

# MUNDARE NEWS

## Recycle Yard

Open Second Saturday of the month, next date is **March 10 from 10 am-noon**. Branches, wood, small electronics, batteries, LED bulbs accepted. Sorry **no** mattresses, fridges or freezers or other household waste will be accepted.

## COUNCIL UPDATES

If you have a complaint or concern that needs to be addressed by council – please put in writing and forward to the Town Office. All New correspondence will be tabled at the next council meeting. Next Council meeting is March 6 & 20.

## Garbage bins


Please be aware that GFL has notified us, if your bins are over filled, they will **NOT** be picking them up also make sure to pull your empty bin in on the same day. Recycle or Garbage is only to go out the night before, not 2 days before as these have been issues brought up with clearing roads and walkways.

## Contact Numbers

Please provide the town office with updated cell phones, or contact phone numbers as this helps if we are having issues in the town and need to contact you.

*An Elegant Evening To End  
Distracted Driving*  
**"MardlgRADD Style"**

**Saturday, March 10  
Mundare National Hall**




*Don't miss this formal evening of entertainment and information in support of RADD, Renage Against Distracted Driving.*  
*On March 15, 2013 Renage Wade was involved in a crash on the Yellowhead Highway in Edmonton, which was a result of a distracted driver.*  
*She has spent the last five years recovering and now speaks to students in schools and the public about the effects of distracted driving.*

- Doors open at 5:30 pm
- Wine Tasting – Sponsored by Liquor Den, Vegreville.
- Supper at 6:30 pm
- Presentations at 7:30 pm
- Live Auction – Hosted by Dale's Auction Service
- Dance to follow

*Tickets are \$30 per person and available at Hiway 16 News, Oldschool Diner - Vegreville, and Stawnichy's Meat Processing in Mundare.*

This event proudly sponsored in part by



## Reminder

Animal Licence's are now Past due for the **2018** year

**Please come in and Renew your Licence**



## SCAN

1(866)960-7226

Is there a property in our community where illegal activities may be occurring? Scan holds owners accountable for activity taking place on their property and supports landlords by helping them remove problem tenants who disrupt neighbourhoods and destroy property. SCAN uses civil legislation to target properties, not people. Any criminal activity uncovered when dealing with these properties is turned over to the police to investigate. You can call or file a complaint on line at [www.scan.ablerta.ca](http://www.scan.ablerta.ca)

## AROUND TOWN

### Mundare Salon & Barber

I am back to work as of February 22. March special is Colors and Perms 10% off. My business hours are Tues-Friday 9-5 pm and Saturday 9-1 pm. Evening appointments are available by appointment only. I would like to thank all my clients for their kindness & support over my recovery period.

### Mundare Bakery

Is opening back up starting March 7 for Bread and Buns only. Bakery will be open on Wednesdays from 11am-4pm and Saturdays from 8am-1pm for the month of March and April.

### Baba's Attic-

Babas attic is moving from the previous building to main street, 5215-50 Street. We are in the midst of renovations and are working hard to finish as soon as possible. In our new location we are also going to have a coffee/soup and sandwich shop with Perogy and sausage plate. Is there any ladies out there that make awesome cinnamon buns, muffins, scones and pies that would like to supply the coffee house? Any questions, feel free to give

me a call (780) 966-2781. We will let you know through the newsletter and radio when we are opening. Thank you for your patience.

Elsie

### The Corner Pub-(under new ownership)

Changes to business hours: Monday-Thursday 11:30-12:30 and Friday & Saturday 11:30-2:30 am. Closed on Sundays.

Promotions:

Happy Hour: Mon-Fri 2-6pm

Wing Day: Wednesdays \$4.50 for 8 pieces.

Free Pool: Thursdays

Karaoke: March 24, 9pm-2:30am

\*\*New Event\*\*

Free Juke box day with sing a long, every second Friday of the month from 9pm-1 am

### Senior Citizen's Club

Memberships for 2018 are now due. April 30 will be the last bingo for the centre. Next Perogy supper is March 16 at the Seniors Centre from 5-6:30 pm

Everyone welcome!!

