

The **'Birch Hills Community Heartbeat'** newsletter is printed bi-monthly and available at the following locations on the 1st and 15th of the month at: Co-op Grocery & Hardware, Quayle Pharmacy and Grumpy's. Pick up your free copy and share with a friend. Soon to be available online at [www.birchhills.ca](http://www.birchhills.ca)

August 15, 2011

Volume 1, Issue 4



Good Day Everyone!

Thank you to all that has participated in the production of the 'Heartbeat'. Your information, sponsorship, comments and reading of the newsletter is vital to the continuation of this paper.

During my three months of being in Birch Hills, I have met a lot of great people with amazing energy and creativity.

This is a beautiful town with lots to offer. I hope you will take part in many of the upcoming events. There are a few ideas in the works and if you want to get involved, it's easy. Just contact me and I'll hook you up! It is a terrific way to meet people and a way to ensure Birch Hills stays vibrant and active.

Keep sending your stories and upcoming event information. I love to hear from you.

**Stay Active, Stay Young!**

## LAKE PARK SHOW, SHINE & SMOKE

August 27, 2011

Win a '69 Plymouth Fury III



Registration begins at 10:30 am, activities begin at 11:30. New competitive classes include motorcycles and sport tuner compacts. We will also be holding our 2nd annual belt sander drag race as well as the usual smoke show. A

1969 Plymouth Fury III will be given away at the close of the show. (No car entry required, limit one ticket per family, must be present to win.)

Limited number of tickets available and are only available at the gate on the day of the show.)

Canteen will be available and all proceeds will go to charity.

## Birch Hills 'Bark in the Park'



On Sunday, August 28th, Birch Hills will host 'Bark in the Park'. This party in the park for pets and owners will take place in the field beside the skating rink from 1 until 5 pm.

Local Doggy Businesses will showcase their products and share information on the services they provide to our community. Treadmill training, agility course demonstrations, obedience training sessions, 'best of' contests and prizes are just some of the activities. Veterinary, groomers, kennels, nutritionist are just some of the services to be offered.

A concession stand will be provided with 'snow dogs', 'hotdogs' and 'mangy mutts'. Proceeds to go towards the SPCA.

All dogs are invited and must be leashed. Don't forget your pooper scoopers!

Please note: Event will be cancelled only if it's raining... Lets hope for sun!

If you have any questions, contact Laurie at the Rec Office 749-2251.

This issue of the Birch Hills activity newsletter is sponsored for you by **Quayle Pharmacy**

If you would like to be a sponsor of the next 'Heartbeat' newspaper, contact Laurie at 'birchhillsrec@sasktel.net'

The cost is \$100 for printing, advertising and ensuring that the newsletter stays free for the community. Half sponsorship are available too. Thank you for your support.

## Kids in the Hills

The Youth Center on Main St/Bellamy is available for kids to meet during the day (9-4) and Friday evenings. Enjoy pool, foosball, air hockey, guitar hero & other games. Watch for details on upcoming events.

**Play! Always.**

Anyone Interested  
in Learning to  
Unicycle?  
Contact Kathy at  
the Youth  
Center 749-2478.

FOOTBALL PRACTICE STARTS  
August 15 at the Birch Hills School

## Birch Hills Business Highlights

### 'DOGS GONE WILD GROOMING STUDIO'

Greetings to all the Animal Guardians of Birch Hills and the surrounding areas,

My name is Jodie Njaa and I have lived in Birch Hills for four years. In this time I have gotten to know the community and their passion for their furry four legged friends. I have always been an animal lover and passionate about keeping them happy and healthy. My career in the Animal Care industry started after high school 22 years ago.

I took a course that offered entry level training in the Veterinary Assisting field. After my training, I was hired as an assistant for various veterinarians in the states and for two in my home town of Prince Albert.

I worked for Marquis Road Veterinary Hospital for three years and in this time I was trained to groom dogs. I enjoyed doing this but decided I wanted to do more assisting in Veterinary Medicine. I acquired a job at Park Range Veterinary Services and worked there for five years as a Veterinary Assistant. After the birth of my two children I decided I wanted to open my own animal related business. So eight years later, with a diploma in Professional Pet Grooming, Walking, Sitting and



#### Family Football Tailgate BBQ

Friday, August 26

Silent Auction available

Feature Auction Items

- \* Round Trip for 2 anywhere WestJet flies

- \* Autographed Weston Dressler Football jersey.

