

The Innisfree Informer



November 2021

Deb's Final Innisfree Mayor's Message in a Minute

This is my final Mayors Message in a Minute as I welcome the new Mayor of Innisfree, Jennifer Johnson, elected to this position Oct.26 at the Village of Innisfree Council meeting. But I shall still be there, acting as your Village Councillor.

There is a frosty bite in the air these days. But the sunshine through the day fools me into thinking it is warmer than the temperature shows. I hope the snow misses us for a little longer.

I wish to congratulate and welcome Robert Dobler as our public works foreman. With Robert's position in public works, he had to resign as Village Councillor. There will be a Bylaw election to replace him on Feb. 7, 2022, with nomination papers being submitted by noon Jan. 10, 2022.

I encourage everyone over the age of twelve to get their Covid-19 vaccinations and flu shots. I believe there will not be a flu clinic in Innisfree this year, so please see a drug store for these preventive measures. I know and understand there are those who have decided to slip this health measure and I trust you have researched in trusted ways this issue.

Check for updates as they are posted on the Village web site, www.innisfree.ca and Facebook page, Village of Innisfree.

Respectfully,
Debbie McMann,
Village of Innisfree Councillor

The Innisfree Informer would like to extend it's warmest thanks and appreciation for Debbie in her service as Mayor for many years in Innisfree, as well as a very special thank you for gracing our front page every month with her news, advice, and encouragement. Thank you Debbie!

MAXIMUM
30
km/h

PLEASE! SLOW DOWN WHEN PASSING OUR SCHOOL

Per Alberta.ca: When you approach a school or play-ground sign, with a maximum speed posted with it, you are entering a school and/or play-ground zone. You must not exceed the posted speed when the zone is in effect.

The speed limit for both urban and rural school zones and play-ground zones is 30 km/h unless otherwise posted.

While school zone limits are in effect on school days only, the **entire stretch of road past the Delnorte School is also a playground zone.** Playground speed restrictions are in effect EVERY DAY from 8:30 am to 1 hour after sunset.

IN FLANDERS FIELDS

By John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Library News

Thank you to everyone who supported our Thanksgiving Raffle basket. Congratulations to the winner, Bobbi Bouchier.

Our Early Literacy Bags are ready for pickup! Get your October Ghost themed bag today. Next month's theme will be all about Dragons.

A reminder that we will be closed on Thursday, November 11 for Remembrance Day.

Marilyn Newton, Library Manager

780-592-2122

librarian@innisfreelibrary.ca



Attention Curlers!

We are hoping to have **super league and one Open Bonspiel** this year. We will be implementing the REP program. We need to know if you would be interested in curling. We need to make sure putting the ice in is going to be worth it for our club. If you're interested in curling super league or our Open Bonspiel please let us know via Facebook messenger or text Derek: 780-632-9786 or Deanna: 780-581-5871. *Thank you!*

Honouring Military Veterans in Local Cemeteries

Submitted by Sheila Whitmore

In Canadian cemeteries, there are memorial grave-stones placed by Veterans Affairs Canada, marking the graves of military personnel. Unfortunately, not all military graves have VAC gravestones, so we have placed a single metal poppy in the ground beside the headstones of our military members who, for whatever reason, do not have a VAC memorial.

As well as Innisfree Cemetery, metal poppies have been placed at Holy Cross, Ranfurly, and Minburn Cemeteries. These red metal poppies have the name of the service member on the back and are meant to be permanent memorials. Please do not remove them, and give the military members the respect they deserve for their service to our country.



Honest review:

Went to the grocery store today.
Had to pay for food and then
prepare and cook it myself.

Zero stars. Would not recommend.



Hey, we are starting a cleaver kids club!!!

Cleaver kids is an early introduction to **4-H Alberta** through fun, hands on learning that is age appropriate for youth **aged 6 to 8 years.**

To register with Cleaver kids for the 2021-2022 club year, the child must be age six as of January 1, 2022, or must not have reached age nine by that time.

