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March 1, 2016

NUTTY NEIGHBOURS

Submitted by Parkland County

In addition to Parkland County's resident population, there is also a sizable squirrel population. Here are some quick facts about our cute, but pesky friends.

- The red squirrel is native to Alberta.
- Squirrels can run 30 kms per hour.
- A squirrel can survive a jump from 30 metres because of its padded feet.

• Squirrels will shed their tail when threatened as a defense mechanism and a way to get away from danger.

• Squirrels will typically have four or five young born in late May or early June.

• They are very territorial.

• During cold spells they will stay in their nest and eat the food they have stored there.

• They eat mainly seeds and nuts but also eat mushrooms, flowers, fruits, insects and bird seed.

• They are active during the

day and do not hibernate.

• Squirrel-proofing your house or shed is recommended to prevent damage.

• Live traps are available to rent from Agricultural Services but if you are planning on re-locating a squirrel the best timing is after the young are weaned at approximately 10-12 weeks and before the winter storage collection begins.

For more facts, check out the Pests in Parkland County pamphlet or contact Agricultural Services at 780-968-8467

VOLUNTEER TAX PROGRAM FOR LOWER INCOME RESIDENTS

Submitted by Stefan Felsing

"The Volunteer Tax Program offered by Yellowhead County is an excellent program designed to assist lower income residents of all ages to have their income tax prepared for free," says Family and Community Support Services Outreach Coordinator Valerie Smith. "You don't have to be paying \$100 to \$200 to get your taxes prepared."

The program has been very successful in previous years and Yellowhead County is happy to be able to offer it again thanks to volunteers that participate in the training provided by Canada Revenue Agency.

Tax returns can be dropped off

at the Wildwood County office with no appointment is necessary. Volunteers will process the tax returns and most of them will be electronically filed and clients will be called when they are completed. Whether you're new to the area or a returning client you can access this service. Clients will be asked to sign an authorization form in order for one of the volunteers to complete your tax return.

To determine if you qualify to have your taxes done for free through this program, your tax return needs to fit within the following guidelines:

• The tax return must not be complex (eg. no farm or business taxes)

• Single income is \$30,000 or

less.

• Couples income is \$40,000 or less.

• Family income for one Adult with one child is 35,000 or less.

o \$2,500.00 added for each additional child

Even if you don't have to pay any taxes, a current tax return is required for government subsidies to continue without disruption i.e. child tax credit, government pensions.

This service is available for Yellowhead County and Parkland County residents.

If you have any questions call the Yellowhead County office in Wildwood at 780-325-3782 or toll free at 1-800-814-3935.

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PARLIAMENT UPDATE – WEEK OF FEBRUARY 22, 2016

Submitted by Jim Eglinski, MP – Yellowhead

This week in Parliament, we covered topics from ISIS, to employment insurance and labour.

- The Liberal Government's Motion against ISIS was debated for most of this week. My comments in the House regarding this Motion can be found at: <http://www.parl.gc.ca/content/hoc/House/421/Debates/022/HAN022-E.PDF>

- A Motion introduced by our Conservative Party was voted by a wide margin to condemn the growing international Boycott, Divestment and Sanctions (BDS) campaign being waged against Israel.

- The report by the Special Joint Committee on Physician-Assisted Dying was released this week and can be found at: <http://www.parl.gc.ca/HousePublications/Publication.aspx?Language=e&Mode=1&Parl=42&Ses=1&DocId=8120006> (the dissenting report can

be found on page 51).

- The NDP put forward a Motion on Employment Insurance, calling for the House to recognize mounting job loss and lack of access to E.I. They are also calling on the Government to strengthen the E.I. system and calling for repeals of the reforms the Conservative Government made in 2012-2013.

- Private Members' Bills (PMB) were introduced by my Conservative Colleagues during the week. Four of them deal with the Criminal Code, from protecting preborn children, to clarifying definitions dealing with firearms, and the Life Means Life Act (life sentences). A fifth PMB deals with respecting a national strategy for Alzheimer's disease and other dementias. I look forward to reading these bills.

- At second reading, Bill C-4 – an Act to amend the Canada Labour Code, the Parliamentary Employment and Staff Relations Act, the Public Service Labour Relations Act and the Income Tax Act – ended the week.

Over the course of the week, I attended 11 meetings and two events. The House will be down the week of February 29, and my next update will be on my travels in the riding before my return to Ottawa on March 7.



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Yellowhead County

SEASONAL EMPLOYMENT

Seasonal summer Employment for upcoming year 2016

Vegetation Management Technician (2) – Competition No. 16-07-C - Will be responsible for the application of pesticides on County owned lands. The position has flexible hours and will run from approximately May 02, 2016 - September 2, 2016 with the possibility of an extension.

Weed Inspector (4) - Competition No. 16-05-C – Will be responsible for performing weed inspections on private and public land in accordance with the Weed Control Act and municipal policy. The positions will run from approximately May 2, 2016 - Sept 2, 2016.

Agricultural Labourer (3) - Competition No. 16-06-C – Will be responsible to assist the Conservation and Vegetation Management Technician and seasonal staff in the weed control, conservation and rental equipment programs as well as shop maintenance. The positions have flexible hours and will run approximately from May 2, 2016 - September 2, 2016.

Senior Weed/Pest Inspector (Temporary Position for 8 months (1)) - Competition No. 16-04-C – Will be responsible to assist the Conservation and Vegetation Management Technician and seasonal staff in the weed control, conservation and rental equipment programs as well as shop maintenance. The positions have flexible hours and will run approximately from May 2, 2016 - December 31, 2016.

Parks Maintenance Labourer (6) - Competition No. 16-10-C – Will assist in the maintenance of County parks space and County owned properties. Six positions will run approximately from May 02, 2016 - September 2, 2016. Three staff members will work Monday to Thursday and three staff will work Tuesday to Friday.

Lifeguards (4) - Competition No. 16-09-C – Will provide swimming instruction, lifeguard, pool maintenance and other administrative duties. These positions have flexible hours and various start dates approximately May 2, 2016 - August 30, 2015.

Youth Services Assistant (1) - Competition No. 16-08-C – The Youth Services Assistant will develop and deliver the children's summer programs throughout the County hamlets to children and youth in Yellowhead County. The positions will run from approximately May 2, 2016 - Sept 2, 2016.

Please include all certifications with your resume. Closing date for the above positions is **4:30 p.m. Friday March 11, 2016.**

For the complete Position Description, go to the County web page www.yellowheadcounty.ab.ca. or contact below:

Submit resumes in confidence, quoting competition number by EMAIL, DROPPING OFF HARDCOPY, OR FAX to:

Patricia Pape, Payroll/HR Coordinator

Yellowhead County

• 2716 – 1st Avenue, Edson, Alberta, T7E 1N9

• Fax: 1-780-723-5066

• Email: ppape@yellowheadcounty.ab.ca

NO PHONE CALLS PLEASE.

The personal information obtained as a result of this advertisement will be utilized for these employment opportunities only, and is subject to compliance with the Freedom of Information and Protection of Privacy Act.

We thank all interested applicants in advance, however only those applicants to be interviewed will be contacted

NOT GETTING YOUR FIRE PERMIT FOR EXISTING OR NEW BURNS MAY COME AT A COST

Submitted by Stefan Felsing

Starting March 1, all burning activities in Yellowhead County, excluding campfires and burn barrels, will require a fire permit. Yellowhead County residents are reminded to take extra care while burning this spring, as dry conditions and strong winds can fuel fast burning grassfires.

"Fire permits will be required for any new or existing burn in the Yellowhead County," says Yellowhead County Deputy Fire Chief Cory Chegwyn. "And we're reminding everyone to take all the necessary precautions during any type of burn on their property."

If you burn without a permit and accidentally start a wildfire – or even if firefighters are sent to check your burn – you may be held responsible for any firefighting or other costs. Agricultural producers and other businesses, as well as property owners should ensure their fire preparedness plans are in place to quickly respond to potential wildfire situations.

The Yellowhead County fire permit area covers the area north of Highway 16 and east of High-

way 22. Yellowhead County fire permits for this area are free and available through Fire Guardians at either Yellowhead County office. Campground fires and burn barrels within this area do not require a permit but may be restricted later in the season if fire levels reach a fire ban. Fire permits for the rest of the county can be obtained by contacting Alberta's Agriculture & Forestry department.

Fire permits lets Yellowhead County know where authorized

fires are planned and they help us to notify you if conditions change. There are a variety of reasons why the fire hazard in your area might go up – and you might not be aware that they're happening. When we have your permit information, we can notify you so you can put out your fire – and avoid starting a bigger one and steer clear of potential charges and monetary costs.

Tips & Info on new burns and existing winter burns:

- Permits are required

for brush piles, transfer sites, and field, grass or stubble burns.

- Fire incidents can be reduced by keeping burns small and by always having firefighting equipment on hand.

- Fires that are not completely extinguished can smolder underground during the winter months and resurface in the spring as a wildfire.

Contact the Yellowhead County Fire Department at 1-800-665-6030 for more information.

