

MUNDARE NEWS

Recycle Yard

Open Second Saturday of the month, next date is **September 8 from 8am-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. Council meetings for September are on the 4th and 18th.

Town Office

As part of our financial system upgrades We Will be closing the town office for the first time in early October for a few days. A drop box will be available outside of our office for cheque drop offs only, sorry for any inconvenience. For emergency's please call public works at (780) 208-4464

PARENTS & TOTS

SEPTEMBER 13-JUNE 20

Thursdays 10am-noon

At the Mundare School

PALS room

Programs are geared toward parents/guardians with children 0-6 years of age

For further information contact Erin@ (780)895-2233 ext 244

Or toll free @ 1-877-895-2233 ext. 244



MUNDARE

Community Awareness

September 24, 2018

6:00pm - 8:00pm

Located In School Gym

PROMOTE your organization, have direct conversation with your neighbours,
BUILD YOUR COMMUNITY

Community clubs and organizations welcome, please no vendors

Contact FCSS Lamont County Region to register your organization today!
780-895-2233 Ext. 226

Brought to you by




AROUND TOWN

Residents

Please be courteous of your neighbors. Please do not put your garbage in their bins, use your own and recycle.

The Corner Pub

Happy Hour: Monday-Friday
2-6pm

Wing Day: Wednesdays

Free Pool –Every Thursday

Free Juke box day with sing a long
September 14 from 9pm-1 am
(every second Friday)

Karaoke: September 29, Saturday
from 8 pm –2:00am

****New Menu****

New menu available!!

Korean Traditional Food

Bulgogi Rice,

Bulgogi Noodles,

Ramyun (Noodle Soup)

and Fried Rice with Beef

Stawnichy Meat Processing

We are Pleased to announce that we are selling fresh bread products from the Italian Bakery from Edmonton until the Mundare Bakery re-opens. Come by to get some fantastic fresh baked bread daily!!

Mundare Fish & Game

On **Saturday, September 8 Mundare**, Fort Saskatchewan and Lamont Fish & game clubs will be hosting a junior shoot, gun shoot at the Mundare Fish & Game range, just north of Mundare. The event is open to anyone aged 11 years to 17 years. Parent/Guardian must be present to register at 9:00 am on the 9th. Program is scheduled to start at 10:00 am. This event is FREE as well as food and beverages will be supplied. Located north of Mundare on the east side of RR 170, 3/4 mile north of TWSHP 542. Watch for signs

Communities in Bloom

On behalf of our members we would like to express our thanks to the following volunteers who have assisted us with the concession at Victory Park: Judy Shaw and Ed Jackson. Thanks goes out to Tom Carson, Bob & Debbie Gratton, Marg & Ken Donaldson, Leanne Morrison, and Jaime Burghardt for planting trees in Whitetail. We would also like to send thanks to Roman Perlik for the extra help in decorating our float for the parade, and to Neil McKellar for pulling the float with his vehicle. Our next meeting will be held on September 17, 2018 at 1:00 pm in the council Chambers. Please note: Watch for our display at the community awareness night on September 24, 2018 at the school. Looking forward for your suggestions & input.

Congratulations:

To KATE TALAGA who was selected for the Alberta softball team to play in Japan in late August 2018. Kate is 17 years old who mainly pitches, but plays other positions for the Sherwood Park Storm Team. She is the daughter of Blair & Cindy Talaga of Sherwood Park and granddaughter to Ray & Irene Talaga of Mundare. GOOD LUCK KATE and her team!!

Perogy Dinner

Seniors center Perogy dinner, September 21, from 5-6:30 pm. Everyone welcome.

Takeout is available.

Thank- You

Council thanks the following for their help at the parade and luncheon. Parade Marshalls, Myron, Allen, & Nicole Dubyk. Luncheon: Lisa Euchuk, Theresa Warawa, Colton Euchuk, Colin Zyla, Gloria Radzick, Cathy Rakchaev, Roman & Lorraine Perkik, Darcea Benio, Marsha Woloschuk, Marvin Batog and Diane Ell

Zombie Run that was scheduled to take place at the end of September has been cancelled
Due to lack of registrants
Fees paid will be returned

MUNDARE SCHOOL

GREETINGS From Mundare School and Staff!!

