

MUNDARE NEWS

Recycle Yard

Open Second Saturday of the month, next date is **November 10 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 November are on the 6th and 20th.

New Doctor

Is tentatively booked to come to Mundare Once a week starting in Mid- November

Town Office

As part of our financial system upgrades

We Will be *closed* the *Mornings* of **November 6-9** and open from 1pm-4pm on those days. Sorry for any inconvenience

More Dates to follow

For emergency's please call **public works** at (780) 208-4464

Mary Immaculate Care Center Auxiliary

Annual Bake Sale

5335 Sawchuk Street
(Basilian Fathers Museum)

11am-1:30 pm Friday November 16
*Donations Welcome– Contact Sharon (780) 764-2447 or any Auxilian. Donations can also be dropped off at the museum on the 15 between the hours of 10-4 or early on the 16.

Christmas

December 1, 2018

EXTRAVAGANZA

Servus Credit Union

1:30pm–3:00pm

Christmas Ornament

Make it & Take it,

Door prizes, Everyone

Welcome

Mundare Recreation Centre

11-4 pm

Christmas Craft Market & Gigantic Bake Sale, Food concession with perogies and more, Raffle table with proceeds going to Christmas Hamper, also accepting Donations for the food bank.

Town Civic Complex

Noon–3 pm

Visit with Santa (\$5.00 for pictures), Sleigh rides, Hot Chocolate & Cookies

SANTA CLAUS PARADE

5:00 PM

4:30 PM Assemble at

Basilian Fathers

Museum

No Parade if temp falls

below –20

Hosted by Mundare Communities in Bloom, Mundare Library, and Town of Mundare

AROUND TOWN

The Corner Pub

Happy Hour: Monday-Friday
2-6pm

Wing Day: Wednesdays

Free Pool –Every Thursday

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

Karaoke: November 24, 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

Mundare Drop-In Center

Coffee talk every Thursdays from
10-11:30 am, sponsored by FCSS.
Free

FCSS is having a Board Games
morning on November 13 from
10am-12 noon for children.

November 11- will be open for
coffee/luncheon following the
Remembrance Day Ceremony

November 16- perogy dinner,
take out available

November 17- at 1:30pm there
will be a Travelodge about

Ukraine presented for a donation to the
Stollery Children's Hospital. All are wel-
come

November 17- there will be a Family
Turkey/Ham Bingo with a 50/50 draw
and raffle of prizes. Games will start at
7pm with the doors open at 6pm.

FCSS Upcoming Events

Coffee Talk- Every Thursday 10 am-
1:30 am at the Mundare Seniors Drop-
In Centre

Mundare Youth Centre- November 23
(once a month)

4:30-6:30pm-All Children & Youth

6:30-8:30 pm Junior & Senior High only
at the Hub @ Victory Park

Parent & Tots-Thursdays 10am-12
Noon at the school

For more information or to sign up for
Courses or Kids programs contact FCSS
in Lamont at (780)895-2233 Ext.226

Board games- from 10am–noon on
November 13 at the seniors center,
everyone welcome

The Chicken Coop

We are looking for used comforter
or quilts, sizes from single to queen
to use as batting to make quilts to
be used in the Hope Mission over-
night area.

Country Music Jam

3rd Sunday of the month at the MRC.
\$5.00 a person. Come and sing, dance,
strum and play with us.

Contact Charlie (780)764-3062 or
Bob (780)632-4141

Communities in Bloom

Christmas Extravaganza, Saturday,
Dec 1.

A Craft market and huge Bake Sale
will be held at the Mundare Recrea-
tion Centre, Vendors for the market,
can call Debbie Gratton (587)280-
6357. Our main fundraiser is the
Bake Sale. Our committee members
will be phoning you, and if you were
missed we could appreciate your do-
nations. Suggested items such as
squares or cookies that can be used
for the assembled Christmas trays/
platters. Other items gratefully ac-
cepted too.

Donations can be left at the town
office on Friday November 30 in the
afternoon after 1 pm or at the Recre-
ation Centre after 5:00pm.

The day ends with the **Santa Parade**
on main street, at 5:00 pm. We
need at least **12** entries for the pa-
rade to continue. Please register your
float with the town office by Novem-
ber 21. Please Note: Watch for post-
ers for more details and co-
sponsored events.



Cutting Edge
Lawn Care and Snow Removal

Mundare, Vegreville and Area
587-280-1888
cuttingedgelawncares2017@gmail.com



Larry's Lawn Maintenance
(780)764-4058
Mundare, AB

Whenever Needed

LAWNS CUT ROTOR TILLING SNOW BLOWING



Remembrance Day in Mundare

*On the 11th Hour of the 11th Day of the 11th Month
We will remember*



Remembrance Day Service-Sunday November 11, 2018

Church Service at the Ukrainian Catholic Church at 10:30 am . This service will be followed by a memorial
service at the Cenotaph at 10:55 am with wreath laying.

Alternative cold weather site: Mundare Drop in Centre. A light lunch will be held at the Seniors Centre following
the services.

NOVEMBER IS OSTEOPOROSIS MONTH

Osteoporosis means “porous bones.” Our bones are strongest at about age 30, then begin to lose density. Osteoporosis weakens bones and increases the risk of unexpected fractures. In fact it has been labelled in several circles as a silent disease. In some situations, you may not know you have it until your thinned, weekend bones fracture in a bump or fall.