FATAL PEDESTRIAN VS TRAIN

Submitted by RCMP Spruce Grove

2016213512

On February 22, 2016 at approximately 5:45 PM, RCMP in Spruce Grove were called to Range Road 272 near Highway 16-A, for a report of a pedestrian who had been hit by a train. RCMP are still investigating the incident along with the CN Police. The lone male was believed to have been walking along the rail line between Range Roads when he was struck by the train and was deceased on scene.

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DEPRESSION NOW EQUAL TO HIGH BLOOD PRESSURE AS A TOP REASON CANADIANS SEE PHYSICIANS

Submitted by CNW Group Ltd

TORONTO, Jan. 26, 2016 / CNW/ - New research announced today by Morneau Shepell found that depression is now equal to high blood pressure as a top reason Canadians see physicians. Depression was the top-ranked condition by 24 per cent of physician re-

spondents, equal to high blood pressure, which was the top-ranked condition by a different 24 per cent of physician respondents. The results of the national survey, which polled physicians, employees and employers across Canada, will be presented January 27 at the Company's 5th annual Employers Connect event.

Comparatively, musculoskeletal disorders were the top-ranked

condition by 11 per cent of physician respondents. Furthermore, 63 per cent of physicians reported that depression, anxiety disorders or stress-related issues had the fastest increase in cases they had seen over the last two to three years.

The national survey, also found that a large majority (82 per cent) of employees who reported struggling with men-

tal health issues and two thirds (67 per cent) of employees who reported struggling with stress symptoms said it impacts their work. Comparatively, only half (53 per cent) of employees who reported struggling with physical health issues said it impacts their work.

"Each year, we see an increase in employees seeking support for stress and anxiety – conditions that are attributable to everything from the uncertainty of an unstable economy to difficulties in a personal relationship," said Alan Torrie, President and CEO, Morneau Shepell. "These concerns often have a negative effect on workplace productivity. On the other hand, employers who offer mental wellness support often see a strong relationship between mental health and engagement at work."

Workplace engagement levels are strongly correlated with mental health issues

The survey found that more than two thirds (67 per cent) of highly engaged employees reported excellent or very good mental health, compared to less than half (35 per cent) who are not engaged. Additionally, workplace stress has been found to have a higher impact on engagement than personal stress.

Nearly half (47 per cent) of employees who are not engaged reported extreme workplace stress but less than one in five (18 per cent) of employees who are not engaged reported extreme personal stress.

Upon looking further into the reasons for stress at work, employees reported that the sources of workplace stress are due primarily to emotional or interpersonal issues (e.g., office culture, communication, conflict), as indicated by 60 per cent of employees.

Public Open House

TransAlta is applying to Alberta Environment and Parks for a 10-year renewal of four *Environmental Protection and Enhancement Act* approvals:

- Sundance Power Plant Approval 9830-02-00 as amended
- Wabamun Lake Water Treatment Plant Approval 18528-01-00 as amended
- Keephills Power Plant Approval 10324-02-00 as amended
- Keephills Waterworks Approval 324754-00-00 as amended

TransAlta is seeking feedback from the public on these renewal applications and invites you to attend a public open house on:

Wednesday, March 16, 2016 (4 - 8 p.m.)

Keephills Community Hall,
51515 - Range Road 32A, Parkland County

Subject matter experts and TransAlta representatives will be in attendance to answer questions.

If you have any questions contact us at our toll-free stakeholder hotline: **1-877-636-7822**

TransAlta

Continued on Page 7

Depression Now Equal To High Blood Pressure As A Top Reason Canadians See Physicians

Continued From Page 6

Comparatively, nearly half (43 per cent) of employees reported that job-related issues (e.g., deadlines) are the source of workplace stress and only 14 per cent of employees reported that physical work-related (e.g., lifting heavy objects) issues are the source of workplace stress.

Half (51 per cent) of managers surveyed believe they have employees with mental health issues.

The survey also found that among managers, 37 per cent believe they have employees with significant stress symptoms, and 27 per cent of employees indicated that they have significant stress issues. Meanwhile, nearly one in four (22 per cent) of managers surveyed believe at least one of their employees has a substance abuse issue. Less than one in 10 (7 per cent) of employees reported substance abuse issues.

"It's clear that a large number of managers are seeing behaviours such as lowered productivity, increased absences, anxious behaviour or a disheveled appearance that would lead them to this belief," said Paula Allen, Vice President, Research and Integrative Solutions. "This shows how important it is for managers to know how to respond appropriately."

The stigma around mental health issues remains apparent in the workplace.

Though conversations around mental health are continuing to evolve and become more commonplace, employees are not completely comfortable acknowledging the problems at work. Two thirds (66 per cent) of employees who took time off work for a mental health issue did not report it and, as such, the days were not recorded as an official absence. "Unrecorded absences affect employee morale, workplace productivity and the

company's bottom line," said Adam Kelly, Vice President, Absence Management Solutions.

Almost one third (31 per cent) of employers said support for mental wellness in their organization has improved over the last two to three years, compared to 62 per cent who said it stayed the same.

"It is encouraging to see that Canadian employers are reducing stigma and increasing their


focus on mental health issues," said President and CEO, Alan Torrie. "Support for workplace mental health is improving but there is still more to be done."

About the Survey

The purpose of the survey by Morneau Shepell, conducted in October 2015, was to provide insights into workplace mental health from the perspectives of employees, employers and physicians, with 1,223 respondents

in total. The margins of error for the survey are +/- 3.1 per cent for employees, +/- 9.8 per cent for employers and +/- 9.8 per cent for physicians; valid 19 times out of 20.

The Company is presenting the initial survey findings at Employers Connect, its 5th annual summit on workplace mental health being held in five cities across Canada on Wednesday, January 27, 2016.



On behalf of The Physician Recruitment Committee
we would like to extend a big thank you to:

Local business owner Fred White, of Onoway Healthcare
Pharmacy for sponsoring the meal for the healthcare
professional's appreciation night on February 13, 2016,

The Onoway Legion for hosting and
donating the facility for the event.

**And thank you to the area residents that support
our local doctors and local healthcare professionals.**

Thank you.

COMMUNITY OPEN HOUSES FOR REVIEW OF DRAFT HERITAGE MANAGEMENT PLAN

Submitted by Stefan Felsing

We will be presenting the process of heritage designation from survey through inventory to designation, as well as have

interactive boards for opinions on benefits to designation, historic resources in our County that have been inventoried and should be designated, the community's vision, etc.

Wednesday March 2 – 2pm

– 4pm Tipple Park Museum (Evansburg)

Wednesday March 2 – 7pm – 9pm Red Brick Arts Centre & Museum (Edson)

Thursday, March 3 – 7pm – 9pm Dr. Duncan Murray Recre-

ation Centre (Hinton)

For more information contact Jenny Seibel, Heritage Coordinator for Yellowhead County by phone at 1-800-665-6030 or email jseibel@yellowheadcounty.ab.ca

PARKLAND COUNTY APPOINTS NEW FIRE CHIEF

Submitted by Parkland County

PARKLAND COUNTY, AB. Rob McGowan, Interim Chief Administrative Officer, today announced the appointment of Brian Cornforth as Parkland County's new Fire Chief, effective March 14, 2016.

Mr. Cornforth has over 30 years of emergency services leadership experience with various municipalities, including the cities of Edmonton and Lethbridge, as well as the commu-

nities of Coaldale, Airdrie and Jasper.

"The position of Fire Chief is integral to ensuring our community remains a safe place to live, visit and conduct business," said McGowan. "We are looking forward to Chief Cornforth bringing his vision, expertise and leadership to the Parkland County management team."

"I am extremely excited to be able to bring an individual with Mr. Cornforth's knowledge, ability and experience to Parkland County. He has demon-

strated the ability to build strong teams, bring new creative solutions to issues and work through complex problems in a collaborative manner" said Ken Van Buul, General Manager of Community Services.

"I would also like to thank Deputy Fire Chief Shawn McKerry, who has served as Fire Chief in an acting capacity for the last six months, and provided excellent leadership to the Fire Services team during that time," he added.

Mr. Cornforth has served on

the executive board of the Alberta Fire Chiefs Association for 22 years and is an active leader in championing the issues that impact all first responders.

"I am very honoured to take over the role of Fire Chief for Parkland County," says Cornforth. "I am excited to continue the excellent work our outstanding team currently provides County citizens, and to ensure they receive the exceptional service they deserve and have come to expect from Parkland County."

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BILL 10

**May 14TH
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Alberta Legislature

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SAY NO TO BILL 6

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RCMP BEATS

**Submitted by Stony Plain/
Spruce Grove RCMP**

Occurrences for the week of February 15 to February 21, 2016.

