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August 23, 2016

## ONOWAY JR./SR. HIGH SCHOOL All Precious **2016/17 NEW STUDENT** REGISTRATION DATES

#### Submitted by Lisa Bakos

These are the dates for students who did NOT register in June of 2016 for the 2016/17 school vear.

The school will be open for NEW REGISTRATIONS at the following times:

Monday, August 29- 12:30 pm -4:00 pm

Tuesday, August 30- 12:30 pm

Wednesday, August 31-9:00 -4:00 pm

Thursday September 1 - 9:00 -4:00 pm

Friday, September 2 - 9:00 -4:00 pm

Due to the delays in the turnover of the school, the ONLY day for students and parents to preview the school will be on FRIDAY SEPTEMBER 2 from 1 to 5 pm. There will be no formal sign up, just park in the "old student parking lot" and head up to the school

Staff are very busy with unpacking and setting up classrooms during August 29- September 2 in preparation of Students on Tuesday September 6 for the Gr 8/9 and Wednesday September 10-12.

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## SCAM EMPTIES BANK ACCOUNT

#### Submitted by St Albert **RCMP**

File: 2016 - 1041454

St. Albert, AB - On Tuesday, August 9, 2016, St. Albert RCMP received a report of a Fraud that had cost the victim thousands of dollars. Over the period of a couple of weeks, a St. Albert resident made several wire transfers to a company allegedly called Option Giant who appear to be connected to Global Health and Wellness Advisors. The St. Albert resident believed

that the wire transfers were investing money in a company that traded foreign currencies and that there would be a full return of the investment with profit in 90 days.

**Continued on Page 2** 

## BARRHEAD RCMP INVESTIGATE ARMED ROBBERY

#### Submitted by Barrhead **RCMP**

On Aug. 13, 2016, at approximately 6:15 p.m. Barrhead RCMP received a call of an armed robbery at a convenience store in Lac La Nonne.

One male suspect entered the store and picked out several items for purchase. The suspect then advised he did not have enough money to pay for the items and would grab money from his vehicle.

The suspect returned and attempted to put a mask over his face while he approached the cashier with a weapon and demanded money. No money was provided and the suspect fled in a vehicle heading eastbound on highway 651. No one inside the store at the time of the incident

Westlock RCMP assisted in the extensive search for the suspect and vehicle but they were unable to locate.

The male suspect is described

- Aboriginal
- 5'11"
- · Approximately 25 years old

**Continued on Page 12** 



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

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### Scam Empties Bank Account

#### **Continued From Page 1**

Unfortunately, none of the money has been recovered, no profits seen and the investment opportunity appears to be a scam.

Slave Lake RCMP received a similar report of this scam earlier this summer. A resident of their community "invested" undisclosed amounts of money through wire transfers to Option Giant through Stage 3 Alpha, run by Exogen which is a company allegedly run

by a Sandra Barnes and a Kevin Robinson. The investor was also recommended to invest in Global Health Wellness Advisors. This victim also lost all money that was invested.

When the RCMP typed "Option Giants" into Google Search, www. optiongiants.com was blocked stating that the site was a phishing scam website.

"Scammers and Fraudsters can sound very legitimate and convincing." says Cpl. Laurel Kading with the St. Albert RCMP Community Policing Unit. "But no one should invest in companies without doing some homework first. Check them out on the internet and talk to local, legitimate investment companies as they can spot the signs that an investment opportunity is fake."

In both of these cases, the investment money cannot be recovered as it was wired outside of Canada. "One sign that an investment is possibly fraudulent is when they promise a huge return in a very short time. If you see "You will double your money in 90 days" - Stop! Get Advice! That kind of promise of a return is a huge warning to all investors that something is wrong! It is just too good to be true."

If you have information about this incident, please call the St. Albert RCMP at 780-458-7700 or call your local police. 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 (check your local Crime Stoppers www.crimestoppers.ab.ca for instructions).





#### You are invited to GOSPEL MEETINGS

#### <u>Alberta Beach Agliplex</u>

4811 46A Ave, Alberta Beach, AB Sundays, 5:00 pm August 14 – November 20, 2016

We will be sharing from the Bible only. You are welcome to come & listen, with no obligations.

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Adrienne Sinclair Leona Dreger



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# A Brunette, Redhead and Blonde entered into a game show. The host explained the rules, "I am going to say jokes for a hour straight and who ever doesn't laugh at the end receives \$5000.00!" The host starts and after 15 minutes the redhead is out.

He continues and after 15 minutes the rearieda is out. He continues and after 40 minutes the brunette is out. When the clock hits 59 minutes he gives up on making the blonde laugh. All of a sudden the blonde starts laughing, "Why are you cracking up now, all you had was one more minute to win the prize and I didn't even tell a joke now?" He asks. She replies, "I know, but I just got the first joke!"

### **RCMP BEATS**

Submitted by Stony Plain/ Spruce Grove RCMP

Occurrences for the week of 8 August to 14 August, 2016.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 557

Total Calls for Service for the Victim Service Unit: 72

Persons Crimes: 54

Property Crimes: 94 Impaired Driving Complaints re-

ported: 14
Impaired Driving Charges Laid: 2
Roadside Suspensions: 1

Motor Vehicle Collisions Attended: 32

Property Crimes:

Spruce Grove

- 1. August 8 Area of McLaughlin Drive and McLeod Avenue – Theft of Trailer, 2015 blue TNT TRA718
- 2. August 8 Area of Calahoo Road and Marlboro Drive Theft of Bicycle, red and black Specialized P2.
- 3. August 9 Area of McLaughlin Drive and McLeod Avenue – Theft of Bicycle, blue and black titanium Mountain Bike
- 4. August 9 Area of Beechmont

- Avenue Theft from Vehicle, insurance, registration stolen
- 5. August 9 Area of Gilmore Way – Theft from Vehicle, step ladder stolen
- 6. August 11 Area of Collingwood Avenue Theft of Vehicle, 2003 red Ford F350

Stony Plain

- 7. August 12 Area of South Park Drive – Theft of Vehicle, 1995 white BMW 3181
- 8. August 13 Area of 43 Avenue and 47 Street – Theft of Vehicle, 2004 brown Ford F350

Rural

- 9. August 9 Area of Township Road 534 and Range Road 14 – Theft from Vehicle, insurance and registration stolen
- 10. August 10 Area of Township Road 530 and Hwy 60 – Theft of Vehicle, 2005 white Ford F250 with 2014 Kabota backhoe on trailer
- 11. August 11 Area of Township Road 531A and Range Road 263 – Theft of Vehicle, 2004 red GMC Sierra

**Continued on Page 5** 



### Tuesday, August 30, 2016 Anselmo Community Hall

Celebrating 10 years of Amalgamation Between Three Rivers & Lobstick Gas

> Join us for a Free Burger from 5:00 to 6:30 p.m. Provided by Parking Lot Party

> > Meeting to follow

Financial Statements • Election of Officers 3 Door Prizes of \$100.00 Credit on Member's Gas Account

> All TRL Gas Members are invited and encouraged to attend.

# RCMP WELCOMES NEW DETACHMENT COMMANDER

Submitted by Stony Plain/ Spruce Grove/Enoch RCMP

Chief Superintendent Jerry Scott, District Commander for Central Alberta District is pleased to announce that Inspector Rob Hill has assumed the role of Detachment Commander effective immediately.

