



# 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)

January 1st, 2022

Issue 273

The Walking Club is back! Tuesdays and Thursday morning (9:00-12:00) at the Civic Centre. Come in out of the cold and get some exercise!

All COVID procedures will be followed to attend:

Proof of Vaccine/negative Test

Masking

Must check in at the rec office before being admitted.



If you have questions contact the Rec Office @ 306-749-7451 or [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net)

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

**Kleen Bee**

**Amanda Court**

**Crystal Springs Rec Coop**

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.

Please join us for cake and coffee to celebrate Doris Reid's 90th Birthday.

January 1st

2:00-4:00

Duane Lowe Community Centre

(Multi Purpose Centre)

\*No gifts please

\*Vaccine Required\*

You asked and we provided!  
Courtney Evans is proud to start her Yoga teaching journey. Come and join her on Thursday nights at the Civic Centre!

Class Begins at 6:30 PM—8 PM.  
Series 1 "Introduction to Yin Yoga".  
Running from January 13th—January 27th.

\$30 must pre register at the Recreation office  
Limited spots available.  
Series 2 and 3 to run consecutively, based on interest.

# January Heartbeat Newsletter

#4 – 293 17<sup>th</sup> Street West, Prince Albert, SK S6V 3X6 (306) 763-1726

**POLAR ICE MELT 11 LB**

WHILE SUPPLIES LAST

**\$6.95!!**

Keep sidewalks safe!

Will not harm grass or concrete!!



**PURELL MULTI-SURFACE**

**DISINFECTANT 3.78L**

**\$26.55!!**

Kills Covid virus in 30 secs!!

No rinse on food surfaces!!



*Wishing you a very merry Christmas and a safe and wonderful New Year*

*Because Life...*

**SO MUCH  
MORE THAN  
MONEY...**

A Bigger, Brighter Future!



Amanda (Mandi) Court 306-960-0706 [amanda.court@f55f.com](mailto:amanda.court@f55f.com)



Need help planning for retirement? Saving up for a home or your child's education? Maybe you just have a question about where to start, or how registered accounts work. GIVE ME A CALL!

I have lived and worked in Birch Hills since 2006. Some of you may know me as a massage therapist, but with the big changes we've had over the last 2 years, I have had to make some as well!

I am now a Financial Security Advisor working with Canada Life and Feher Financial. I work with an amazing team of experts so I can help my clients feel confident about their financial plans and dreams.

**Thank you for your support**

*Merry Christmas*

*&*

*Happy New Year*

from the Crystal Springs Rec Co-op

**St. Mary's Anglican Church, 279 McCallum Avenue,  
Birch Hills, SK**

Please wear a mask to Church, sanitize and practice social distancing!

All events at **St. Mary's, Birch Hills** unless otherwise indicated.

Sunday, January 2<sup>nd</sup> 11AM – **Second Sunday After Christmas** (social to follow)

Wednesday, January 5<sup>th</sup> 7PM (Rectory) – **Film screening of "The Island"**. This 2005 film tells a story that stands on it's own, but which picks up on many similar themes to that of the novel, *Laurus*.

Sunday, January 9<sup>th</sup> 11AM – **First Sunday After Epiphany** (social to follow)

Wednesday, January 12<sup>th</sup> 7PM (Rectory) – **Fourth** (out of four) **session on the novel *Laurus*** by Eugene Vodolazkin. We will discuss "The Book of Repose".

Sunday, January 16<sup>th</sup> 11AM – **Second Sunday After Epiphany** (social to follow)

Wednesday, January 19<sup>th</sup> 7PM (Rectory) – Sign up for Bible Study on the Epistle to the Hebrews. To receive a copy of the study guide, email Fr. Jordan Draper at [Jordan\\_draper@hotmail.com](mailto:Jordan_draper@hotmail.com)

**Sunday School** at 11AM – contact Karen Pratt @ 306-749-7240 for more information.

**Weekday Morning Prayer** is at 8AM Monday, Tuesday, Thursday, Friday in person at St. Mary's or over Zoom

<https://us02web.zoom.us/j/88566261667?pwd=VFo0VU9DSERWWFFiV2YxcmpIVFZBQT09>

Or by telephone: +1 204 272 7920; Meeting ID: 885 6626 1667  
Passcode: 499814

**Weekday Evening Prayer** is at 5PM Monday, Tuesday, Thursday, Friday in person at St. Mary's or over Zoom

<https://us02web.zoom.us/j/81759855488?pwd=S0U5V21mRUhqbWhZa0R3aW1tMTB2QT09>

Or by telephone: +1 204 272 7920; Meeting ID: 817 5985 5488  
Passcode: 726370

**Reach Out** - Anyone who has clothing donations to supply to homeless and needy folks in Prince Albert can leave them outside St. Mary's Church, or leave them inside the door if you have a key. They will be taken to an organization in Prince Albert which serves the homeless called Reach Out.