Total Calls for Service Spruce Grove/Stony Plain Detachment: 434

Total Calls for Service for the Victim Service Unit: 40

Persons Crimes: 53

Property Crimes: 67

Impaired Driving Complaints reported: 11

Impaired Driving Charges Laid: 3

Roadside Suspensions: 2

Motor Vehicle Collisions Attended: 31

Property Crimes:

Spruce Grove

1. February 15 – Area of Deer Park Point – Theft from Vehicle, registration and gym bag stolen

2. February 16 – Area of Veronica Hill – Theft of Snowmobile, 2013 orange/black Bombardier Sports 800R

3. February 19 – Area of Ventura Street – Theft of Vehicle, 2004 grey Chrysler Sebring

4. February 20 – Area of Calahoo Road and Weston Drive – Theft of Vehicle, 2001 purple Honda Civic

5. February 21 – Area of Mead-

owview Court – Theft from Vehicle, wallet stolen

Stony Plain

6. February 18 – Area of Rosenthal Drive – Theft from Vehicle, 42" light bar stolen

7. February 21 – Area of 33 Street and 43 Avenue – Theft from Vehicle, hot water tank and tools stolen

Rural

8. February 17 – Area of Township Road 543 and Range Road 44 – Break and Enter to Residence, TV stolen

9. February 19 – Area of Township Road 514 and Range Road 264 – Break and Enter to RV, tools stolen

10. February 21 – Area of Township Road 544 and Range Road 41 – Theft of Vehicle, 2000 maroon Ford F350 with utility trailer

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Never give out credit card numbers or other financial information over the phone or internet unless it is to a trusted 3rd party.

The Spruce Grove / Stony Plain Drug Section Information Tip Line is 780-968-7212. Anyone with drug information is asked to call and leave a message.

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POLICE INVESTIGATING FATAL COLLISION BETWEEN 2001 CHEVROLET SILVERADO AND 2016 FORD EXPLORER

Submitted by RCMP Drayton Valley

Drayton Valley, AB: RCMP are investigating a fatal collision between a 2001 Chevrolet Silverado and a 2016 Ford Explorer that occurred February 27, 2016 on Hwy 22 in the Town of Drayton Valley.

February 27, 2016 at approx 01:35 am, Drayton Valley RCMP officers and other emergency services were called to the scene of a collision between a 2001 Chevrolet Silverado and a 2016 Ford Explorer on Hwy 22 about 1/2 km north of 50th street intersection. A passenger in the Ford Explorer, a 33 years old female from

the Drayton Valley area was pronounced dead at the scene.

The driver and lone occupant of the Chevrolet truck, a 44 year old male, was transported to the hospital with what are believed to be non-life threatening injuries.

The driver and rear passenger of the Ford Explorer, two 33 years old

females were also transported to the hospital with what are believed to be non-life threatening injuries.

The name of the deceased is not being released. RCMP continue to investigate but do not believe speed or alcohol were factor

SOCIAL WORK WEEK

Submitted by Stephen Lander, President - Northern 7 Regional Foster Parent Association

Across Canada, the first week of March is set aside to recognize a group of individuals who dedicate their lives to helping people. It's Social Work Week—a time to recognize the contributions of social workers to society.

I particularly want to acknowledge social workers who specialize in the

area of child intervention—the caring professionals that help families whose children are at risk. These social workers collaborate with our team of skilled foster families in North Central Alberta to provide a safe and loving home for children in care.

Our shared goal is to keep children safe while a child's biological family resolves the issues that brought children into care. It's not always easy. The social workers I know have some of the biggest, kindest

hearts there are. We expect them to always have the right answers and to always be available (no easy task, given that a crisis can happen any time of day or night). They involve us in planning for a child or youth in care's special needs. They help us obtain advanced training to equip us with the skills to meet a child's particular emotional, social, or physical challenges.

We work together to ensure that where possible, children in care remain closely connected with their

biological families and eventually return home. When that can't happen, social workers help children find permanent homes where they can grow up with a sense of security and belonging.

On behalf of all foster and kinship families in North Central Alberta, I want to express my gratitude to social workers and recognize our important partnership. Social work is important work—and its impact, far-reaching.



Dr. Kris Kalhs
General Dentist

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SUPPORT FOR WOMEN'S EMPOWERMENT

Submitted by Jim Eglinski, MP - Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead today highlighted a new call for proposals entitled 'Support for Women's Empowerment'.

The Department for the Status of Women is inviting organizations to propose projects that increase women's participation in democratic and

public life. Projects under this call for proposals will fall under two streams:

Stream 1: Empowering Indigenous Women for Stronger Communities will support projects that will empower Indigenous women to engage with their communities to address issues affecting them or hindering their advancement in all aspects of life

Stream 2: Empowering Women for

Political and Community Action will focus on two themes: 1) Empowering Women for Political Action will promote the participation of women in political life; 2) Empowering Women for Community Action will improve conditions for women by amplifying women's voices and enhancing their civic participation.

The deadlines for applications under this Call for Proposals are: June 1, 2016 for projects that fall under

Stream 1 – Empowering Indigenous Women for Stronger Communities; and April 20, 2016 for projects that fall under Stream 2 – Empowering Women for Political and Community Action. Please note a second wave of applications received by November 1, 2016, may also be considered if there are funds remaining for Stream 1.

Organizations can apply for funding by visiting www.women.gc.ca

ALBERTA RCMP CHARGE SHERIFF WITH DANGEROUS DRIVING

Submitted by Alberta RCMP

The RCMP have charged an Alberta Traffic Sheriff with four counts of Dangerous Driving under the Criminal Code of Canada, and two counts of Driving at an Unreasonable Rate of Speed under the province's Traffic Safety Act. The charges relate to six separate on-duty driving offences occurring between May and October 2015 on highways in the Edson and Jasper area.

The charges result from an Oc-

tober 2015 internal review of operations by Alberta Traffic Sheriff Operations. Irregularities noted in that review were forwarded to the RCMP for investigation. No accidents or injuries arose from any of the alleged offences. The Traffic Sheriff was working out of Edson at the time of the offences as part of an integrated traffic enforcement unit with the RCMP.

Charged is Sean Myher, of Edson, Alberta with:

- Dangerous Driving, Section 249

(1)(a) Criminal Code, Offence Date: May 19, 2015, near Edson.

- Dangerous Driving, Section 249 (1)(a) Criminal Code, Offence Date: August 13, 2015, near Jasper.

- Dangerous Driving, Section 249 (1)(a) Criminal Code, Offence Date: September 2, 2015, near Edson.

- Dangerous Driving, Section 249 (1)(a) Criminal Code, Offence Date: October 23, 2015, near Edson.

- Drive at an Unreasonable Rate of Speed, Section 2 (1)(a) Traffic Safety Act, Offence Date: September 18,

2015, near Edson.

- Drive at an Unreasonable Rate of Speed, Section 2 (1)(a) Traffic Safety Act, Offence Date: September 28, 2015, near Edson.

Sean Myher will appear on all charges in Edson Provincial Court on March 15, 2016 at 10:00 a.m.

For information regarding the Alberta Traffic Sheriff program or the employment of the Traffic Sheriff involved, the media is advised to contact the Government of Alberta.

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ENERGY EAST DESERVES SUPPORT

Submitted by Jim Eglinski, MP – Yellowhead

On January 28th a motion by our Conservative Caucus was presented in the House of Commons to recognize the importance of the energy sector to the Canadian economy and support

its development by supporting the Energy East pipeline. The project is backed by the governments of Alberta, Saskatchewan, Ontario and New Brunswick and would dramatically cut the amount of oil traveling by rail each day and scale back our dependence on foreign oil.

Thousands of Canadians contribute to our economy through the natural resource sector. At a time when our economy is struggling, the Liberal government needs to stand up for these Canadians and take a clear position in favour of Energy East. The oil and gas sector directly and

indirectly employs over 360,000 people in Canada, accounting for almost 8% of GDP in 2013, while Energy East alone is expected to generate \$10 billion in taxes for all levels of government. Our country ranks third in the world for proven crude oil reserves, and 73,000 existing kilometers of pipeline carry over \$100 billion of natural gas, oil and petroleum products safely every year.

From 2008 to 2013 more than 99.99 percent of oil transported by federally regulated pipelines was done so safely, and thanks to the previous Conservative government, companies are liable for up to \$1 billion of costs and damages, irrespective of fault. Pipelines are the most environmentally responsible way to transport our oil, and Energy East will displace the equivalent of over 1,500 rail cars traveling the same route each day.

Approximately 700,000 barrels of oil are imported every day to refineries in Eastern Canada, coming from countries such as Saudi Arabia, Venezuela and Nigeria. The Energy East project would strengthen Canada's energy security by decreasing our dependence on authoritarian regimes with poor human rights records, rampant corruption and deficient environmental controls. Most of Western Canada's oil production is exported to the United States, and 97% of our oil exports went there in 2013. Energy East will create access to higher value international markets which will further support the Canadian economy.

In my view, it makes no sense to import foreign oil while Canada is blessed with an abundance of natural resources here at home. Instead of turning his back on the thousands of hard-working Canadians who keep our economy moving, many of whom are now struggling to find work, Prime Minister Trudeau must show leadership and unwavering support for this project.

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GYPSD POLICY DEVELOPMENT FOR LGBTQ+ STUDENTS, PARENTS/ GUARDIANS AND STAFF, AND ALL SCHOOL COMMUNITY MEMBERS

Submitted by Nikki Gilks

Over the last few weeks, there has been a lot of conversation and discussion about the need for school divisions to draft up new policies recognizing the specific need for protection of the LGBTQ+ population in schools. The following document has been developed with the

intent of providing some answers to frequently asked questions asked within our communities about the reasons why there is a specific need and in the hopes of building understanding of the unique challenges they face on a daily basis. Grande Yellowhead Public School Division's Board of Trustees encourages all stakeholders to forward feed-

back on the draft policy to board@gypsd.ca for their consideration. The draft policy can be viewed on the division's website at www.gypsd.ca.