Inspector Rob Hill has 19 years of service with the Royal Canadian Mounted Police following his service with the Canadian Armed Forces. Rob comes to Alberta from his position as the Administration and Personnel Officer in Iqaluit, Nunavut. Prior to his transfer to Alberta, Rob has served in three RCMP divisions to date; namely "D" (Manitoba), "HQ" (Ottawa) and "V" (Nunavut). He has served in general duty, First Nations Policing, drugs / organized crime and national program management including strategic and major event planning. He comes with a wide variety of policing experience.

Rob was posted to Iqaluit in October 2013 whereupon he received his commission to the rank of Inspector. He oversaw multiple business lines including human resources, employee - management relations,

### **RCMP Beats**

#### **Continued From Page 4**

12. August 13 – Area of Township Road 552 and Range Road 35 – Break and Enter to Shop, pressure washer, fuel cans stolen

13. August 13 – Area of Township 531 and Range Road 40 – Theft of Tire from Boat Trailer

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Lessen the chance of your license plate being stolen. Use locking bolts, or use bolts with non-standard heads (hexagons, stars, etc).

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.

If you have information regarding any of these crimes, or any other crime, please call the RCMP At 780-962-2222 or 780-968-7267. You can also call Crime Stoppers at 1-800-222-8477 or text the keyword TIP205 (TIP250 for Edmonton Metro) & your Tip to CRIMES (274637)

informatics, communications, discipline and civil litigation. Rob is an accredited Critical Incident Commander.

Insp. Hill is a graduate of the RC-MP's Management Development Program as well as the Senior Police Administrator course. In 2015 he successfully completed the Canadian Police College's Executive Development in Policing Program.

Rob was born in Belleville, Ontario and raised throughout Canada as the son of a Canadian Forces member. Rob enjoys spending time with his family, fishing, playing drums, cooking and cheering for the Winnipeg Blue Bombers.

Inspector Hill will be engaged with the needs of the Detachment and the various communities it serves. His background with First Nations Policing will lend itself well to continued strong ties with the RCMP partners at the Enoch Cree Nation.

You can reach Inspector Hill at the Stony Plain/Spruce Grove/Enoch



RCMP Detachment at 780-968-7200. In the near future, Inspector Hill is likely to introduce himself to local agencies.



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## NEXT SEASON BEGINS FOR YOUR COMMUNITY CHOIR!

Submitted by Eunice Woronuk, President

Lac Ste. Anne Community Choir invites local singers to join the next musical season. If you love to sing, whether you've ever been part of a choir or not, you're welcome!

Joining a choir is more than just musical fun; it also provides mental and physical benefits. Studies show joining a choir can improve symptoms of Parkinson's, depression and lung disease. Others indicate it not only increases oxygen levels in the blood but triggers the release of "happy" hormones such as oxytocin, which is thought to help lower stress levels and blood pressure. One choir member agrees. "Singing is a wonderful way to improve fitness from the inside out. It stimulates the brain."

Director Debbie Rosen chooses music that challenges choir

members' abilities, and provides each member with a CD of his or her own part to reinforce the weekly rehearsals. Accompanist RJ Chambers uses his training to complement her direction.

"Truly, this choir provides such enrichment to members as well as to the community as a whole. Debbie Rosen (in my estimation) would be rated as one of the best choral directors. We are so fortunate to have RJ as our talented pianist – he's a per-



fect fit," says long-time member Jeannette Symbaluk.

One member commented "I enjoy the diverse mix of choir members, and also like the musical materials that Debbie continues to challenge us with." Another stressed the sense of community. "Like many others, I work in Edmonton. The choir is a way for me to remain connected to my home community. It also provides artistic expression for members and enjoyment for concert attendees."

The next season of the Lac Ste. Anne Community Choir begins Wednesday, September 7. Registration begins at 6:15 p.m. at the Heritage Centre in Alberta Beach (5012 – 49 Avenue). At 7 p.m., the first practice begins. All rehearsals are Wednesdays from 7 – 9 p.m., preparing for Christmas-season concerts. If you aren't sure it's for you, try the choir for two consecutive weeks with no obligation.

Membership is just \$70 per session (September to December; January to May), with a discount for multiple family members.

Questions? Call Eunice at 780-892-3159 or Judey at 780-924-3478.





## Welcome Back!

Northern Gateway Public Schools works in our communities to create the richest, most diverse educational experience possible for all students.

#### The first day of school is August 31, 2016!

Contact information for schools in your area can be found below:

#### Grasmere School

Principal: Shelley Wyman K-7 780.924.3758

#### Onoway Elementary

Principal: Jody Beck K-7 780.967.5209

#### Onoway Jr/Sr High

Principal: John Lobo 8-12 780.967.2271

#### Rich Valley Elementary

Principal: Kelly Muir K-7 780.967.5754

#### Darwell School

Principal: Lorna Vardy K-7 780.892.2478

Back-to-school information including busing, registration and more can be found online or you can call us at 780.778.2800 or toll-free at 1.800.262.8674.



#### 2016-2017 School Year Calendar

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18	19	20	21	22	23	24	for Students  Days in Lieu						
25	26	27	28	29	30		(Sangudo Only)						

Northern Gateway Public Schools | Box 840, 4816-49 Ave Whitecourt, AB | T7S 1N8 | 780.778.8200 | learn@ngps.ca | ngps.ca Page 8 Community Voice August 23, 2016



# Safety First!

Children who walk or ride bicycles to school should also obey the rules of the road. Be sure you see the kids off every morning, and consider checking in with the school or calling kids' cell phones to confirm they arrived safely.

This Safety Message is sponsored by these caring local businesses

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John Eden
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Pit Stop Gas & Convenience 785-2432

Jay Day Water Hauling Services 674-0104 C & D Tank Truck Service 785-3383

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W.V. Repair Service -HD & AG 305-1315

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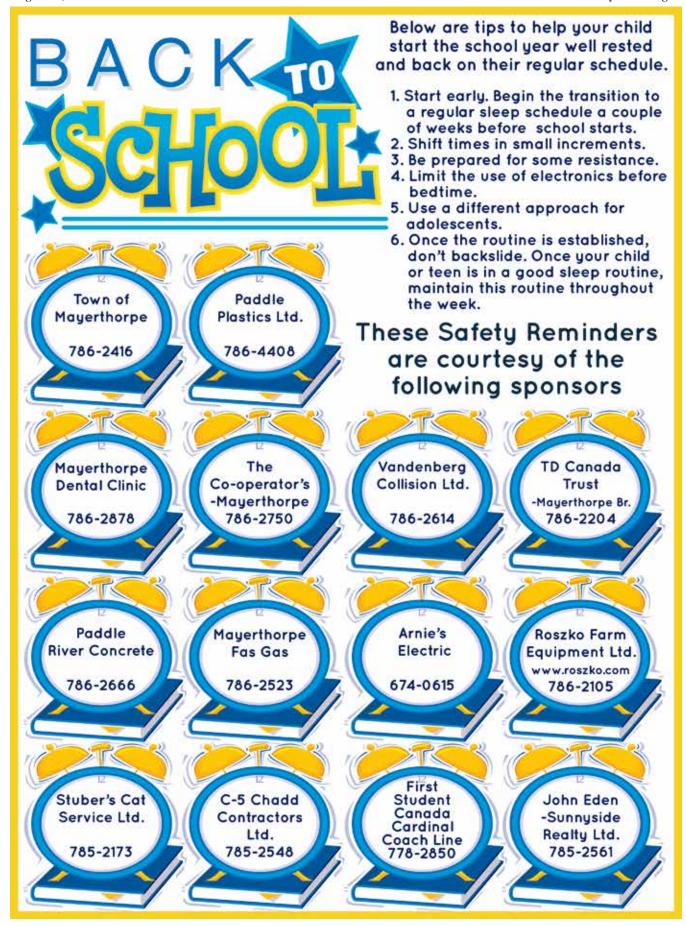
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First Student Canada Cardinal Coach Line 778-2850

