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March 29, 2016

FIRE TRUCK OVERTURNED ON HIGHWAY 16

Submitted by Parkland County

PARKLAND COUNTY, AB. – A Parkland County fire truck overturned on Highway 16 westbound late last night. The truck rolled over onto its roof in the median of Highway 16 east of Century Road at Range Road 271. The accident occurred around 8:15 p.m. on Monday, when the truck was returning after responding to a nearby car accident. The cause is still under investigation, however it appears the truck rolled into the center median of Highway 16 to avoid colliding with several passenger cars that had lost control due to poor weather conditions.

Seven fire fighters who were in the truck were assessed by EMS on the scene. No injuries were reported.

One vehicle was struck by the fire truck sustaining minor damage. There were no injuries related to the incident involving Parkland County Fire Services.



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FORTISALBERTA ANNOUNCES ITS 2016 EARTH HOUR CHALLENGE RESULTS

Submitted by FortisAlberta

Calgary, Alberta – March 24, 2016 - FortisAlberta, an electricity distribution company that provides service to central and southern Alberta, is excited to share the results of the 2016 Earth Hour Challenge.

Earth Hour took place on Saturday, March 19, from 8:30 – 9:30 p.m. and 25 communities within FortisAlberta's service territory participated. This year, grants were increased to a total of \$15,000 to be allocated to the top three communities with reduced consumption to enable municipalities to create or enhance energy efficiencies in their communities.

"Communities came up with their own unique ways to reduce energy consumption during Earth Hour," says Natasha Russell, Corporate Communications Advisor. "Residents were encouraged to turn off unnecessary lights and were also encouraged to participate in community events."

The winners of the Earth Hour grants are those communities that are identified to have had the lowest electricity consumption during Earth Hour, as compared to the same hour on the previous Saturday. The percentage decrease was used to determine the winners of the grants.

This year's recipients of the Earth Hour grants are:

• First place winners: Village of Glenwood and Village of Hill Spring tie for first place (first and second place grants were combined and divided by two to ensure fairness). Each community receives \$6,250 each for a 94 per cent decrease in consumption.

• Second place winner: Village of Alix receives \$2,500 grant for an 18.5 per cent decrease in consumption

Thank you to all participating communities who entered the FortisAlberta Earth Hour Challenge!

Visit FortisAlberta for energy saving tips at www.fortisalberta. com.

About FortisAlberta

As owner and operator of more than 60 per cent of Alberta's total electricity distribution network and more than 120,000 kilometres of power lines, FortisAlberta's focus is the safe and reliable delivery of electricity to its 530,000 customers in 200 communities across Alberta.

Page 2 Community Voice



PUBLISHED WEEKLY (Zone 1 & 2) AND BIWEEKLY (Zone 3)

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Aline

POLICE CONTINUE SEARCH FOR VICTORIA ALOOK

Submitted by RCMP Stony Plain/ Spruce Grove/ Enoch



Stony Plain Alta. - Stony Plain/ Spruce Grove/ Enoch RCMP report that Brooke Badger was located safe and unharmed in Stony Plain on March 18th, 2016. Police are continuing their search for Vitoria Alook. We would like to thank the public's assistance in this matter.

On March 15, 2016 at approximately 12:15 AM, Stony Plain/Spruce Grove/ Enoch RCMP responded to a complaint of two missing teenage girls. The females, 13 year old Victoria Alook and 15 year old Brooke Badger had left their

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residence at approximately 9:30 PM on March 14, 2016 and did not return home. It is believed that they may be in the Edmonton area.

Anyone with information on Victoria Alook's whereabouts is asked to contact police immediately.

Victoria Alook is described as:

- Aboriginal
- Brown eyes
- Long black hair
- Heavy set Build
- 5'6" • 180 lbs

She was last seen wearing black leggings, a black hoodie.

If you have any information about this matter, please contact the Stony Plain RCMP at 780-968-7267. If you want to remain anonymous, you can contact crime stoppers by phone at 1-800-222-8477 (TIPS), by internet at www.tipsubmit.com, or by SMS (www.crimestoppers.ab.ca for instructions). You do not have to reveal your identity to Crime Stoppers, and if you provide information to Crime Stoppers that leads to an arrest, the recovery of stolen property, and/or the seizure of illicit drugs, you may be eligible for a cash reward. Crime Stoppers does not subscribe to call display and the identity of the caller will remain anonymous

More Information:

Parks, Recreation and Culture Lenny Richer **Phone:** 780-968-8400 **Email:** Iricher@parklandcounty.com



Parks, Recreation and Culture staff, along with our consultants from Stantec, are well underway in developing a Parks, Recreation and Culture Master Plan, which is an update to our Recreation, Parks and Open Spaces Master Plan from 2009.

The intent of the master plan is to provide Parkland County with long term direction with regards to the provision of **parks**, **recreation and culture** services to County residents and visitors to the region. The document will clearly outline direction for the next 20 years with a more detailed focus on the next 5 – 10 years.

www.parklandcounty.com/parklandalive2025

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"Have heard as much as 15lbs loss from the 3 day sample – it works that good! Have nothing to lose but the weight which I am doing" - Donna Edmonton

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RCMP BEATS

Submitted by Stony Plain/ Spruce Grove RCMP

Occurrences for the week of March 14 to March 20, 2016.

Total Calls for Service Spruce Grove/Stony Plain Detachment: 467 Total Calls for Service for the Vic-

tim Service Unit: 68

Persons Crimes: 49 Property Crimes: 83

Impaired Driving Complaints re-

ported: 13

Impaired Driving Charges Laid: 3 Roadside Suspensions: 1

Motor Vehicle Collisions Attended: 34

Property Crimes:

Spruce Grove

1. March 16 – Area of Meadowlink Gate - Break and Enter to Residence

2. March 17 – Area of Campsite Road and Hwy 16A - Theft of Vehicle, 1995 green Nissan Pathfinder 3. March 18 – Area of Brookwood Drive - Theft of Vehicle, 2011 blue Ford F150

4. March 19 - Area of McLeod Avenue and McLaughlin Drive -Theft of Vehicle, 2011 blue Mazda 6 5. March 20 - Area of Spring Gate

- Theft from Vehicle, sunglasses and cash stolen

6. March 20 – Area of Westlake Drive - Break and Enter to Residence, strong boxes stolen

Stony Plain

7. March 20 - Area of 45 Avenue and 45 Street - Theft of Vehicle, 2012 white KIA Magentis

Rural

8. March 14 - Area of Township Road 511 and Range Road 265 -Theft of Vehicle, 2004 red Chevrolet Avalanche

9. March 14 - Area of Township Road 531A and Range Road 263 - Theft of 2010 Caterpillar 262B2 (Bobcat)

10. March 20 - Area of Township Road 534 and Range Road 13 Theft from Vehicle, purse stolen

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Never leave your doors unlocked - have a deadbolt installed to increase security.