At Grande Yellowhead Public School Division, we believe that all members of the school community have the right to learn and work in an environment free of discrimina-

tion, prejudice, and harassment.

These rights are protected under the Canadian Charter of Rights and Freedoms, Alberta Human Rights Act, and Alberta School Act.

These rights are reflected in our policies and administrative procedures:

- AP 175 Harassment and Abuse of Students and Staff;
- AP 215 Inclusive Education;
- AP 310 Safe and Caring Schools;
- AP 315 Student Threat Assessment;
- AP 316 Division-Wide Bullying Prevention;
- AP 350 Student Conduct;
- Policy 23 Health and Wellness

Together with our commitment of providing an inclusive environment where all students, staff and community members feel respected, we all share the responsibility for cultivating environments that welcome everyone inclusive of:

- Physical or mental ability
- Sexual orientation
- Gender identity and gender expression
- Cultural and linguistic diversity
- Race, ancestry or gender
- Religious beliefs
- Socio-economic status or
- Family composition

Did you know?

While many individuals identify as LGBTQ+, approximately only 0.3% of the population identify as transgender or gender non-conforming.

According to the nobullying.com website (as of Dec 2015):

- 86% of LGBTQ+ youth report being harassed at school compared to 27% of all students being bullied;
- 64% felt unsafe at school due to sexual orientation;
- 32% did not go to school for at least one day because of feeling unsafe and are 5 times more likely to miss school due to bullying;
- 44% experienced physical harassment & 22% experienced stronger violence HOWEVER 61% never reported the attacks;

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Continued on Page 15

GYPSPD Policy Development for LGBTQ+ Students, Parents/Guardians and Staff, and All School Community Members

Continued From Page 14

- 42% have experienced cyber bullying which is 3 times higher than other students and 33% have received sexual harassment online which is 4 times higher than other students;

- LGBTQ+ youth are 2-3 times more likely to attempt suicide than other teens and 8 times more likely if they do not receive family support;

- 50% experience a negative environment at home if they tell their parents with 26% forced out of their homes;

- Up to 50% of the youth that are homeless are LGBTQ+ youth;

- 42% live in a hostile environment where they are not accepted.

Frequently Asked Questions for Parents/Guardians

FAQ#1 Why are there special guidelines for this one particular group?

Sexual orientation, gender identity

and gender expression are protected rights under the Alberta Human Rights Act. Additionally, Bill 10 and the new Provincial Guidelines released on January 13, 2016, direct school boards to have policies and practices in place to protect the rights of LGBTQ+ students, families and staff, and to enhance the safety of and learning conditions for LGBTQ+ students.

FAQ#2 What are the new Guidelines for Best Practices: Creating Learning Environments that Respect Diverse Sexual Orientations, Gender Identities and Gender Expressions?

In January, 2016, Alberta Education released new guidelines for school boards to use in creating their own policies/guidelines to support lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ+) students, families and staff. All school boards in Alberta are directed to use these guidelines to inform their own policies/guidelines by March 31, 2016. Note: If you have

specific questions/concerns about the provincial guidelines, please contact Alberta Education directly.

FAQ# 3 What will the new guidelines and a new GYPSPD policy mean for my school and my child?

The provincial guidelines share best practices for boards to consider when drafting specific policies and/or procedures for their school communities. Although our Board felt it important to draft a specific policy to support LGBTQ+ youth in light of the real challenges they experience, we will continue to support all our students, families and staff in a manner consistent with building safe, respecting, welcoming and caring environments for all. In particular, to acknowledge the right of students to self-identify, the right to form Gay-Straight Alliances in schools as mandated per the Guidelines, and to have access to a gender-neutral space, identify a safe contact at the school for those youth at risk, and have their confidentiality and privacy protected.

FAQ#4 What information will be shared when a student makes a disclosure?

Grande Yellowhead always encourages our staff to engage in open communication with parents/guardians about the education, health and well-being of their children. We firmly believe that learning is enhanced by parents/guardians and school staff communicating and working together thus we encourage collaboration between the school and home as much as possible.

Some LGBTQ+ students are not open about their sexual or gender identity. Given the sensitivity related to one's gender identity and sexual orientation, GYPSPD staff members will engage in thoughtful and considerate discussions with the students identifying as LGBTQ+ to provide resources and supports that may be needed for them and their families.

Continued on Page 17

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Dr. Nicholas Teoh was born and raised in Edmonton. He attended the University of Alberta where he graduated with a Bachelor of Medical Sciences as well as a D.D.S. He received several awards during the course of his studies including the Dr. GH Gibb Memorial Prize and the Dr. Stanley S. Kucey Leadership Award.

Nicholas enjoys performing all aspects of dentistry. In his spare time, he enjoys working out, reading and playing board games with friends and family. He is very excited to be a part of the friendly team at Karo Dental as it allows him to provide quality care in a peaceful environment.



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GYPSD Policy Development for LGBTQ+ Students, Parents/Guardians and Staff, and All School Community Members

Continued From Page 15

FAQ#5 What names can students use?

Grande Yellowhead believes that honouring student requests regarding their preferred name is an important part of helping them feel supported and accepted. Upon request, students and their parents/guardians can meet with school staff to discuss the student's gender identity and to request an Also Known As (AKA) name change (preferred name). Note: the legal name cannot be changed in the Official Student Record until it is legally changed with Alberta Vital Statistics.

FAQ#6 Which students will have access to which washrooms and change rooms?

Included in our new draft policy is the assurance that all school facilities will also have a gender-neutral, single occupancy washroom available with appropriate signage for those students wishing privacy to use the facilities and for those wishing to change in privacy for physical education classes. If students in Grande Yellowhead schools do not wish to use the washroom or change room identified with their biological sex, access to gender-neutral, single occupancy facilities are available. Consideration is always given to the safety and privacy of all students involved.

FAQ#7 How will access to physical education and sports be handled?

Students are currently permitted to participate in sex-segregated recreational or competitive athletic activities in accordance with their self-declared gender identity. This is fully supported by the Alberta Schools' Athletic Association in their 2015-2016 Policy Handbook. As noted previously, changing one's gender identity at school is a thorough process. Transgender and gender non-conforming students and their parents/guardians

are typically involved in conversations with school staff about access to physical education classes and sports teams. Very careful consideration is given to what team the student plays on, and what information is shared with the coach, other team members, etc. This is a thoughtful process. A male student cannot simply declare he is female and sign up for a girls' sports team, and vice versa.

FAQ#8 Can we still use “mother/father” and gender specific pronouns?

Yes. School staff can still use the words “mother” or “father” or refer to people using the pronouns he/him and she/her. The guidelines suggest that staff be thoughtful when using terms like mother and father. Examples may include “Everyone please take your pictures home to your family” or “Every-

one please take your pictures home to your parents or guardians". This is inclusive language that reflects the diversity of family life we know our students to have. For example, many of our students live with grandparents, other family members, have foster parents, etc. Likewise, if a person identifies as male or female we will still use he/him and she/her pronouns.