The Co-operator's
-Mayerthorpe
786-2750

Paddle Plastics Ltd. 786-4408



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# Back to School

# Let's Keep the Kids Safe this School Year with These Easy Tips

- Plan a walking route to school or the bus stop and walk with your child beforehand.
- Ask your children to walk home in pairs or with friends
  - Teach your child never to talk to strangers.
  - Make sure your child knows their phone number
     and address as well as how to call 911.

### Sponsored by the following local businesses



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Mad Fitness
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The Hub

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R&S Towing

967-2492

Town of Onoway

967-5338

Grande Tire -Onoway

967-3432

The Water Lilly Boutique

686-5977



Onoway Vetrinary Clinic

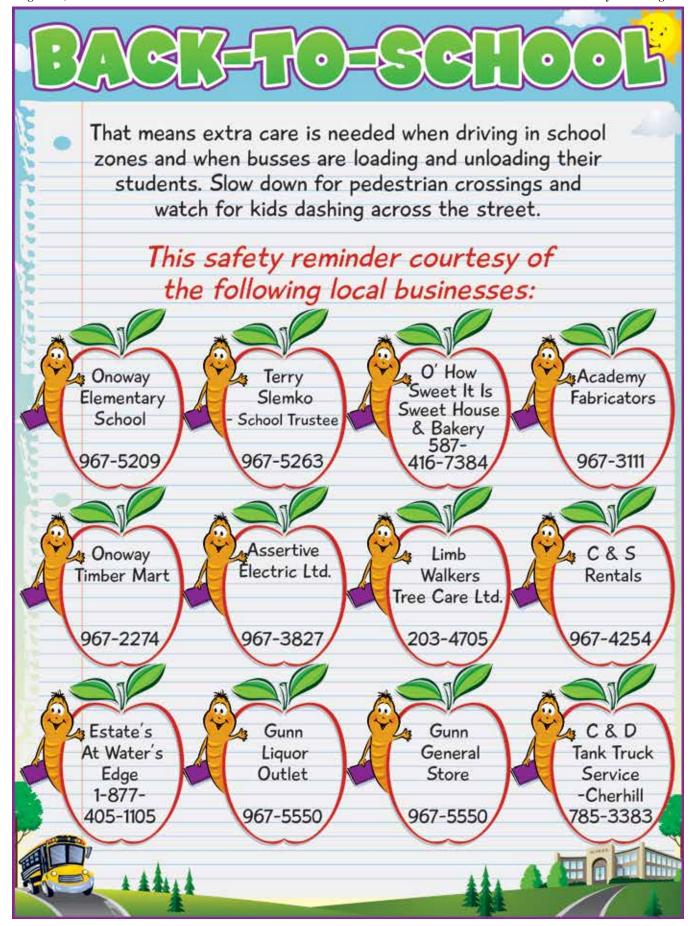
967-2967

Suds Up Car Wash

967-0022



Tri-Lakes Septic Services Ltd. 1-844-967-9176 First Student Canada Cardinal Coach Line 778-2850



### BARRHEAD RCMP WEEKLY UPDATE

Submitted by RCMP Bar-

On August 13 Barrhead members investigated an armed robbery at Connie May's Store near Lac La Nonne. Staff at the store reported that a lone male had been in the store for several minutes before donning a balaclava. Staff told the male to leave and the suspect complied before returning armed with a tire iron and demanding cash. Staff were able to scare the suspect off and he was last seen east bound on Highway 651 in a gray or silver Honda car.

The suspect is described as a First Nations male with full sleeve tattoos and a tear drop tattoo under his left eve.

On August 16 RCMP from Barrhead and Westlock, EMS from Westlock and firefighters from Barrhead responded to an incident on Range Road 14 south of Highway 651. Four males had been excavating a hole to gather clay. The crew was standing on the edge of the hole when the bank gave way. One male was buried and the other three entered the hole to try to rescue their companion. A second cave in occurred and two

men were partially buried. These men managed to extricate themselves but the first male remained missing. Rescue crews worked for several hours and finally located the missing male who was declared deceased at the scene. A 65 year old Calahoo, Alberta male has been identified as the victim and family have been notified. No charges are being contemplated.

Police attended a violent domestic dispute in Barrhead on August 11. Following their investigation members charged a 32 year old Barrhead woman with Assault and Fail to Comply With Undertaking. The woman was released from custody on new conditions. On August 13 the woman was arrested again after police received reports that the suspect had breached her conditions again. First appearance has been set for September 21.

On August 14 members attended Barrhead Composite High School after an alarm was reported. Inside the school police located and arrested three drunken 23 year old males. The males had caused no damage and were released after spending the night in jail. Each received a ticket for trespass under the School Act.

A black 2006 Dodge Ram was reported stolen from a residence in Barrhead on August 12. The kevs had been left in the owners other vehicle which was unlocked. Thieves going through the second car found the keys and stole the truck. To date the truck has not been located.

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## **Barrhead RCMP** Investigate **Armed** Robbery

#### **Continued From Page 1**

- · Short dark hair
- Brown eyes
- · Black hat and shirt
- Full sleeve tattoos
- Tear drop tattoo under left eye The vehicle is described as:
- Two door silver Honda coupe Barrhead RCMP and the Forensic Identification Section continue to investigate.

If you have any information please about this event, please call the Barrhead RCMP at 780-674-4848. If you want to remain anonymous, you can contact Crime Stoppers by phone at 1-800-222-8477 (TIPS), or by internet at www.tipsubmit.com. You do not have to reveal your identity to Crime Stoppers, and if you provide information to Crime Stoppers that leads to an arrest(s), you may be eligible for a cash reward.

### **GREETINGS FROM THE ONOWAY LEGION**

Submitted by Lorinda Mc-Cool

I hope everyone is having a great summer. This newsletter will be very short with the information appearing in the next issue. Please note all of the upcoming events and I will be back in a week to catch everyone up to date.

**UPCOMING EVENTS:** 

August 23 - Pub and Games Night

August 26 - Friday Night Supper – Roast Pork

August 30 - Pub and Games Night

September 2 - NO FRIDAY NIGHT MEAL

September 6 - General Meeting

September 7 - Regular Wednesday Night Pool starts

September 9 - Friday Night Supper

September 13 - Regular Tuesday Night Darts start

The Legion phone number is 780-967-5361. Please contact Ted Latimer @ 780-967-4980 for hall rentals, Bob Clark @ 780-967-3640 to reserve your

plate for the Friday Night Supper, for meal inquiries/suggestions or to volunteer in the kitchen, Cheryl Sadler @ 780-967-4146 for membership, Neil Gorman @ 780-960-4160 for sports and Lorinda McCool @ 780-967-3640 to place information in the Legion newsletter. See you at the Onoway Legion and have a great week!