Who Gets it and Why

Osteoporosis happens when our body starts losing bone, doesn't make enough bone, or both. It causes weak bones that break easily, especially after a fall. “There's often nothing wrong with the bone—there's just too little of it,” says Susan L. Greenspan, MD, director of the Osteoporosis Prevention and Treatment Center and the Bone Health Program at the University of Pittsburgh Medical Center. “Imagine a stool that only has two legs instead of four. It's much easier to break. “ You loose bone as you age, so the older you are, the more likely you are to get osteoporosis, especially if you're a woman. “After age 50, one out of every two woman and one out of five men will fracture a bone, “ Greenspan says.

What causes Osteoporosis:

-Family history of the disease, or a mother or father with a hip fracture

-Medications like steroids, heartburn medicine, seizure drugs, or breast and prostate cancer medications

-early menopause

-lack of exercise

-too thin

-not enough calcium or vitamin D

-Don't eat enough fruits and veggies

-Smoking

Women are four times more likely to get osteoporosis than men, but men still get it.

Even if one or more of these things are true for you, it doesn't mean you'll get the disease, but it does mean you should keep a close eye on your bone health and take steps to keep your bones strong.

“The good news is there are lifestyle changes and medications that reduce the risk of fractures and keep you active and standing tall,” Greenspan says..

When Pam Roe, 66, went to her doctors a few years ago with back pain, they told her she had a vertebral fracture, but they also discovered the hidden cause behind her cracked backbone: Osteoporosis. Although osteoporosis runs in her family, Roe says she found out her diagnosis was likely also caused by medication she was taking. “I had been on a very high dose of prednisone for almost 2 years to treat an autoimmune disease,” she says. Those steroid treatments, , along with her age, gender, and family history, put Roe at a high risk of getting the disease—and breaking bones.

Living & Managing

It's important to prevent falls and fractures, but that doesn't mean sitting on the sidelines. Learn about

living with and managing osteoporosis.

Superfoods for your bones

The most important nutrients for people with osteoporosis are calcium & vitamin D plus Vitamin K. Dairy foods are really not the only ones rich in calcium. Tr leafy greens, sweet potatoes and more. Green leafy vegetables are excellent food sources to include in our diets.

Exercise

It's never to late to start a bone-healthy exercise program, even if you already have osteoporosis.

Keeping Bones Strong

Don't believe the myth: osteoporosis and bone loss are not a normal part of getting older. You can prevent them by eating right, exercising more, and taking medications for your bones if you need too.

Strategies for Fall Prevention

It's extra important to avoid accidents, since your bones are weaker they can break more easily if you fall. To help protect your self try Herbal supplements, which are excellent sources of minerals and other healthy ingredients that will help your bone address the issue of Osteoporosis.

Come as us how. From your friends at:

Royal Care **Guardian** Compounding Pharmacy

MCL

MAJOR CASE LAW

Wills, Enduring Powers of Attorney & Personal Directives

2 locations to serve you

Sherwood Park and Mundare

Call (780)908-9811 / (780)937-4097 or email

admin@majorcaselaw.com

To book an appointment

Mundare Registries

Vehicle Registration Now due for Last Names starting **P** and now past due for **S**. from your friends at :



LIBRARY NEWS

November Preschool Programs

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

Tuesday, November 13

2:15-3:15pm

"The Very Hungry Caterpillar"

On a warm and sunny morning, a very hungry caterpillar popped out of the egg! The caterpillar ate and ate and ate. Find out at story time what happened as the caterpillar changed into something very beautiful.



Tuesday, November 27

2:15-3:15pm

"Olivia save the Circus"

Olivia shares her story of her summer vacation and the visit to the circus. Turns out that Olivia saved the circus. Or was it just one of her tall tales. Find out at story time.

New DVD's at the Library:

On order is the complete Heartland Series and Season One of Annie with an E.

Thank you to Jodie for bringing Nova to the October program "The Story of Little Quack". The children enjoyed watching and petting the duck.

The library now has **60 Large Print** books, on a variety of topics.

The Library will be CLOSED on Monday November 12- Remembrance day



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

MUNDARE SCHOOL

Students have been busy this month. There is just so much to learn!

Our school celebrated our annual Fall Feast, our Book Fair and two successful Parent Teacher Interview nights.

We enjoy sharing the success that our students are experiencing with parents. Hallowe'en is when Mundare School students get to go to Father Filas Manor and share in the season.

The fall weather has been great, so Mundare students are getting plenty of fresh air at recess time and making new friends!

Mundare School continues to host a superb program to develop empathy in students called Roots of Empathy. A local mother comes with her new born child each week or a visit. A wonderful experience for everyone!

Just a reminder that Fall Break in mid-November will soon be here and that report cards will be out at the end of the month. Please make sure you book-

mark our school website and our school calendar to ensure you get the most up-to date information.

As always, if you have questions, please give the school a call at (780)764-3962

Enjoy the fall weather and the fall colours! It won't last very long....

Sincerely,

William Korec, Med
Principal, Mundare School
Elk Island Public Schools



WE ARE ON THE
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