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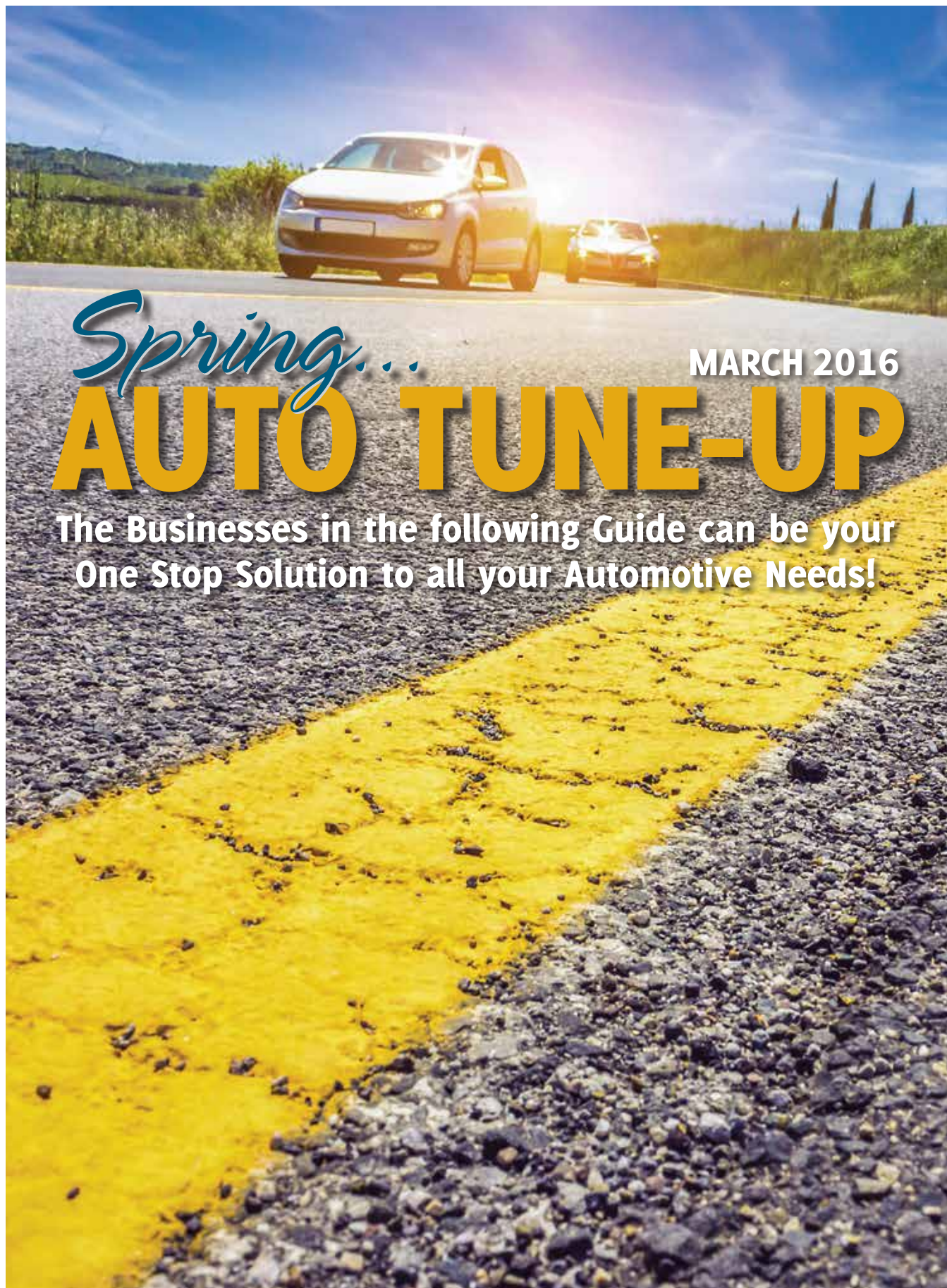
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WAXING 101: WHAT TO KNOW BEFORE WAXING YOUR CAR

Waxing a car is a great way to maintain its exterior. Including waxing as part of your routine vehicle maintenance can protect the car or truck from some natural hazards, including sun damage, pollen and the dirt and grime that can accumulate on a car over time.

Motorists unfamiliar with waxing may be intimidated by the sheer volume of waxes on the shelves at their local automotive supply stores, which will no doubt offer an array of both liquid and paste waxes as well as many spray waxes. When testing waxes in 2013, Consumer Reports found that liquid and paste waxes were relatively equal with regard to their effectiveness, while spray waxes were very convenient though not very durable.

Waxing a vehicle is no small task,

and drivers should learn as much as they can about car wax and the different types of waxes before attempting the job themselves.

The differences between waxes

In their study of liquid, paste and spray waxes, Consumer Reports found that paste waxes were easier to apply than liquid waxes, but that the overall performance of paste waxes fell short of liquid waxes. Liquid waxes were very durable and provided the gloss many motorists look for when waxing their vehicles. But liquid waxes were difficult to apply evenly, something first timers should consider when choosing a wax. Spray waxes were convenient and easy to use, and many can be wiped off without drying. But Consumer Reports found spray waxes were not as durable as

liquid or paste waxes, so they may need to be applied more frequently.

Because waxing is done to protect a car and improve its appearance, it's important that drivers waxing their vehicles for the first time test the wax on an area of their vehicles that is not easily seen to the naked eye. This affords some room for error as you learn the waxing ropes while also allowing you to test out different waxes until you find the right fit.

There are some additional tricks drivers can employ when waxing their vehicles that can make the job easier and the wax that much more effective.

- Wash first, then wax. Make sure you give your car or truck a good wash before you apply any wax. Allow the car to dry completely be-

fore applying any wax.

- Avoid sunlight. Consumer Reports notes that sunlight can soften paint and make it susceptible to scratching, so avoid washing and waxing your car in direct sunlight.

- Use microfiber towels. Microfiber towels were found to be more effective than cloth rags at removing residue. In addition, cloth rags can trap dirt and scratch finishes, so opt for lamb's wool mitts instead.

- Go from top to bottom. The bottom of a vehicle is more susceptible to grime, so work your way down when waxing so you are not contaminating your towels. A contaminated towel increases the risk of scratching your vehicle's exterior.

When waxing your vehicle, the right wax and technique can make all the difference.



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SIMPLE WAYS TO TRIM AUTO INSURANCE COSTS

The cost of owning an automobile extends beyond maintenance and fueling costs. One of the biggest expenses motorists must plan for is auto insurance, the cost of which can vary greatly depending on geography and driver history.

But no matter where drivers live or what their histories are, there are some simple ways for drivers to save money on their monthly insurance premiums.

· **Reassess your driving habits.** Auto insurance companies consider how many miles drivers drive per year when determining the cost

of an insurance policy. Many drivers provide this information when opening a policy, but then never update it when renewing or extending their policies. If you drive less now than you did when you opened your policy, notify your insurance company and you might end up paying less each month, especially if your daily commute is considerably shorter than it used to be.

· **Check your credit rating.** Another way to save money on your auto insurance is to check your credit rating and, if necessary, take

steps to improve your credit score. Credit rating is another variable insurance companies use to determine drivers' premiums, and a good credit rating can save drivers a substantial amount of money on their policies. If your credit rating has improved since you opened your policy, contact your insurance company and you might see the cost of your insurance reduced dramatically. It's also good to periodically view your credit report to determine if there are any errors that are negatively affecting your rating. Such errors may be inflating

your auto insurance premiums.

· **Hit the books.** No matter how many years you have behind the wheel, your auto insurance company may offer you discounts if you periodically take defensive driving courses. Such classes are inexpensive, but they may save you as much as 10 percent on the cost of your auto insurance policy. Young, inexperienced drivers and seniors tend to benefit from defensive driving courses more than other drivers.

· **Change your policy.** Drivers also can save money by making changes to their policies. Raising your deductible is perhaps the easiest way to save money without affecting your coverage, and such a decision can save you as much as 15 percent depending on how high a deductible you're willing to pay. Drivers whose cars are older and completely paid off might want to drop their collision insurance, which pays you if your car is damaged or destroyed in an accident. Such insurance won't yield much in return if your car is not worth much money, and dropping it from your policy can save you between 10 and 15 percent.

Auto insurance is a necessity for drivers of all ages, but there are several ways to cut the costs of insurance premiums without affecting coverage.

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YELLOWHEAD COUNTY COUNCIL HIGHLIGHTS



Submitted by Stefan Felsing

New Wildwood Legion Bus – Council had an opportunity to view the new Wildwood Community Connector Bus that will be formally unveiled on May 6 at the Grand Opening of the new Wildwood Veteran's Park. Yellowhead County contributed \$42,000 to Wildwood's Royal Canadian Legion Branch No. 149 through a capital funding grant towards the new \$90,000 bus that is replacing the older twenty-four year old bus.

Amended Fire Services Bylaw – Yellowhead County's amended Fire Services Bylaw 3.16 was passed by Council. Changes include new and updated definitions; detailed information on department membership processes; and now defines the Yellowhead Coun-

ty Fire Department as a combined entity encompassing all the fire stations across the county. It also includes a fee schedule for motor vehicle incidents that reflects Alberta Transportation's current fee schedule.

AB Transportation Request for Support – A letter of Support from Yellowhead County Council will be sent to Alberta Transportation in support of a proposed speed limit reduction for an 800 metre section adjacent to Fulham School on Highway 32 on either side of the existing pedestrian activated crosswalk. The proposed speed limit would be 70 km/h instead of the current 100 km/hr and would be in effect from September 1 to June 30 between 8:00 AM and 4:30 PM. This area is not deemed a school zone by Alberta Transportation.

Intermunicipal Meeting Proposed – Yellowhead County Council has agreed



to a tentative intermunicipal meeting with the Town of Edson Council to discuss various issues of importance between the two municipalities in order to work towards better regional cooperation on matters that affect both municipalities.

Elk River Road Grader Beat Tender – Council awarded a five year tender for the supply and operation of a motor grader for the Elk River Road grader beat to RodeCo in the amount of: \$115/hr for the first and second year; and \$119/hr for the third, fourth, and fifth year.

Frac Sand Company Requires Rezoning – Council passed Bylaw 27.15, for the rezoning of leased crown land west of Marlboro on Hwy 16 that was previously used as an Alberta Transportation gravel pit. The rezoning of this area from Forestry District to a Rural Industrial District would facilitate a proposed frac



sand loading facility at that location. Sil Industrial Materials had submitted an application to change the zoning of this property as part of their development application.

Land Leased for Grazing Purposes – Council approved a five year lease to Jean Wright at the agricultural rate of \$18.00 per year (\$90.00 for the five year term) for a period of March 1, 2016 to February 28, 2021 for 0.5 acres adjacent to the landowner's property. The approved lease will provide the landowner with additional land for the grazing of their animals. As a requirement of the lease, the landowner would be responsible for fencing the entire property.