## 2017 CITIZEN BUDGET SURVEY SEEKS RESIDENT INPUT ON HOW TAX DOLLARS ARE SPENT, HAVE YOUR SAY!

**Submitted by Tara Gallant** 

The Town of Whitecourt will be launching the 2017 Citizen Budget Survey on Monday, August 29. The new interactive budget simulator will allow residents to provide feedback on how they feel their tax dollars should be spent. The launch of the survey builds on public consultation activities initiated for the 2016 budget.

"Engagement and transparency are a priority for Council, and I'm eager to hear feedback from the community," said Mayor Chichak. "Whitecourt is growing, and we want to make sure we continue to meet the needs and expectations of our residents. I encourage all residents to par-

ticipate in the online survey and provide their input for the 2017 budget."

Residents can find a link to the survey on www.whitecourt.ca. All you have to do is enter in the assessment for your residential property to see how much you currently pay for a variety of municipal services. Residents can then increase, decrease or main-

tain service levels in a variety of service categories and immediately see the impact changes have on their personal tax payments.

The survey will run for three weeks, and will close on Friday, September 16. Feedback gathered through the survey will be presented to Council for review and consideration during 2017 budget deliberations in the fall.



#220-70 McLeod Ave - Westland Market Mall. Spruce Grove

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# Sangudo Art Club!

# 2016 Fall Session Starts Up in September



Sangudo Art Club displaying their art at the George Pegg Gardens on June 16, 2016.



Chinese Ink Art on a Fan workshop with Hilde Keller in March at the Sangudo Community School.



Tammy Taylor Oil Workshop at the Sangudo Community School painting a Mallard Duck.



Deanne Jackson Oil Workshop at the Sangudo Community School painting a seascape with a lighthouse.



## **FALL SESSION STARTS UP** FOR THE SANGUDO ART CLUB!!

Submitted by Sharon Vanderwolf, Sangudo Art Club

The Sangudo Art Club is looking forward to the 2016 fall session which starts up this September. Our first club meeting is September 14th starting at 9:00 a.m. at the Sangudo Community School. You would be hard pressed to find a more enthusiastic and talented group of women than those associated with the Sangudo Art Club.

Members spend up to two hours together each week during fall and spring gathering sessions to socialize and exchange ideas while bringing their projects to life. Many of the members also spend much of their free time at home working on their individual

During this past spring session, the club members enjoyed the teachings of various instructors. In February, Sally Turco presented a full day class on Fantasy Alcohol Ink Art. Chinese Ink Art on a fan was presented by Hilde Keller in March. April's guest art instructor was Tammy Taylor with an oil workshop painting a Mallard Duck and she also taught us a half day Calligraphy class in the beginning of May. Later in May, Gail Deanne Jackson taught a workshop of an oil seascape with a lighthouse. Each year, members have the opportunity to display their work at local art shows around the area. We displayed at the George Pegg Botanic Gardens Art Festival and at Heritage Days in Rochfort Bridge. The Sangudo Blitz in November is another Venue that the Art Club uses to display their artistic endeavors. Our Club thanks the community for your support on our fundraisers and raffles, which enable us to bring in more guest art instructors and help offset the operational cost of the club.

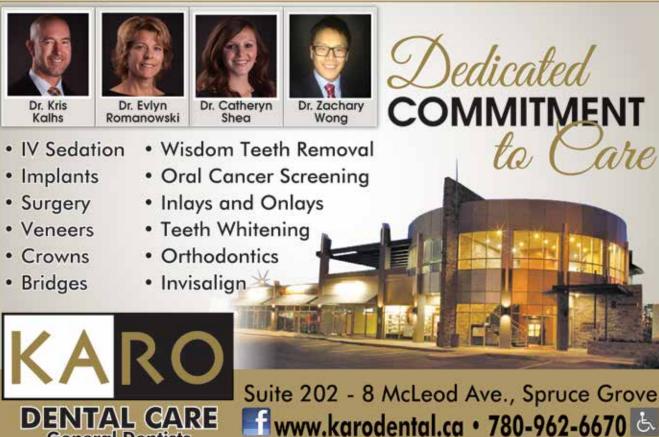
The Sangudo Art Club always encourages new members whether you are beginner to pro level to join. Annual membership fees are \$25.00 for the year. The fall session is from September to December and winter session is from February to May. The Sangudo Art Club is extremely pleased to have Laura Cox as our guest art instructor on Wednesday, September 28th, starting at 9:00 a.m. with an acrylic workshop painting a landscape at the Sangudo Community School. Workshop cost is \$30.00 for members and \$50.00 for non-members. We look forward to seeing you, for more information please contact, Patricia Kowalik at 780-785-2112. Email: sangudoartclub@gmail. com Website: sangudoartclub. weebly.com





General Dentists

· Lot rentals starting \$340 per month





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- Plan a walking route to school or the bus stop and walk with your child beforehand.
- Ask your children to walk home in pairs or with friends

962-4421

962-6040

- · Teach your child never to talk to strangers.
- · Make sure your child knows their phone number & address as well as how to call 911.

Sponsored by the following local businesses · Parkland McLeod Realty Grove Karo Veterinary **Executives** Collision Home Dental Repair Clinic Leading Building Care Centre -Spruce Grove 962-2575 962-6300 962-3755 962-9696 962-6670 ALL H&R Urban H&E TD **Precious** Upholstery Block Sole Canada Shoes **Jewellers** Trust -Spruce Grove -Spruce Grove 962-8884 960-2010 960-4200 962-3048 962-0404 Ivan's NAPA B.W. Cartridge Grove Quality **Auto Parts** Hearing Express Eavestroughing Water Clinic -Ink/Toner -Spruce Grove Services Refills NAPA AUTO PARTS

960-2960

699-1880

960-9413

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# GOLFER'S GUIDE

## DRIVE HOME A WINNING GOLF TOURNAMENT

(NC) The arrival of warmer weather has many Canadians dreaming of the hitting the local golf course. It is also the time that many companies, organizations, charities and other groups start planning their golf tournaments.

Hosting a golf tournament is a great way to entertain customers, thank employees or raise funds for your group. While there are many details to arrange, organizing such an event doesn't have to be distressing

Experts recommend that you cover the basics first. Picking the right date and a course that is suitable for your group is the first priority. The earlier you do this the better as you will get a wider selection of dates and courses.

Ensuring your guests are well fed and hydrated out on the course should be another priority. In the heat of summer, a good supply food and non-alcoholic beverages will ensure your participants enjoy a healthy and safe round.

What about prizes? The excitement of winning something is always a big draw, so hit up local businesses, suppliers, business partners and friends for prize donations.

To take your tournament to the next level, you could offer hole-inone prizes such as a car, boat, trips or cash. "Adding big prizes to your golf tournament doesn't have to be an expensive or worrisome endeavour," says Andrea Martin, Senior Underwriting Manager, Wayfarer Insurance. "You can get insurance coverage that will pay for the prize in the event that a golfer hits an ace."