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.



IT'S FIRE SEASON! COME GET YOUR PERMIT!

Submitted by Stefan Felsing

It's Fire Season! Come get your permit!

AB Agriculture and Forestry and Yellowhead County

Thursday April 7, 10AM - 4 PM

Wildwood County Office

- get a permit for your burn barrels or arrange to have your burn site inspected.

- learn how to prepare your burn site; what's allowed and what's not;

- learn about safe burning practices

- learn about wildfire prevention

For more information contact Joan Simonton, Area Information Coordinator for the Edson Forest Area (780) 712-5846 or email joan.simonton@gov.ab.ca Snacks and refreshments will be provided.

"AGRICULTURAL PLASTICS ROLLER"

Submitted by Stefan Felsina

Once again it's time for spring cleanup around the farm! If you have piles of used agricultural plastic lying around be sure to call and book your appointment to use the agricultural plastics roller form the Yellowhead County Wildwood Office!

"Farmers are always looking

to make smart choices for their farms and for the environment," says Jennifer Benson, Agricultural Services Supervisor of Yellowhead County. "Yellowhead County Agricultural Services is expanding the current Agricultural Plastics Program to include a Plastics Roller."

Yellowhead County's Agricultural Producers can now access a Kirchner Machine Plastics Roller. This pull-type Roller is ideal for most Ag plastics. This Roller requires a 50hp+ tractor with hydraulic outlets.

For questions regarding the Plastics Roller or to make an appointment for rental please call the Yellowhead County Wildwood office at 1-800-814-3935 or 780-325-3782.

> **Dawna Heske** 1-780-325-2460

Community Voice Page 5



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BY LAUREN DEGRAAF & KELSEY KROGMAN

The Man in Black. Margaret Riehl

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DESTE (DE TIET

A man was in his front yard mowing grass when his beautiful, blond, female neighbor came out of the house and went straight to the malibox. She opened it, looked inside, slammed it shut, and stormed back into her house. A little later she came out of her house again, went to the mailbox, again opened it. and stammed it shut again. Angrily, back into the house she went. As the man was getting ready to edge the lawn, here she came again. She marched to the mailbox, opened it and then slammed it closed harder than ever. Puzzled by her actions, the man asked her, 'Is something wrong?'

To which she replied, "There certainly is! My stupid computer keeps telling me I've got mail!"

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Submitted by Sandra Stepaniuk, Library Manager

Here is what's going on at the library for April 2016.

Preschool Story Time continues Monday mornings, except holidays, from 10:00 to 11:00 AM at the library until May 30, 2016. We will lead the children through stories, activities, crafts and a snack. This program is designed to promote early literacy and gives preschool children and their parents/guardians an opportunity to explore a love of reading in a non-judgmental and supportive environment. Parent/ guardian participation is mandatory. This is a free drop in program so pre-registration is not required.

The Colouring Club for all ages continues as an ongoing, free, drop in program during regular library hours. We supply the materials (or you can bring your own); coloring pages, crayons, and markers and you supply the inspiration. Bring a friend, relative or just yourself, create, relax and see what the craze is all about. We have had a couple of requests to formalize the colouring club so that people can learn new techniques such as shading and adding dimension, etc. to your colouring. If you are interested please contact the library for further information.

Wednesday evenings is Family Games Night at the library. We have a selection of games for all ages and encourage you to come and join us for some good old fashioned fun and refreshments. This is a drop in program so registration is not required.

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The next Book Club meeting is Monday, April 4, 2016 at 7:00p.m. we will be reviewing "An Astronauts Guide to Life on Earth" by Chris Hadfield. Do you love to read? Do you like to discuss what you have read with others? We have a few open spots and are always interested in a new perspective to add to our conversation. If you are interested in participating you can register and make arrangements for loan of the current title by calling the library @ 780-892-3746.

The next Family Movie Night, at the Lake Isle Community Hall, will be held on Friday, April 1, 2016. We will be showing the pre-release "PG" rated title "Star Wars Episode VII: The Force Awakens". The doors will open at 6:30pm and the movie starts at 7:00 pm. Admission is \$ 2.00 and a concession will be available. See you there! All of our programs are sponsored by The Darwell Public Library Society, Darwell Library Friend Society, FCSS and the CLSA Library Grant.

The Darwell Public Library Society will be holding their Annual General Meeting followed by the regular meeting on Monday, April 25, 2016 starting at 7 pm. Meetings are open to the public and everyone is welcome to attend. The Library is open 11:00 am to 4:00 pm on Monday, Tuesday and Thursday and from 5:00 pm to 8:00 pm Wednesday and Friday, closed Saturdays, Sundays and Holidays. You can also find out what is happening at the library by checking our Website www.darwellpubliclibrary.ab.ca or like us on Facebook at www.facebook. com/DarwellPublicLibrary



Community Voice Page 7

YELLOWHEAD COUNTY COUNCIL HIGHLIGHTS

Submitted by Stefan Felsing

Subdivision Inquiry – Council received a request to waive the County's standards for a proposed residential subdivision north east of Edson. An engineering study, contracted by the property owner, concluded that the water table on some portions of the property is too high to accommodate a subdivision under current County development standards. The request will be brought back at a later date for further discussion by Council.

STARS Foundation – A presentation was made to Council by a representative of STARS (Shock Trauma Air Rescue Society) highlighting the health and safety services that STARS provides to local residents, industry, and travelers. The representative from STARS made a request for the County to partner with the society for a 2 year commitment in the amount of \$2 per capita per year. Council will discuss the request at a future Council meeting.

Tour de Cure - Representatives from the organizing committee of the Tour de Cure presented their plans for the proposed event. The Tour de Cure is a cycling event to be held on the Brule Road on August 28 that would go from near highway 40 to Brule and back. Through the event, the organization is seeking to raise funds, promote the Hinton Hospital Foundation and the Hinton Cancer Clinic, encourage health and wellness through exercise and education, and honour the memory of Dr Peggy Allan.

Collector Road Network Update – Council ratified an earlier decision to remove Township Road 542 from the County's collector road plan. Administration had proposed to try to move forward in acquiring full support from all adjacent property owners for paving this portion of Twp Rd 542, but not all property owners have signed on to the project, stalling it indefinitely.