Contact Fr Jordan to make arrangements for Holy Communion at home.

Private Confession is by appointment. Contact Fr Jordan.

Reach Fr Jordan by phone: (306) 749-2229 or email: [jordan\\_draper@hotmail.com](mailto:jordan_draper@hotmail.com)



Follow us on Facebook [Parish of Birch Hills, Kinistino & Muskoday | Facebook](#)

## Birch Hills Public Library Report

**The Library is now fully opened.  
Stop by to see what we have to offer.**

**Open Tues: 11-5 and 6-8;  
Thurs 1 - 7  
Fridays 9 -1.**

**We are now fully open however  
masks are required.**

We've finally moved to our new location! Come and check us out at 135 Bellamy Ave. Our hours will remain the same

Maxine's Pick: House of Secrets by Tracie Petereson

Jan is taking a leave from Dec 21, 2021 to April 5, 2022. Sheena Mulligan will be filling in for Jan. Be sure to stop by and say hi to Sheena!

Join us for Story Time on Fridays at 10:00 am. All ages welcome.

We're running a program, Book and/or Author recommended by patrons. Contact the library at (306)749-3281 to make your pick

We have Grab and Go books. It's a selection of common themed books that patrons can pick up without having to search for them.

Watch our Facebook Group for upcoming events.

Join us for a story and craft every Tuesday after school.

Be sure to check out Natalie Matheson's art display from Jan 4 through Jan 28. Stop by between 6 pm - 8 pm on Tues, Jan 4 to meet Natalie and have coffee.

Did you know that 2021 is the 100<sup>th</sup> anniversary of when the poppy was first officially used in Canada as a symbol of Remembrance? The following is taken from an editorial in the Legion Magazine Nov/Dec 2021 issue.

“The bleak, muddy terrain of Western Europe during the First World War was trenched, scarred, bombed and cratered into oblivion. The ground and greenery were scorched by shellfire and poisoned by gas. It seemed nothing could exist here. Only death. But amid the chaos and carnage, bright red poppies sprouted and blossomed in no man’s land and among the graves of the fallen.

In 1918 Moina Michael and Anna Guerin promoted wearing artificial poppies to commemorate the Armistice. In 1921 the Great War Veterans Asso of Canada, predecessor to The Royal Canadian Legion, decided the poppy should be worn in Canada every Nov 11 on Armistice Day” (Remembrance Day).

This year, Duane Mohn, our Birch Hills Legion chaplain, conducted a remembrance day service at the Legion hall followed by a noon luncheon with 15 members attending. We appreciate all those who placed donations in our poppy trays and those businesses who provided that service. Unfortunately, we did not have a public service because of Covid protocols in place at the time.

Additionally we would like to thanks Individual and groups who would typically place wreaths and contribute in Remembrance at a public service as well as all the school children who participated in the annual Remembrance Day poster and literary competition.

We will publicize major donors and School competition winners once we gather all the information.

In other local Legion News, Birch Hills Branch #122 held their AGM on November 4<sup>th</sup> and on December 9<sup>th</sup> the following executive and committee were installed:

President	Ron Lyons
Vice President	Don Lypchuk
Sergeant at Arms	Evert Whelen
Secretary	Sandra Barber
Treasurer	Dennis Lypchuk
Poppy Chair	Wayne Boyle
Membership Chair	Helen Shilling
House	Carl Barber/Dennis Lypchuk
Sports	John Herd

At present we have paid 37 members. New membership applications are welcome. The more we have the more we can do!

# BlackHawks Vs. Clavet



**50/50 starts at \$500 courtesy Njaa Farm Ltd.**

**Free Admission courtesy Great Western Brewing Co.**

**Fri  
7  
Jan  
2022**

**Time | 8:30pm  
Beverage Garden, Canteen  
& 50/50 Available**

Proof of Covid Vaccination or negative Covid test required to attend



## Blackhawks 7th Annual Comedy Night Sponsored by Nutrien Ag Solutions Featuring Kathleen McGee



# Postponed



ickets available from players, at day, in pharmacy and in Eventbrite

Proof of COVID-19 Double Vaccination (14 or more days since 2<sup>nd</sup> shot) required to attend; Properly Worn Masks are required (Bandanas or gaiter masks are not appropriate face coverings)



**Sat  
8  
Jan  
2022**

**Doors Open | 7:00pm  
Comedian | 8:00pm  
Silent Auction, Lunch & Dance to follow**

Birch Hills Civic Centre  
No Minors



Due to rising Covid-19 cases, the BlackHawks have decided to postpone our January 8th Comedy Night...we have tentatively booked Saturday, April 9th for the event. If you would like a refund, please email [blackhawksgolf@gmail.com](mailto:blackhawksgolf@gmail.com)