The next Council Meetings are March 8 & 22, 2016. The next Committee of the Whole Council Meeting is March 21, 2016. All meetings start at 9:30 a.m. in the Council Chambers.

LAND AUCTION

Barrhead Rodeo Exhibition Grounds

PROPERTY LOCATED:

2 mi W of Cherhill along Hwy 43. The SE 18-56-5W5 is accessed by RR55. The SW 18-56-5W5 is accessed by RR60.

**Saturday Afternoon,
April 2nd at 2:00P.M.**

SE 18-56-5W5 (Approx 108 Acres Open Cult) (Approx 52 Acres Bush/Pasture) (Older Building Site located in SE corner of property with power, water well, house, barn. Nice building Site or Sub-division) (Surface Revenue \$4322/year) (160 Acres Total)
SW 18-56-5W5 (Approx 100 Acres, Open Cult) (38 Acres Bush/Pasture) (Water Dug Out) (138.83 Acres Total)

For More Info: Phone Charles 780-674-7704

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TIPPLE PARK MUSEUM GRAND OPENING



Submitted by Stefan Felsing

On Friday February 19, 2016 over 130 members of the public and dignitaries attended the Grand Opening of the new Evansburg museum to officially open its doors to the community.

The Tipple Park Museum, a purpose-built building, is centrally located in the Hamlet of Evansburg where the Pembina Lobstick Historical Society can showcase their local history and welcome visitors and tourists to the area. It will also provide a place for community group meetings and various other community events.

Budget and Cost:

Funding was provided by Yellowhead County in the amount of \$2,370,253 for the planning, design, and construction of the new building and lot, as well as contributions made by the Provincial Government through a CFEP grant for interior furniture and window coverings and through fundraising done by the Pembina Lobstick Historical Society.

Features:

- Museum areas for artifact display, museum storage, and archival storage,
- A workshop for museum staff to repair objects and to prepare exhibits for display,
- A tourist information area,
- A multi-purpose room, reception area, office, kitchen, washrooms, and meeting room.

Alastair Cockburn Architect Ltd. was retained by Yellowhead County to provide

consulting services to prepare a building concept plan for a museum/park amenities building in Evansburg. These were then reviewed with Yellowhead County and the Pembina Lobstick Historical Society, with revisions being made to reflect that input.

The building was designed by Barr Ryder Architects and Interior Designers, with construction of the building completed by Theirman Construction Ltd.; both of Edmonton, Alberta.

The museum will be operated by the Pembina Lobstick Historical Society and will feature rotating temporary displays, with both seasonal and travelling exhibits.

All rooms associated with the museum (archive, display room, storage room and work room) feature humidity controlled climates to assist in the proper storage of artifacts.

The archive room will be available by appointment for members of the public to complete historical research with the society's help and resources.

The location and orientation of the new facility essentially mirrors that of the old Station House. The new facility is also orientated to provide access to the washrooms from Tipple Park. The design of the new facility was developed in accordance with the Evansburg Streetscape Plan that is part of Yellowhead County's Area Structure Plan for the hamlet.

The multi-purpose area, kitchen and meeting room will be available for event rentals and will be the future home of the Evansburg Farmers' Market.





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Bright Bank Hall, 963-6835

Camp Encounter, Vincent Mireau - Camp Director. director@campencounter.com. C: 780-504-2012 W: 780-967-2548

Darwell Hall, 780-721-2690

Darwell Seniors, 892-2457

Duffield Hall, 892-2425 or 963-6887

Entwistle Community League Hall, Contact Cheryl at 780-727-6671 or Verna at 780-716-2304.

Entwistle Senior's Drop In Centre, Barb 727-2108 or Glennis 727-4367 Mon-Fri

Evansburg Senior's Heritage House, Flo 727-2496 or Marcel 727-4269

Evansburg Legion, upper hall 250 people, lower hall 80-100 people, 727-3879

Fallis Community Hall, 892-3150

Keephills Hall, 731-3761

Lake Isle Hall, 892-2481

Lake Romeo PeaVine Hall, 785-2700

Magnolia Hall, 727-2015

Manley Goodwill Community Hall, 963-9165 or 916-0146

Mayerthorpe Diamond Centre, 786-4044

Moon Lake Community Hall, Nikki Berg 780-898-1390

Park Court Community Hall, 727-4476

Parkland Village, 960-3673 or 960-5556

Rich Valley Community Hall, 967-3696 or 967-5710

Rosenthal Community Hall, 963-7984

Seba Beach Heritage Pavilion, 797-3863

Smithfield Community Hall, 892-2390

Tomahawk & Dist Agra Center, 898-6069

Wabamun Jubilee Hall, 892-2699.

Wildwood Community Hall, 325-2692 or 325-3749

Wildwood Rec Complex 325-2077 or 514-8944

Wildwood Senior's Hall, 325-2030

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Church Directory

All Saints' Anglican Church

Sunday Morning
Worship 9 BCP
10:30 BAS with Sunday
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5212-47 Ave. Drayton Valley
(780) 542-5048

Seba Beach Christian Fellowship

Sunday School 10:00a.m.
Worship Service 11:00a.m.
Weekdays Bible
Study & Prayer
(780) 305-3594

Roman Catholic Church

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St. Elizabeth Parish, Evansburg
Saturday 7:00p.m.
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St. Augustine's - Parkland Anglican Church

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Office 780-962-5131
www.staugustinesparkland.org

Parkland Baptist Church

Sunday Worship
Service 10:30a.m.
All Welcome
Pastor Norm Bleick
Youth Pastor Steve Gascon
121 Brookwood Drive
(780) 962-4101
www.parklandbaptist.ca

Immanuel Lutheran Church of Rosenthal

Traditional Service 9:00a.m.
Contemporary Service 10:15a.m.
Christian Counselling Services
Pastor Bill Flath
Rd 13, Turp Rd 524
Ph: 780-963-4048
www.iler.ca email: office@iler.ca

Stony Plain United Church

Sunday Service 10:30a.m.
5012-51 Ave. Stony Plain

Mewassin United Church

Sunday Service 9:00a.m.
Rev. Sally Boyle
Hwy 627 - Rd 30
Ph: 780-963-4745

Emmaus Lutheran Church

Sunday Worship
Service 10:30a.m.
Bible Study 9:30a.m.
Sunday School 9:30a.m.
Rev. Steven Brummett
4604-50th Ave, Drayton Valley
Ph: 780-542-5101
emmauslutheranchurch.wordpress.com

St. Anthony Catholic Church

WEEKEND MASS
SCHEDULE:
Saturday 5:00p.m.
Sunday 12:00p.m.
4708-50 Ave, Drayton Valley
Parish Office: 542-5254

Church of God

Pastor Evan Baum

Sunday School
10:00a.m. (Sept-June)
Worship Service
Sun. 11:00a.m.
Youth Fri. 7:00p.m.
(during the school year)
5004-49 Street,
Drayton Valley
Ph: 780-542-5091

Ignited Church & Ministries

Pastors: Mark &
Leanne Eshleman
Sunday Service
10:30a.m.
4951-41 Ave. Drayton Valley
(beside Malone Medical Clinic)
Ph: 542-5843
ignitedchurch@telus.net

The United Church of Canada

Sunday Worship
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Sunday School
10:30a.m.
5029-48 St. Drayton Valley
Church Office 780-542-5743
duwc@telus.net www.dvuc.ca

Drayton Valley Alliance Church

Pastor John Haazen
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Service at 10:30a.m.
Aurora School 3901-55 Ave.
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4901-55 St. Drayton Valley
Ph: 542-6501 dvalliance.ca

Calvary Baptist Church

Pastoral Team:
Lorne Trudgian &
Kenton Penner
Sunday Worship 10:30a.m.
Youth & Ministries Info -
calvbapt@telus.net
4401-50th Ave. Drayton Valley
780-542-4774
www.calvarybaptistdo.ca

COMMUNITY EVENTS 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Groundhog Day					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Valentine's Day		President's Day				
21	22	23	24	25	26	27
28	29					

If you are a LICENSED, NON-PROFIT ORGANIZATION, you are welcome to submit your announcement FREE of charge, space permitting. You are required to submit your non-profit number. Call (780) 962-9229. Please note that all submitted announcements will be edited to fit the 2 line limit. Deadline 12 noon Friday prior to publication (Thursdays on long weekends).

March 5 - LISA STEFURA "A TASTE OF HOME" OPENING RECEPTION, 11-2 p.m. 4912 51 Ave, Stony Plain. Pottery displayed March 1-31. Parkland Potters Guild/Crooked Pot Gallery March Feature.

March 8 - STAND UP FOR ALBERTA: BILL 6 at Alberta Legislature, 12 Noon. Free Bussing from Thompson Bros, Spruce Grove, Call 962-2426/715-6970 to book a seat!

March 8 - MAGNOLIA COMMUNITY CLUB ANNUAL GENERAL MEETING at Magnolia Hall, @ 7:30pm.

March 12 - SETTLERS OF CATAN TOURNAMENT at Entwistle Public Library, 1pm. Details/to register: rbrookhart.entwistlelibrary@yrl.ab.ca or 780-727-3811 or visit www.pcmilibraries.ab.ca

March 12 - EVANSBURG ART CLUB'S PAINTING with Kammy Taylor at Heritage House, Evansburg from 10-4pm. For info call Janice 780-727-4340.