Gravel Supply Tenders – Council awarded the 2016 -2017 Wolf Lake Elk River Supply and Place to Jones Trucking and Backhoe Service's in the amount of \$1,497,600.00 for the aggregate supply and road graveling for the next two (2) years. The 2016 Summer Gravel Program was awarded to REDA Enterprises in the amount of \$577,158.76.

Municipal Heritage Management Plan – Council approved the Yellowhead County Municipal Heritage Management Plan. The plan meets all standards and guidelines for Heritage Management both provincially and federally, and has been tailored to suit the diverse and widespread historical resources within Yellowhead County. This plan will give residents and staff a clear framework for recognizing, designating and protecting historic resources within the County.

Bylaw 7.16 – Council gave first reading to Bylaw 7.16 for the closure of a portion of road that is adjacent to Highway 16 near Jasper Park gates. An application was received to close the street and consolidate it with the three surrounding properties. The landowner would be responsible to pay \$6,500.00 (the assessed value of land) and any surveying costs related to a closure of the road and the consolidation of the properties.

The next Council Meetings are April 12 & 26, 2016. The next Committee of the Whole Council Meeting is April 19, 2016. All meetings start at 9:30 a.m. in the Council Chambers.

APRIL IS NATIONAL ORAL HEALTH MONTH

Do you have gum disease? Statistics show that over 70% of the adult population has gum disease. You might be unaware that you have gum disease since it is painless. In its early and moderate stages, you may notice your gums bleeding and a bad smell in your mouth. Do not ignore these symptoms! In the severe stage of gum disease, you may notice your teeth moving or shifting. Unfortunately, some people lose their teeth to gum disease. Only regular oral examination can reveal if you have gum disease.

Gum disease is caused by bacteria that doesn't like oxygen. It hides in the depths of the gums and destroys the bone and gum that supports your teeth. Since the bacteria in our mouth enters the blood circulation and spreads in the body, gum disease has been identified as a risk factor for various health problems like heart attack, diabetes, pneumonia, cancer, Alzheimer's, osteoporosis, rheumatoid arthritis and low weight or premature babies. Yes, the health of your mouth impacts the rest of your body! Having your teeth cleaned regularly can help you control your blood pressure and your blood sugar.

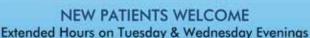
At Karo Dental Care, we screen all our adult new patients for oral cancer with the help of a fluorescent light. Even people who wear dentures can benefit from having their soft tissue checked yearly for oral cancer.

Karo Dental is on the top floor of Karo Centre which is right next to Sobeys in Spruce Grove.We have 3 general dentists and 4 registered dental hygienists who would be happy to have the opportunity to meet you and help you along the road to oral health. Our office is also wheelchair accessible. If you would like to know more about us, please feel free to give us a call, or visit us on our website at www.karodental.ca



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MILLAR WESTERN'S POSITION IN SUNDANCE C POWER PURCHASE ARRANGEMENT TERMINATED

Submitted by CNW Group Ltd

EDMONTON, March 24, 2016 /CNW/ - Today, Capital Power Corporation (Capital Power) gave notice of its intent to terminate its role as Buyer of the Sundance C Power Purchase Arrangement (Sundance PPA, the Arrangement), effective March 24, 2016. As a result of Capital Power's termination, Millar Western's role as a member in the Power Syndicate Agreement (Sundance C) is also terminated.

In 2001, Millar Western joined a multi-party syndicate headed by Capital Power to enter into the Sundance PPA. Capital Power has announced it is exercising its right to terminate the Sundance PPA under the Arrangement's Change in Law provisions, following amendments to the Specified Gas Emitters Regulation that became effective in 2016.

At February 29, 2016, the net book value of Millar Western's position in the Sundance PPA was \$21.0 million. The company expects to record a non-cash



charge of \$21 million in the first quarter of 2016 to reflect the termination. There are \$11.1 million in loans associated with the PPA that are now due and payable on June 30, 2016. Between now and 2020, the termination is expected to have a positive impact on the company's EBITDA.

About Millar Western Forest Products Ltd.:

Millar Western is a family-owned forest products company headquartered in Edmonton and operating a high-yield pulp mill in Whitecourt and dimension lumber mills in Whitecourt and Fox Creek, Alberta.

SOURCE Millar Western Forest Products Ltd.

AREA DRUG BUST

Submitted by RCMP Stony Plain/Spruce Grove/Enoch

Stony Plain, Alberta - On March 17th, 2016, members of the Stony Plain/Spruce Grove/ Enoch RCMP Serious Crimes Unit executed a search warrant for illicit drugs in west Edmonton. Officers had received information that the residents there were supplying illicit drugs to people in the Spruce Grove and Stony Plain area. RCMP members worked in partnership with members of the Edmonton Police Service to ensure the safe execution of the warrant.

Officers located quantities of Fentanyl, cocaine, methamphetamine, and Clonazepam consistent with drug trafficking. Drug trafficking charges have been laid against Terina Judith Elliott (43) of Edmonton.

Continued on Page 11



Page 10 Community Voice



Tues, May 3rd @ 10:00 AM......Timberlind Auction Spring Truck & Machinery Consignment Auction @ the Buck Creek Sales Yard Sat, May 21st @ 9:00 AM......Timberlind Auctions Spring Truck & Machinery Consignment Auction @ the Buck Creek Sales Yard

Community Voice Page 11 FREE ADMISSION TO NATIONAL PARKS FOR CHILDREN AND NEW CITIZENS ON THE HORIZON

Submitted by Jim Eglinski, MP - Yellowhead

Parks Canada recently released its 2016-2017 report on Plans and Priorities, which outlined the challenges currently facing our National Parks and the department's strategy to address these obstacles. The report warns Parks Canada is facing growing difficulty in remaining relevant to Canadians due to a changing demography. It plans to improve camping, accommodations, trails and amenities to meet the changing expectations of visitors.

Last July, while in government, our Conservative Party an-

Area Drug **Bust**

Continued From Page 8

At the time of her arrest, Elliott was at large on her own recognizance for similar prior offences. Charges have also been laid against a male resident who was not present at the time of the search. An arrest warrant has been requested.

The trafficking of Fentanyl has become a major concern in Alberta due to the potency of the drug and the high risk of death from even low doses. Alberta Health Services has engaged in an aggressive education program about Fentanyl due to the high number of deaths it has caused in the past several months.

