

# MUNDARE NEWS

## Recycle Yard

Open Second Saturday of the month, next date is **February 9 from 10am-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 in February will be held on Tuesday, February 5, and February 19.



## Monday, February 18

Senior Centre Breakfast 9:00 am–10:30am

Consists of Pancakes, Sausages,, Scrambled Eggs and a drink —\$5.00

### All Events Below are FREE for Everyone!!

Learn to curl at the MRC—10:30am—12:30 pm

Please bring Clean Shoes & Helmets are recommended for minors

### Communities in Bloom Snow Rally 12:30-2:30 pm

*At the Hub in Victory Park (West side 5201– 54 St.) Weather permitting –15c or warmer*

Join in the fun and excitement. Participate as a Family, group, or as an Individual. Snowshoe, Cross-country Ski or simply enjoy a Walk, on our designated routes. Open to everyone– IT’S FREE– Win a prize-as we encourage you all to play along and use the “rally scorecard” in making the best or worst hand.

Snowshoes ae available at the park. Bring your skis( as none are available) Don’t want to snowshoe or cross-country ski? That’s ok, perhaps a walk would do...or ...just simply, gather around and socialize with everyone around the fire pit and enjoy a coffee, hot chocolate and roast a hotdog and marshmallow.

### Mundare Ag Society is offering Free Skating 2:30—4:30pm

At the Mundare Arena



## ON-LINE PAYMENTS

When making your online payments, rather it be A/R (bulk water), Taxes, or Water/sewer bills, **please make sure you have the right sub account selected ie; utilities, or taxes or A/R , then when paying your utility bill, enter account as posted on the top of your utility bill as each account you are paying will have different account numbers.** If the account numbers you have on your banking payment system is wrong, the payment will be rejected by our system.

If you are paying your taxes, please make sure you have selected the sub account as tax payment and use your roll number . If you need help with this, feel free to give us a call. (780) 764-3929.

# AROUND TOWN

## The Corner Pub

### **NEW PROMOTION!**

Monday-Happy Day: (all day long)

Tuesday- **Combo Day** (combo plate with beer or beverage)

Wednesday -**Wing Day** (all day)

Thursday- **Free Pool** (all day)

Friday-**Free Juke box** (every second Friday) Jan 11

February 23- **Karaoke free night**-9pm-2:30 am

## Mundare Drop-In Center

Upcoming events

**February 15**-Perogy supper is back! From 5-6:30 at the drop in centre. Take out is available

**February 18**- Family Day Pancake breakfast 9-10:30 am, \$5.00 each

**February 24**- 2:00 pm travel log showing Ukraine, Norway, Sweden, and Denmark. There is no charge for this event but they are accepting donations

**February 28**-Annual General meeting 7:00 pm

\*\*Reminder that membership fees are now due\*\*

## FCSS Upcoming Events

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

**Mundare Youth Centre**- February 20 (once a month)

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

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

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

## Country Music Jam

February -April, 2nd Sunday starting at 1:00pm

Contact Charlie (780)764-3062 or

Bob (780)632-4141

## Mundare Curling Club

Looking for vendors to be a part of the Market during the Ladies Bonspiel March 2, 10:00am-4:00pm. Tables available on first come basis. Call (780)764-3965 for details or to book by January 31.

## **Rock handle replacement campaign**

Place Your Company and or Family name on the handle of a Curling Rock! Previous Handles lasted over 15 years! \$200/per side-2 individual sides Available Call/text (780)603-1144 for more information.

Also, still spots available for teams

in the upcoming curling bonspiels : Mixed February 8 & 9, Ladies March 1-3 (theme is baba's bingo bonanza, and Men's March 15-17. Call the town office at (780)764-3929 to register.

## JOB POSTING

Do you love working with Technology? Are you outgoing? Are you a strong team player? Are you creative? If you possess all of the above and much more, Royal Care compounding Pharmacy may be able to put your skills to work for the greater good of our community on a on a PART-TIME basis. Submit your resume by fax (780\_764-3078, email rccpharmacy1@gmail.com, or in person to the pharmacy for consideration.

## **NOW OPEN!**

MUNDARE LAUNDROMAT  
&  
ARTYMKO ART & DESIGN



OPENS DECEMBER 1, 2018  
Art Classes/ Lessons & More

See Window Notice for More Details

Come in , visit and say hello to Mary  
& Nick



Laundromat Hours  
are 8am-10 pm

## Mundare Registries

Vehicle Registration Now due for Last Names and company names starting with Q & M , and now past due for **A, I, J, Ke, U and X** from your friends at :



## 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  
(780)908-9811 or (780)937-4097  
[www.majorcaselaw.com](http://www.majorcaselaw.com)

## IS CANNABIS / CBD OIL RIGHT FOR YOU?

### *What Dose of Cannabis/CBD Oil is Right for you?*

The short answer is, ask your Pharmacist or cannabinoid medicine specialist. If one isn't locally available, here is some starting information.