If you have a child/youth that is interested in joining, or want more information, please contact

Shelly Nott @ 780-603-7412

Tawnya Copeland-Hlus @ 780-632-8899



**For those who leave
never to return...
For those who return but
are never the same...**

WE REMEMBER

Innisfree Seed Plant

64th ANNUAL MEETING



The Innisfree Municipal Seed Plant
Annual meeting will be on
November 17, 2021 at 7pm
Upstairs at the skating rink
Everyone welcome!

Why couldn't the pony sing a lullaby? *She was a little horse*



**Mannville – Minburn – Innisfree
Family & Community Support Services
And
Yellowhead Community Support Society**

Email: mmifcss@mannville.com

Location: 5004-49 Street Suite # 4 Mannville

FOR DETAILED INFORMATION:

Phone: 780-763-3005

Website: <https://mmifcss.wixsite.com/mmifcss>

Facebook: Mannville-Minburn-Innisfree Family & Community Support Services

Instagram: @mmifcss

Community Bulletin Boards & Newsletters

Did you know?

Five strategic directions provide the foundation of local FCSS Programs in Alberta:

- (i) help people to develop independence, strengthen coping skills and become more resistant to crisis.
- (ii) help people to develop an awareness of social needs.
- (iii) help people to develop interpersonal and group skills which enhance constructive relationships among people.
- (iv) help people and communities to assume responsibility for decisions and actions which affect them.
- (v) provide supports that help sustain people as active participants in the community.

As the needs of the community continue to change, M-M-I F.C.S.S. programs and services adjust and change to respond to those identified needs.

M-M-I F.C.S.S. invites you to connect with us to find out more!

PUBLIC INFORMATION & EDUCATION

- **Information & Referral & Resources:** Newsletters, Income Tax/Form Completion,
- **Let's Talk:** Adult/Senior/Youth Information Sessions 4th Thurs mornings @ Mannville or Zoom
- **Endeavour To Be Different:** 4th Fri @ Mannville or Zoom

FACILITATION & SUPPORTS

HOME SUPPORT

- **Meals on Wheels** Program
- **Friendly Phone Visiting** 2nd & 4th Fri
- **TeleCare** Emergency Response Connection

CONNECTING COMMUNITY

- **S.M.I.L.L.E. Program** mornings 1st Thurs @ Mannville & 3rd Tues @ Innisfree or ZOOM
- **Coffee Connection** 2nd Tues mornings @ Mannville, Minburn & Innisfree
- **Newcomer Welcome**
- **New Chapters Community Challenge**

CHILDREN & YOUTH

- **School Based Programs:** Roots of Empathy, Babysitters Course, Money Mentors, It Can't Happen To Me Risk Awareness, etc
- **Teen Drop-In** - 3rd Mon evenings location to be determined

COMMUNITY DEVELOPMENT & SERVICE

- **Partnerships** with the Schools, Libraries, R.C.M.P., Alberta Health Services, VIBE, Ag Societies and community organizations and businesses.
- **Neighbourly Ride:** Transportation Service
- **Mannville Community Fitness Centre**

**Kalyna MMI Family Resource Network

Call or text **Alicia @ 780-581-4149**

Facebook: MMI Family Resource Network



FlipGive

Delnorte School is fundraising using FlipGive! Please consider using Flip Give for your online shopping and register to support Delnorte School while you shop! Download the app and look for our team name: "Innisfree Delnorte Parent Advisory Council" or the join code is N2W976. Anyone who wishes to support our school fundraising events can join. **Thank you!**

Council Meetings Highlights - October 26, 2021

Organizational Meeting

Mayor and Council met on September 21, 2021, for their The New Council Elect Members met for their Organizational Meeting at 5:00 pm. The following Councillor positions were endorsed:

- **Mayor** Jennifer Johnson
- **Councillor** Deborah McMann

Council meetings will continue to be held on the third Tuesday of each month at 5:00 PM.

Committee Appointments were made; check out the Village website: www.innisfree.ca

Regular Council Meeting

Bylaws/Policies (available on the village website: www.innisfree.ca)

- **Intermunicipal Collaboration Framework Bylaw 669-21** which is a legislated requirement, that guides the Village of Innisfree and the County of Minburn to collaborate to improve, save and manage services and other issues and matters within their municipalities.
- **Compensation & Expenses Policy 1100-09**, including Schedule A which addresses the following purposes:
 - To outline the compensation amounts and allowable expenditures for municipal business and,
 - To establish processes that will be followed to ensure timely review of expenses and this Policy; and,
 - To establish parameters for the reporting of Council honorariums and expenses to provide for accountability and transparency.