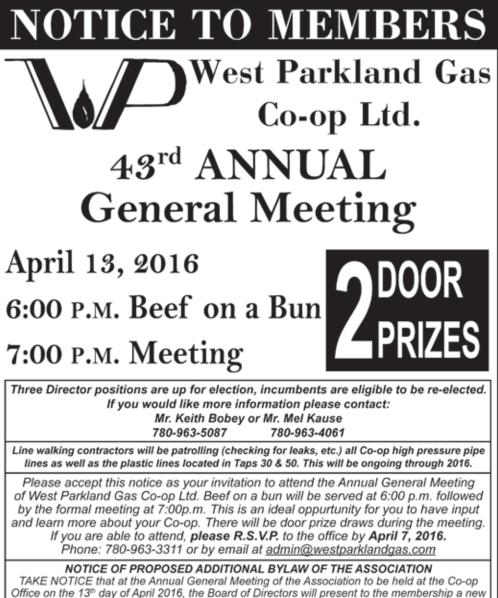
Police efforts to combat drug trafficking and build safe communities are continuous and we welcome the public's assistance. If you have any information about these problems please call the Stony Plain RCMP Detachment at 780-968-7267 or if you want to remain anonymous, you can contact Crime Stoppers by phoning 1-800-222-8477.

nounced more than \$210 million in infrastructure and conservation investments for Jasper National Park. This funding included extensive work on Highway 16, the Icefields Parkway, and the Valley of Five Lakes trail. Additionally, the investment included revitalizing Jasper's campgrounds and heritage buildings, and contributed to the Species at Risk recovery program.

In Prime Minister Justin Trudeau's mandate letter to the Minister of Environment and Climate Change, the Hon. Catherine McKenna, he requested she make admission for all visitors to National Parks free in 2017, in celebration of the 150th anniversary of Confederation. Also a part of the Minister's priorities, beginning in 2018 admission for children under 18 is to be free.

and any adult who has become a Canadian citizen in the previous 12 months will receive one year's free admission.

Tourism is an important part of Yellowhead's economy. As the overall attendance to National Parks continues to rise, I welcome the continued investment to ensure all Canadians can enjoy our beautiful backyard.



Supplemental Bylaw, the intent of which will further define Director eligibility. A text of the new Supplemental Bylaw can be reviewed at the Association's office during normal business hours. DATED at the Town of Stony Plain, in the Province of Alberta, this 22nd day of Feburary, 2016.

Page 12 Community Voice March 29, 2016 RIDING UPDATE – WEEK OF MARCH 14

Submitted by Jim Eglinski, MP – Yellowhead

As Parliament was down the week of March 14th, I attended local community meetings and events in the riding. This allowed me the opportunity to engage with constituents.

While in Warburg, I said a few words at the Fish and Game Association's event. Later in the week, I participated in Jasper National Park's Annual Public Forum, where attendees were informed on the progress of implementing the Park's management plan. I also delivered a speech in Jasper on the occasion of the flag raising to mark the beginning of the annual Jasper Pride Festival. On Friday, my wife, Nancy, and I were in Rocky Mountain House and later in the evening we helped out with the Edson Rotary Club's fundraiser.

At the end of the week, I had the pleasure of speaking at the

Evansburg Royal Canadian Legion Branch 196 regional Spring Rally. This was a great opportunity to recognize the support and involvement of our local legions within their communities.

As promised during the Federal Election Campaign last year, I will be opening an office in Rocky Mountain House to better serve the constituents in the southern part of the riding. I spent some time there, this week, assisting in setting up the office and it should be ready for its grand opening sometime late April.

I will be headed back to Ottawa on March 20, where I will attend meetings and presentations, as well as take part in committees and events. I look forward to reporting back to you at the end of next week on the activities of Parliament.



SPRUCE GROVE MAN WINS \$100,000 ON EXTRA

Submitted by Western Canada Lottery Corporation

Richard Presseau always adds the EXTRA to his LOTTO MAX tickets. Today he's happier than ever with his decision – he won \$100,000 on the February 26 EXTRA draw. "The ticket was a free play on LOTTO MAX and I added the EXTRA," he said. "I really couldn't believe it when I scanned the ticket."

"I stood there and all I could say was, 'Holy smokes!'" he finished.

The Spruce Grove man plans to use his winnings to pay off all

his bills and put a new kitchen in his house.

"It's going to be really nice to be pretty much debt-free," he said.

Presseau purchased his winning ticket at 7-Eleven Food Store, located at 1 Spruce Valley Way in Spruce Grove.



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March 29, 2016 Community Voice Page 13 MOUNTAIN PINE BEETLE 2016 SPRING PROGRAM STARTS UP IN YELLOWHEAD COUNTY

Submitted by Stefan Felsing

Mountain Pine Beetle surveys will be conducted on pine trees within Yellowhead County during the months of April and May. Survey crews will require access to private property to conduct surveys and will be able to provide official identification to property owners upon request.

Follow-up control activities will be conducted in April and May until all the required work has been completed. Control activities will aim to remove 100% of mountain pine beetles found through the surveys and will consist of tree removal or removal of beetles from the trees. Only trees that have been heavily hit by beetles will be removed.

Funding for the program was provided by the Alberta Agriculture and Forestry through the Mountain Pine Beetle Control Program Grant.

For further information contact Harry Ullrich, Deci-con Consultants Ltd. by phone at (780) 817-3230 or Jennifer Benson, Yellowhead County Agricultural Services Supervisor at 1-800-814-3935.

CLUB NEWS FROM THE LOBSTICK 4H BEEF & MULTI CLUB

Submitted by Lobstick Beef and Multi Club Reporter Adreanna Zukiwski

The Lobstick Club has been very busy with their projects learning to do woodworking, riding practice and theory, outdoor survival and fire lighting, crafting neat things, as well as haltering, tying and caring for their projects. In January we held a communication workshop. Where we learned about how to do public speaking and presentations. Thank you to everyone who attended.

On February 6th we held Club Public Speaking and Presentations, with a wide variety of speeches and Presentation. Well done to everyone who took part. On February 13th we took part in the Annual Sweetheart dance and Sweetheart Competition. On February 14th some of the 4h club members took part in District Presentations in Wabamun. CONGRADULATIONS to all who Placed that day and moved on to Regionals to be held on March 5th in Tomahawk.

On February 20th the Lobstick 4H Club was proud to hold The District Public Speaking Event at Grand Trunk High School with all of the top speaker's moving on to Regional Public Speaking. This event took place on March 12th, 2016 in Muir Lake.

To All Judges, Volunteers, Parents and Grand Truck High School - Thank you for all you have done to make these events a success.

Have a wonderful Easter!!









FRESHEN UP YOUR HOME FOR THE SPRING SEASON

After a few months of chilly temperatures, come spring, many homeowners are eager to throw open their windows and doors and breathe new life into their homes. Simple changes made now - even before the weather begins to warm up - can improve interior spaces and brighten the atmosphere of a home.

