



# 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 15th, 2022

Issue 274

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.

## BlackHawks vs.



# Rosthern



Guaranteed \$500 50/50 courtesy:

Twin Groves Farm  
Ltd.



After the game:  
Cornerstone Insurance Calcutta Shoot-out:



Fri  
**28**  
Jan  
2022

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



Thanks to  
Njaa Farm Ltd.  
For sponsoring the  
Blackhawks'  
January 7<sup>th</sup> 50/50  
Jackpot Starting at \$500

# January Heartbeat Newsletter

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

**POLAR ICE MELT 1 1LB**

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.

The Curling Club gives back

Please drop off your non perishable household items including (sheets, blankets, towels, jackets)

Wednesday January 26th and Thursday January 27th

Items can be dropped of at the Curling Rink in the evening.

This Rally is for RIDERS!! Going to be a great trail!  
If you want to ride, reach out to me at 306-864-8013.  
Everyone can buy tickets for the draws – let me know &  
I'll fix you up! There won't be a "gathering" at the Hall –  
no food or drinks. On the day of the Rally, we will be  
there, signing up riders & selling tickets for those who  
haven't already bought theirs.

# **CRYSTAL SPRINGS 2022 POKER RALLY**

**Saturday, Feb 5, 2022**

**WIN CASH & PRIZES**

**\$300 / \$150 / \$75**

**+ Raffle Prizes**

**Registration & Ticket Sales  
Online & at Crystal Springs Hall  
from 10 am – 2 pm Feb 5th**

**Cash & Prize Tickets / 50/50 Tickets**  
**1/\$10 or 3/\$20 / 1/\$10 or 3/\$20**

**WINNERS announced Sunday, Feb 6<sup>th</sup> on  
Crystal Springs – What's Happening!!  
Facebook page**

**E-Transfer:  
csrcevents@outlook.com**

**Ticket sales / registration open January 10<sup>th</sup>  
Deadline Feb 5<sup>th</sup> at 2 pm**

**Hosted by 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 16<sup>th</sup> 11AM – **Second Sunday After Epiphany**

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, January 23<sup>rd</sup> 11AM – **Third Sunday After Epiphany**

Tuesday, January 25<sup>th</sup> – **Conversion of St. Paul:** Looking for a host for **Wine Before Breakfast**; if you are interested in hosting, contact Fr. Jordan Draper at (306) 749-2229 or email: [jordan\\_draper@hotmail.com](mailto:jordan_draper@hotmail.com)

Wednesday, January 26<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, January 30<sup>th</sup> 11AM – **Fourth Sunday After Epiphany**

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.

**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 arrange 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

Zac's Pick: Cult X, A Novel by Fuminori Nakamura - This is a story that dives into the psychology of fringe religion, obsession, and social disaffection.

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 thank 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!

**BIRCH HILLS**  
**SNO-POSSE RALLY**  
**OUTDOOR EVENT**  
**SATURDAY FEB. 12, 2022**

**50/50 tickets**  
**1-\$10 or 3-\$20**

**SNO-POSSE HANDS**  
**1-\$10.00 / 3-\$20.00**  
**WINNERS of cash and prizes announced on Sunday Feb 13**

**Cash Prizes**  
**\$500 / \$250 / \$100**

**Sno Posse hands 6 50-50**  
**sold online & @ Cabin 10**

**WIN CASH & PRIZES**

**E-Transfer:**  
**bhsnoposse@hotmail.com**  
**ticket sales/hands open Feb 1 - deadline is midnight Feb 12.**

**Hotdogs on trail**

**All proceeds go towards upgrades & supplies for Cabin 5, Cabin 10 and Northpoint Warm Up Shacks. Keep Safe!**

**THANK YOU FOR YOUR SUPPORT**

The Birch Hills Sno Posse is hosting an "Outdoor only event" for Sat. Feb 12, 2022. We will not have a venue for food, drink or gathering due to the ongoing concerns of the pandemic. The poster and our Facebook page "Birch Hills Sno Posse" will provide further details and subject to change in the coming weeks.

Online Registration to get in on the cash and prizes starts Feb 1. Draws will be made Feb 13th.

The Birch Hills Sno Posse extends our deepest gratitude to our supporters throughout the years. If you wish to donate a prize to our rally, contact us through Facebook or any Sno Posse member. Your donation/business card will be posted to our Facebook page.

# Curling News

## Upcoming Events

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

Ladies Bonspiel FEBRUARY 11th &  
12th

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

Call the Rink @ 749 - 2951

Marj Njaa and family wish to express their sincere thanks to all, for their love and support after the passing of Arven. Your kind words and stories of Arven meant a great deal to us. We are thankful for Birchview Nursing Home and Weldon Country Villa whose care and love for Arven helped to make everyday a special one. Also, we appreciate the generous donations made to Saran Lutheran Church and Birchview Nursing Home.

