



# BIRCH BARK NEWS

## AG SOCIETY

The Ag Society AGM will be held on January 16. NEW board members and ideas are welcome. At this point, due to covid, they are unsure if it will be in person or a virtual. Contact Martine at 780-837-4783 with questions.

## MEMORY TREE

The 2020 tree of memories was a great success. Together we raised \$850 for the Central Peace Food Bank. The decorated Christmas tree was at the post office over the Christmas season. Participants purchased ornaments of remembrance by giving a donation. Thanks to Denise Joudrey, the post office staff and the Tangent Social Club for their support of this effort. If you wish to make additional donations funds can be sent to the Central Peace Food Bank, Box 1008, Spirit River AB TOH 3G0. If you are in need of the Food Bank contacts are: Shelley 587-297-7680, Pat 780-765-3983, Elaine 780-512-9628. The foodbank email is: centralpeacefoodbank@gmail.com

## SANTA'S WILD GOOSE HUNT THANK-YOU

We had tremendous community support every step of the way. Congrats to the "Cools Cats" - Bridget Huber's household were the winners of the scavenger hunt.

Fireworks sponsored by CNRL, WSRC and the Ag Society. Thanks to Cliff Garrett and David Suter for coordination and location. Additional financial support from the Eaglesham Community Church and Dane Scott Ranching.

Ginette Paradis and Paradis Valley Honey for the creation of the scavenger hunt and sponsorship of the Wild Goose Chase app.

Jeanette and Theode Kasper, in coordination with Dave Squires and the Eaglesham Community Church, for the live animal display and nativity.

Prize pack financially supported by the Royal Purple and included locally purchased gifts and donations from Ben Squires and Megan Emerson.

Everyone who put up Christmas lights, especially the 20 homes listed on the tour. These displays brightened our dark nights, and hopefully remind us there are brighter days ahead, thank-you for sharing.

## COMMUNITY WEBSITE

Are you aware of our community website, sponsored by the Eaglesham & District Ag 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)

## POND HOCKEY

A Pond Hockey program may be offered in January for kids in Grades 1 to 6, when team sports are permitted. The program will be a mixture of dry land and dugout skating. Contact Andrea at 780-864-8418 if you have

## COUNTRY CHARM

Country Charm is still open for business as usual. COVID guidelines are in place. Hours are:  
Mon to Fri: 7 am to 10 pm, cook until 8pm  
Sat: 10 am to 10 pm, cook until 8pm  
Sun: 10 am to 10 pm, cook until 4pm (AA meetings hosted on Sundays at 7 pm).

## SEED CLEANING PLANT

The seed cleaning plant will open for business by appointment only. Seed testing is available and can be dropped off at the office. Please call 780-359-3951 to schedule or to drop off samples.

## JUNIOR YOUTH

Junior Youth continues to be postponed to adhere to the COVID 19 provincial regulations.

## EAGLESHAM SOCIAL CENTRE

The Eaglesham Social Centre will be closed for coffee and all other events until further notice.



# HAPPY NEW YEAR



## JANUARY 2021

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 NEW YEARS DAY	2 RC Mass Tangent
3 CC Service RC Mass Eglesham	4	5	6	7	8	9 RC Mass Tangent
10 CC Service RC Mass Eglesham	11	12	13	14	15	16 RC Mass Tangent
17 CC Service RC Mass Eglesham	18	19	20	21	22	23 RC Mass Tangent
24 CC Service RC Mass Eglesham	25	26	27	28	29	30 RC Mass Tangent
31 CC Service RC Mass Eglesham						

### CHURCH SERVICE SCHEDULE

EAGLESHAM COMMUNITY CHURCH (CC):

Service: Call 780-359-2077 to confirm service times

### ROMAN CATHOLIC CHURCH (RC)

Mass: Sundays in Eaglesham at 9:00 am

Saturdays in Tangent at 4:00 pm

### WEST SMOKY RECREATION CENTRE

The fitness centre and running track are available to members by appointment only and only one household can use each facility at a time. Memberships are \$35/mo or \$125/yr for individuals or \$250/yr for a family.

Text 780-279-0006 to book your time.

### HEALTH SPOTLIGHT

You know those aches and pains that you can't seem to get rid of. We can't blame old age. Blame inactivity! And the problem is our fascia. When I cut and wrap our meat, we cut off the "silver skin" as it's tough to chew--that's the fascia. It covers every muscle, tendon and ligament in our bodies. As we stop moving so much, the fascia, which is wet and slides over the muscles etc., gets dry and starts sticking. And that's what those aches and pains are. Fascia is tough so it takes consistency of movement to get it moving properly again. But it's easy. A hot bath with epsom salts. Skating. And vibration dancing are the best ways. Vibration dancing: get some good music going, start shaking your fingers, then wrists, arms, shoulders, head and all the way around the body. Dance for 10 - 15 minutes. I'm looking forward to seeing people dancing around town! Here's a link to read more about our fascia. [Understanding Your Fascia | Runner's World](#) and here's a link for a 10 minute whole body stretching routine. Let's get moving, pain free, again! [\(66\) 10 min Morning Yoga Full Body Stretch for Beginners - YouTube](#) Happy New Year!



Have a Happy Day!

Jeanette

It is never too late to be what you might have been. – George Eliot

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves. – William E. Vaughan

You are never too old to set another goal or to dream a new dream. – C. S. Lewis