Go plant shopping. Research from NASA suggests adding at least one plant in your home per 100 square feet is efficient enough to clean air. Fresh foliage also makes a home feel warm and inviting. Watering and misting plants introduces moisture into indoor air, which can make rooms overcome with dry air from heating systems feel comfortable. Just be sure to avoid overwatering plants, which can lead to mold growth.

Swap out throw pillows. Accent pillows on beds and sofas are quick and inexpensive ways to add new bursts of color to rooms. You may be able to make over a room's entire color scheme with new pillows. Invest in pillows that you can switch with each season so your decor will never look tired or dull.

Clean existing light fixtures. Another way to brighten the mood in a home is to periodically clean light fixtures to make sure they are working effectively. Spend time dusting them and cleaning off any accumulated debris. If need be, switch out old lamp shades for newer ones that let more light shine through. If inadequate lighting is a problem no matter how many lamps you have, consult with an electrician about installing more overhead and accent lighting.

Give rugs and floors a deep cleaning. Recirculated air may be full of dust and other microscopic particles that end up blowing throughout your home. Also, it's easy to track in dirt and other materials on your shoes that become imbedded in carpeting. At least once a year, rent or enlist the surfaces of carpet and upholstery cleaners to give floors a thorough cleaning. You may be surprised at how clean and fresh a home looks and smells once rugs and carpets are deepcleaned. You also can make a dry carpet cleaner using baking soda, corn starch and desired fresh herbs for fragrance. Sprinkle and then vacuum up after a few hours.

· Color-coordinate bookshelves.

RAL DRYWALL AND

Group all books with similarly colored covers together for an instant and eye-appealing look.

Simmer some homemade home deodorizer. In a large pot, boil water and some scented herbs, such as rosemary, citrus rinds, vanilla, or lavender. The aroma will waft through the home, creating a pleasing scent.

Invest in new window treatments. Lightweight draperies or new blinds or shades can transform the look of a room. Be sure to keep curtains and blinds open during the day to maximize the hours of sunlight.

Homeowners can make some simple changes while they're stuck indoors and reap the benefits when the weather warms up again.







FIND AND MAINTAIN THE RIGHT CARPET FOR YOU

Carpets provide both practical and aesthetic appeal inside a home. In winter, carpets help keep homes warm, and the right color carpet can add to design schemes.

While rugs may have originated in the Far East, North America also has some rich carpet history. According to The Carpet and Rug Institute, the United States carpet industry began in 1791 when the first woven carpet mill opened in Philadelphia. Others soon followed suit. Tufted carpets and machine-powered manufacturing helped churn out yards upon yards of carpeting, making it a popular, affordable and common addition to homes, especially after the post-World War II housing boom.

Carpeting remains a go-to flooring material in modern homes. In fact, many homes offer a blend of both carpeting in some rooms and different flooring choices in others.

Upon choosing carpet, it is important that homeowners follow some guidelines to prolong a carpet's longevity and maintain its style. The following are some common carpeting dos and don'ts.

DO consider the room's purpose and foot traffic before shopping for carpeting. Make a list of the attributes desired (e.g., soundproofing, easy care, high pile) and present these to the salesperson so he or she can help you make the best choice.

DON'T rush into flooring choices. Unlike paint colors, flooring materials are more permanent choices that are only updated every several years or more. Weigh all of your options before diving in. DO consider conservative colors and styles. Neutral hues and patterns will blend better with furniture options. This means you can change furniture out and still keep the existing carpeting, which complements any new pieces. Also, if there's a chance you might sell your home in the near future, buyers tend to look for a neutral color scheme they can make their own.

DON'T skimp on padding to save a few dollars on the carpet installation. The carpeting needs a solid foundation to last and look its best. Inadequate padding can lead to extra and noticeable wear and tear. Invest in a good foundation for the carpeting, like firm, dense padding in high-traffic areas.

DO become knowledgeable about different carpet styles, such

as frieze, Berber, Saxony, textured, and more. This will help ensure you make the most educated decision.

DON'T purchase at the first store you visit. Shop around to investigate different pricing and specials. Also, consider the professionalism and expertise of the staff responsible for carpet installation. Highcost carpet may not look very good if it isn't installed correctly.

DO stain-protect rugs and carpeting, which can help repel stains that would otherwise become permanent and can prolong the longevity of the flooring.

DON'T forget to vacuum carpets frequently to prevent ground-in dirt and debris.

DO pick textured carpets to conceal footprints and vacuum track marks.





SUSTAINABLE FLOORING OPTIONS ABOUND

Kitchen and bathroom remodeling projects tend to make great investments, earning homeowners significant returns when they sell their homes down the road. But flooring upgrades are another home renovation project that can attract attention and help sellers when they put their homes on the market.

Home flooring options abound, and it is easy to get excited and overwhelmed about flooring renovation projects. When choosing new flooring materials, homeowners should keep in mind the latest consumer trends, as those trends might help them recoup more of their flooring investment down the road.

One popular flooring trend is the use of sustainable materials. In addition to the more widely known benefits of choosing sustainable flooring, such as protecting natural resources and reducing a home's carbon footprint, sustainable flooring can help reduce indoor air pollution. Various studies from the U.S. Environmental Protection Agency have shown that indoor air pollutant levels may be higher indoors than outdoors. A major contributor to indoor air pollution are the volatile organic compounds, or VOCs, being off-gassed by carpeting and other flooring in a home.

Flooring manufacturers and designers are embracing the green design and remodeling movement. Today there are many beautiful and sustainable eco-flooring options. Here are some of the more popular materials.

Bamboo: Contrary to popular belief, bamboo is not a wood, but a grass. It is a fast-growing grass, and that makes it a smart choice in many design applications. Also, unlike wood, which will absorb moisture and can warp, bamboo repels water and can be used for flooring in areas where one wouldn't think to put wood, such as in bathrooms, entryways or mudrooms. Bamboo is naturally very light in color, but can be stained in many different hues to give homeowners more options.

Green carpeting: Consumers can now find a wide range of sustainable carpets and rugs that are available at competitive prices. Wool carpets made with undyed or vegetable-dyed yarns and minimal glues are some options. Some carpets are even made from recycled content, such as rubber and plastics. Water-based, low-VOC adhesives paired with recycled cotton padding can reduce the toxicity and impact of carpeting even further.

Cork: Growing in popularity, cork is a material harvested from the bark of cork trees found in the forests of the Mediterranean. The bark grows back every three years, so it is a handy renewable resource. Cork boasts fire-retardant properties and may naturally repel insects. It can usually be stained to suit various color schemes.