### Communities in Bloom

C.I.B. co-hosted the snow-shoe rally at Victory Park in conjunction with town's activities on

Family Day. Thanks to the brave participants (37) that came out on this cold day to partake in the rally, roast marshmallows & hot dogs on an open fire (thanks to Ray Talaga for keeping the fire going) Our committee would like to express our appreciation to Stawnichy Meats for the donation of the wieners, Mayor Mike Saric, Councillor Cheryl Caloiniu, and Lisa Euchuk for their assistance with this function. Our heart felt condolence to our members Bob & Debbie Gratton on the loss of Bob's mother. Next meeting is Monday March 19, at 2:00 pm at the hub.

### Mundare Minor Ball

AGL and registration on Wednesday, March 21 at 6:45 pm. We will hold our meeting and registration at Victory Park in the Hub building (5201-54 Street)

### Town Wide Garage Sale-

May 5 from 9-3. Please register at the town office

# MCL

## MAJOR CASE LAW

Real Estate Transactions

Wills/Estates

Commercial Law

Conveniently located in the heart of Mundare

Call (780)908-9811 or email  
admin@majorcaselaw.com  
To book an appointment

### **NOTICE from Mundare Liquor Store**

All Liquor licences must be applied for on-line. No licences will be done in ANY liquor stores as per AGLC. Please visit: [www.aglc.ca](http://www.aglc.ca). They suggest requesting 14 days in advance of your event.

### Curling Bonspiel

Men's Bonspiel—March 16-18

To register your team, please call the town office  
At (780) 764-3929

## MUNDARE SCHOOL



On Friday, February 23rd, Mundare School hosted Board Chair Boymook, Trustee Footz, Minister of Education David Eggen, and MLA Jessica Littlewood. The purpose of the visit was to highlight a few of the programs and accomplishments that we are most proud of. During this visit, we wanted to highlight the exceptional results we are having in literacy; our math intervention program and the ground floor initiatives that we are doing with First Nations, Metis and Inuit education and the important work around reconciliation.

The visitors arrived at the school approximately 10:00 a.m. and were greeted by 3 grade 5 students; Annya, Seth and Sadie.

This lively trio escorted our visitors around the school drawing attention to the areas that we wanted to showcase including the grade 7 programming class. Minister Eggen and MLA Littlewood took the time to speak with many students about their experiences with rural education in Alberta.

This was a very positive visit and one that we were honoured to host. We are very

proud of our school and welcome the opportunity to highlight the advantages of being a smaller, rural and innovative school any time.

Sincerely,

Liane Schultz, M.Ed  
Mundare School Principal





Royal Care

**Guardian**

Compounding Pharmacy

Starting this month of March, Our own local Pharmacy will be publishing a health & wellness article in our newsletter. This month we are kicking it off with a very important topic....Aspirin..

A regular, small dose of aspirin may help prevent cancer in general and colorectal cancers in particular, says findings published in the Journal of the American Medical Association (JAMA) Oncology.

New findings show long-term Aspirin use has been linked with a modest but significantly reduced risk of overall cancer especially gastrointestinal (GI) tract tumors.

Historically aspirin was most commonly taken for treating or preventing headaches, arthritis, cardio vascular disease and musculoskeletal pain.

Weekly aspirin has found to reduce the risk of colorectal cancer by 19%. Team research looked at 20,414 cases

of cancers among 88,084 women and 7,571 cancers among 47,881 men over a period of 32 years found results that suggest the effectiveness of aspirin in the prevention of colorectal cancer is dose-dependent and also found that the regular use did not correlate with lower risk of any other cancers. What effects aspirin has on other types of cancer still remains unclear.

Findings suggest that aspirin may impact additional mechanisms that contribute to the formation of cancer in the GI tract. This could explain the stronger association of aspirin with a lower risk of gastrointestinal cancers.

Aspirin may prevent Colorectal cancer weather people undergo screening or not, but findings indicate that substantially more cases were prevented among people who did not take part in screening especially those 50years or over that took regular aspirin.

The authors of this research recommend balancing the benefits of aspirin for Cardio vascular Disease and cancer with potential harms, such as GI tract bleeding.

They conclude that: "Aspirin may be a potential low-cost alternative to endoscopic colorectal cancer screening in resource-limited settings or a complement in settings in which such programs are already implemented, including the general US and Canadian populations, in whom screening adherence remains suboptimal."

