

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)

**April 1st, 2020**

**Issue 231**



## New Clubhouse Donations Welcome

Donations may be made by:

1. Cash or cheque at the Birch Hills Golf Course
2. Cash, cheque, debit or credit at the Birch Hills Town Office
3. Cheques mailed to Birch Hills Golf Course, Box 280, Birch Hills, SK, S0J 0G0 or
4. E-transferred to [birchhills.town@sasktel.net](mailto:birchhills.town@sasktel.net) (please specify that it is for the Golf Course and include your name and mailing address so we may issue tax receipts.)

Donations over \$20.00 will receive an official tax receipt; cheques must be made out to The Town of Birch Hills with the memo field stating "Golf Clubhouse Fund".

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

**QUAYLES PHARMACY  
BH MINOR SPORTS  
JEFF WHITFIELD**

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.

## Postponed NOTICE

### ANNUAL MEETING

of the

### BIRCH HILLS

Conservation and Development Area # 58

Notice is hereby given that the Annual Meeting

of the Birch Hills

Conservation and Development Area will be held

In the fall instead of Wednesday,

April 08, 2020

Further info will be available closer to the date.

Secretary-Treasurer, Grant Getz

## Lon Borgerson



**NDP Candidate  
Batoche**

[lon@saskndp.ca](mailto:lon@saskndp.ca) FB/Lonborgerson

*"With Covid-19, we are in a time of global uncertainty.*

*It is a time for informed leadership and prompt action.*

*A time to value and follow the advice of scientists and medical experts.*

*A time to thank all public health care workers.*

*A time to take care of each other, as well as ourselves."*

Lon Borgerson

## APRIL NEWSLETTER SPONSORED BY:

# Quayle's Pharmacy

## COVID-19 VIRUS

The health and wellness of our patients and staff is very important to us. We are following provincial regulations very carefully and taking extra precautions to care for our patients and our staff while working through reduced staffing and increased demand at our pharmacies.

### HOW CAN YOU HELP?



Practice good cough etiquette at all times.



Practice good hand hygiene by using alcohol-based hand rub (use soap and water if hands are visibly soiled).



Observe the social distancing suggestions of keeping 2 meters (2 arm's lengths) between you and others.



Don't stockpile supplies or medications.



Ask your Doctor or Doctor's Office to FAX in your prescription to the Pharmacy.



Use our automated phone system or mobile app (where available) to order prescription refills.



Call us in advance of coming to the pharmacy if you have any symptoms of respiratory illness or have been in contact with someone who does.



Arrange for your prescription to be picked up or delivered if you are not well. We can also deliver any other store items you need at no extra cost.

### EXTRA MEASURES

To ensure the health and wellbeing of our patients and our staff, you will see changes in our pharmacies.

We have rolled out increased sanitation and cleaning protocols at our stores.

Some locations will be installing protective barriers such as plexiglass or plastic shields to safeguard and protect customers and employees.

Some pharmacies are also limiting the number of people in the store at one time, asking customers to shop alone or in decreased numbers, and come in with a prepared list of items to purchase.

Any employees who feel sick are staying home, and any employees who have travelled or have been exposed to others who have travelled or exposed in other ways are being asked to follow the recommended procedures by health authorities. To ensure the safety of our staff and their continued ability to serve you, it is important that customers follow these same guidelines when thinking about visiting our pharmacy locations.

### NEW POLICIES

We will not be accepting returns or taking back used SHARPS containers and post-consumer returned meds for disposal, used vials for refills (plastic or glass) until further notice.

Vials will not be handled by staff for prescription numbers, please either call in your prescription or use the appropriate store app.

We will not be accepting product returns at this time.

We ask that customers attempt to use card or 'tap' features whenever possible, eliminating or minimizing the use of cash.

**We are an essential service, and while the way you shop may change, we can assure that you will never be without our services.**

Every step we take will be to ensure you get the medications and services you need, and to keep you and our employees healthy. While our staff are highly trained healthcare professionals, please remember they are also Moms, Dads, daughters and sons, and people looking after the wellbeing of their own families. We appreciate your patience and understanding as we take these extra steps to ensure the wellbeing of you, your family, and our staff.

**Let's work together to keep our communities healthy!**

APRIL NEWSLETTER SPONSORED BY:



# Birch Hills Ball Registration

IF YOU WOULD LIKE TO REGISTER YOUR CHILD FOR SOFTBALL PLEASE EMAIL

**[bhminorsports@outlook.com](mailto:bhminorsports@outlook.com)**

BY APRIL 8TH. THERE WILL BE NO INPERSON REGISTRATION THIS YEAR DUE TO COVID-19. WE WILL BE SENDING THE REGISTRATION FORM VIA EMAIL, FOR YOU TO FILL OUT AND SEND BACK TO US.

All age groups will most likely be co-ed

**VOLUNTEER!!**

*volunteer!!*

**VOLUNTEER!!**

*We are always looking for volunteers... parents, community members anyone who loves ball. Without you we would have no softball program.*

LTP : 2014-2015 (2016 prior to April 30, 2020)	\$ 70
Jr. Mite : 2012-2013	\$ 70
U10 : 2010-2011	\$ 120
U12 : 2008-2009	\$ 130
U14 : 2006-2007	\$ 130
U16 : 2004-2005	\$ 130
U19 : 2001-2003	\$ 130

ST MARY'S ANGLICAN Church UPCOMING  
EVENTS

279 McCallum Avenue

Please join us on Sundays at 11:00am for virtual  
Sunday Worship.