Your dose will depend on your medical condition, your route of administration, to a lesser extent the strain you are using, individual physiologic differences, and personal adjustments.

### *What Can we Use Cannabis/CBD oil For?*

The list of conditions that benefit from the therapeutic use of cannabis is unbelievably long, but believe. Cannabis is an analgesic, an anti-inflammatory, an anti-anxiety, an antioxidant and kills cancer cells. There have been over 20,000 experiments on cannabis and cannabinoids. So we know more about this class of therapeutic agent than almost any FDA approved pharmaceutical. CBD has emerged from research as being a major contributor to the therapeutic application of cannabis. CBD not only has multiple therapeutic applications but for those who are concerned about dysphoria it has no euphoric effect. CBD has been shown to: treat intractable epilepsy; decrease infarct size in oxygen deprived tissue in the brain and heart; relieve symptoms of

PTSD; kill cancer cells of many different types of cancer.

### *Routes of Administration*

Patients use various routes of administration – smoking, vaporizing, sublingual spray or drops, tea, soft drinks, suckers, and topical. The route of administration has as much or bigger effect on dose than diagnosis although one symptom – moderate to high levels of pain usually requires a substantially higher dose than other indications.

### *Conditions That May Benefit from the Use of Cannabis/CBD Oil!*

The most common conditions that cannabis is used for are: relief of pain, treating depression, promote sleep, and relieve nausea. Pain requires the highest dose of cannabis. Nausea often responds to very low doses. Usually just a couple of puffs will do it. The same is often said to be true for the cessation of migraines. Some who use cannabis to prevent migraines get that result with as little as one joint per day or less. 2.5 mg. of dronabinol one to three times a day can have the same effect.

### *Chronic vs. Recurring Condition*

Other factors influence the dose required for therapeutic effectiveness. If

you have a chronic disease, with constant symptoms (fibromyalgia, failed back syndrome), or a chronic recurring illness that you wish to prevent (e.g., migraines, seizures, ulcerative colitis, asthma), you will require more than a someone who only needs to use it intermittently with the onset of symptoms (for a condition like migraine, asthma, IBS) and uses the cannabis to stop, shorten or otherwise make the symptoms less severe.

### *Frequency of Use*

Further, some patients don't like to have the side effect of euphoria while at work so only use cannabis at home after work. Still others may only use cannabis once a day, at night for sleep. This too would be associated with requiring less overall use.

### *Conclusion*

This only scratches the surface. We will be very delighted and honoured to have you come in for more information on this new emerging treatment model for various conditions.

### *We are here for you– Come in for your FREE consultation!!*

Is there any topics you would like to see more information on? Let us know at the pharmacy

Royal Care **Guardian** Compounding Pharmacy



**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

# LIBRARY NEWS

I'm Back!! Come on in and say hi and hear of my tales riding the Marrakech Express and walking the Camino de Santiago

### February Preschool Programs

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

**Tuesday, February 5**

**2:15-3:15pm**

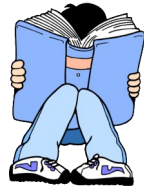
*"The ear book"*

Did you hear that? Ears. Ears. Ears! We like our ears. It's very good to hear with ears. Find out all about our five senses at story time.

**Tuesday, February 19**

**2:15-3:15pm**

*"My Shadow"*



A curious mouse explores the world of shadows. You will not be afraid of your own shadow after listening to this tale at story time.

### Van Run:

Arrives on Thursdays as changes to the schedule were necessary as the van drivers were on the road for long periods of time, arriving back to their office well after office hours. In the interests of the safety and well being of the van run drivers, a new schedule has been developed allowing the drivers less time on the road and hopefully less aches and pains from being behind the wheel for so long each van run. Thank you for your patience as we adjust to the new date.

**The Library will be CLOSED on February 18 for family day, please check out the events around town.**

### Library Hours:

**Monday & Tuesday 12-6pm**

**Thursday 10am-5pm**

## CHEQUE PRESENTATION



Jamie Teed, president of the Mundare School Advisory Council was presented with a cheque from Lois Zyla on Behalf of Beaver hill School Carin Society which has finished their project, and decided that when folding they would donate extra funds to the school. Thank you to the group for their generous donation



5128 50 Street,  
Mundare, AB T0B 3H0

Phone: 780-764-3929

Fax: 780-764-2003

E-mail: reception@mundare.ca