Council set the **By-election Date for Monday, February 7, 2022** to fill the recent Councillor resignation. (Nomination Day shall be four (4) weeks prior to Election Day.)

Council approved **Municipal Operating Support Transfer (MOST) Grants** to the following entities:

a. Innisfree ECS	\$1,000
b. Innisfree Senior Citizens Association	\$1,500
c. Innisfree & District Recreational & Cultural Society	\$3,500
d. Innisfree School Financial Society	\$1,000
e. Friends of the Innisfree Library Society	\$1,000
f. Innisfree Ukrainian Dance Society	\$1,000
g. Innisfree & District Agricultural Society	\$3,500
Total Funds Expended	\$12,000

This concludes the Village of Innisfree MOST grants program; all funds available have an been distributed.

Council approved the Strategic Plan, third-quarter report. (See the website)

Innisfree walking club has started again at the Innisfree Rec Centre. Please join us for a walk.

We walk weekdays 9 am to 9:30 am but may extend that to 10 am sometime in the future!



Cost is \$1.00

What did the shark say when he ate the clownfish??

This tastes a little funny

C A salesman told me to buy a different deer hunting rifle
He told me it was a better bang for your buck!
OUTDOOR

R A group of friends went deer hunting. They decided to separate into pairs for the day to cover more ground. That night, one hunter returned alone, staggering under a huge buck.

N The rest of the group helped him as he dropped the buck, before looking around. "Where's Harry?" asked one of the other hunters.

E "He fainted a couple of kilometers up the trail," Harry's partner answered. The rest of the group looked shocked, saying: "You left him lying there alone and carried the deer back?"

R "It was a tough decision," said the hunter seriously. "But I figured no one is going to steal Harry."



OUTDOOR CORNER is sponsored by:
PARANYCH CONSULTING 403-506-4667

Submissions for the Outdoor Corner are welcome. Hunting, fishing and outdoor stories, facts or jokes!
 Email: innisfreeinformer@gmail.com



Is someone special celebrating next month?
 Send in your **DECEMBER Birthdays & Anniversaries** for the December issue!

Please send birthday or anniversary names and dates by Nov 25 to wish your loved ones a special day!
 Email to: innisfreeinformer@gmail.com

SUBDIVISION AND DEVELOPMENT APPEAL BOARD
REQUEST FOR MEMBERS OF PUBLIC AT LARGE

The Village of Innisfree requires two (2) members of public at large for the Subdivision and Development Appeal Board. This quasi-judicial body, appointed by Council, makes impartial and unbiased decisions on challenges of subdivision or development authority decisions and stop work orders. Deliberations are based on the municipal planning documents such as the Land Use Bylaw and Municipal Development Plans, provincial statute and information presented by hearing participants.

Subdivision and Development Appeal Board hearings are scheduled as required. Board members are appointed for a one (1) year term with an option to be reappointed for a second term.

Village residents with an interest or experience in planning or development activities are invited to submit a resume including a statement on your interest and abilities in serving in this capacity.

Mandatory training is required upon appointment. Cost of training will be covered by the Municipality (if applicable).

Compensation will be offered to the appointed members of public at large who attend the scheduled Subdivision and Development Appeal Board hearings as required.

Position's will remain open until suitable candidates are found.

Please mail, fax, email or drop off resumes to:

Subdivision and Development Appeal Board
Attn: Brooke Magosse, Clerk
Box 69, 5116 50 Avenue
Innisfree, AB T0B 2G0
F: 780-592-3729 E: cao@innisfree.ca

Q: Why did the cabbage win the race?
A: Because it was ahead!

EVENTS CALENDAR

Here's What's Happening!

