



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

December 1st, 2020

Issue 247

COVID-19 

MEALS ON WHEELS VOLUNTEERS NEEDED



Deliver nutritious meals and share a smile with those in need.

Sign up today!

Contact your local Meals on Wheels Coordinator to sign up:

Email: volunteers@paphr.sk.ca | Phone: 306-765-6119

While following current Public Health recommendations, we are recruiting volunteers *under* the age of 65.

We're taking necessary precautions to ensure deliveries continue safely during this time.



saskatchewan.ca/COVID19

June 10, 2020



TLC Daycare Inc. is here to support all families in Birch Hills and surrounding area. We are currently looking for winter clothing donations for kids. Please call Lisa at TLC Daycare if you may be able to help at 306-749-2441. If you are a family in need of assistance or you know someone who might be please give us a call. If we can help we will!

Take care,
TLC Daycare Inc.

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

BIRCH HILLS SENIOR BLACKHAWKS

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.

As many of you have likely heard, the Blackhawks' season has been suspended until December 17th when the provincial government will revisit the November 25th ReOpen guidelines.

For the past couple of years, the Blackhawks and their fans have donated non-perishable food items at one of their December home games. This was in conjunction with Great Western Breweries who donated their passes as prizes. These food items make up community food hampers that are donated to people and families in Birch Hills. Since we won't be playing in December, we ask that you make your non-perishable food item donations through a local church or at Lake Country Coop, Birch Hills. Thank you!

Stay safe and stay healthy!

ST MARY'S ANGLICAN Church UPCOMING EVENTS

279 McCallum Avenue

Daily Offices:

Morning Prayer 8:00am:

Morning Prayer: <https://us02web.zoom.us/j/88566261667?pwd=VFoOVU9DSErWWFFiV2YxcmpIVFZBQTO9> or call 1 (204) 272-7920 - Meeting ID is 885 6626 1667 and the Passcode is 499814

Evening Prayer 5:00pm:

Evening Prayer: <https://us02web.zoom.us/j/81759855488?pwd=SOU5V21mRUhqbWhZaOR3aW1tMTB2QTO9> or call 1 (204) 272-7920 - Meeting ID is 817 5985 5488 and the Passcode is 726370

Wednesday Nights 7:00pm - Sunday School; 7:30pm - Compline (a service for the close of the day) on Zoom

Saturday, December 5 10:00am on Zoom - Advent Book Study "The Children of Men"

Sunday, December 6th 11:00am on Zoom - Second Sunday in Advent

Sunday, December 13th 11:00am on Zoom - Third Sunday in Advent

Contact Father Jordan at jordan_draper@hotmail.com for log in information



Follow us on Facebook at www.facebook.com/bhkmparish

Thank you all for helping me
- Bike Bob

Birch Hills Public Library

Birch Hills Public Library Report

Birch Hills Public Library will be open by appointment only. Please call (306)749-3281 during our regular business hours to book you appointment.

Pick up craft kits available every Tuesday at the Birch Hills Public Library. Call (306)749-3281 to reserve your kit!

Birch Hills Public Library Christmas Hours:

Open:

12:00 - 5:00 and 6:00 - 8:00 Tuesday, Dec 22

12:00 - 5:00 and 6:00 - 8:00 Tuesday, Dec 29

Closed:

Dec 24, 25, 31 and Jan 1.

Have a very Merry Christmas and a Happy New Year.

From the Board and Staff of the Birch Hills Public Library.

RECYCLE

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



The Tin Bin Bakery & Deli

Opening

Thursday, December 3rd 3:00pm to 7:00pm
Open Thurs, Fri & Sat from 3:00pm to 7:00pm

Home-cooked Deli Meals
Homemade Soups
Turkey Pot Pies
Smoked Deli Meats
Buns, Breads, Cinnamon Buns
Christmas Pudding, Cakes, Baking & More

1 block North of the Post Office
tinbinbakery@gmail.com
Cash Only; ATM 100 steps away

*All provincial Covid-19 protocols in effect
Properly worn masks are mandatory
Maximum 7 shoppers permitted at a time*

CHURCH SERVICES:

Glad Tidings Tabernacle - Sunday services
at 11:00 am.

