

Mundare News

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 meeting will be April 7 and 21st at the Mundare Recreation Centre. (curling rink) following the COVID-19 protocol**

Utilities/ Invoices

The town will not be charging late fees/interest on unpaid water bills until further notice. Invoices and water bills will still be mailed out as per usual.

Town Wide Garage Sale

Will be discussed at the next council meeting. Please keep an eye on our website, facebook and local billboards for advertisement and/or decision

Recycle Yard- Will be closed for the month of April, for every ones safety.

Please watch the Town of Mundare Website and Facebook page for Town updates, stay safe

The Government of Canada **sent the following notice:** The due date for filing individual tax returns has been extended to **June 1, 2020**. Taxpayers will have until **September 1, 2020** to pay any 2019 income tax amounts owed.

You will be able to apply for the new Emergency Support and Emergency Care benefits by visiting the CRA website and searching My Account or using the dedicated phone line which you can find by contacting the CRA starting **April 2020**.

Whitetail Mechanical Is still taking vehicle bookings for Tuesday and Thursday. Call to book your appointment (780)764-3936

Corner Pub-Take out is available . Please call with your order (780)764-2043

Quality Pizza- Hours 10am-8pm, delivery within the town of Mundare on orders over \$15.00. Sorry no dine in available. Call with your order (780) 764-2233

Lotus Garden-Take out available call (780-764-3050


Mundare ATB is on reduced hours from 10:00-3:30pm

Servus Credit- reduced hours Tues-Fri 10-3 Sat 10am-1pm

Royal Care Pharmacy- Please call ahead for your prescription and note we are only allowed to give a 30 day supply of any prescription. New Hours Monday-Friday 10-4pm, no cash accepted.

Canada Post-10-4 Monday-Friday but open till 5 on Thursday. Closed Saturday and Sunday. They have the first hour for seniors and people with disabilities.

CIB- next meeting tentatively scheduled for April 6, at 1:00 pm in council chambers.



Its Time To Applaud Our Volunteers for all that they do

In appreciation of all the volunteers that make our communities strong and vibrant, FCSS Lamont County Recreation Association is pleased to formally invite you to our ANNUAL VOLUNTEER APPRECIATION EVENTS

<p>Andrew</p> <p>Monday April 20, 2020</p> <p>5:30pm @ Lamont Curling Club</p>	<p>Bruderheim</p> <p>Tuesday April 21, 2020</p> <p>5:30pm @ Bruderheim Community Hall</p>
<p>Mundare</p> <p>Wednesday April 22, 2020</p> <p>5:30pm @ Mundare Curling Club</p>	<p>Lamont</p> <p>Thursday April 23, 2020</p> <p>5:30pm @ Lamont Hall</p>

Tickets are available from March 1 to April 13 at Lamont County Administration Building, Town of Mundare, Town of Bruderheim, Town of Lamont, Town of New Town Office and Lions Club, or call (780) 895-2233 Ext 226 to reserve yours today!

Tickets are free of charge but limited in number. Hurry and get yours today!


Tickets are required for entrance into this event

Brought to you by:









POSTPONED
Keep your tickets

BE SAFE...THE NEW HELLO

What crazy times we live in...who would have thought a month ago that this would be happening. It is a very stressful for everyone. Advice for coping in 5 steps that I have pulled off of web MD

1) Be good to your body, make sleep a priority, move every day, feed your body and mind, reduce your caffeine and alcohol intake

2) Follow a schedule, few things are more challenging for your well-being than a lack of daily structure. Spend time in the sunshine in the early part of the day. Go to bed and get up about the same time every day, eat your meals at the same times daily, make sure you bathe regularly, if you are working from home, work with a schedule.

3) Be kind to your mind, thoughts can be a power ally or formidable foe, unplug from tv's radios and internet, establish some tech-free zones and spend some quality time with those you care about.

4) Find moments of stillness, release tension focus on tightening each part of your bodies muscle groups then let it go and breathe

5) Share Love, find time each day to focus on the people who matter most to you. Forgive and let go of others' shortcomings. Serve, find a way to be of service every day, few things are more rewarding than doing something to improve someone's life.

More than anything else, this is a difficult and stressful time, grant yourself some grace. There is no need to aim for perfection in how you manage your mental health— everyone is going to feel anxious and off balance at times, you will find your balance again. *Your doing the best you can, and that's enough.*

SELF-ISOLATION EXPLAINED

Why you should Self-Isolate

Self-isolation means avoiding situations where you could infect other people. It is a good way to help prevent the spread of infections like COVID-19.

When you are exposed to an illness, there is a time between the exposure and when you start to feel sick. This incubation period is usually 2 to 10 days for COVID-19, but can be up to 14 days. Not everyone who is exposed will get sick, but it is necessary to wait the full 2 weeks to be sure you are not infected. There is a very small chance you can spread the virus before you feel sick, as many people have very

mild symptoms at the start of their sickness. Staying home means that if you do start to feel sick, it won't happen while you are in a public place, which lowers the chance the virus could spread to others.