- Nov 3: Village of Innisfree Library Board Meeting
- Nov 11: Remembrance Day
- Nov 16: Village Council Meeting
- Nov 16: Innisfree SMILE
- Nov 23: Innisfree Delnorte School Council Meeting
- Nov 25: Ranfurly Senior Citizens Meeting

Please send your event info (name, date, location) by Nov 25 to be included in the December Calendar of Events

EATMORE BARS

Thank you to Krystin Cannan for this recipe

INGREDIENTS:

- 2 cups milk chocolate chips
- 1 cup corn syrup
- 1 cup rolled oats
- 2 cups crushed peanuts
- ½ cup peanut butter

DIRECTIONS:

- Melt chocolate chips and corn syrup on low.
- Remove from heat and stir in peanut butter, rolled oats and peanuts.
- Spread on greased cookie sheet and cool.
- Cut into squares

KNOWLEDGE is knowing a tomato is a fruit

WISDOM is not putting it in a fruit salad

PHILOSOPHY is wondering if a Bloody Mary counts as a smoothie!



REMINDER: Please **ALWAYS** bag your garbage in appropriate garbage bags and remember to close/tie **ALL** garbage bags.

Unbagged, untied and loose garbage will **NOT** be picked up by Village Staff.

Should you have any questions and/or concerns or your garbage has not been picked up, please contact the Village Office at (780) 592-3886 or email cao@innisfree.ca.

Thank you.



Delnorte Report!

Hello everyone! Hoping you are all enjoying the beautiful fall weather. "They" say the winter is going to bring us some cold, so on that note please make sure that students have appropriate clothing for the weather at hand. We love to get outside and enjoy recess or participate in learning in outside environments. It's crucial for this to be enjoyable that everyone dress warm!


Our school student council is up and running for the school year, planning fun activities and spirit days for year.

The junior high girls Volleyball team is participating in games and won their most recent game against JR Robson, victorious in 4 out of 5 sets. Wonderful work!

Watch for a literacy challenge for the fall break to make sure our students keep reading during their down time! A book a day keeps boredom away!

We recently celebrated student accomplishments with a Facebook LIVE streamed awards presentation. A video compilation will be sent to parents as well. Thank you to our community and school parent council for their ongoing support of our programming and student successes!

Rachel Miller, Principal
"Together We Learn and Lead"
Innisfree Delnorte School

 Did you know that Boston Pizza will give back a portion of your dining receipts to local schools? We are collecting BP dining receipts for Delnorte School. There are collection bins for Boston Pizza receipts at the school, the library, and at the Village Office. *Thank you for your support!*

Can you perform under pressure?

No, but I can try Bohemian Rhapsody

@PunHubOnline

Innisfree Preschool & Kindergarten CHRISTMAS CASH RAFFLE

First Prize \$1500 Second prize \$500



Draw date: December 16, 2021 at Innisfree Rec Center

Contact Elise @ 780-603-1080 for information
Contact any Kindergarten/Preschool parent for tickets
(tickets will also be available at the Innisfree ATB)

Only 600 tickets printed!
Raffle license #575868



What are your favorite Holiday Traditions?

Email: innisfree_informer@gmail.com
to add your family's favorites to a special December feature!

Be silly.
Be fun.
Be different.
Be crazy.
Be you.
Because life is too short to be anything but happy!



I R I S 4934-50 Avenue, Vegreville, AB

take advantage of your health benefits before the year ends!



If you haven't used them yet, now is the time to book your eye exam appointment! Don't delay!
Only 8 weeks left until the new year.

BOOK YOUR APPOINTMENT 780-632-3474

Kids helpline # 1-800-668-6868
Mental Health Helpline # 1-877-303-2642



Hey
kids!

Are you an artist,
writer, inventor,
or all around creative kid?
The Informer wants to hear
from you! Email your
submissions or your crea-
tions to be featured in
future issues!

innisfreeinformer@gmail.com

HEY CLAY®

Delnorte School is collecting
unopened Hey Clay (given out
at Co-op Grocery stores) for
use in art and other classes.

There will be a basket in the
hallway of the Village of
Innisfree Library for commu-
nity members to drop off or
you can send it to school with
your children as well.

Thank you!

Happy Birthday!

