funk	10:30- Helping Hands 2:30- BINGO	
	( Annelle )  2:30- Candy Bag Assembly	10:00- Pumpkin Carving  2:30- Anglican	<b>10:45- Walmart Outing</b>	10:15- Daycare Costume Parade 2:30-  <b>Halloween Dance</b>		

The Ecumenical Ingathering Service for the Fellowship of the Least Coin will be held at the Condo on McCallum on Friday, November 1 at 3 p.m. All are Welcome! We Lift Our Voices is this year's theme.

An offering of Least Coins will be forwarded to Women's Inter-church Council of Canada. Hosted by the Birch Hills United Church Women. The Fellowship of the Least Coin is an international ecumenical movement of prayer for peace, justice and reconciliation.

It began in 1956 when the wounds of World War II were still sore and the victims of the nuclear bomb attack on Hiroshima and Nagasaki were not able to forgive the allies. Christian women in the USA felt the urge to seek reconciliation with the people of these war-torn countries. An international team sponsored by the Presbyterian Church women in the USA was instrumental in the movement to pray for peace and reconciliation. They realized that practical action of peace was required and to bring this about they needed to build a peace fund. When women were asked to pray for peace and reconciliation they were asked to put a coin in a money box. It was decided that each woman should only offer the least coin of the currency of her country and there should be no competition about "who collected more". The poor village woman and her urban sister would pray and offer equal amounts. This was how the movement for peace came to be called "Fellowship of the Least Coin".

The International Committee for the FLC meets annually to make grants for the coming year, for projects that benefit women throughout the world. Grants for Canada are listed in the World Day of Prayer booklets. For more information the Women's Inter-Church Council of Canada website is [wicc.org](http://wicc.org)

"The Step outs would like to invite anyone interested in line dancing to attend our Monday, November 4th beginner class from 9:30 to 11:00 at the birch hills civic centre. We have a good variety of musical selections, and dancing is great exercise. We usually get in a few laughs and there is coffee afterwards. No experience necessary!!!!"

Weldon Fall Tradeshow

November 23, 2019

10am-2pm

Tables are \$20

To book a table please contact Chelsey Erickson  
 @  
 (306)864-8084

Thank you all for helping me  
 - Bike Bob



As of October 7th, our golf course is closed for the season! The course has never looked so good, from our lush fairways and roughs, to our immaculate greens and the removal of undergrowth helping to speed up play. We sincerely thank our course staff; Eddie F., Carl H., Adam M., Hubert P., and our summer student, Keaton N.

We thank the clubhouse staff who work hard to put up meals, keep the place clean and tidy and who helped us push through 10,004 golfers this year! Our clubhouse staff, Jamie T., Ethel R., Tahirih E., Jayde R., Courtney A., and Maddison A., are all dedicated individuals who strive to make the patrons visit to our course, a memorable one.

We also want to thank the people who although they are not regular employees, have filled in gaps in service for us, Linda C, Georgine H., Kelsey C-L, Neil M., and Wade C....and the board members that "bluffed" their way through trying to help out where needed.

Thanks as always to our members, patrons and sponsors!

C u on the course - next season!

— Golf Board on behalf of all our members



**St. Mary's ACW**  
**Annual Cookie Walk**  
**& Christmas Tea**  
 Cookies, Baking  
 & Meat Pies for Sale  
**Saturday, November 23rd**  
**2:00pm to 4:00pm**  
 255 McCallum Ave  
 Birch Hills, SK

## REMEMBRANCE DAY SERVICE

Monday November 11th

Birch Hills Civic Centre

Service begins at 10:40am. Please be seated by 10:30am.

If you would like to lay a wreath, contact Wayne Boyle @ 749-3219.



Classes starting November 5  
 Tuesday evenings  
 Birchview Recreation Room

### DA Yoga

**Beginner Yoga** If yoga sounds interesting to you but you are unsure, this class is for you! Learn foundational poses, breath practice and meditation in this gentle restorative class! 6:25 -7:10 pm

**Vinyasa Yoga** Develop balance, strength, flexibility and meditation skills in a flow class & explore yoga benefits on your health. 7:15 - 8:30 pm

**6 class session discounts or Drop in—\$12.00/class**  
 Instructor—Dawne Adams, 200 hr yoga teacher training (2016)

CALL/TEXT OR EMAIL FOR FURTHER INFO 306-961-9073/DMADAMS@SASKTEL.NET

## BlackHawks Hockey Vs. Kinistino



Exhibition  
 Hockey at the  
 Hesje Centre



Sat  
**19**  
 Oct  
 2019

Time | 8:00pm

2nd Street, Birch Hills



## BlackHawks Hockey Vs. Clavet



Home-Opener  
 at the Hesje  
 Centre



Sun  
**10**  
 Nov  
 2019

Time | 2:00pm

2nd Street, Birch Hills