Rubber: Rubber flooring may call to mind fitness gyms and playground safety substrate, but it's also slowly finding its way into homes. Made from recycled tires, rubber flooring is flexible underfoot and can be long-lasting and colorful.

Reclaimed wood: Rather than purchasing brand new hardwood planks for flooring, homeowners can opt for reclaimed wood reused from other building applications. After some sanding, staining and finishing, reclaimed wood provides homeowners with the opportunity to choose traditional hardwood flooring without any concerns about deforestation.

Eco-friendly flooring materials continue to evolve and can be smart choices in today's homes.





ADD CURB APPEAL TO YOUR PROPERTY

Many people are familiar with the idea that a strong first impression can go a long way. While that idea is most often referenced in regard to personal interactions, it's also applicable to real estate.

When selling a home, homeowners who emphasize curb appeal may find it far easier to sell their homes. Curb appeal refers to the impression a home's exterior makes on people seeing the home for the first time. In 2014, the online real estate database Zillow® surveyed real estate agents and found that curb appeal was one of the five most important factors when selling a home.

Projects that improve curb appeal can be vast undertakings or simpler projects, and the following are a handful of projects to improve a home's curb appeal that run the gamut from simple to complex.

· Clean up the yard. Cleaning up

the yard is among the simpler yet most effective projects to improve a home's curb appeal. When selling their homes, homeowners should clear the yard of any clutter, including kids' toys, grass clippings or items that might be scattered throughout the yard. A cluttered yard suggests homeowners do not care much about their home's appearance, and that may lead buyers to think that indifference extended to maintaining the home's interior as well. Many buyers will ignore properties without any external aesthetic appeal, but cleaning up the yard does not require much effort or expense on the part of sellers.

Make the main entryway more inviting. Creating a more inviting entryway won't be as simple as cleaning up the yard, but it can help create a strong first impression without breaking the bank. To begin, remove plants and furniture from the front porch or area surrounding the doorway, as such items can create a cluttered feel. If the front door is old, replace it. Custom doors may be expensive, but they might add the wow factor buyers are looking for. If a new door is beyond your means or just unnecessary, repaint the door, ideally in a color that complements the color of your home and the surrounding landscape.

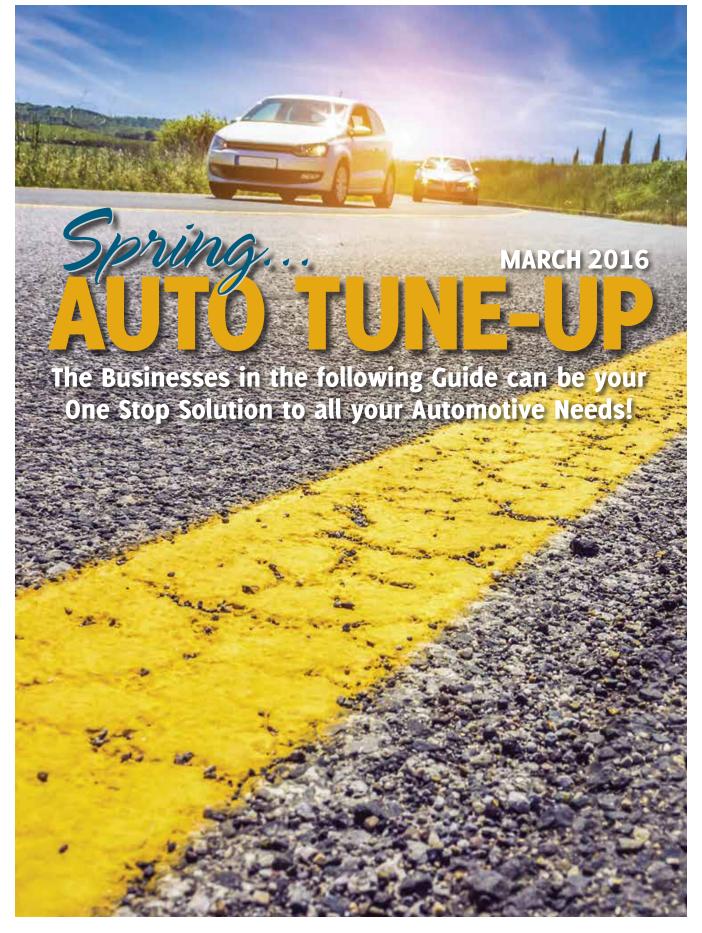
Address pavement problems. Paving problems are not necessarily an expensive fix, but the cost of repairing driveways and walkways can add up if it's been awhile since these areas were refurbished. Still, one of the first things buyers will notice when getting out of their cars is the ground they're walking on, so patch and repair or even replace driveways and walkways that have fallen into disrepair.

· Add or upgrade outdoor living spaces. Outdoor living spaces also can set a property apart from others on the market. A recent study from the National Association of Realtors found that buyers would not hesitate to pay asking price for homes with outdoor living spaces. When adding or upgrading outdoor living spaces, try to depersonalize the spaces as much as possible, as buyers want to picture themselves, and not the sellers, enjoying these areas. Include some comfortable furniture, adequate lighting and a dining area in your outdoor living space as well.

Curb appeal can add a lot to a home, while lack of such appeal can make a home difficult to sell. Homeowners who want to sell their properties for asking price or more should address curb appeal before putting their homes on the market.









SAFE DRIVING TECHNIQUES HAVE CHANGED

Driving today is different than it might have been when many motorists first earned their drivers' licenses. As a result, safe driving techniques have changed. Learning these changes and adjusting driving habits can keep motorists and their passengers safe.

Watch the clock. Older guidelines indicated keeping hands on the steering wheel at the positions of 10 and 2 if you were imagining it as a clock. New information indicates this can be dangerous to the arms and hands should the air bag deploy in a crash. The National Highway Traffic Safety Administration and AAA now say you should grip the wheel at the 9 and 3 positions, which safely allows drivers to maintain control of their vehicles.

• Change your turns. Air bag safety also comes into play when making turns. Rather than the

formerly taught way of handover-hand turning, drivers should push with one hand and pull with the other to steer the wheel - safely keeping their hands away from the plastic casing and the possible release of heat and pressure from an exploding air bag.

· Use hazard lights only when real hazards are encountered. Some people are very generous in their use of hazard lights, turning them on when double-parking, in bad weather or when they are carrying a heavy load. Various states and areas have specific laws governing the use of hazard lights, including when and when not to use them. Hazard lights may inadvertently put drivers in danger because they can override turning signals. Some other drivers have become so accustomed to seeing hazard lights that they may not take them seriously. Esurance suggests checking local laws to determine which situations warrant using hazard lights.