March 19 - FAMILY MOVIE DAY at Keephills Public Library, 2pm featuring The Good Dinosaur. FREE to attend! Visit www.pcmilibraries.ab.ca or call 780-731-0000 for more info.

March 26 - PANCAKE BREAKFAST at Woodbend Hall, 9-11am. \$6/person. Free for children 4 and under. Easter egg hunt. Call 780-470-0071.

April 23/24 - ARTISAN MARKET & GARAGE SALE at Magnolia Hall, 10am - 4pm. 40 Vendor tables, Concession Open. Questions, email events@magnoliacommunityclub.ca or 780-727-2015.

April 23 - ALBERTA GENEALOGICAL SOCIETY GENFAIR, 9:30am-3:30pm at Royal Canadian Legion, 5204-51st Ave Drayton Valley, AB. Speakers Ronald Kelland, Susan Haga, Lianne Kruger. Info @ http://www.abgenealogy.ca/2016-ags-genfair

May 14 - STAND UP FOR ALBERTA: BILL 10, at Alberta Legislature, 2:00pm. Sign Petitions Here! Have your voice heard!

FARMERS MARKETS

CARVEL FARMERS' MARKET - Thursday evenings 5 pm to 8 pm at Carvel Hall. Alberta Approved. Info www.facebook.com/CarvelStationMarket or (780) 499-1112

DARWELL - Open Sun. till May-Oct, 11am-2pm. Sue at (780) 892-4754.

DRAYTON VALLEY - Every Wed, 10:30-1:30pm at the Omniplex

EVANSBURG - Sat., 10am-2 pm, Main Street. Call 727-3526 for tables.

MAYERTHORPE & DISTRICT FARMER'S MARKET - Thurs 11-2pm, except late market last Thurs of every month, 4-8pm. Mayerthorpe Diamond Center

SEBA BEACH - Saturdays @ 10:20-12:30pm at Seba Beach Pavilion. May 9 - Sept 19.

SPRUCE GROVE - at the Elevator, Sat 9:30-2:30, tables (780)240-5821

STONY PLAIN - Sat, 9am-1pm, Downtown, Stony Plain. Phone Nancy 780-962-3993.

BINGO

ENTWISTLE COMM. LEAGUE BINGO, Every Wednesday, Doors Open 6pm.

STONY PLAIN SENIORS DROP-IN CENTRE, public bingo every Tues, 7pm. All ages welcome. Phone (780) 963-6685

TOMAHAWK, every Mon at Agra Centre, doors 6pm, Bingo 7:30pm. Info 339-2423 or 339-3747

WABAMUN LIONS CLUB Satellite Bingo - Jubilee Hall Thurs, 6pm, 2 Early Birds,

WILDWOOD - Mon night, 6:30pm, bingo starts 7:30pm, Early Birds & Lucky 7.

SOCIAL EVENTS

50+ YOUNG AT HEART LUNCHEON for Parkland County Seniors, 12 Noon at Stony Plain United Church Basement, \$8/plate. 3rd Wed of Month, Sept - June. For reservations call Audrey 780-963-1782.

55+ CLUB DRAYTON VALLEY - in recreation center *upstairs. Music Jams: Doors open 10:00pm. Last Sun of each month. Come on in and listen, 780-542-3768.

ADULT CO-ED VOLLEYBALL: Tues nights, 7:30 at Grand Trunk High School, Evansburg, Oct 13-March 22. Don at 727-3982 or Renate at 325-2563 for info.

AEROBICS - Low impact, Mon/Wed, 11am-Noon, Wildwood Senior's Centre, \$1/session.

CONVERSATIONAL SPANISH LESSONS at Keephills Public Library. Tues & Thurs, 7:00pm. Free program for anyone interested in learning the language.

COUNTRY QUILTERS, Stony Plain "Sew in Tuesday", 2nd Tues of month, 10-3pm. \$5/member, \$6/non-members. Bring your own projects to work on, coffee, cutting mats, rulers & irons supplied. Contact Cindy 780-963-7170.

COWBOY CHURCH Moon Lake Hall last Thurs, 7:30pm. Dennis/Ruth at 924-2230.

CRIBBAGE 1st & 3rd Sat every mon 7pm. Wabamun Seniors Centre

DARWELL MEAT DRAW - 3:30pm, bi-weekly, Darwell Lounge & Restaurant.

EVANSBURG ART CLUB - meet & paint Thurs 1-4pm

Rec Plex. 727-4340 or 727-4098

EVANSBURG PUBLIC LIBRARY CLUB - 4th Thurs, 7-9pm, Grand Trunk High. 727-3925

EVANSBURG GUIDES & PATHFINDERS - Mon, 6pm, Camp Evansburg.

EVANSBURG SENIOR'S HERITAGE HOUSE - Floor Curling Mon & Thurs, 1:00pm. Court Whist Thurs, 7:00pm.

EVANSBURG TIPPLE PARK HISTORICAL BUILDING TOURS - Thurs - Sun, 10:00-4:00pm.

JAMBOREE, 4th Sat, Sept to May, Duffield Community Hall. 6:30 Supper.

JAMBOREE, Tomahawk Agriplex, Starts Nov 21st. 3rd Friday of month. 7:00pm. Call 780-339-3755.

JAMBOREE, at Magnolia Hall, 7:00pm. Every 2nd Saturday each Month Hot Food. 727-2015 or www.magnoliacommunityclub.ca

JAMBOREE, 2nd Friday, 7pm, Seba Senior's Centre, Toni 797-4233

JAMBOREE, Ravine Comm Hall, 1st Sat 325-2119 or 325-2391

JAMBOREE, at Sandhills Community Hall, 3rd Sunday, 1-5pm, Sept - June. Info Florence 780-962-3104 Margaret 780-962-3051

JAMBOREE at STONY PLAIN SENIORS DROP IN CENTER, 5018 - 51 Ave. Every 2nd & 4th Thurs of the month @ 6:30 p.m., Cost \$2. Everybody Welcome. Contact 823-0035 or 963-7920.

JAMBOREE, at Wildwood Community Hall, 3rd Wed Each Month, 7:00pm. Oct - June. 325-3749

LAC STE ANNE COMMUNITY CHOIR, new choir accepting all voice ranges. Meets every Wed, 7:30pm. Info (780) 924-3662.

MAYERTHORPE WOMEN'S LEAGUE PRAYER CHAIN - Everyone with the 786, 785 or 674 Prayers and Prayers are needed. Doreen 786-2434.

MEAT DRAW, Evansburg Legion, Friday 8-10pm & Saturday 3-5pm

PANCAKE BREAKFAST - Parkland Village Community Centre, 9am-12, last Sun.

PARENT & TOT PLAYTIME: PERC Building Stony Plain Wed. 10-11am, Holborn Community Hall Thurs 9:30-11am, Parkland Village Thurs 9:30-11:30am.

PEMBINA SKATING CLUB (Evansburg Arena), offers Learn-to-Skate, CanSkate & STARSkate for all ages. Skating year runs from Sept-Mar. Call Lisa 727-2729.

POT LUCK every Tues, noon, Wabamun Seniors Centre. Come on down!

SEA CADETS - 299 Mackenzie, Stony Plain Comm Center, Wed 6:30 youths 12-18, 963-0843

SEBA BEACH SENIORS CENTER - Yoga, Mondays at 9:30am, \$10/session. Bridge Thursdays at 1:00pm.

Jams every Wednesday night at 7:00pm. Thrift Shop every Wed & Sat at 10:00-3:00. Join Us!

SEBA BEACH QUILTERS & FIBER ARTS - 1st, 2nd, 4th Wed at 9:30am in the Seniors Center. Quilters - 3rd Wed at 9:00 in the Seba Pavilion.

SENIORS 50+ LUNCHEON, 3rd Wed, 12 noon at Stony Plain United Church basement hall. Call Audrey (780) 963-7582

SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS at PERC Building (5413-51 St. Stony Plain). 2nd Fri of month at 7pm. Popcorn provided, donations appreciated. Contact 780-940-

3032

SPIRITUAL LIVING STONY PLAIN GATHERING at PERC Building (5413-51 St. Stony Plain). Every 2nd & 4th Sunday of the month. Meditation at 10am, inspirational sharing at 10:30am, Children's activities. Contact 780-940-3032

SPRUCE GROVE ELEVATOR TOURS, Tues-Sat, 9-3pm. 960-4600.

SQUARE DANCING, Evansburg Legion, Thurs 7-10pm starting Oct 6. Beginners & midstream welcome. Info (780) 727-4099.

STONY PLAIN'S 5TH MERIDIAN GOOD SAM'S RV CHAPTER - Ecole Meridian Heights School (4119-43 Street). Meets Every 3rd Tues of Month at 7pm. Call Pat at 780-963-6976 or Ruth at 780-288-9829.

STONY PLAIN BOMBER FOOTBALL CLUB is looking for football players ages 8-14, atom, pee-wee, ban-tam, contact jsmiddlewood@hotmail.com.

