

# BIRCH BARK NEWS



## AG SOCIETY

The next meeting will be held on October 7 at the Eaglesham Hall. Everyone is welcome to attend.



## CANSKATE/POND HOCKEY

Can Skate and Pond Hockey will run Tuesday and Fridays at the West Smoky Rec Center. The program will run for Dec, Jan, Feb after school. Details will be coming soon! Please contact Andrea with questions at 780-864-8418.

## TANGENT SOCIAL CLUB

The Tangent Social Club is now open for Coffee Time on a trial basis. It will open on Thursdays from 1:00 pm to 4:00 pm. COVID-19 rules will be adhered to as they want to keep everyone safe. Since they were unable to hold their AGM in March, the memberships are now due. For the remainder of this term memberships are only \$10/person. A huge THANK YOU to all of the volunteers that helped with the Annual Alberta Highway Clean-up - without the help they could not have accomplished what they did. Thank you!

## WEST SMOKY RECREATION CENTRE

Our *Fitness Centre* continues to operate year-round. Memberships are available. Please see our pricing schedule at [www.eaglesham.biz/wsrc](http://www.eaglesham.biz/wsrc) We will be installing the ice surface in November in preparation for a start date of December 1st. Check the website for event scheduling and information updates. Extra health safety measures and deep cleaning will be done as per provincial Covid-19 regulations.

## COMMUNITY WEBSITE

Are you aware of our community website that is sponsored by the Eaglesham & District Agricultural Society? Numerous and interesting local organizations and events are advertised as well as public opportunity for free advertising such as Real Estate. Check it out to see what you have been missing! [www.eaglesham.biz](http://www.eaglesham.biz)

## EAGLESHAM SENIORS SOCIAL CENTRE

*Community Coffee Time* has resumed weekday mornings from 8:30 to 10:00 am. All ages are welcome.

**SUPPER:** October 5 at 5:30 pm - Enjoy a roast beef meal with Yorkshire pudding and all the fixin's including dessert! Cost: \$15.00 for an adult portion plate and \$11.00 for seniors and kids portions. You may choose to eat in or take out! Order your choice of plate IMMEDIATELY by contacting Margaret at 780-837-5469 or Leah at 780-837-1190.

**CRIBBAGE TOURNAMENT:** October 17. Registration at 9:30 am. Tournament begins at 10:00 am. Cost of \$15.00 includes lunch and prizes!

**SILENT AUCTION:** Auction prizes will be displayed as acquired, for two months at the back table of the Senior's Centre for viewing and bidding. Prizes will be awarded in December.

**NOTE:** Social distancing measures are being followed as per provincial Covid-19 regulations.

## EAGLESHAM COUNTRY CHRISTMAS MARKET FUNDRAISER

Come out and do some shopping and support the Eaglesham Hall!

Date: Nov 8 / Time: Noon to 4:00 pm

Location: Eaglesham Hall

Please call Cathy to book a table or for more info. Soup and Sandwiches available for take out orders only.

COVID RESTRICTIONS WILL APPLY to keep our communities safe while supporting a local cause.

## JUNIOR YOUTH

Junior Youth Group for grades 3-6 begins Wednesday, November 4!

It is held every other Wednesday (Nov 4, 18, Dec 2, 16), from after school until 5:00pm, at the Eaglesham Community Church.

Everyone is welcome to attend. Students must give the school a note from their parents giving the youth permission to walk to Junior Youth Group after school. Also, there is an information slip that parents need to complete and youths bring to the first meeting. For forms and further info call or text Dave at 780-837-5359 or Cristi at 780-505-1009.

## OCTOBER 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3 RC Mass Eglesham
4 CC Service RC Mass Tangent	5 Senior's Centre Supper	6	7 Ag Meeting	8	9	10 RC Mass Eglesham
11 CC Service RC Mass Tangent	12 THANKSGIVING DAY	13	14	15	16	17 Crib Tournament RC Mass Eglesham
18 CC Service RC Mass Tangent	19	20	21	22	23	24 RC Mass Eglesham
25 CC Service RC Mass Tangent	26	27	28	29	30	31 HALLOWEEN

### CHURCH SERVICE SCHEDULE

**EAGLESHAM COMMUNITY CHURCH (CC):**  
Service: 10 am Sundays until further notice.

**ROMAN CATHOLIC CHURCH (RC):**  
Mass: Sundays in Tangent at 9:00 am  
Saturdays in Eaglesham at 7:00 pm

### INFLUENZA IMMUNIZATIONS/FLU SHOTS

The Spirit River Public Health have scheduled flu shots in various locations. The clinics are scheduled as follows:

- Oct 13: Rycroft Hall – 1:00 pm to 3:00 pm
- Oct 19: Public Health Unit in Spirit River – 9:00 am to 4:00 pm
- Oct 29: Wanham Senior's Center – 10:00 am to noon
- Oct 30: Public Health Unit in Spirit River – 9:00 am to 4:00 pm
- Nov 3: Public Health Unit in Spirit River – 1:00 pm to 4:00 pm
- Nov 4: Eaglesham Senior's center – 1:00 pm to 3:00 pm

If you have any questions, please contact the Spirit River Health Unit at 780-864-3063.

### HEALTH SPOTLIGHT

OK you're not a runner. How about walking? 20 minutes will do it. Easy to Moderate pace= you can easily talk to a friend Moderate pace= taking deep breaths and talking easily in full sentences (this is where you get maximum fat burning) Moderate to intense = talking in short sentences Intense= gasping out a phrase now and then (this is your maximum cardio or heart workout) It's perfect weather to start the amazing healthy habit of walking every day.

Have a Happy Day!

Jeanette



**A thankful heart is the greatest virtue. – Cicero**  
**No prayer can be better than the prayer of giving sincere thanks and praises to God. – Unknown**