One of the biggest tips is speak to the professionals at the golf course where you book your tournament. Often courses will have staff to assist you, or at least literature that will help you plan a successful

www.newscanada.com

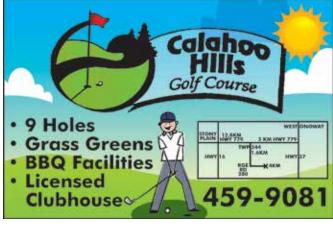
### 9 WAYS TO IMPROVE YOUR GOLF GAME

Warmer weather sends scores of golfers to their favorite courses each and every day. Golf is a challenging pastime, but a few pointers can help golfers hone their short games, long games and everything in between.

· Choose the right clubs. There is more to selecting clubs than pulling any old iron out of your golf bag and whacking away. Wind, hazards and obstructions in landing areas should influence your decision of which club to use. Novice golfers may want to rely on their caddies to make club recommendations, and as they become more confident in their abilities they can start to make their own choices.

Continued on Page 21







# GOLFER'S GUIDE

## ADJUSTING GOLF SWING GETS EASIER

Golfers rejoice! Those dreaded slices or hooks could become a thing of the distant past thanks to adjustable clubs and drivers. In addition to helping improve accuracy, adjustable clubs also lighten the load in your golf bag.

With a few twists of a wrench or even turning the shaft of the driver itself, golfers can adjust the face angle, loft and lie angle of the driver to hit the ball farther and straighter. Golfers can make small adjustments to create the right loft and improve distance without having to purchase a new club or visit a club fitter.

Many club manufacturers now offer adjustable drivers and other clubs. According to an informal poll on Golf.com, 34 percent of the 2,337 respondents owned an adjustable driver by the end of 2011. The ability to upgrade shafts has also be-

come popular as golfers respond to what the pros are doing.

Adjustable golf clubs enable golfers to walk out onto the course with one driver and a few different shafts. With a couple of clicks from a wrench, a person can have an entirely new driver. That cuts down on the equipment that needs to be carried and can fine tune a golfer's accuracy. These high-tech clubs are corresponding to changes being made to golf balls. Engineers have reduced the spin on golf balls to help the balls travel farther. To do so, golf experts advise that the ball needs to be hit higher into the air. Adjustable drivers can give players the edge they need to produce the right height and trajectory.

According to data from golf club manufacturer TaylorMade, 70 percent of consumers who use the company's adjustable drivers adjust their club at least once to get the desired shot. Afterward, 10 to 15 percent of adjustable driver users report further adjustments as they become comfortable with the features.

Although golfers can now put adjustments into their own hands, it is still adviseable to get a professional fitting regardless of which clubs are chosen. A certified club fitter can help a person sort through the myriad options available and make recommendations based on various factors, including the golf ball used.

Those who are not fans of adjustable drivers say that the adjustment mechanisms add weight to the drivers, which can compromise efficiency. However, that isn't stopping larger numbers of golf fans from taking adjustable drivers for a trial run in an effort to improve their game.



### 9 Ways To Improve Your Golf Game

#### **Continued From Page 20**

· Anchor your feet. Anchor your foot behind the ball to drive the ball further. Right-handed players will keep the right foot anchored, and lefties will do the opposite. Do not lift your foot prematurely; otherwise, you can lose power and distance.

· Identify your weaknesses. As with any hobby, identifying those areas that need the most work can help you become a better golfer. Keep track of each shot you take, and then look at the results to see which areas of your game need the most work.

· Fix your alignment. Align your shots by assessing the target from behind the ball. Then set the clubface behind the golf ball and align it with the target before you enter your stance.

Use your torso for power. The torso is essential to a solid swing. Practice rotating from your core to control your backswing and then maintain the same spine angle and posture on the downswing.

Use the wind. Not every golf game will be played in perfect

weather. A good player knows how to make adjustments for the wind depending on the shot. Use the wind to your advantage when you can, and adjust your swing when hitting into the wind.

Become a better chipper. Many players put so much emphasis on their backswings and putt shots that

they fail to devote any practice to chips. All shots are important for golfers trying to shed strokes off of their scores.

Keep fit. Maintaining or improving your physical strength and overall health can help your golf game. Exercise and eat right, and you will have more endurance on the links.



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## Safety First!

Children who walk or ride bicycles to school should also obey the rules of the road. Be sure you see the kids off every morning, and consider checking in with the school or calling kids' cell phones to confirm they arrived safely.

This Safety Message is sponsored by these caring local businesses



Hair A Risen Beauty Salon

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MADD Parkland County 999-7924 Royal LePage -Noralta

962-4950

Enterprise Rent-A-Car

960-9202

## **ADJUSTED DATES - SEPTEMBER 2016** STARTUP ONOWAY JR./SR. HIGH SCHOOL

#### Submitted by Lisa Bakos

To: Students and Parents / Guardians of Onoway Jr/Sr High School (OJSH) 2016/17

From Principal John Lobo Re: 2016/17 school start up

dates adjustment

The new OJSH is nearly ready. As this is a very large project, the final details have taken some time to complete to our standards. Tradespeople and movers have been working very hard to make things ready for staff to unpack. There is some delay with allowing OJSH staff in to the school to start getting classes ready for students.

This has required a slight change to students starting school.

Gr 8/9 students were to start 2016/17 classes on Wednesday Aug 31.

Gr 8/9 students will now have the first day of 2016/17 classes on TUESDAY SEPTEMBER 6,

Gr 10-12 students were to start 2016/17 classes on Thursday September 1.

Gr 10-12 students will now have the first day of 2016/17 classes on WEDNESDAY SEP-TEMBER 7

Gr 8/9 students do not miss any instructional time as they

Our classified section makes it easy to sell without lifting a finger! Call the **Community Voice** at 780-962-9229 To place your ad today!

follow a high school timeline of 1000 instructional hours.

Gr 10-12 students will have instructional hours lost using following measures:

- 1) Teachers making adjustments to teaching schedules.
- 2) Limited class interruptions for school wide activities in semester 1.
- 3) Reduced class loss for field trips and sports trips that require loss of instructional time, espe-

cially for gr 12 students.

The few extra days, Aug 31 to Sept 2, to allow staff to completely set up will allow for a smoother start up.

The School will be open for NEW REGISTRATIONS Mon Aug 29 pm, Tuesday Aug 30 pm and Aug 31 to Sept 2 all day.

Bus drivers will communicate adjusted start up dates for their student riders. The school and school division will post adjusted start dates on websites, and social media. The School Synervoice system will dial out parents as well.

Thank you for your attention to this changed schedule. We look forward to welcoming Grade 8 and 9 students to school on Tuesday September 6, after the long weekend.

Please direct any questions to the school at 780-967-2271 or email john.lobo@ngps.ca



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## Classified Ads - Call 962-9228

#### **Classified Policy**

CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. (Eg: 2 insertions = \$9.00; 3 insertions = \$12.00; 4 insertions = \$15.00; etc) Each additional word is 20 cents per word, per insertion. BOLD/CAPITAL text available for an additional \$1/line. Lost

& Found and To Give Away (up to a max. of 25 words) are free of charge. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. DEADLINE: is Thurs. 4:00 pm (Wed. 4:00 pm on long weekends). Classified ads may be called in to the COMMUNITY VOICE office at (780) 962-9228, emailed to: classifieds@comvoice.com, dropped off at Onoway Registries, or mailed

with your ad and payment to: COMMUNITY VOICE, BAG 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at www.com-voice.com/ classified.htm

#### **Hall Rentals**

Alberta Beach Agliplex, Susan 780-996-2960.