WILDWOOD SENIORS CRAFTS, Specific Fridays 11am-4pm. Esther (780) 325-2468.

WILTON PARK COMMUNITY JAMBOREE - Every 4th Saturday of Every Month. Starts at 7:30pm. Phone 780-985-2478 or 780-985-3200.

WRITERS PROGRAM - Mayerthorpe Library, 1st & 3rd Wednesday at 1pm.

YOGA with Mary LeBlanc at Duffield Community Hall, to commence 10th Sept. Thurs Evening. 7:00-8:00pm. Drop in Fee \$10. Call Mary 780-892-3405.

YOGA FOR SENIORS, Fri, 10-11am. Fee: \$40, Drop-in \$5. Wabamun Seniors Centre, info/register Diane Latham (780) 892-3026

ZUMBA with Sholean, Wednesday evenings 6:30 to 7:30. For info, Stephanie 780-963-1541.

MEETINGS

AA Friday at 8pm, Evansburg. Call 325-2204, 727-2466 or 727-6652.

AHS - Addiction Services provides assessment and counseling for alcohol, other drugs, tobacco and gambling in Breton on court day Wednesdays. To make an appointment, please call 780-542-3140.

ALCOHOLICS ANONYMOUS IF Drinking is a Problem! 780-236-1043

AL-ANON Wed Spruce Grove United Church, 1A Fieldstone Drive. 8pm. 962-5205

ALBERTA PARENTING FOR THE FUTURE ASSOC: Call 963-0549 or visit www.apfa.ca to register. All programs are confidential & free.

CHAMBER OF COMMERCE (Evans/Ent) - 7:30pm 3rd Thurs, Heritage House.

CHERISHED MEMORIES, PARENTS & TOTS. Wed & Fri, 10-Noon, Alberta Beach Agriplex Liz 967-6856.

C.H.I.L.D. (Citizens Helping In Life's Defence) Please join our Pro-Life meetings once a month in Stony Plain. For info call Chris 963-6997.

CITIZENS ON PATROL - The Pembina Community Watch Patrol Meets 2nd Thurs of each month at 7:30 pm, at the West Central Forage Association Office 5009 45th Avenue, Entwistle. Contact 780-727-2000

COMMUNITY QUILTERS & CRAFTERS - 3rd Tues. Evansburg, Liz 727-3872 Brenda 727-4476

COUNTRY ELEVATOR SOCIETY. Volunteers welcome, Susan 786-2712.

DARWELL & DISTRICT AG SOCIETY 8pm, 1st Mon, Community Hall.

DDRA MEETING, 7pm, 2nd Mon (except Jul/Aug/Dec), Darwell Community Hall 892-3099.

DRAYTON VALLEY/CALMAR PC MONTHLY CONSTITUENCY MEETING, Breton Senior Center, 7pm. Everyone welcome. No meetings July & Aug.

DRAYTON VALLEY GENEALOGICAL SOCIETY - 7pm, The Wishing Well 3rd Wed. 542-2787

DRAYTON VALLEY WOMEN'S INSTITUTE, 7pm, 2nd last Tues of month, Drayton Valley Legion Hall. Info (780) 542-5943. New members welcome!

ENTWISTLE COMMUNITY LEAGUE GENERAL MEETINGS - Second Thursday monthly 7:30 PM except June, July, August

ENTWISTLE LIONS CLUB - 2nd & 4th Tues, 8pm, Entwistle curling rink. Jim 727-3573

ENTWISTLE SENIORS - Ladies: 10am 2nd & 3rd Wed, Floor Curling: Tue & Fri, 2pm

EVANSBURG PUBLIC LIBRARY BOOK CLUB - 4th Thurs, 7pm Grand Trunk High 727-2030.

EVANSBURG SENIOR'S HERITAGE HOUSE 2nd Tues of Month, 1:30pm. New Members Always Welcome.

EVERGREEN SPINNERS & WEAVERS GUILD 2nd

Mon, 10am, Wildwood. 405-7582.

FALLS COMMUNITY ASSOCIATION 3rd Tues, 7pm.

GIRL GUIDES OF CANADA - Poplar Hollow District Guides-Pathfinders, Mon 6-8pm. Sparks-Brownies Tues 4-5:30pm. Meet at Camp Evansburg. Brenda 780-727-4476

KINETTE CLUB OF MAYERTHORPE, 7:30pm, Kinsmen Hall, 2nd Tues. Want to volunteer? Wanda 305-9832 or mayerthorpekinettes@gmail.com

LAC STE. ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY 3rd Fri, 7pm, Alberta Beach Council Chambers.

LAKE ISLE HALL BOARD - 3rd Tues, 7:30 pm, Lake Isle Hall.

LOBSTICK 4-H BEEF & MULTI CLUB - 1ST Mon, Evansburg Arena, 7 pm, Jackie 780-727-2541

LOBSTICK GARDEN CLUB - 1st Mon, Evansburg Baptist Church, Charlotte (780) 325-3787

MS SOCIETY DRAYTON VALLEY COMMUNITY GROUP meets 1st Tues of month, Sept-June, 6-8pm at Norquest College. Terra Leslie. 1-403-346-0290.

MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP Are you diagnosed with MS and have questions? This group is for you! Last Tues of month, 7-9pm, Westview Health Centre (4405 South Park Dr.) Contact Cassy 780-471-3034

NA MEETING - Tues, 7pm. 514-6011

PEMBINA AL-ANON FAMILY GROUP - meets Tuesdays @ 7:30pm. at Evanburg Catholic Church Hall. Call Patty H. (780) 727-4516 or Cheryl (780) 727-6671

PEMBINA PORCUPINES - JUNIOR FOREST WARDENS - Entwistle Porcupine gathering: 7pm, 1st Tue. Len & Tineke at 727-2020.

PROBLEMS WITH DRUG OR ALCOHOL ADDICTION in a loved one? Contact Drug Rehab Resource for a free confidential consultation. 1-866-649-1594 or www.drugrehabresource.net.

SOBRIETY MEETINGS - Men's group, Sun, 5413-51st, Stony Plain, 7:30pm. Mike 983-1951.

SOLVE - Community Enviro issues discussed at Smithfield Hall (N of Hwy 16 on RR34). 2nd Thurs. Free. Jana 892-0006

STONY PLAIN FISH & GAME ASSOCIATION & WABAMUN GUN CLUB - 2nd Mon, Stony Plain Comm Center. 7:30pm.

SUNDOWNERS TOASTMASTER CLUB - Mon, 7:30pm, St. Matthew's Lutheran Church, Spruce Grove. Jodi 962-6602.

W.E.E COMMUNITY FOOD BANK - Call (780) 727-4043 for emergency food needs, volunteer opportunities & donations. Monthly Meeting: LAST Monday of each month (except December) at 7:30pm at the Food Bank. (Old fire hall in Entwistle) ALL WELCOME. Wildwood & DIST AG SOCIETY - 2nd Wed 7pm. Wilma 325-2424

WILDWOOD JAMBOREE - 3rd Wed, Oct-June. 325-3749

WILDWOOD & DIST. ROD & GUN CLUB - 1st Thurs, 7:30pm

WILDWOOD SENIORS - 4th Wed. at 2:00pm. No meeting July/Aug/Dec. Opal 325-2030

TOPS Meetings (Take Off Pounds Sensibly)

Alberta Beach - Tues, 6pm at St John's Lutheran Church on Hwy 633. 967-5009

Entwistle - Thurs 6:45 weigh-in, 7:15 meeting, upper level Lions Hall (next to swimming pool) 727-3982

Evansburg - Thursday Mornings 9:30am at Evansburg Legion Hall (Back door). 727-2155

Stony Plain - Thurs evening, Stony Plain United Church. Susan (780) 968-0869

Spruce Grove - Wed Mornings, 8:45 a.m. at Anglican Church, 131 Church Road. 960-1109, Christiane.

Wildwood Thurs at Wildwood School, 5pm. Connie (780) 325-2420

YOUR COMMUNITY

FREE HOME DELIVERY PROGRAM, Wabamun Seniors & Wabamun Lions for individuals who would like to arrange for meal preparation through a local restaurant but have difficulty getting out to pick it up. Call 892-2551 Darlene or 892-2336 Linda.

HEALTHY AGING NURSE & FOOT CARE PERSON, Wabamun Seniors Centre, 2nd Thurs of month 9am

SUDOKU OF THE WEEK

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

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

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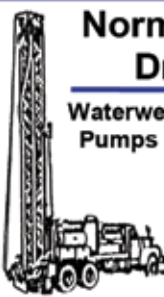
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- › LASTS FOR HOURS



With the Prevail line of functional beverages, people all over the world are experiencing a new kind of health and vitality.

Formulated with purest natural ingredients from some of the most pristine locations on the planet, we pride ourselves not only on creating product that get results, but on creating products that are good for your body.

From our flagship product that many are calling the best energy product EVER, to our super-antioxidant Immune Boost, to Trim, our incredible new weight management drink, the Prevail line of products by Valentus is second to none.

And as if the health benefits weren't enough, just wait until you taste these amazing drinks. They are delicious!



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