

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

April 15th, 2020

Issue 232



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 (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 & STEFANIE WHITFIELD

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.

"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."

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!

ST MARY'S ANGLICAN Church UPCOMING
EVENTS

279 McCallum Avenue

Sunday, April 19th - Sunday After Easter

Sunday, April 26th - Second Sunday After Easter

Please join the Parish of St. Mary's - Birch Hills, St. George's - Kinistino and St. James' - Muskoday for virtual church brought to you over Zoom.

Prior to the service, please download the app at <https://zoom.us/support/download>

To receive the link and the order of worship, please email Father Jordan at jordan_draper@hotmail.com to ensure he has your email address. We are also looking into dial-in options for people without internet/cell services. Please call Father Jordan @ 306-749-2229 if you are interested.

Everyone is welcome to join.

O ALMIGHTY God, the Lord of Life and death, have pity on us miserable sinners, now visited with great sickness and mortality. Withdraw from us, we pray thee, this grievous affliction. Teach us so to understand and obey thy laws, that under thy good providence we may live in health and well-being all our days. Enlarge our charity to relieve the distressed, and above all, bless this visitation to the welfare of thy people and the glory of thy holy Name; through Jesus Christ our Lord. Amen.

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



Birch Hills Public Library

Birch Hills Public Library Report

Unfortunately we have had to close due to the COVID-19 Virus. 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 outside book drop.

As well, due to the virus we have had to postpone our Gala until the fall. Please check our Facebook page for updates.

We would like to thank everyone that came out and supported our pancake breakfast with a special thank you going out to Karen Jordan for collecting at the door, our board for all their hard work and donations of food - LeeAnne Hood, Val Quayle, Nadia Stevenson, Maxine Cromartie, Joanne Bzdel and last but not least our cooks: Bev Cromartie, Bruce Stevenson and Stan Bliss.

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

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 Belamy

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

EVERY WEEK IN THE HILLS Open to Community

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

Crystal Springs Rec Co-op

**ALL EVENTS POSTPONED
UNTIL
FURTHER NOTICE**

RECYCLE

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



Thank you all for helping me

- Bike Bob

The Birch Hills Blackhawks' 2019-20 season came to an abrupt, but necessary end this year. The Blackhawks were leading their Twin Rivers Hockey League final series against the Shellbrook Silvertips 1 to 0 after a 5 to 3 victory in Game 1 (best of 5 series). In Senior C Provincial playoffs, Birch Hills were leading Rosetown 1 to 0 (best of 3 series) after posting a 6 to 2 victory over the Redwings in Game 1. After such a great season, it was a heartbreaking way to end the hockey season.

The team would like to thank their board, coaches, volunteers, sponsors and especially the fans for their support during the season. The team would not operate without the contributions and support of everyone involved.

Thanks to our 2019-20 Sponsors:

Bronze:

Wong's Family Restaurant
Quayle's Pharmacy
Investors Group – Rupert Bremner

Silver:

King George Hotel
Tilford Farms – Bruce Tilford
TC Electric Inc. – Luc Robin
CMT Signshop – Marlene Hovdebo
Peifer Farms Ltd. – Sheldon & Deb Peifer
Armie's Trucking Ltd. – Armand Lajeunesse
LGL Contracting – Lewis Laczko
Cargill, Birch Hills
Farmer's Edge – Kris Babbings

Gold:

Vivid Painting – Brock Tilford & Derek Fjeld
Pratt Plumbing & Heating – Devin Pratt
Whitrow Farms – Al & Tracy Whitrow
Ozmun Farms – Troy & Lynette Jones

Platinum:

Affinity Credit Union, Birch Hills
Nutrien Ag Solutions – Perry Clarke
Braaten Construction – Neil Braaten
Macfie Safety Consulting – Scott Macfie
Great Western Brewing Company – James Mueller
Lake Country Coop
Carter's Custom Ag – Carter Braaten
Cornerstone Insurance, Birch Hills
Njaa Farm Ltd. - Kelly & Linda Njaa

Thanks to our Volunteers who make every game and event possible (apologies if anyone was missed – we know that there are lots of people who step up to help when needed):

Iris Fjeld
Ron Lyons
Murray Swenson
Carl Hanson
Chad Bruce
Brittney Becker
John Grambo
Pam Grambo

Rosalind Doderai
Bob McRury
Laura Swenson
Brock Tilford
Greg Manson
Neil Braaten
Ethel Rutherford
Georgine Harper

Ramona Swenson
Wade Cochrane
Jamie Tilford
Shannon Simposo
Stewart Adams
Linda Njaa
Kelly Njaa
Tracy Thompson

All Blackhawks' events are on hold until further notice.

Stay safe and healthy...we look forward to playing for you again next season!

Lon Borgerson



NDP Candidate
Batoche

lon@saskndp.ca FB/Lonborgerson

This is a time to thank all the
“frontline heroes”...

*Health care workers
Caregivers of Seniors & Elders
Childcare staff, postal workers
Clerks, cashiers & cleaners
Truckers and delivery drivers
Police and first responders
Journalists and reporters...*

We thank ALL those who keep
us healthy, safe, informed &
connected.

Blackhawks Hockey Windup

Postponed



Happy Hour 5:30-4:30
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



Daily at 7:00pm



Please turn on your outdoor lights
and stand on your
doorsteps/balconies or open a
window and **clap and cheer as
loudly as you can for all the
frontline workers** – medical
professionals and staff, caregivers,
shop workers, delivery personnel
and anyone else risking their own
lives to make yours better.
Let's try to get everyone doing this
in Birch Hills and surrounding
area...**set a reminder and join us at
7:00PM**