Alberta Beach & District Heritage Centre, We now have air conditioning! Space Available! Call Shirley at: (780) 924-3272 or Shawna at: (587) 879-5450

Bright Bank Hall, 780-963-6835

Cherhill Legion, Mary 780-284-1703.

Cherhill Community, Taryn 305-9022

Darwell Hall, 780-721-2690

Darwell Seniors, 892-2457

Glenevis Hall, 785-4144 or 721-6188

Gunn Hall (G.A.R.S.) 780-967-2215

Hathersage Community Centre, Noreen at 786-2946

Lake Isle Hall, 892-2998.

Magnolia Hall, 727-2015

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

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Onoway Community Hall, 967-4749.

Onoway Legion, 967-4980

Onoway Museum Gym classroom, 967-5263 or 967-1015

Park Court Community Hall, 727-4476

Parkland Village, 960-5556

Ravine Community Hall, 325-2240

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

Rosenthal Community Hall, 963-7984

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 785-3221 or 785-3118

Stettin Nakumun Comm. Hall, 967-9198

## **Unreserved** Upcoming Auctions

#### Real Estate & Farm Equipment Auction for Clem Schewalje & LNP Farms

11 AM - Sat, Sept 17, 2016 Onoway, AB

2 Excellent hobby farm or recreational paradise properties located close to the lakes with great commute time to Edmonton.

#### S-1: SE 15-56-2-W5th 80.01 Acres +/- (Parcel w/ Buildings)

80.01 acres of mostly bush and pasture rated #3 soil. Property is fenced on three sides (North, West, & South) with 4 wire. 2 auto watering bowls and hydrant for animals. Mobile home w/covered deck, 36 x 48 Shop.

## S-2: SE 15-56-2-W5th (Plan 1023878 Block 1 Lot 1) 79.99 Acres +/-

79.99 acres of mostly bush and pasture rated #3 soil. Property is fenced on three sides (North, East, & South) with 4 wire.

Tractors, Attachments, Haying & Harvest Equipment, Grain Truck, Tillage, Seeding & Livestock Equipment, 3 PT, Yard & Recreational Equipment, Trailers, Horse Drawn Carriage, Misc Farm items, and much more!

#### Unreserved Edson Consignment Auction Featuring Spring Hills Beef Farms

10 AM - Sat, Sept 24, 2016 Edson, AB

Accepting consignments of Tractors, Farm Equipment, Industrial Equipment, Livestock Equipment, Vehicles, Recreational Items and more!

CALL JUSTIN TO CONSIGN @ 780-898-9050



Royal LePage Town & Country Realty Brandi Wolff (780) 349-0764

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CONSIGN NOW:



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## **Classified Ads**

#### Business Opportunities

JOIN THE GOLD CANYON TEAM! Have the extra money you need or own the business you've always wanted! - Your Gold Canyon Business puts you on the path to success on your own terms! Call Independent Demonstrator Jodi Cazac at 780-995-6951 for more info, or go to www.mygc.com/jcazac

LOOKING TO HOST A CANDLE PARTY? OR WANT TO DO A FUNDRAISER? EXCELLENT REWARDS!! Call Jodi for more information 780-995-6951 www.mygc.com/jcazac

#### Services

Stump Grinding for Hire -Alberta Beach & Surrounding Area. 780-779-3589 Ferrier - Professional and Experiences, reliable, trimming, hot and cold shoeing. Call 780-720-6963

Experienced and Reliable House Cleaning Lady, with references available. Call Margie 780-924-2229

Best-Cistern-Septic-Solutions. Cistern and Septic Inspection, Cleaning and Repair! New Installs Available. Plastic, metal, fiberglass or concrete. We clean them all! Your cistern will be vacuumed, cleaned and sanitized with our high pressure, hot wash, sanitizing system. Reasonable Rates, Call 780-668-4306

Nasty's Tree Removal. Stump Grinding, Pruning & Firewood for sale. Licensed & insured. Roger @ 780-720-2207



\$357,000 (E4024825)



Which way to the beach George????....oh just a few blocks away!!! Be welcomed into this 2005 bungalow by a warm toned hardwood leading your livingroom with gas f/p. Continue to an extremely functional u shaped kitchen with eat up bar and dinette area. From the dinette walk onto your deck overlooking the open back yard. There are also 3 bdrms, up including the master with ensuite and walk in closet. There is a generously size rec room and a potential for 3 more bdrms, in the partly finished basement. (most rooms just need floor and ceiling - the hard work is done). The home has a drilled well and municipal sewer. You can't find a better location as this is right across the street from the school. Need to get out of the hustle and bustle of the City but still only be 45 min, away? Welcome to Alberta Beach!

http://www.century21.ca/Property/101157532



Dawn Fraser, REALTOR® Century 21 Vantage Realty

dawn.fraser@century21.ca 780-483-2122 (Office) www.dawnfraser.ca

## SUDOKU OF THE WEEK

AAAAAAAAA

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

#### 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!

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## Classified Ads - Call 962-9228

#### <u>Miscellaneous</u>

Bale net wrap, 64" x 7000ft, \$195.00 (discount for quantity.), Onoway 780-940-5252

Lil' Mule Logging Inc. Now buying Poplar/Black Poplar, Minimum 20 Acres. Call Shawn 403-318-4346

#### **Computers**

Computer Repairs Only \$50. Trade yours Bad or get good working Laptops or Desktops for Only \$135. FREE repairs for single parents. Computer Donations Welcome! 780-892-4993

#### Wanted

Pasture 119 Acres, For Rent Dug Out, included enough to fit 13 cow calfs pairs and bull. Corrals are available for seperation. Please Call 780-919-9940. Hwy 43, RR 45. Glenevis Area.

#### For Sale

4 - "New" Westor 3500 bu graineries - 4x18' -UNASSEMBLED - Still banded. \$7,000/grainery. Extentions for 3 available (to 4100 bu). Priced to sell - Call George @ 780-542-8479

#### **For Rent**

2 Bedroom on 3rd Floor with Balcony Available in Entwistle Immediately. Large, clean, in an adult building. ONLY, cats allowed, must have good credit. \$795 includes heat, water & parking. DD \$300. Ivka 780-807-1300, jakovljevicivka@yahoo.ca

Onoway 1 & 2 Bedroom. Reasonable Rent \$795/month & \$895/month. Call 780-721-4132 or 780-423-3664.

SANDY BEACH - 2 bedroom, year round LAKEFRONT cabin. 6 appliances, single garage and big yard. Available immediately. \$1400/month. 780-446-7177

2 Bedroom 1 Bathroom, 4 appliances. Beside Onoway Fas Gas on Hwy 43. Rent \$1200, DD \$1200, plus power & gas. Available Now. 780-967-0610 or Justin's Cell 780-668-4807

Enclosed Storage For Rent. Call (780) 910-5472

#### **Real Estate**

NEED CASH?! We Buy: Estates & Complete Households, We Pay Cash!! 780-727-2724

#### **Business For Sale**

Star Inn Motel in Onoway, AB For Sale - Must sell ASAP due to illness. Call 780-967-2228



# COMMUNIT **ENTS** 2016

3 5 6 11 12 13 16 17 18 19 22 23 24 25 26 27 28 29 30 31

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).