Watch for Details!

### Birch Hills Dance Centre



SUMMER DANCE CAMP AUGUST 16-18

Hip Hop, Jazz, Ballet, Tap, Lyrical, Modern, Musical Theatre

9am to 4pm (Bring Bagged Lunch)

Junior Level (8-10yrs) \$90

Intermediate (11-13yrs) and Senior (14yrs+) \$105

Includes 3 days of dance, 4-5 classes /day

Partial packages available \$45

Spaces are limited: Register now (1st come, 1st served) at The Studio 749-2606 or with Mary 749-3446

Boarding in hand, here I am. I opened my business *Dogs Gone Wild Grooming Studio* in May of 2011. In this short time, I have had the pleasure of grooming many dogs with varying personalities. My prices are based on the breed and what the guardians want done to their furry friends.

I hope to serve Birch Hills and the surrounding areas for many years to come with quality dog grooming and ethical treatment of all dogs that enter my studio.

I can't express how much I appreciate the communities acceptance of my business and giving me the chance to prove my worth. Jodie Njaa

We're on Facebook!  
'Birch Hills Recreation'  
like our page to get up to date information



### *Catching the Wave!*

ONLY 2 WEEKS LEFT

August 14th Circus Week

August 22nd Talent Show Off

**\*SPECIAL DATES\***

**'Kids on the Block' Puppet Show**

August 17th, 2:30 pm at the Birchview Home

FREE TO KIDS OF ALL AGES

There is only a couple more weeks left for the Summer Playground Program. Playground leaders, Derek Manson, Brittany Larson and Elise Cochet having been doing a fabulous job of entertaining children from Birch Hills and Weldon. The Summer Program has attracted up to 40 children at one time.

Some activities included searching for dinosaur bones, baking with Jenni, Easter egg hunts, fire department tours and birthday cake with seniors.

The Playground Program takes place between 1 - 4 pm at the Birch Hills Senior Home playground on Mondays, Wednesdays & Fridays. On Tuesdays & Thursdays the program continues from 11 - 4 in Weldon.

Kids that are visiting the area are also welcome to join in on the fun.

## THE BIRCH HILLS DANCE CENTRE

Welcoming all new and returning dance students to our 12<sup>th</sup> season of operation!!!

Offering quality competitive and recreational dance classes for students ages 3 to adult. Our dance centre strives to motivate every student by offering dance education in a nurturing and positive environment. No previous dance experience is required to register, all levels of dancers are welcome.

### Full Season Classes- Beginning week of Sept. 4<sup>th</sup>

- Pre-school Combination- Ages 3-4- Classes consists of tap, ballet, jazz and tumbling
- Primary Jazz, Tap and Ballet- Ages 5-6
- Jazz- Ages 7 and up
- Ballet- Ages 7 and up
- Tap- Ages 7 and up
- Hip Hop- Ages 8 and up
- Lyrical- Ages 12 and up. Students must have 2 years jazz experience and currently be enrolled in regular season ballet and jazz classes.
- Modern- Ages 10 and up. Students must have a minimum of 1 year dancing experience.
- Pre-Pointe/Pointe Class- Ages 12 and up. Students must have a minimum of two years ballet experience and be enrolled in a regular season ballet class.
- Musical Theatre- Classes to start in January 2012
- Adult Classes

Stretch, Strength and Technique- Ages 10 and up. Great for competitive dancers.

### Registration and Information Night

Tuesday, August 23rd and Thursday, August 24th, 2010

5 Wilson Street- Dance Centre AT 6:30-8:00pm

Call Mary at 749-3446 or the Studio at 749-2606

### Winter Carnival Committee



There are a few brave souls that have signed up to be on the Winter Carnival committee.

We are seeking a couple more interested, enthusiastic and innovative individuals to help organize a fun filled day or week of winter activities. These events take a bit of planning so we need to start soon. A meeting will be scheduled in early fall.

Please contact Laurie at the Recreation Office if you are interested.