St Anne Roman Catholic Church—Sunday
@ 9 AM

Lake Park Baptist Church - Sunday Morn-
ing Worship Services

9:30am or 11:00am

Children's Church Services

11:00am

For more information on the happenings at LPBC go to our website @
www.lakepark.ca

Covid Protocols are in place at this time...

Birchview is looking for Santa's Helpers!

Secret santa season is back and we have a few
spots to fill.

If you have a little left extra holiday cheer to
spread give

Renee a call at 13067492288 to sign up!

Thank you in advance 😊

Monday Dart Night

@ The Legion

@ 7 PM

Legion Members and Guests welcome

Ladies Welcome

Birch Hills Dog Park?

Is there an interest in this community for a fenced in dog park? I have noticed that there are numerous dog walkers on the street at almost any time of the day, here in Birch Hills. How big an area would be required? Where would it best be placed? What would it need to have, to provide a safe area for your pet? How much should be invested and by whom? These are all questions that have come to mind and I have come to this forum to initiate the conversation. If you have thoughts or concerns with regards to a Dog Park, I would invite your response and a conversation to discuss the issues that need to be considered if we were to provide a space for pets in our community. I can be contacted by email at stewadams@hotmail.com, by phone at 306 749 7439 or by all means stop me on the street and lets talk about a space for the pets of this community. You can also contact our Rec Director, Zac Pitzel at the Rec Office on main street or call him at 306 749 7439 and share your views.

Stewart Adams, Chair
Birch Hills Recreation Board



PharmaChoice

WOW, what a year! It feels like just yesterday that we rang in 2020; it is hard to believe that Christmas and a new year is right around the corner! We wanted to connect with you ahead of the busy holiday season to remind you that as we continue to weather this second wave, your pharmacy team will always be here to serve the community. *We are your community pharmacy, and our focus is your health.*

As local and provincial regulations change, we will continue to do everything we can to adapt along with them, while always keeping the focus on serving our community. We thank you for your patience and understanding as we follow government mandates that help to keep our communities safe, and our neighbors healthy. We continue to practice enhanced sanitization and cleaning protocols to help you enjoy a safe shopping experience while you are in store, and we also offer free curbside pickup too!

To make prescriptions and store products even more accessible to everyone, our curbside pickup option take the stress out of shopping, helping you stay home and stay safe. Just contact the store, and we can do the shopping for you – if we've got it in store, we can get it to you.

Our entire team is thinking of you this holiday season, and we thank you for your continued support. Keep watching our social media pages to stay up to date on new items in the store, and for more information on our curbside and delivery programs.

Sending you warm thoughts and best wishes,

Quayles Pharmacy
Your Pharmacists Sheldon and Dawn.
Your Front Store Staff Robin, Wendy, Faye, Monica, Marlene, and Sheena.



Sending a heartfelt Thank You to our community, our neighbours, our friends and family for all that you have done for us in the past 5 months.

We cannot tell you how grateful we were the night of June 14 when the storm took our home. So many amazing people came so quickly to our rescue to empty our house so that our contents weren't damaged and then the days and weeks following to help us with moving, getting unpacked, repairs, storage, yard clean up as well as countless other tasks that seemed so overwhelmingly daunting.

October brought us a bit more tough luck with a home invasion/theft at the place we are renting as well as surgery for Chris.

Thank you just doesn't seem like enough but we need you to know we are so grateful for the support, phone calls, messages, food, gifts, extra hands, equipment, trailers, and overall kindness.

We are all ok and very thankful that nobody was injured. We are also confident our luck is turning around now.

Thank you from the bottom of our hearts!