<https://www.facebook.com/skdiocese/>

[https://www.youtube.com/channel/  
UCYeCYJYTHn2IjhFK0g3v\\_GQ](https://www.youtube.com/channel/UCYeCYJYTHn2IjhFK0g3v_GQ)

These links are also on our Diocesan website:  
[www.skdiocese.com](http://www.skdiocese.com)

All public worship, gatherings, and meetings are  
now cancelled until further notice at St Mary's,  
including, but not limited to Bible Study, Confir-  
mation Class, Friday Soup Lunch, Men's Pancake  
Breakfast, and the Lenten Film Series.

We are able to continue saying the daily offices of  
Morning and Evening Prayer at home, with our  
families and those with whom we live, using your  
Book of Common Prayer and your Bible. If you  
do not know how to do this, ask Fr Jordan and he  
would be happy to guide you.

Please continue to pray for an end to this epidem-  
ic. Pray for one another, and all those effected by  
the spread of this illness. This is a difficult and  
overwhelming time for all of us as people fall ill  
and our way of life is suddenly turned upside  
down. May this pandemic lead us to greater re-  
pentance and help us grow in love. Please keep in  
touch with one another and your neighbours, and  
help one another whenever you can. If you or an-  
yone else you know is need of a pastoral visit dur-  
ing this time, please let Fr Jordan know.

Holy Mary, Mother of God, pray for us sinners  
now and at the hour of our death.

O Holy James, pray for us sinners.

O Holy George, defend us.

Follow us on Facebook at  
[www.facebook.com/  
bhkmparish](http://www.facebook.com/bhkmparish)



Birch Hills Public Library

Birch Hills Public Library Re-  
port

Unfortunately we have had to  
close due to the COVID-19 Vi-  
rus. If you have any library  
material out, you can keep it  
until we open again. There  
won't be any late charges. If  
you are not able to keep the  
material until we open again,  
please feel free to use the out-  
side book drop.

As well, due to the virus we  
have had to postpone our Ga-  
la until the fall. Please check  
our Facebook page for up-  
dates.

We would like to thank every-  
one that came out and sup-

Church Services



Check with your Church as  
services may be Postponed.

## 2020 SUMMER PLAYGROUND PROGRAM

**Help Support your Playground Program:** There are plans in place again for a playground program this summer. This program has been free to all kids ages 5-12yrs and we would like to continue the program at no charge. There are grants available but not all costs are covered. In the past businesses and individuals have donated towards this program for nutrition snacks, craft supplies, tons of fun Mon-Fri (Jul/Aug) and competitive wages for our leaders. If you are interested in assisting with budget requirements, please contact Rec Office for more info.

**JOB OPPORTUNITY:** Applications are being accepted at the Rec Office for Play Leaders and assistants this summer. Hours vary with positions. Must be available July 2nd through Aug 21st, Monday to Friday. Must be 14 yrs+, a current full time student returning to school in the fall.. Please submit your application to the rec office by April 30th..

\*Dates may change based on current situation\*

## Crystal Springs Rec Co-op

**ALL EVENTS POSTPONED  
UNTIL  
FURTHER NOTICE**

### Blackhawks Hockey Windup



Happy Hour 5:30-6:30  
Steak Supper 6:30-8:00 **\$25.00**  
(Reservations required by April 13;  
call or text 306-980-8687 or 306-960-9744)  
Program & Social 8:00 (free admission)

Sat  
**18**  
Apr  
2020

Birch Hills Civic Centre  
Licensed Event

239 Bellamy Avenue, Birch Hills



Thank you all for helping me

- Bike Bob

## EVERY WEEK IN THE HILLS Open to Community

Please Check  
With your  
organizations  
about events as  
some may be  
postponed or  
other arrange-  
ments may  
have been  
made.

### RECYCLE

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



“The Birch Hills Golf Annual General Meeting and supper has been postponed, a new date TBD as soon as we are able within the parameters being laid out by the Province. We will provide information as to opening/restrictions/etc of the golf course as they unfold.”

# Annual Meeting

**Birch Hills Senior Centre**  
**Reservations Required for Supper (\$15)**  
 To reserve, call or text 306-864-8687 or 306-749-7756 by **April 14th**

<b>Tues</b> <b>7</b> <b>Apr</b> <b>2020</b>	<b>Happy Hour</b>   5:30 PM
	<b>Supper</b>   6:30PM
	<b>Meeting</b>   7:00PM
370 Bellamy Avenue	

Check With the Birch Hills Community Lutheran Brethren Church as these events may be postponed until a later Date.

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

**Sunday Morning Worship**

11:00am at the corner of 4th and Bellamy

**Wednesday & Friday Morning Moms and Tots**

10:00am - Noon at the BHCC \$2 Drop In

**Friday Night Youth** Age 12 and up

7:30pm at the BHCC

**Saturday Morning Coffee Row**

7:00am - 10:00am at the BHCC