My name is William Korec, and I am the Principal of Mundare School. I am very excited to lead the Mundare School team and to work collaboratively with parents and staff to support the learning needs of our students. I have previously worked in Lamont, Sherwood Park and in Vegreville, so I am anticipating great things from the students at Mundare.

Mundare School has a reputation for great community spirit and for student leadership, so I am looking forward to experiencing that part of school culture first-hand. Please bookmark our school website (<http://mundareschool.ca>) to ensure that you have the most current information about all of the great events that will be happening at Mundare School all year. Parents, Please ensure that all your personal information is up-to-date (electronically), so that we are able to contact you, when necessary. We thank you, in ad-

vance, for keeping this information current.

Our school team is looking forward to seeing everyone !!

Time to try on those school shoes! We shall see you all very soon!

William Korec, Med
Principal



ALZHEIMER'S & DEMENTIA

September is Alzheimer's & Dementia month and so we will be shedding some light on how to avoid getting into these pitfalls.

11 Ways to Love Your Brain

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body. Start now. It's never too late or too early to incorporate healthy habits.

Break a Sweat

Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

Hit the Books

Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at the local college, community center or online.

Butt Out

Evidence shows that risk factors for cardiovascular disease and stroke—obesity, high blood pressure and

diabetes negatively impact your cognitive health. Take care of your heart, and your brain might just follow.

Heads Up!

Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

Fuel up right

Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (dietary approaches to Stop Hypertension), may contribute to risk reduction.

Catch some Zzz's

Not getting enough sleep due to conditions like insomnia or sleep apnea, may result in problems with memory and thinking.

Take care of Your Mental Health

Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

Buddy Up

Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community—if you like animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an after-school program, or, just share activities with friends and family.

Stump yourself

Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

HERBAL SUPPLEMENTS:

Studies have also shown that smart herbal and nutritional supplementation could be very helpful in keeping these two health conditions under control. Do you need assistance in choosing the right, smart and evidence based herbal supplement? Call and /or come and talk to us at the pharmacy to get the correct advise and help in securing the supplement that is right for you.

Please call us for more information.

From your friends at:

Royal Care **Guardian** Compounding Pharmacy

MCL

MAJOR CASE LAW

Buying or Selling a Home?

Contact us for all your Real Estate Conveyancing Needs!

Conveniently located in the Heart of Mundare!

Call (780)908-9811 or email

admin@majorcaselaw.com

To book an appointment

**You can also call Curtis Long directly
at (780)937-4097**

Mundare Registries

Vehicle Registration Now due for Last Names starting **F, Po, R** and now past due for **E, Gr, and R.** from your friends at :



LIBRARY NEWS



“Clifford’s Kitten”

**Tuesday, September 18
2:15-3:15p.m.**

Clifford is Emily Elizabeth’s dog and only pet. That is until one day, a lost little kitten appeared. Would Clifford be happy to have the kitten around until her owner was found? Find out at story time.

Library will be CLOSED Thursday , September 20
(Annual Northern Lights Library Conference)

COMMUNITY AWARENESS NIGHT– Please visit the Mundare Public Library booth at the September 24 event at the Mundare School Gym. This event runs from 6pm to 8 pm

THANKS TO : Harvey Spak for pulling the float, and thank you to everyone that supported our silent auction.

Reptile Party on August 9th at the Library was a hit with young and old. Participants left the party with a better understanding and appreciation for the cold blooded reptiles.

Library Hours:
Monday & Tuesday 12-6pm
Thursday 10am-5pm

60 Large print books are Now Available, come check out our selection

Please register with the library for the Preschool Programs so we can have enough craft supplies and peanut/nut free snacks.

“Kitten’s First full Moon”
**Tuesday, September 4
2:15-3:15 p.m.**

To Kitten, the full moon in the sky looked like a bowl of milk, and what kitten doesn’t love a saucer of milk? Follow the adventures of Kitten as she chases after the milky moon in the sky. Find out at story time if kitten is successful in getting to dip her paws in the saucer of milk.

MUNDARE MINOR HOCKEY– INITIATION

For first year players interested in playing hockey in Mundare please call or text Joanne at (780)603-1594 before October 20 to register

Practices will run Tuesday and Thursday evenings in the Mundare Arena.

First practice will be on October 23!!

Everyone Welcome!!



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