



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 15th, 2020

Issue 248

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

December 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!

The Blackhawks' players, coaching staff and executive wish everyone a Merry Christmas and a Happy New Year!

Stay safe and stay healthy!

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 😊

ST MARY'S ANGLICAN Church UPCOMING EVENTS

279 McCallum Avenue

Daily Offices: Via Zoom

Morning Prayer 8:00am:

<https://us02web.zoom.us/j/81759855488?pwd=SOU5V21mRUhqbWZhZaOR3aW1tMTB2QT09>

Or by telephone: +1 204 272 7920

Meeting ID: 817 5985 5488; Passcode: 726370

Evening Prayer 5:00pm:

<https://us02web.zoom.us/j/81759855488?pwd=SOU5V21mRUhqbWZhZaOR3aW1tMTB2QT09>

Or by telephone: +1 204 272 7920

Meeting ID: 817 5985 5488; Passcode: 726370

Sunday School Christmas Pageant on Wednesday, December 16th 7:00pm

<https://us02web.zoom.us/j/83759468424?pwd=MnNBWnd6Zll4R29VW5t5MnVyY0c0Zz09>

Or by telephone: +1 204 272 7920

Meeting ID: 837 5946 8424; Passcode: 836891

Advent Book Study "The Children of Men": Saturday, December 19th 10:00am

<https://us02web.zoom.us/j/89644118465?pwd=ZHI1THhBaGZvTWoyWGf6RlK1SVNhZz09>

Meeting ID: 896 4411 8465; Passcode: 726848

Morning Prayer: Sunday, December 20th – Fourth Sunday in Advent 11:00am

<https://us02web.zoom.us/j/82274837070?pwd=NFZidElpb1MvYWJxeWtuYkdBTWoyUTO9>

Or by telephone: +1 204 272 7920

Meeting ID: 822 7483 7070; Passcode: 743940

Morning Prayer: Sunday, December 27th – Sunday After Christmas 11:00am

<https://us02web.zoom.us/j/82274837070?pwd=NFZidElpb1MvYWJxeWtuYkdBTWoyUTO9>

Or by telephone: +1 204 272 7920

Meeting ID: 822 7483 7070; Passcode: 743940

Private Confession and Holy Communion is by appointment. Contact Fr Jordan.

Reach Fr Jordan by phone (306) 749-2229 or email jordan_draper@hotmail.com

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



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 your 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.

Thank you all for helping me

- Bike Bob

Crystal Springs Rec Co-op

WHAT A SUCCESS!!



We raised **\$750** for Jubilee Lodge!!!
We also collected a box of craft items!!
THANK YOU to all who donated!!



Wonderful donations! They were so happy to receive all this!



We **FILLED** the truck!



A HUGE thank you to everyone who donated! WOW!
Such great hearts in our Community!

CHURCH SERVICES:

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

St Anne Roman Catholic Church—Sunday @ 9 AM

Lake Park Baptist Church - Sunday Morning 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...



Monday Dart Night has been postponed until further notice.

Happy 65th Wedding Anniversary to Arvin and Shirley Ulvild on December 20th.

Love from your family



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.

Thank you to McDonald Metals, Hub City Iron and BN Steel & Metal for your support in our community fundraising efforts. It is greatly appreciated, as well to everyone that donated metal items and the people that helped organize the fundraising efforts... Thank You! Proceeds to be used to help with ongoing Capital Improvements to the Hesje Centre (Skating Rink)



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	11 10:30- Helping Hands 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	18 10:30- Helping Hands 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	Merry Christmas	Boxing Day	27
() 28 AM- Hair Care 2:30- Group Exercise	29 10:30- Baptist Church 2:30- Shuffle Bowling	30 10:30- NYE themed Table Game 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/customevents/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



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.



A big thank you goes out to all the people who knit and crocheted for us as everyone knows its been a trying year. Our group were not able to get together very often but needles seem to be very busy. As of today this year we have donated 283 items. Yarn is still very much appreciated. Thanks so much, stay safe healthy and happy from The Knitting Gran-nies.

Contact Shirly Lyons @ 960-4493 or faye Erickson @ 749-2952 for mor information.

Thank you all for your responses to my invitation for a discussion of the possibility of a Dog Park for the pets of Birch Hills. It was brought to my attention that the Ball Fields at the Sports Grounds have been used in the past and that they can provide a viable option for a Dog Park. There are only a couple of requirements to create a enclosed site for your pets, we would need to install a couple of gates on one of the fields and install a dispenser for plastic bags so that the field can be cleaned after your pet. The local Business Boosters will provide funds for these improvements and the only requirement of Pet Owners would be that you clean up after your pet and that Sports teams have priority of use of the field. Thank you for your attention and responses. Stewart Adams, Birch Hills Rec Board

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.

One might think with the present Covid in existence there would be so much time on our hands to get things done – well not always so and this note is long overdue so apologies must accompany same.

Our heartfelt thanks to all those who were there for us during my illness and the aftermath of the June plow wind on our acreage. Truly it is a time to appreciate friends, family and neighbors whose support was always there during this difficult time. When I watched the clean up crews in the yard cleaning up all the devastation I was thinking back to reading Great Grandpa's journals about clearing the land – everyday was the same – "Lydia and I grubbing today" - maybe it is in our blood - a past down link to the land and so it goes!

Going through Chemo is not the easiest part of a journey – but you have to know how your cards, flowers, texts, deliveries and phone calls often provided the support needed at a bad time and provided meals, bread, soup and baking for the two of us that I just wasn't providing.

The phone literally kept ringing the night of the storm with calls saying "I have a chain saw and can come right away". Often Duane's answer was - "will get in touch in a bit" – this was a bit scary for him if you know of his "Chain Saw Story" – and looking at what was out there could not imagine a group with chain saws going through the mangled mess. So to those – we still thank you so much for being there with your offer of help.

There are a few though and I am sure they know who they are - that arrived the morning after with tractors, etc. to remove the pines off the roof of our house – which we were informed had to be done immediately. They spent the best part of their day here shouting out orders – while we stood back and just had that "impressed and astonished look on our faces". This group and a couple of other folks spent days here and we can't thank them enough. Another was three parents who came with a group of young people from one of the local churches. These youngsters probably had other plans for their day – but again – were we impressed once again for the great job they did and thanks again so very much to them and their three leaders!

The Sun shines so much brighter now in our lives - "we have no trees" and how we miss them – but from the bottom of our hearts – please know how each of you made things better – gave support – and we could not live in a better place than where we are.

Sending our very best to you over this different Christmas Season – stay safe and stay healthy – God Bless

Duane and Shirley



Ho-Ho-Hole In One



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

Merry Christmas and Happy New Year from
the Birch Hills Golf Course Board and Staff!



RECYCLE

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