# Curling News

## Upcoming Events

Open Bonspiel JANUARY 7th & 8th

Senior Bonspiel JANUARY 17th, 18th, 19th & 20th

Ladies Bonspiel FEBRUARY 4th & 5th

2 Person Bonspiel MARCH 18th, 19th & 20th

Call the Rink @ 749 - 2951

### Birch Tree Café,

We are **HIRING RESTAURANT SERVERS**

- Full-time or Part-time (Lunch & Supper)
- Job Description: Food serving, Customer service, Till,

Stocking, Help dishes and cleaning & Etc.

- Wage depends on experiences

Feel free to ask for details

**!!Resume!!** at [birchtreecafe@naver.com](mailto:birchtreecafe@naver.com)

**or Drop at the restaurant**

### RECYCLE

Please Share your Newsletter with a friend.  
Send request to [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net) to  
receive the news letter online.



### CHURCH SERVICES:

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

St Anne Roman Catholic



9 AM Sunday

Christ Alone Lutheran Brethren Church

(Formerly called Birch Hills Community Church)

Sunday Service 11:00 am

Corner and 4th of Bellamy

Bible Study Thursday Evenings 7:30 pm

Saron Lutheran Church

Hagen, Sk

Sunday Service 9:20 am

Lake Park Baptist Church

Lake Park Baptist Church

Sunday Prayer Time: 8:30-9:30 AM

Morning Cafe 9:30 AM

Sunday School for All Ages 10:00 AM

Sunday Morning Service: 11:00 AM

Tuesday Evening: Club DJ: 6:45-8:15 PM

Youth Bible Study: 7:00 PM

- Live Streaming will occur during the

Sunday Morning Service and later

uploaded to Youtube for viewing.

visit our website @ [www.lakepark.ca](http://www.lakepark.ca)

If anyone is interested in starting a Pickleball club or Tennis club in Birch Hills please contact me at [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net) or by phone at 306-749-7451 or stop in at the rec office and see me.



# 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, memberships and passes are available.

For the 2022 season, we are offering half-price memberships (\$300) for new adult members (haven't been a member in the previous 5 seasons 2017-2021; purchase deadline is June 1<sup>st</sup>, 2022)

*Golf Canada / Golf Saskatchewan membership not included; Installment payments are not available for this offer*



## January Birchview Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2022</h1>						<b>HAPPY NEW YEAR</b>
	3 Haircare 2:30 One on One visits	4 10:30 Exercises & Hangman 2:30 Anglican Church	5 10:45 Tonechimes 2:15 Painting Corner	6 8:00 Breakfast Club ~Group 1 Haircare 2:30 Olive and Friends	7 10:30 Destination ~Ukraine 12:00 Ukrainian Christmas Lunch 230 Bingo	8
All programs are subject to change depending on the health of the residents and the guidelines from the Health Region	10 <b>Happy Birthday Luella</b> Christmas Take Down Haircare	11 11:00 Ladies Aux Meeting 2:30 Community Church	12 10:45 Tonechimes 2:30 Christmas Take Down	13 8:00 Breakfast Club ~Group 2 Haircare Cleaning out Rec Room	14 Sabrina 	15 <b>WINTER SNOW</b> Boots Baby Its Cold Outside Sleigh Riding Scuffs Jack Frost Nipping At Your Nose Cold Snowmen Snowy Mittens Snow Days Slushy Snowball Fights Windy Slippery December ICICLES Freezing 
	16 Haircare 2:30 Movie Monday ~ "The Biggest Little Farm" 	17 Rec Shopping Morning 2:30 Baptist Church 5:00 Pizza Supper 	18 Haircare 10:45 Manicures 2:30 Making Puppy Treats 	19 Haircare 11:45 Lunch Club ~Group 3 2:30 Ralph Galombus	20 10:30 Exercises and Sing a long 2:30 Bingo	21 10:30 Bible Study with Vicki 2:30 Bingo 
Our new Recreation Kitchen is coming sometime in January. So programs may change depending on when that happens <small>Activity Professionals Week</small>	23 Haircare 2:30 Reminiscing with Pie and coffee	24 11:00 Resident Counsel Meeting 2:30 Roman Catholic Church	25 10:45 Tonechimes <small>Australia Day (observed)</small>	26 8:00 Breakfast Club ~Group 4 Haircare 2:30 Crafty hands	27	28
30 Haircare 10:30 Exercises and Hangman 2:30 Calendar Posting	31	 <h1>Birchview Home</h1>				