· Don't block the "fast lane." The far-left lane has long been considered the passing lane. Although some police departments have become more lenient in allowing drivers to actually stay in the left lane, it's still courteous to use it as infrequently as possible. When you do find yourself in the left lane, recognize that you should maintain highway speed or accelerate slightly to get around the car you need to pass. Driving slowly in the left lane can compromise your own safety and that of your passengers and fellow drivers.

· Anticipate road conditions. There are differences between driving on rural roads, paved roads and heavily trafficked highways, especially during inclement weather or when encountering adverse conditions. There's no magic speed or technique that is ideal all of the time. Drivers need to learn to adapt to the conditions to facilitate safe passage. Keep in mind that it can be difficult to stop on gravel, wet roadways or those covered with leaves.

Avoid the big rush. Always try to leave extra time to reach a destination. This way you will not have to speed or make tricky maneuvers to get to an appointment on time. Rushing around can lead to distractions or unsafe practices. Reduce your accident risk by building extra time into your trip.

Driving rules are not static, and drivers should stay current on practices that are safe and those that are no longer correct to use on the roadways.







WASH YOUR CAR LIKE A PRO TO PROTECT ITS VALUE

Vehicle owners know maintaining a vehicle can be a lot of

work. Taking the time to properly care for a vehicle can prolong its



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life expectancy and help owners avoid breakdowns and other issues along the way.

Regular washing is an aspect of vehicle maintenance that some may classify as a purely cosmetic benefit. Certainly a car wash can keep the vehicle looking its best, but there are other advantages to washing as well. Washing offers preventative maintenance for the car's paint and can help prevent rust and corrosion resulting from dirt, acid rain and road salt. Rust can compromise hydraulic brake and fuel lines, as well as many moving parts in the chassis and frame. Corrosion of electrical connectors and other parts under the hood can lead to leaks, electrical shorts and a host of additional problems. It's easy to see how washing the car is more essential than one might have suspected.

If you live in an area with a high amount of dust or industry, you may need to wash your car as frequently as once a week. Drivers who live along or near coastal areas may need to wash their vehicles frequently to combat sea salt buildup. Garage-kept vehicles may be able to go longer between washes, but in general washing a vehicle every two

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IN CREDITS

to three weeks is a good rule of thumb. In addition, a good sealant will protect the paint and other trims throughout the year.

The following are some other car-wash tips to follow.

Always use a proper washing soap solution. This will preserve the car's finish better than other homemade soaps. Avoid using dishwashing liquid, which can strip protective wax coatings.

· Be prompt when cleaning off bugs, sap and bird droppings that may stick to the paint and become difficult to remove over time.

Wait until a car has cooled down before washing. Heat speeds up the drying of soap and water and can make it more difficult to clean

· Always use a clean, non-abrasive sponge. Resist the urge to move the sponge in circles as you clean. Doing so can create noticeable swirl scratch marks. Instead, move the sponge lengthwise across the body panels and hood.

· Keep a separate rinsing bucket to clean the sponge or washing mitt so that dirt is not mixed into the clean, sudsy water.

· Consumer Reports suggests using a soft squeegee to remove most of the water on the body of the car after washing and rinsing. Blot up any extra water with a chamois.

· Wax the car every season to ensure it has maximum protection. In between, apply a liquid spray wax to touch up spots. Water beading is not an ideal indicator of whether or not the car needs a coat of wax.

· Don't forget to pay attention to the interior. Vacuum the carpets regularly to prevent groundin dirt and routinely clean the upholstery with a product specific to your vehicle's interior, whether that interior is leather or fabric.

Protecting a vehicle investment involves keeping the car clean. Know the right ways to help a car or truck look and perform like new.

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Hall Rentals

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

In Memoriam

Jendrick David

June 27, 1947 - April 3, 2011. Those special years will not return when we were all together, But with eternal love within our hearts you will walk with us forever. Miss you, Sister D and Hubby (1) 29-03

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Employment Opportunities

Part-time Bar Steward Needed. Leave your resume at the Legion, Thursday or Friday; or email to rclbr149@gmail. com; or mail: RCL Br 149, Box 462, Wildwood, AB, T0E2M0. (2) 29-03

Full time, part time position open for marketing person that can do graphics, basic programming and social media updates. Must be living west of Range road 22.Send all resumes with experience and salary expectation to wayneh@edmontonlakeproperty.com (3) 29-03

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Care Givers Needed in Alberta Beach, for adult males, looking for someone who is flexible but can pick up shifts 2-3 times a week. Some lifting and personal care required.Please call 780-499-2981 after 5:00pm. (4) 15-03

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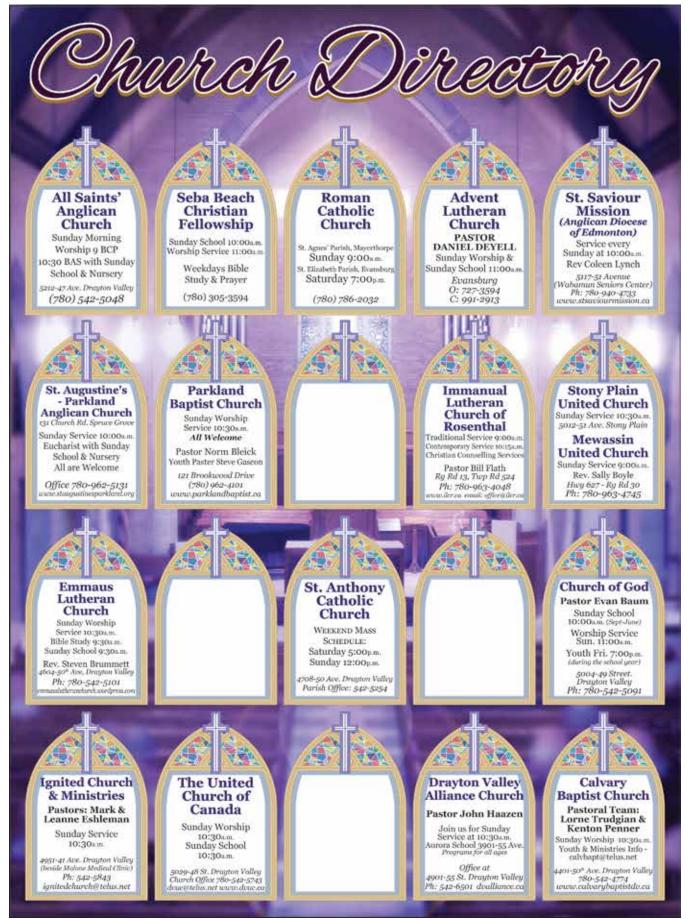
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March 29, 2016



COMMUNITY	SUNDAY	MONDAY 1	TUESDAY 2 Groundhog Day	WEDNESDAY	THURSDAY 4	FRIDAY	SATURDAY 6
	7	8	9	10	11	12	13
	14 Valentine's Day	15 Presidents' Day	16	17	18	19	20
EVENTS 2016	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).