Library News - Summer Reading Program

**LAST CHANCE** to enter your name to win an Apple IPOD Log books to be handed in by August 25th

### RIDERS vs LIONS BUS TRIP

There are a few seats still available for the Youth Bus Trip to watch the Riders vs BC Lions Football game in Regina on October 16. Tickets are \$42 each.

If cost is an issue contact Kathy at 749-2478 or drop by the Youth Centre on Main St.

### PAINTBALL

August 22 at 6:00 pm at Paintball Paradise in PA. Bus leaves Youth Center at 5:30 pm.

Cost is \$33 for the Basic package OR \$50 for the Super Pack (includes HotDogs after)

### NEW GROUND CAFÉ

Open 11 - 3 pm Monday, Wednesday, Friday  
Thursday for supper by reservation only

For special catering requests contact Jenni 749-2529 or email

[newground@sasktel.net](mailto:newground@sasktel.net)



Please Share  
Paper with a  
Friend

**Birch Hills Recreation**

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*Communities that play  
 together, grow together!*

**King George Hotel**

Wing Night Fridays

8 - 11 pm

\$4.50/lb

Eat in Only

**COMMUNITY BOOSTERS is**

For those that are interested in community improvements and business development.

Meetings are 3rd Tuesday of the Month at the Town Office. Next Meeting is September 20th at 7:30 (ends 9pm sharp...we promise!)

All ages are welcome

**Drop In Adult Softball**

Every Friday at 7pm

Anyone aged 18+ is welcome to come out to the Lion's Park Ball Diamonds to play. Bring your bats, gloves, and friends.

Drop in cost is \$2/person.

You don't have to be good...just willing to play!

**Birch Hills Community PreSchool Registration**

Tuesday August 30th at the school library 7pm  
 Enroll your 3 & 4 yrs olds for games, crafts & more

For more information contact:  
 Lisa 749-3137 or Jody 749-2843

**GOLF COURSE CORNER****Ladies Golf**

Tuesdays 9:30 am  
 and

Thursdays 5:30pm

Drink Specials \$4.00 Caesars

Mondays 7am until 5 pm

2 for 1 Green Fees

\$16 for 9 holes

\$29 for 18 holes

**Men's Night**

Tuesdays register by 5:30

Shotgun Start at 6:00pm

Drink Specials \$4.00 Beer

Hungry but don't want to wait?...why not pre-order lunch  
 Call 749-2211

**SK Party Batoche Constituency Golf Tournament**

August 21, 2011

Meet your MLA Delbert Kirsch

Golf at 1 pm Supper at 5pm  
 Cost is \$60/person Includes golf & supper (golf carts extra)  
 Supper only \$20/person

Advance Tickets only  
 Contact Al Bzdel 749-3468 or  
 Kelly Braaten 960-1478

**Birch Hills Upcoming Events**

August 16-18 - Summer Dance Camp  
 17 - Kids on the Block Puppet Show  
 21 - MLA Meet, Golf & Dinner  
 22 - Paintball  
 23/24 - Dance Registration  
 25 - Rec Board Meeting

August 26 - Riders Tailgate Party  
 27 - LPBC Show, Shine & Smoke  
 28 - Birch Hills 'Bark in the Park'  
 30 - PreSchool Registration

Sept 2 - Thimbles & Threads starts  
 4 - Dance Classes start  
 13 - Community Advisory Mtg  
 20 - Community Boosters Mtg

October 2 - Brancepeth Hall Fall Supper  
 16 - RYSC Youth Rider Game

November 20 - Hockey Referee Clinic

Adult Volleyball starting in Fall.  
 Watch for Details

**Thimbles & Threads**

Starts Monday, Sept 2nd  
 Meet weekly from 6:30-8 pm  
 At Birchview Nursing Home

Bring your own sewing machine & fabric.

Group or individual projects  
 \$2 donation goes to the Home

For more details contact  
 Melissa Braaten 749-3482

**Other Community Events**

Aug 21 - Lanigan Partner Golf Tournament



Recreation Activities Provided through Sask Lotteries

**[birchhillsrec@sasktel.net](mailto:birchhillsrec@sasktel.net) or 749-2251**

Deadlines for submissions is the 10th and 25th of each month.