Who should self-isolate as per the government of Alberta:

You must self-isolate for 14 days if you :

-recently returned from travel outside of Canada, even if you are feeling well (this means staying separated from anyone who did not travel with you, including household members).

-were in close contact with someone who has tested positive for COVID-19

-have been asked by a health care professional for another reason.

How to self-isolate:

If you need to self-isolate, follow these guidelines:

Stay home— do not go to an ER or clinic.

-self-isolate for **10 days** from the beginning of symptoms or until you're well, whichever is longer

-take the COVID-19 self-assessment

-Call Health Link 811 for further instructions if directed by the self-assessment tool

Don't Share household items:

-if you are self-isolating, don't share household items like: dishes, drinking glasses, cups, eating utensils, towels and pillows.

- after using these items, wash them thoroughly with soap and water, place into the dishwasher for cleaning, or wash in the washing machine.

-regularly clean and disinfect frequently touched surfaces such as doorknobs and counters.

Wash Your Hands: Wash your hands often with soap and water thoroughly for at least 20 seconds. Do not touch your eyes, nose, and mouth with unwashed hands.

Cover your coughs and sneezes: cover your mouth and nose with a tissue or your sleeve when you cough or sneeze, throw out your tissue, and wash for at least 20 seconds.

If you are unsure of your systems you can go online to www.myhealthalberta.com and complete the self assessment before calling 811 (Alberta health link line) to see what you need to do. If in doubt self isolate. Stay Safe.

JUST MESSING AROUND

Printable Sudoku Puzzles – Easy #1

FUN FACTS :

If you lift a kangaroo's tail, it can't hop.

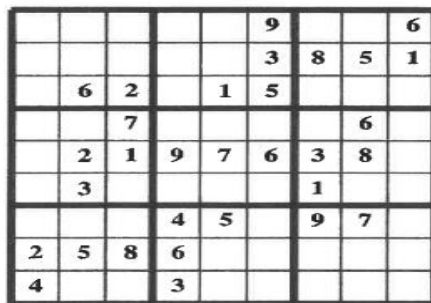
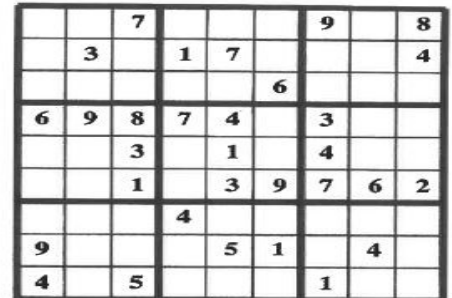
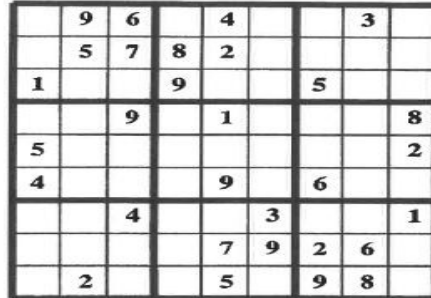
Billy goats urinate on their own heads to smell more attractive to females. (Don't do this, it doesn't work on humans)

Movie trailers were originally shown after the movie...hence why they were called trailers.

Do Geese see God, can be read both forwards and backward.

A sheep, a duck, and a rooster were the first passengers in a hot air balloon.

95% of people text things they would never say in person, (main reason you should never drink and text)



School Life

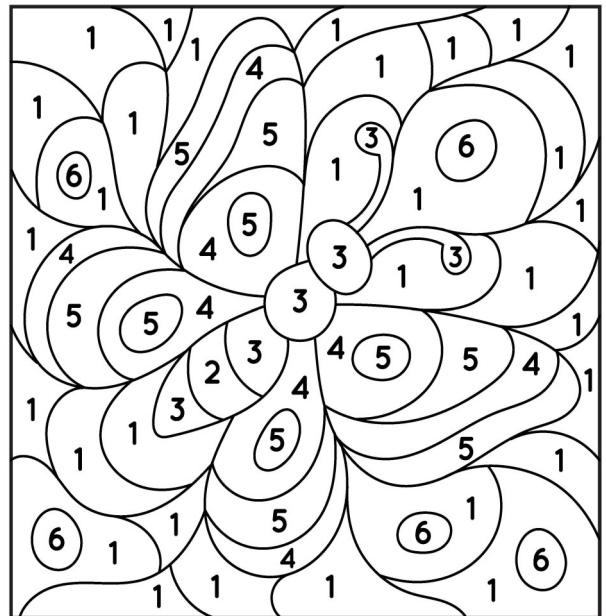
B	L	A	C	K	B	O	A	R	D	E	S	K	N
R	C	R	T	E	K	E	P	R	R	T	D	E	U
N	S	S	E	S	G	L	U	E	S	T	I	C	K
E	S	N	H	S	O	A	E	T	O	A	G	R	R
A	C	A	O	A	A	K	K	T	E	K	J	A	O
C	I	H	L	T	R	R	N	I	E	P	H	Y	T
S	S	K	L	O	E	P	E	L	A	E	O	O	A
R	S	I	S	P	A	B	E	G	P	N	M	N	L
E	O	K	K	Y	S	I	O	N	M	S	E	S	U
K	R	A	O	O	L	A	A	O	E	S	W	A	C
R	S	C	O	M	P	A	S	S	K	R	O	A	L
A	A	E	B	N	A	O	S	A	S	K	R	K	A
M	B	K	C	A	P	K	C	A	B	E	K	P	C
E	A	O	L	R	S	J	O	U	R	N	A	L	S