APR 2 - PARKLAND POTTERS/CROOKED POT GALLERY: "WELCOME SPRING" w/ Helmut Jantz, 11-2 p.m. Pottery for the garden. 4912-51 Ave, Stony Plain.

APR 9 - EVANSBURG ART CLUB: ACRYLIC PAINTING w/Frank Haddock at the Wildwood Senior Centre, 10am-4pm. Info & registration, Janice 780-727-4340.

APR 15 - WATOTO CHILDREN'S CHOIR PERFORMANCE, 7-8pm at Brightwood Ranch. Coffee and Desserts to follow, Admission is free.Info: 780-727-3840.

APR 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.

APR 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 6 - PEROGY SUPPER at Carvel Hall, 4-7:30pm. Tickets at door, Adults \$13.50,

Kids ages 5-12 \$7, under 5 free. Info: Stephanie 780-499-1112.

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

EVANSBURG - Sat., 10am-2 pm, Main Street. Call 27-3526 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 Pavillion. May 9 - Sept 19. SPRUCE GROVE - at the Elevator, Sat 9:30-2:30, ta-

bles (780)240-5821

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

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ENTWISTLE COMM. LEAGUE BINGO, Every Wednes-. Doors Open 6pn STONY PLAIN SENIOR'S 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.
 S5+ CLUB DRAYTON VALLEY - in recreation center 'upstairs. Music Jams: Doors open 1:00pm. Last Sun of each month. Come on in and listen, 780-542-3768. AEROBICS - Lowimpact, Mon/Wed, 11am-Noon, Wild-wood 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 Tues-day", 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,

30nm Dennis/Ruth at 924-2230 CRIBBAGE 1st & 3rd Sat every mon 7pm. Wabamun

DARWELL MEAT DRAW - 3:30 pm, bi-weekly, Darwell

ounge & Restaurant EVANSBURG ART CLUB - meet & paint Thurs1-4pm

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,-

CampEvansburg 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 Communi-

ty Hall. 6:30 Supper. JAMBOREE, Tomahawk Agriplex, Starts Nov 21st. 37d 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. JAMBOREE, 2nd Friday, 7pm, Seba Senior's Centre,

Toni 797-4233 IAMBORFF, Ravine Comm Hall 1st Sat 325-2119

or 325-239 JAMBOREE, at Sandhills Community Hall, 3rd Sun-

day, 1-5pm, Sept - June. Info Florence 780-962-3104 Margaret 780-962-3051

Margaret 780-962-3051 JAMBOREE at STONY PLAIN SENIORS DROP IN CENTER, 5018 - 51 Ave. Every 2"4 & 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 Wel Each Month, 'roopm. Oct. June. 325-3749
LAC STE ANNE COMMUNITY CHOIR, new choir ac-tention and incomment Matching Model 7:30me.

cepting 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 Prayees are needed. Doreen 786-2434. MEAT DRAW, Evansburg Legion, Friday 8-10pm &

Saturday 3-5nm PANCAKE BREAKFAST - Parkland Village Community

PANCAKE BREAKFASI - HARKANG Vittage community Centre, 9am-12, Jast 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 727-729. POT LUCK every Tues, noon, Wabamun Seniors Cen-tre. 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. Ouilters - 3rd Wed at 9:00 in the Seba Pavilion

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

SPIRITUAL LIVING STONY PLAIN INSPERATIONAL 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, in-spirational sharing at 10:30am, Children's activities. Contact 780-940-3032

SPRUCE GROVE ELEVATOR TOURS, Tues-Sat 960-4600

9-3pm, 960-4600.
SQUARE DANCING, Evansburg Legion, Thurs 7-10pm starting Oct 6. Beginners & midstream wel-come. Info (780) 727-4099.

STONY PLAIN'S 5TH MERIDIAN GOOD SAMS 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 STONT PLAIN DUBER FOOTBALL CLUD IS tooking for football players ages 8-14, atom, peewee, 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.

VOGA 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 Agliplex 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 m at the West Central Forcera Association Office Thurs, Heritage House

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 CONSTIT-

UENCY MEETING, Breton Senior Center, 7pm. Every-

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 MEET-INGS - Second Thursday monthly 7:30 PM except June, July, August

ENTWISTLE LIONS CLUB - 2nd & 4th Tues, 8pm, En-

Latin Steel Long Steel 2 and start rules, opin, Eli-tivistic 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. FALLIS 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, Kins-men Hall, 2nd Tues. Want to volunteer? Wanda 305-9832 or mayerthorpekinettes@gmail.com LAC STE. ANNE & LAKE ISLE WATER QUALITY MAN-

AGEMENT SOCIETY 3rd Fri, 7pm, Alberta Beach

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

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

tist Church Charlotte (780) 325-3787

tist 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, 1-40-346-0290. MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP Are you diagnosed with MS and have ques-tions? This group is for you! Last Tues of month, 7-9pm, Westview Health Centre (4405 South Park De Carbot Come 709071, 2004. NA MEETING - Tues, 7pm. 514-6011 PEMBINA AL-ANON FAMILY GROUP - meets Tues-

A strain a Activity FAMILE GROUP - meets 1025-days @ 7:30pm, at Evanburg Catholic Church Hall. Call Patty H, (780) 727-4516 or Cheryl (780) 727-6571 PEMBINA PORCUPINES - JUNIOR FOREST WAR-DENS - Entwistle Porcupine gathering: 7pm, 1st Tue. Lan & Tinaka 772-200 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 & WA-

BAMUN 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 oppurtu-nities & 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.

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

WILDWOOD & DIST. ROD & GUN CLUB - 1st Thurs.

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 Evans-burg Legion Hall (Back door). 727-72155 Stony Plain - Thurs evening, Stony Plain United Church, Susan (780) 968-0869 Engrage Greue, Wed Mornings 8:45 am at Anglican

Spruce Grove - Wed Morrings, 8:45 a.m. at Anglican Church, 131 Church Road. 960-1109, Christiane. Wildwood-Thurs at Wildwood School, 5pm. Connie

FREE HOME DELIVERY PROGRAM, Wabamun Se-niors & 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 9a

Wilma 325-2424

(780) 325-2420

YOUR COMMUNITY

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SERVICE DIRECTORY



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