### 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.

# Blackhawks vs. Waldheim



Proof of COVID-19 Double Vaccination (14 or more days since 2<sup>nd</sup> shot) or a negative COVID\_19 test required to attend

Properly Worn Masks are required (Bandanas or gaiter masks are not appropriate face coverings)

**Sun 23 Jan 2022** | **Time | 2:30pm**  
**Beverage Garden, Canteen & 50/50 Available**

Hesje Centre  
 2<sup>nd</sup> Street, Birch Hills



# BlackHawks vs. Shellbrook



Guaranteed \$500 50/50 courtesy:



Rupert Bremner



**Sat 22 Jan 2022** | **Time | 8:00pm**  
**Beverage Garden, Canteen & 50/50 Available**



# January Birchview Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January 2022</b>						<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 10:30 Horseracing Game 2:30 Bingo	15 <b>WINTER SNOW</b> Boots Baby Its Cold Outside Sleigh Riding Scarts Jack Frost Nipping At Your Nose Cold Snowmen Snowy Mittens Snow Days Slushy Snowball Fights Windy Slippery Snow December ICICLES Freezing Snow Sled JANUARY
	16 Haircare 2:30 Movie Monday ~ "The Biggest Little Farm" Martin Luther King Jr. Day	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 BINGO 10:30 Exercises and Sing a long 2:30 Bingo	21
Our new Recreation Kitchen is coming sometime in January. So programs may change depending on when that happens Activity Professionals Week	23 Haircare 2:30 Reminiscing with Pie and coffee	24 11:00 Resident Counsel Meeting 2:30 Roman Catholic Church	25 10:45 Tonechimes Australia Day (observed)	26 8:00 Breakfast Club ~Group 4 Haircare 2:30 Crafty hands	27 10:45 Bible Study with Vicki 2:30 Bingo	28 <b>BIBLE STUDY</b>
30 Haircare 10:30 Exercises and Hangman 2:30 Calendar Posting	31	<b>Birchview Home</b>				



**Memorandum:**

Offer of services to local businesses to help improve their supply chain in respected markets.

Supplychain101 is a new aboriginal metis owned company that is local to the area. The company offers supply chain consulting & Logistic courier services mainly focused on small parcel pick up and delivery to the local and surrounding communities.

**The consulting** of supply chain related issues is offered by James Williams CSCP. James is a certified supply chain professional who has over 10 years in supply chain management in numerous industries. Through evaluation and sustainable resources and analytics, we can see where the weak links are in the supply chain and offer remedies & recommendations to solve the issues. The core fundamentals of supply chain will be addressed & reviewed for your company and a written evaluation with corrective actions will be given after each consultation. The customer will then have the option of resolving the issues themselves or retaining my services to do it for them. Consulting services are below and through my past expertise it has shown positive impact on Sales, Margins, Productivity.

Procurement – Strategic Purchasing to reduce costs & Margins.

Vendor Management – Review existing and new vendors.

Warehouse Management- Inventory control , Shipping & Receiving, Storage, Labour.

Logistics – Flow of materials through all logistics methods, Trucking, Air, Rail, Ship. Ect.

Operations- Operation Management, company structure, ERP procedures.

Sales – Margins, Products, Sales tactics, Manpower.

**Coming soon ...The courier division** will offer small parcel delivery services to local and surrounding communities. Trouble with the manpower or the cost & time for someone to make a delivery or pickup? Simply give us a call. With our competitive rates, great customer service, daily pick ups, we will get the job done the same day. Call us for rates.

Have a demand for an employee? but it is only for a temporary time? Hire me for that time with no commitments, fill the void and have someone with experience to do the job right. Hiring a consultant may seem like a more higher hourly rate but with no commitment and temporary timelines, it is actually cheaper in the long run and will save your company money.

Everyone is struggling with supply chain issues in these uncertain times. There is no better time to strengthen your company supply chain so that you can offer the best services to your market and still make a profit and succeed.

Give us a call or send a email for Info & Rates.

Sincerely

*James Williams CSCP.*



Thanks to Ron for grooming the cross-country and snowshoe trails.

To ensure our greens and tee boxes survive the winter, we ask that you please stay on the groomed trails. If you ski or showshoe on the greens and tee boxes, the snow compacts and we could have winter kill. If we notice a trail that needs a detour, we will post a notification on Facebook.

Walkers (people & dogs) and snowshoers may use the showshoe trails, but not the ski trails as it ruins the trails.

Hopefully, we have nice weather in the forecast so that we can enjoy our hidden gem!



**MEALS ON WHEELS  
VOLUNTEERS NEEDED**



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

Sign up today!

Contact your local Volunteer Coordinator for further information :

Email: [VOLUNTEERS@paqhr.sk.ca](mailto:VOLUNTEERS@paqhr.sk.ca) Phone: (306) 765-6119 or (306) 941-8365

We are currently recruiting Volunteers in Birch Hills, Cudworth, Kinistno,

Prince Albert, Rosthern and Wakaw.