- GLITTER
- SHARPENER
- HOMEWORK
- JOURNAL
- ERASER
- BLACKBOARD
- NOTEBOOK
- BACKPACK
- CRAYONS
- SCISSORS
- GLUE STICK
- MARKERS
- BOOKS
- CALCULATOR
- COMPASS
- PENS

Color by Number Butterfly

Directions: Use the color key below to reveal the beautiful butterfly.

- 1 - Green
- 2 - Orange
- 3 - Brown
- 4 - Blue
- 5 - Purple
- 6 - Yellow



Play this puzzle online at : <http://thewordsearch.com/puzzle/37/>



Find worksheets, games, lessons & more at education.com/resources

Mom Jokes: What sits at the bottom of the sea and twitches? *A nervous wreck!!*

What kind of exercises do lazy people do? *Diddly-squats!!*



LIBRARY NEWS

The library will be closed until further notice. The anniversary celebration will be put on hold, we will let you know when it will happen.



mentioned and on the top right, there is a tab that says Temporary Library Card, fill out the form and they will contact you with your account number and password. Get your temporary membership today to access lots of on line resources and database.

Here are a few things that TRAC have done to alleviate worry during the closure of libraries: No late fees will be charged to anyone, please keep the books you have borrowed at home. Please All due dates have been changed to May 15th for all libraries in TRAC All held till dates have been changed to May 15th for all libraries in TRAC All existing active holds with an expiration between March 1 and May 31 will get extended to May 31, 2021 .

If you are unsure how to Use e-Resource you can find that help is also available by visiting: <https://my.nicheacademy.com/nlls>

Read more: <https://www.nlls.ab.ca/Temporary-Library-Card>
Copyright © Northern Lights Library System

Author: Northern Lights Library System
Read more: https://nlls.ab.ca/blogs/show_entry/13491/TRAC-Wide-Update-for-Patrons
Copyright © Northern Lights Library System
Evelyn Henke
Library Manager,
Mundare Municipal Public Library

Northern lights is offering a free membership for on-line access at nlls.ab.ca . If you go to the webs site

Mundare Drop in Center is CLOSED until further notice.

SOLUTIONS: Printable Sudoku Puzzles – Easy #1

2	9	6	1	4	5	8	3	7
3	5	7	8	2	6	1	4	9
1	4	8	9	3	7	5	2	6
6	3	9	5	1	2	4	7	8
5	8	1	7	6	4	3	9	2
4	7	2	3	9	8	6	1	5
9	6	4	2	8	3	7	5	1
8	1	5	4	7	9	2	6	3
7	2	3	6	5	1	9	8	4

1	6	7	5	2	4	9	3	8
2	3	9	1	7	8	6	5	4
8	5	4	3	9	6	2	7	1
6	9	8	7	4	2	3	1	5
7	2	3	6	1	5	4	8	9
5	4	1	8	3	9	7	6	2
3	1	2	4	8	7	5	9	6
9	7	6	2	5	1	8	4	3
4	8	5	9	6	3	1	2	7

1	8	5	7	4	9	2	3	6
7	9	4	2	6	3	8	5	1
3	6	2	8	1	5	7	4	9
9	4	7	1	3	8	5	6	2
5	2	1	9	7	6	3	8	4
8	3	6	5	2	4	1	9	7
6	1	3	4	5	2	9	7	8
2	5	8	6	9	7	4	1	3
4	7	9	3	8	1	6	2	5

2	9	3	1	7	4	8	6	5
5	1	8	6	2	3	4	7	9
6	7	4	9	8	5	2	3	1
3	8	5	2	9	6	1	4	7
1	6	9	8	4	7	5	2	3
7	4	2	5	3	1	9	8	6
4	5	1	7	6	8	3	9	2
8	2	6	3	5	9	7	1	4
9	3	7	4	1	2	6	5	8

Text4Hope - This program is now launched. Albertans can text COVID19Hope to 393939 to subscribe.

Subscribers will receive daily text messages on how to focus on healthy thinking or suggested actions to help manage their mood.

You can also call the mental health help line at 1-877-303-2642

WE ARE ON THE WEB
WWW.MUNDARE.CA

5128 50 Street,
Mundare, AB T0B 3H0

Phone: 780-764-3929
Fax: 780-764-2003
E-mail: reception@mundare.ca