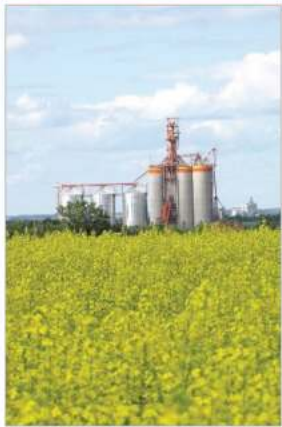


2019 ASB Photo Contest Winners



1st Place Ag & Industry – Deb Cholak



2nd Place Ag & Industry
Cody Glasman



3rd Place Ag & Industry – Denis & Elaine Budney



1st Place Country Life – Wendy Wirstuk



2nd Place Country Life - Shelly-Jo Melnyk



3rd Place Country Life – Joan Dey

Septic Sense Workshop

Septic Sense Workshop
solutions for rural living

January 29, 2020
Lamont Hall Meeting Room
6:00 p.m.

Topics to be Covered Include:

- What a septic system is and how it works
- Regulations
- Design and installation
- Appropriate use of your septic system
- Maintaining your septic system
- Troubleshooting

For more information or to register call Bonnie at 780-895-2585.
www.lamontcounty.ca/ASS

Snow Angels Volunteers Needed

SNOW ANGELS PROGRAM

FCSS Lamont County Region is looking for volunteers for this winter who are willing to help people within the community who are unable to get outside and clear their own sidewalks and driveways of snow.

Volunteers can be adults and school age children or why not make it a family affair.

There is no exercise better for the heart than reaching down lifting people up.



Please contact us right away if you would like to join this program.

If you are interested in joining the program please contact FCSS Lamont County Region at 780-895-2233 Ext. 226

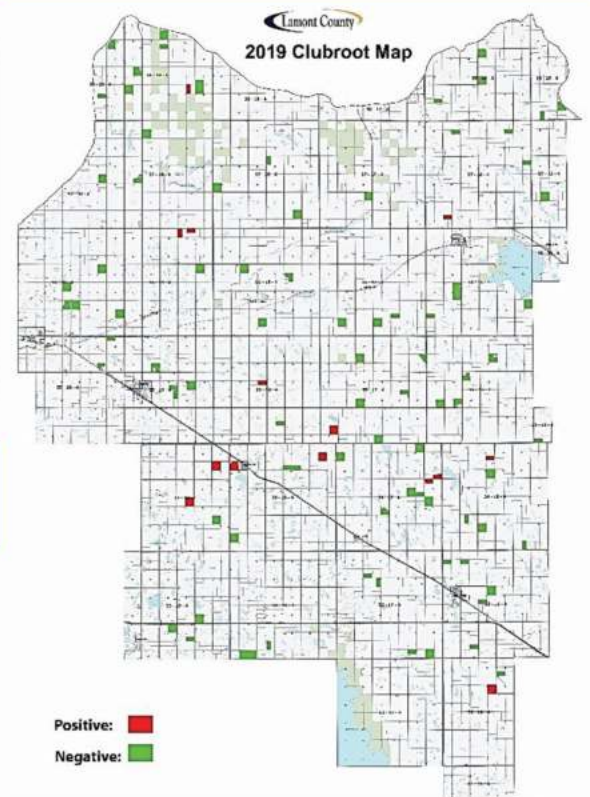
Yoga for Seniors

YOGA For Seniors

10 Week Program
Mondays 10:30am - 11:30am
Starting January 20, 2020
Lamont United Church
\$60.00

R.S.V.P
to Melissa Shlach
780-895-2233 Ext. 228

2019 Clubroot Map



Please be aware that if you live in an area that has been tested as negative, or if you yourself have been tested as negative for clubroot, **you are NOT guaranteed to be free of clubroot.** It is imperative that you continue to practice clubroot protocols in order to restrict its spread.

For your convenience, this map is available at the Administration and Public Works Offices and on the Lamont County website at: www.lamontcounty.ca/pest-control-programs.

If you have any questions on what this entails, or questions on clubroot in the County, please contact the Agricultural Services Department at 780-895-2585.

Bon Appetite Bingo



Together with our seniors, Lamont County CALC is hosting **FREE** bingo, followed by an opportunity for seniors to purchase homemade, frozen meals for \$5 or less.

School bus transportation will be provided from Andrew, Mundare, Chipman, Lamont and Bruderheim.

Register Now!

Call Lamont County CALC at 780-895-2233 ext. 233

This project is funded by the Government of Canada's New Horizons for Seniors Program



Correction – ASB Meeting Notes

Please Note - In the ASB Meeting Notes published December 18, the first ASB meeting of 2020 was incorrectly posted as January 8; the correct date is February 5, 2020. Sorry for any confusion this may have caused.