AUG 27 & 28 - WHATEVER FLOATS YOUR BOAT RAFT RACE on the mighty Pembina. Enter at your own risk, prizes awarded. 12 Team Slowpitch Tournament, BBQ Supper & Dance, Kid Games, Fun At Sangudo Sports Grounds.

SEPT 3 & 4 - OL' PEMBINA TRACTOR PULL SOCIETY: FALL PULL at 11am, N of Sangudo Sports Ground. Admission: \$10/adults, \$2/Children.

SEPT 17 - HARVEST FAIR, 9:30am-1:30pm at SG Grain Elevator Museum Site. Info: call (780)960-4600 or visit www.sprucegroveagsociety.com or www.facebook.com/ SpruceGroveAgSociety

#### **FARMERS MARKETS**

ALBERTA BEACH: Open Every Sunday, May - Oct, 12-3pm. Contact Joeanne 780-690-6392
BARRHEAD: Open Saturdays, May - Dec. 10am -

DANKHEAD: Open Saturdays, May - Dec. 10am - 1pm. Sherry 780-674-68002

NOWAY FARMERS' MARKET presented by the Onoway & District Ag Society, Fridays 4pm-8pm at the Community Hall. Starts May 1st. Janice (780) 667-6327. onowayfarmersmarket@gmail.com. New vendors welcome!

SPRUCE GROVE: at the Elevator, Sat 9:30-1:30, tables (780)240-5821

STONY PLAIR: Sat, Sam-1pm, Downtown, Stony Plain. Nancy 780-962-3993.

WESTLOCK: 11-3pm, Bargain Shop Mall, Dave 780-964-347

WHITECOURT: Legion, Tuesdays from 11am - 2pm, May - Oct. 779-7002. Little Market - Big Heart

#### **BINGO**

BARRHEAD ROYAL CANADIAN LEGION: Doors 5:30pm, games start 7pm. Games: #7, Jack Pot, Mini Jack Pot, Loonie #1 & #2. CHERHILL BINGO: Tuesdays at Cherhill

Community Association. Doors Open at 6:30pm,

CHERHILL LEGION: First Sunday of Month. Doors

Open 12:00 Noon
MAYERTHORPE ROYAL CANADIAN LEGION: Tues, doors 6:30pm, bingo 7:30pm
RICH VALLEY COMMUNITY HALL BINGO: 7:30pm.

Loonie Pots. Next bingos July 13 & 27, August 10

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

#### **JAMBOREES**

CALMAR: Wilton Park Community Hall, Every 4th Sat of Every Month. Starts at 7:30pm. Phone 780-985-2478 or 780-985-3200.

CHIP LAKE: Ravine Comm Hall, 1st Sat 325-2119

SANGUDO: Sangudo Community Hall, 1st Sat of month 7pm, Oct.-May. Everyone welcome. 785-4105 or 305-3688.

4105 or 305-3688. SPRUCE GROVE: at Sandhills Community Hall, 3rd Sunday, 1-5pm, Sept - June. Info Florence 780-962-3104 Margaret 780-962-3051 STONY PLAIN: Stony Plain Seniors Drop In Center, 5018-51 Ave. Every 2<sup>nd</sup> & 4th Thurs of the month @

7pm, Cost \$2. Everybody Welcome. Contact 587-989-7214 or 963-7920.

THE ABBOTTSFIELD VARIETY MUSIC JAM: at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3rd Friday of each month @ 7pm. PH: 780-918-8545, Admission is Donations Only

#### **MEAT DRAWS**

Alberta Beach Museum: Every Sat 4pm, Alberta

Alberta Beach: 4pm, Every Sun. Jungles Bar &

Barrhead Royal Canadian Legion: every Fri 6pm. Also have Queen Of Hearts draw & 50/50. Nevada on sale at the bar. Snacks provided. Darwell: Put on by Alberta Beach & District Lions Club, 4:00pm, bi-weekly, Darwell Lounge &

Onoway Royal Canadian Legion: every Fri Ph. 780-967-5361

**Whitecourt Legion:** Every Sat, 4pm. Located downtown behind the CIBC.

#### SOCIAL EVENTS

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

ALBERTA BEACH & DISTRICT ACTIVE 50+ Club activities: Monday, Wed, Fri 10:15 am Aerobics/ Fitness (Walking Segment starts October 5th, all Fall & Winter); Tuesday 7:30 p.m. Crib (year round); Wednesday 1:00 p.m. Bridge (year round). BADMINTON: Wed, 7-10pm, Barrhead High School Gym. Jamie (780)674-8974 or (780)674-

BARRHEAD PHOTO CLUB:1st & 3rd Wed - email barrheadphotoclub@gmail.com for location or call 780-674-3314 or 780-674-4663

CARDS, POOL & OTHER GAMES: Tues. & Fri. 1:30 p.m. Sangudo Golden Club. Newcomers welcome. Join us for coffee & socializing. 785-2368 or 785-

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

JR. SCRAPBOOKING Wed 4-6pm. Kids ages 10+ are invited to come & complete a project. Pre-register by Tues eyg. Mayerthorpe Public Library www.mayerthorpelibrary.ab.ca (780)786-2404 LAC STE ANNE COMMUNITY CHOIR, Accepting

new members for all voice ranges. Men & women 18 yrs & over. Weekly practice Wednesdays at Alberta Beach Heritage Center from 7-9pm. Starts

Alberta Beach Heritage Center from 7-9pm. Starts Sept 7. For info call Eunice @ 780-618-7865.

ONOWAY GOLDEN CLUB: Bethal United Church. Coffee & Muffin Mondays, 10-12. Cards Tuesdays, 10-0. Crafts Thursdays 10-12. Much Socializing.

ONOWAY HAVE FUN & GET FIT! Excercise Class with Video La Blast, Dancing with the Stars Choreographer Louis van Amstel. Fridays 10:30am at the Drop in Centre, 5023-49 Ave. Walk ins Welcome, More info, 780-967-2056.

ONOWAY MUSEUM: Gym & classroom 780-967-1015 or 780 - 967- 5263

ONOWAY ROYAL CANADIAN LEGION open Tues 7:30pm & Fri 3pm - Friday's Family Friendly Dinner starts at 5:30pm (open to the public)

PANCAKE/BREAKFAST SOCIAL: Parkland Village Community Centre - 3rd Sunday (except June, July, August) 9-11:30am

RIVER TALKERS TOAST MASTERS CLUB, every thursday from 7-9pm. 32 Whitecourt ave. Hilltop Community Church. Info Lorainne 286-5040.

SANGUDO ART GROUP: Every Wednesday from 9:00am-12:00pm at Sangudo Community School. Would you like to Learn to paint? Teacher come in once a month for workshops. Potluck. For more information call 780-785-2112.