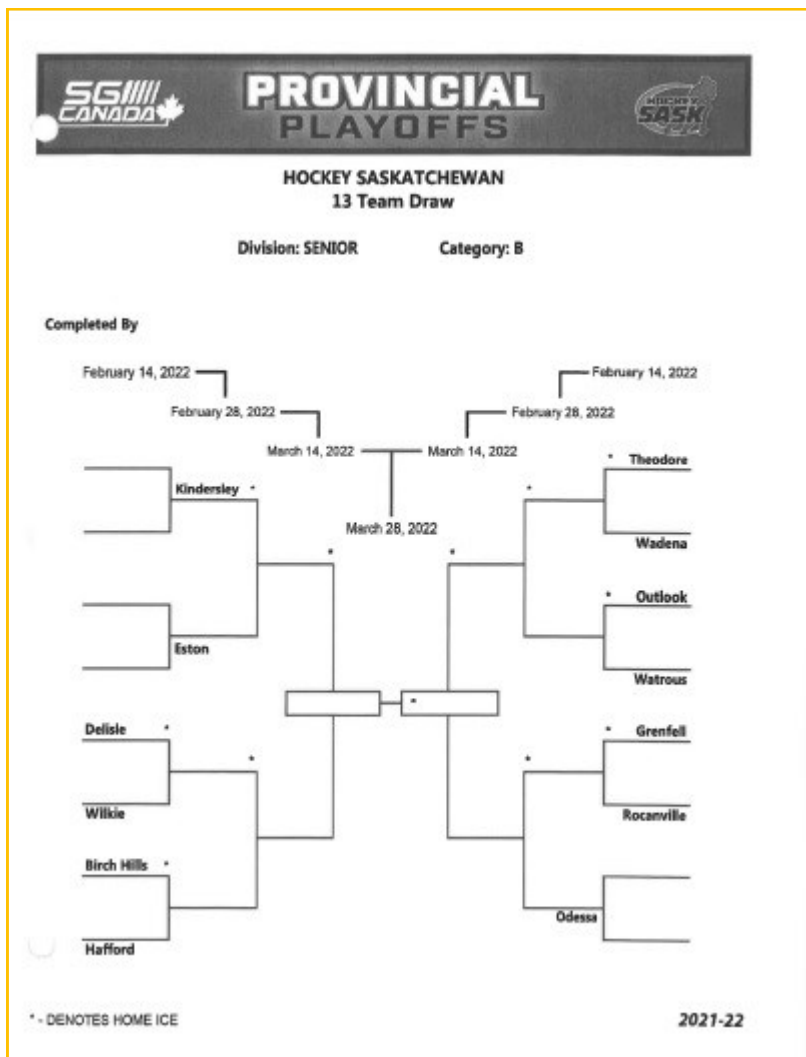
We're taking necessary precautions to ensure deliveries continue safely during this time. Saskatchewan Health Authority requires all volunteers to be fully vaccinated for COVID-19. Proof of vaccination will be required prior to volunteer assignment.



[saskatchewan.ca/COVID19](https://saskatchewan.ca/COVID19)  
November 18, 2021



The Birch Hills Blackhawks have teamed up with the Kinistino Tigers this year and have entered SGI Canada's Hockey Saskatchewan Senior B Playoffs. Information will be posted and shared on the following Facebook pages (as well as the Heartbeat if possible): Birch Hills Sr. Blackhawks, Kinistino Tigers, Hesje Centre - Birch Hills Skating Arena and Town of Birch Hills Community & Recreation. The first team we will face is the Hafford Hawks. GO BLACKHAWKS!



**Thanks to:**



**For providing free admission to the Blackhawks' Jan 7<sup>th</sup> game**

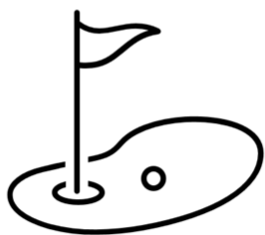
**Go Hawks!**

Due to Covid-19, games may be rescheduled or postponed with little notice. Information will be posted and shared on the following Facebook pages (as well as the Heartbeat if possible): Birch Hills Sr. Blackhawks, Hesje Centre - Birch Hills Skating Arena and Town of Birch Hills Community & Recreation and if time permits, on posters, the rink sign and the Main Street sandwich board

The Birch Hills Golf Course has seasonal employment opportunities for 2022. We are seeking Clubhouse reception/sales and kitchen staff (full & part time) - must have Food Safe and Serve it Right (for full-time positions) certifications (or be willing to take course/s; online is available) and provide proof of certification, prior to employment.

Computer skills, golf experience, and customer service skills would be considered an asset. Must be 19 years of age to apply for full-time positions. These positions involve customer service (phone, in-person and on-line), food and beverage preparation and serving, cleaning (inside and outside) and golf course marshalling as well as other miscellaneous duties.

Please submit resumes to email address: [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net) or [birchhills-golfcourse@gmail.com](mailto:birchhills-golfcourse@gmail.com) no later than March 15, 2022 or drop off at Birch Hills Recreation Office at 126 McCallum Avenue by March 15th, 2022.



## Thinking of getting a golf membership this year?

- 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*
- Gift certificates and passes are also available
- Contact [birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net) or 306-749-7451 for more information