Nov 2: Morris Anderson
Nov 4: Amanda Baker
Nov 7: Brayden Drury
Nov 8: Curtis Anderson
Nov 9: Doris Christensen
Nov 11: Darlene McEwen
Nov 13: Eliza Rurak
Nov 13: Grant Swanson
Nov 22: Kevin Kassian
Nov 24: Vanessa Fundytus
Nov 25: Alex Nott
Nov 26: Dylan Sydora
Nov 27: April Poulin
Nov 28: Ed Jackson
Nov 30: Tisha Giese

Happy Anniversary!

Nov 3: Chris & Elise Nott
Nov 20: Ron & Judy Konieczny

A thing I never realized about being an adult is
that you will always be cleaning your kitchen.
No matter if you get take out, no matter if you're
gone all day, you will be cleaning. the. kitchen.

@lifeattiffanys

INNISFREE-MINBURN 4-H BEEF CLUB

Annual Tire Recycling Roundup

Do you have old tires, batteries, or electronics you want
removed?? Our 4-H Members can pick up and remove these items.



Friday, November 12, 2021

Can contact any member to arrange pickup or
please contact Clint McLaughlin, Club Leader @ 780-870-2435



CANADA
4-H Alberta

**DON'T LET
ANYONE WHO
HASN'T BEEN
IN YOUR
SHOES**

**TELL YOU
HOW TO TIE
YOUR LACES**



WORD SEARCH: Lest We Forget

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

BE LIKE A TREE.
 Stay grounded.
 Connect with your roots.
 Turn over a new leaf.
 Bend before you break.
 Enjoy your unique natural beauty.
 Keep growing.

-Joanne Raplis

FREEDOM REMEMBER SOLDIER MEMORIAL
 POPPY FLANDERS FIELDS COUNTRY
 LEST WE FORGET FLAG HONOR VETERAN



I'm going to go stand outside. So if anyone asks, I'm outstanding.

Tonight we're having Himalayan rabbit stew for dinner.

We found him-a-lay-an in the road.

BUSINESS DIRECTORY

780-592-2443

The Cutting Edge
Family Hair Care

Tues, Thurs, Fri & Sat
Appointments only at this time



Linda Dobler
Stylist/Pedicure
See you soon!

"The Little Convenience Store... with a whole lot more"
Confectionery



780-853-7306 info@confectionery881.ca
Find us on Facebook/confectionery881

*Sipology*TM
by Steeped Tea

Tamara Kitt 780-646-3797
sipology.com/tamaralupul

Follow me on Facebook & Instagram
@sipologysister



Village of Innisfree Library

780-592-2122

Library Hours

Wednesday 1:00pm - 7:00pm
 Thursday 12:00pm - 6:00pm
 Friday 10:00am - 3:00pm

LAND Seed & Agro Services Ltd.

LISA ANDERSON
Minburn, AB



780-632-5526

lisa.anderson@plantpioneer.com



Amberlyn Myshaniuk
780-592-3936



-Accounting Services -Personal Tax
-Corporate Tax -Commissioner for Oaths

Phone: 780-995-5235

Email: jo@lanovaz.com



Chantal Laforest
780-592-3946 or 780-721-9685

Thinning of the Veil... by Deb Barber



There are some cultures that believe that during the time right around the holiday we refer to as Halloween the

veil between this world and the after life are thinner and that it is easier to connect with family members that have crossed over. I don't want to get into the logistics if this is true or false but instead, I want to talk about how our family trees can be a fascinating look into history.

Recently I was collaborating with our granddaughter on some of her school-work. Her grade was discussing the Great Depression of the 1930's and WWII. Let's face it although these are both crossroads in our Canadian history, we are teaching students about events that occurred over 90 years ago and it can be hard to find a way to make them relevant. On the Pocock side of the family there are ties to WWII and thanks to her Grandma Elaine she (and all the family) know about the family members that served over seas. I am a firm believer that we need to share personal stories with each generation so they can relate to our history in a way that resonates with them. How better than to share the stories of people in their family tree!