SPIRITUAL LIVING STONY PLAIN
INSPERATIONAL CINEMA & DISCUSSIONS at
PERC Building (5413-51 St. Stony Plain). 2nd
Friday of the 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

SQUARE DANCE LESSONS: Thursdays 7-9pm. Starts Sept 29th to Dec 15th, 2016. Broxton Park School, Spruce Grove. 10 Weeks - \$80/adult. 780-999-9482 or i.squardance2016@gmail.com

WRITERS PROGRAM: Mayerthorpe Library, 1st &

VOLUNTEER TUTOR ADULT LITERACY PROGRAM (VTALP): Need assistance with reading/writing, English language (ESL) or Basic Computer skills? We offer free one-on-one tutoring! Info: Carla Burkell, 780-554-2940, email: literacy@lsac.ca

#### **MEETINGS**

1ST ONOWAY SCOUTS: Registration, 6:30-8pm. Mon Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim

3053 ROYAL CANADIAN ARMY CADETS, Onoway Historical Centre, Wed, 6:45pm-9:30 for youths

755 PARKLAND AIR CADETS Thurs, 6:30-9:30pm Muir Lake School, ages 12-18. Info call 405-6585 or www.aircadet.com/755.

**526 Barrhead Air Cadets,** Wednesdays 6:30 - 9:30pm, High School Ages 12-18 are welcome.

780-674-4058 or 780-674-9003 **AA - Mayerthorpe,** Kingsmen Hall, Thurs, 8pm. (780) 786-2604 or (780) 786-1927 **AA -Sangudo Golden Club,** Tues 8pm call 786-4402/785-9214/785-3599

AL-ANON: Tues 7pm. Onoway Anglican Church (4809-50 St.) 780-967-3356 or 1-800-4AL-ANON. AL-ANON Wed Spruce Grove United Church, 1A

Fieldstone Dr. 8pm, 962-5205

Fieldstone Dr, 8pm. 962-5205
ALBERTA 55 PLUS: Villenvue Hall at 10a.m. New
Members Welcome. Meetings on second Tuesday
of the month. Info from Donna 780-962-5933
ALBERTA BEACH & DIST LIONS CLUB meets
every 4th Tues 7pm, Alberta Beach Agliplex.

ALBERTA BEACH AG SOCIETY meets on the 4th Thurs. of month, 7pm, Agliplex ALBERTA BEACH MUSEUM meets the 2nd Wed,

7pm at Heritage House 924-3167.

ALCOHOLICS ANONYMOUS IF Drinking is a

Problem, call 780-236-1043

BARRHEAD ROYAL CANADIAN LEGION, general

meeting every 2nd Thurs, 7pm at the Legion Hall. **CHERISHED MEMORIES, PARENTS & TOTS** Wed & Fri, 10-12pm, Alberta Beach Agliplex. Sept-June. Info call Andrea 780-924-8323 or Melissa 780-297-

Citizens Helping In Life's Defence (C.H.I.L.D) Join our Pro-Life meetings for the Spruce Grove/ Stony Plain area once a month. Call Chris 780-

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-

DARWELL & DISTRICT AG SOCIETY MEETINGS. DDRA MEETING, 7pm, 2nd Mon (except Jul/Aug/Dec), Darwell 892-3099.

GIRL GUIDES, BROWNIES & SPARKS Thurs, 6:30pm, Onoway Heritage Centre. Info Laura, 780-967-1004.

GLENEVIS COMMUNITY meets first Wed. Info 785-4144 or 721-6188.

GREENCOURT COMMUNITY ASSOCIATION meet second Tuesday, monthly at 7:30pm at the hall. Info W. Jager (780) 786-4648.

KINETTE CLUB OF MAYERTHORPE, 7:30pm at

Kinsmen Hall, every 2nd Tues. Want to volunteer? Marilyn (780) 786-9168 or mayerthorpekinettes@

LAC STE ANNE ARMY CADETS, Thurs, 6:30-9:30 at Onoway Museum (780) 967-0443 LAC STE ANNE WRITERS GROUP, ages 14 & up.

Alberta Beach Library, 1st Tues of month, 6:30-8pm starting May 13. Info Sheree 967-6450 LAKE ISLE HALL BOARD: 3rd Tues, 7:30pm, Lake

MAYERTHORPE HOSPITAL AUXILIARY ASSOC. every 4th Mon, 5pm in Hospital Bas Education Room.

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

NA MEETING Tues, 7pm Poplar Valley Church (780)514-6011

ONOWAY & DIST HERITAGE SOCIETY: 2nd Wed of

each month, 7:30pm, Chateau Lac Ste Anne

ONOWAY & DISTRICT HISTORICAL GUILD: 3rd Wed 7pm, Onoway Museum. 967-5263 or 967-

ONOWAY OUILTERS, 2nd & 4th Thurs, 10am-4pm.

Lac Ste Anne Chateau Activity Room.

ONOWAY ROYAL CANADIAN LEGION General Meetings, first Mon, 7pm (Sept-June).

ONOWAY MASONIC LODGE #138, 4th Wed, 7:30

Onoway Legion

ONOWAY OSPREY JUNIOR FOREST WARDENS Ages 6-18 Develop environmental awareness & outdoor skills. Every Mon 6:30-8pm Onoway Heritage Centre & monthly outings. Martin 780-

PROBLEMS WITH DRUG OR ALCOHOL ADDICTION in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-

649-1594 or www.drugrehabresource.net.
RICH VALLEY AG SOCIETY BOARD MEETINGS: at the Agriplex on the second Wednesday of the month 7:00nm

RIVER TALKERS TOASTMASTERS CLUB Build your confidence, your speaking & listening skills in a friendly and supportive environment. Drop in as a guest. Thursdays 7-9pm at the Hilltop Community Church, 30 Whitecourt Ave (downstairs). Or contact Carla Burkell, VP Membership, (780)268–3653.

Membership, (192)268-3653.

SANGUDO PAINTING GROUP: Every 1st and 3rd Wed from 9:30am-12:00pm at Sangudo Community School. Would you like to Learn to paint? Teacher come in once a month for workshops, For more information call 780-785-

SUNDOWNERS TOASTMASTER CLUB: Mon (excl. Holidays) 7:30-9:30pm. St. Matthew's Church, Spruce Grove, Judy 960-5258

WEIGHT WATCHERS Alberta Beach Agriplex Mondays, weigh in 6:30pm. Meeting at 7pm.

#### TOPS Meetings (Take Off Pounds Sensibly)

ALBERTA BEACH: Tues Alberta Beach Lutheran Church, Hwy 633. Weigh-in 6-6:45. Meeting 7. 967-5009.

**ENTWISTLE:** Thurs 6:45pm, upstairs in Lions Hall.

Darlene 727-3982 **EVANSBURG:** Thursday Mornings 9:30am at Evansburg Legion Hall (Back door). 727-2155 SANGUDO: Tues, United Church, 6:00pm. Sharon 785-2095 or Marlene 786-4646.

#### **MEALS ON WHEELS**

ALBERTA BEACH & AREA: call (780) 910-0034.

DARWELL & AREA: For info on volunteering or eligibility, call Lorraine, 892-2967.

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Call 967-2338 or 967-5244.

#### YOUR COMMUNITY

ALBERTA BEACH BADMINTON: Tues,7-9pm

Grasmere School. Tim 924-3337

SEA CADETS: 299 Mackenzie, Stony Plain Comm
Center, Wed 6:30 for youths 12-18, 963-0843 SPRUCE GROVE ELEVATOR TOURS, Tues-Sat,

UNITED CHURCH THRIFT SHOP: North end Curling Rink, Onoway. Open Fri & Sat, 10am-4pm.

WATER SAMPLE DROP OFF: Tues Onoway Aspen Health Services. Drop off 1-2:30 pm.

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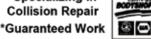
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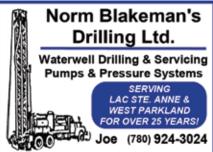


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