Aspirin use, they say, could complement colorectal cancer screening and could be beneficial regardless of endoscopy status.

Before initiating an Aspirin a day therapy, please be sure to discuss it with your doctor, pharmacist or healthcare professional because some health conditions may not be compatible with aspirin.

**MUNDARE**



**CENTRE**

Located at The Hub @ Victory Park (5201 54th Street)

**OPEN Friday Feb 16, Mar 23, Apr 27, May 18**

Call 1-877-895-2233 for more info.



**BELONG CONNECT PLAY**  
We will bring the snacks, you bring a friend.

**FREE TO ATTEND!!!**

**5-7 pm: Grades 4 and up**  
**7-9 pm: Grades 7 and up**

You will need to fill out our one time permission form available on site.

Sponsored By:



# LIBRARY NEWS

## On Order for Young Readers

We Came Back– Patrick Lacey  
 The Rosie Black Chronicles-  
 Lara Morgan  
 The Vanishing Moment– Mar-  
 garet Wild  
 The Neon Lawyer-Victor Methos  
 The Shrine of Jeffrey Dalmer-  
 Brian Masters  
 The Fill-In Boyfriend– Kasie  
 West  
 Ashfall Series-Mike Mullin  
 Eliza and Her Monsters-  
 Francesca Zappa  
 Twinmaker-Sean Williams  
 The Rot and Ruin Series– Jona-  
 than Mabery  
 A Series of Unfortunate Events–  
 Lemony Snickett

## On the shelf for Adults

Molly's Game\*(movie tie-in) The  
 True Story of the 26 year old  
 woman behind the most exclu-  
 sive high stakes underground  
 poker game.  
 Need to Know Anatomy of a  
 Scandal: A novel– Sarah

Vaughan  
 My Brilliant Friend: Neapolitan  
 Novels, Book One

## Pre-School Programs

Include a story, craft , and a pea-  
 nut/nut free snack. Everyone is  
 welcome. **Please register with  
 the Library** or by phoning (780)  
 764-3929 so we can plan snacks and  
 crafts. Snacks are peanut and nut  
 free. If your child has allergies,  
 please let us know, prior to the pro-  
 gram.

**Tuesday, March 13**  
**2:15– 3:15 p.m.**

“The Pigeon Needs a Bath”  
 The pigeon is filthy! Everyone  
 thinks he needs a bath. The pi-  
 geon, on the other hand, thinks  
 that is a matter of opinion. Pigeon  
 has many, many excuses for not  
 making a splash.

**Tuesday, March 27**  
**2:15-3:15 p.m.**

“Here Comes the Easter Cat”

It's nearly Easter, and everyone is  
 ready for the arrival of a certain  
 bunny. Well, almost everyone.  
 Cat is jealous, and decides to be-  
 come the Easter Cat, so everyone  
 will love him. Find out if the  
 Easter Cat succeeds in his quest  
 for happiness.

**\*\*SAVE THE DATE\*\***

Monday, April 16– Author Tour  
 At 3:00 pm in the Mundare Town  
 Office Foyer.

“Loot for the Taking” by Author  
 Don Levers. This novel is based  
 on a true story about a bank heist  
 in British Columbia.

## **Author Visit!**



## **SPECIAL THANK YOU!!!!**

To Mike Adams for the donation  
 of the blue ray DVD's. Please  
 watch for the list of new rentals

# Mundare Registry and KC & Co Insurance

**Registrations are now due** for  
 anyone with the last name start-  
 ing with **B & Y** and are now **Past**  
**DUE** for anyone with the last  
 names Starting with **M & Q**

Sign up for organ donation-Saves  
 lives at [Canadadonates.ca](http://Canadadonates.ca)  
 E-reminder services are available  
 for vehicle renewals & operator

licences, receive either texts or  
 email reminders.

We now have lawyer William N.  
 Bohdan Zadworny here on Thurs-  
 days from 9-5 pm for all your  
 estate, real-estate, wills and ad-  
 ministration needs.

We also offer insurance for  
 home, auto, commercial, tenants,

property and farm.

Give us a call to find out more.  
 (780) 764-2238  
 5008-50 Street (Main Street).



WE ARE ON THE  
 WEB  
[WWW.MUNDARE.CA](http://WWW.MUNDARE.CA)

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