She finds all the 'great' family members pretty interesting! I shared with her that on my Grandmother Icke's side of the family, her sister who was my Great Aunt and Ally's Great Great Aunt and her husband left their farm in Saskatchewan in the 30's and migrated to Oregon in the US. There

they had been hired to build a fishing camp (which never actually materialized). They spent a winter cutting trees, building a shelter for themselves and living off of fish and what they could trap and forage. The reason this story sticks in my memory is because my Great Aunt could have been a model, she was tall and slender and very attractive. I had to really stretch my imagination to see her living in a 'shack' and sustaining on fishing and foraging. However, it made that segment of history something that had a very real quality to it.

Recently on Farmer Hubby's side of the tree we have been exploring how his Grandmother Lily Platt was one of the British Home Children relocated to Canada in the early 1900's. Just this tiny bit of information has had me researching and reading about this time in our history, something I might have overlooked if it had not had that personal connection.

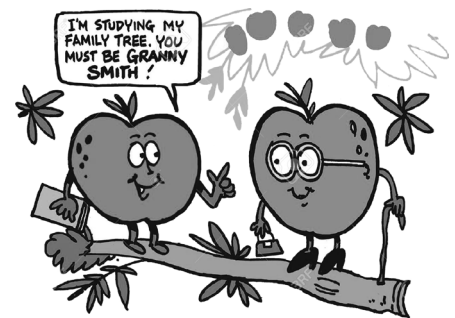
That is why Halloween remains to be a holiday close to my heart. For whatever reason my Mom always decorated the house despite the fact usually only one neighbourhood family came trick and treating! She would make her 'famous' popcorn balls, they were wrapped in wax paper and carefully placed in paper lunch bags with one or two tiny chocolate bar treats. When I look through the financial records she so carefully kept and see that she raised three kids on her own with a \$75 a month budget I can appreciate how she must have tucked a few pennies away here and there so that she could indulge in this 'extravagance'. As my grandchildren grow, I hope that they will choose some-

thing from their histories that speaks to them and then incorporate these traditions in their own celebrations.

Farmer Hubby and I have taken advantage of this years nice Fall, even though some days have been chilly he undertook to replace all the rotten posts and planks on our 'decorative' fence that runs along the driveway.

I've been busy expanding my horse herd! Not quite as productive as his fall work! I have added another Fjord bringing the total to three....one to ride, one to drive and one to cuddle. Then a senior quarter horse, Amigo came because he was in need of a harem, and we had that happening here! The horses bring so much pleasure to my world and they motivate me to spend time outdoors.

Whether you believe in the thinning of the veil or not, I challenge you to take some time this week to think of your heritage and what your family tree has contributed to the history we share as Canadians!



If you enjoy a weekly dose of Farm Wife humour please check out my blog at <https://farmwifediary.blog>

LAST PAGE LYRICS

Let it Be - The Beatles

When I find myself in times of trouble,
Mother Mary comes to me
Speaking words of wisdom, let it be
And in my hour of darkness she is standing
right in front of me
Speaking words of wisdom, let it be

Let it be, let it be, let it be, let it be
Whisper words of wisdom, let it be

And when the broken hearted people living
in the world agree
There will be an answer, let it be
For though they may be parted, there is still
a chance that they will see
There will be an answer, let it be

Let it be, let it be, let it be, let it be
There will be an answer, let it be

Let it be, let it be, let it be, let it be
Whisper words of wisdom, let it be

Let it be, let it be, let it be, let it be
Whisper words of wisdom, let it be, be

And when the night is cloudy there is still a
light that shines on me
Shinin' until tomorrow, let it be
I wake up to the sound of music, Mother
Mary comes to me
Speaking words of wisdom, let it be

And let it be, let it be, let it be, let it be
Whisper words of wisdom, let it be

Do you have a tried and true recipe you want to share? Send it our way to be featured in the Informer!

Email: innisfreeinformer@gmail.com



ADVERTISING SPACE AVAILABLE
Starting @ \$5.00 Please email for rates.

Discounted rates for in-area non profit groups.

innisfreeinformer@gmail.com

Thank you to the Village of Innisfree and the Minburn Agricultural Society for their help and support of the Innisfree Informer.

Thank you to the community for their encouragement, kind words, and submissions.

Nov 25, 2021 is the December Informer deadline for submissions. Email to: innisfreeinformer@gmail.com or text 780-632-1585