Chris, Marlene & Tegan Hovdebo

December Birchview Calendar

December 2020						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Delivering Calendars 1 10:30- Exercise 2:30- Painting Party	AM 2 Manicures  2:30- Yahtzee	Shopping Day 3 	(Annelle) 4 10:30- Helping Hands 2:15- BINGO	5	6
AM- Hair Care 7 2:30- Balloon Exercise	10:30- Baptist Church  8 2:00- Pinching Pierogis	Lunch Club 9 Roasted Ribs 2:30- Paint Party	AM- Hair Care 10 2:30- Floor Curling	10:30- Helping Hands 11 2:15- BINGO	12	13
AM- Hair Care 14 2:30- 	10:30- Bible Study 15 2:00- Making Christmas Pudding	Festive Brunch 16 For All 2:30- Baking Sugar Cookies	AM- Hair Care 17 2:30- Reindeer Hunt 	10:30- Helping Hands 18 2:15- BINGO	19	20
First Day of Winter  21 2:30- Trivia & Facts	10:30- Bible Study 22 w Vicki 2:30- Festive Family Feud	10:30- Xmas BINGO 23 2:00- Hallway GLOW w Special Guest 	() 24 10:45- Caroling 2:30- Christmas Cheer Cart	 26	 27	
() 28 AM- Hair Care 2:30- Group Exercise	10:30- Baptist Church 29 2:30- Shuffle Bowling	10:30- NYE themed Table Game 30 2:30- Crafty Time	New Year's Eve Party  31			

“Community Reset”

An Ambassadors of Reconciliation Event:

Thanks to the Generous Grant from the Prince Albert Community Foundation, Birch Hills Community Church is able to offer Training from Ambassadors of Reconciliation for FREE.

The strength of our rural Saskatchewan communities is our relationships. However, with close relationships comes conflict. Nobody likes conflict and most of us don't really know how to handle it well. Grudges can fester, and things that really shouldn't divide friends and family do so.

The Ambassadors of Reconciliation is a Christian organization that teaches people the skills for dealing with relationship conflict.

As a Christian organization they approach conflict from a scriptural foundation, but the training can benefit everyone.

We are offering the following online courses:

Personal Peacemaking: This course teaches you the skills and foundation from which you can be reconciled in your own personal relationships. It is geared to conflict that you have with other people and active reconciliation.

Coaching People to Reconcile: This course teaches you how to listen and give advice to others who are in conflict. It is about coming alongside other people, helping them to see the issues clearly, and the basis for reconciliation. If you are a friend, work with people, or are in any position of leadership, this course will help you in those roles.

2020 AoR Conference Seminars: Focuses on a number of issues related to reconciliation. Offering a variety of teachings to strengthen relationships.

To register go to:

<https://www.aorhope.org/customerevents/clb>

The coupon codes for these events are:

2020 conference - **clb-2020conf**

Personal Peacemaking - **clb-seminar**

Coaching People to Reconcile - **clb-cptr**

For more information Contact: Pastor Clint Knutson: 306-220-5245, or pastorclintknutson@gmail.com

The Birch Hills Public Library is starting a pick up and delivery service of dvds and audio books along with books checked out from our library.

This is a free service. Please contact the library at (306)749-3281.

Looking for someone to groom ski trails

Equipment Required: Snowmobile with hitch

If interested contact the rec office for more information (306)749-7451 or email birch-hillsrec@sasktel.net

Thank you to everyone who donated to our auction as well as a HUGE thank you to everyone who placed bids. Special thank you to the following businesses for their support:

Quayle's Pharmacy
Rosy's KG Bar and Grill
Wong's Restaurant
Birch Tree Cafe
Cornerstone Insurance
Affinity Credit Union
Birch Hills Co-op
Birch Hills Golf Course
Nutrien Ag Solutions
Town of Birch Hills

We raised just over \$900 that will help us with operating the library.

Stay tuned for our jigsaw puzzle auction in the near future.

If anyone has complete puzzles (no pieces missing) that you would like to donate, please contact the library at (306)749-3281.

Birch Hills Public Library Board



Ho-Ho-Hole In One



Shop from home and shop local – contact birchhillsrec@sasktel.net or 306-749-7451 for the perfect gift for the golfer in your life – gift certificates and memberships are available.



Crystal Springs Rec Co-op

**ALL EVENTS POSTPONED
UNTIL
FURTHER NOTICE**

Birch Hills Ministerial Christmas Hamper Program 2020:

The Birch Hills Ministerial will be going ahead with our annual Christmas Hamper Program.

We would appreciate any donations of non-perishable food items, which can be dropped off at the CO-OP or any of the Local churches. We also appreciate financial donations, as we give CO-OP gift cards to those who need them.

Your Support of this program has always been incredible and much appreciated.

To make donations you can call either:

Pastor Clint Knutson

306-220-5245

Father Jordan Draper

306-749-2229

Cheques can be made out to the "Birch Hills and District Ministerial"

Thank you for your support.