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**September 6, 2016**



## MORINVILLE RCMP SEEK ASSISTANCE TO LOCATE WANTED MAN

Submitted by Morinville RCMP

- Brown hair / brown eyes;
- Arcand has a neck tattoo "LABONTE".

Alexander First Nation, Alberta – The RCMP are seeking the assistance of the public in locating 25 year old Bruce Eli ARCAND of Alexander First Nation, Alberta.

Bruce Arcand is currently wanted on an arrest warrant for Criminal Harassment, Assault, Break and Enter.

Arcand is described as:

- Native male;
- 5'8" tall;
- Medium build – 168 pounds;



If you have information about the location of Arcand, please call the Morinville RCMP at (780) 939-4520, or your local police department.

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](http://www.tipsubmit.com), or by SMS (check your local Crime Stoppers [[www.crimestoppers.ab.ca](http://www.crimestoppers.ab.ca)] for instructions).

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## ROAD-TRIPPING? DRUGS AND DRIVING MAKE A DEADLY COMBINATION

Submitted by Alberta Motor Association

After checking off the endless months of winter, many Albertans count the summer months one holiday Monday at a time. For your typical road-tripper, summer kicks off with the Canada Day long weekend and wraps up with Labour Day. And while

long weekends seem designed for lazy days at the lake or a quick dash to the Rockies, for police officers, EMTs and AMA tow truck operators who work the highways, the days can be long for much less pleasant reasons.

Fatal automobile collisions tend to spike on holiday long weekends. According to the Al-

berta Traffic Collision Statistics, from Victoria Day to Labour Day in 2014 there were 3,752 long weekend collisions resulting in 14 fatalities on Alberta roads. Drivers involved in fatality collisions were nearly five times as likely to have consumed alcohol (15.9%) than drivers involved in injury collisions (3.3%).

Continued on Page 3

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# FALL AT THE DDRA

**Submitted by Lorne Ross, Darwell District Recreation Association**

Fall is here and activities at Darwell's Centennial Hall are in full swing. Zumba has started and goes Tuesday and Thursday mornings from 9:30 to 10:30. All ladies are invited to participate in this healthful and fun way to keep in shape through the

winter's months. Go at your own pace and enjoy the company of others.

Pickleball continues Monday and Saturday mornings from 9:00 – 12:00 and on Thursday evening 7:00 – 9:00 PM. The Pickleballers will once again have an introduction to Pickleball session for those wishing to try this fun sport. The date for this session has yet to be set.

Pickleball fees are \$25.00 for each four month season. There is a \$5.00 drop in fee for those who only want to play on occasional bases. Planning for the Fall Classic Tournament is now underway. The outdoor court was finished at the beginning of the summer and will continue to be used as long as the weather cooperates.

The DDRA executive will once again be planning a Fall Business Expo to be held later in the fall. The purpose of the Expo is to provide area businesses an opportunity to showcase their products and services to area residents. Those persons and businesses interested in participating in the expo should contact Maria Smith at 780 892-3099 or Theresa Utri at 780 721 2690.

The DDRA's Information and registration night is September 6th at the Centennial Hall starting at 6:30 for more information on what is happening this fall and winter in the area.



**JOKE OF THE WEEK**

Vandals had set fire to a farmers haystack which then spread to his barn. While he surveyed the wreckage, his wife called their insurance company and asked them to send a check for £30,000 the amount of insurance on the barn. "We don't give you the money," a company official explained. "We replace the barn and all the equipment in it." "In that case," replied the wife, "cancel the policy I have on my husband."

**You are invited to GOSPEL MEETINGS**

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# Road-Tripping? Drugs And Driving Make A Deadly Combination

Continued From Page 1

But what about other kinds of impairment, like fatigue, prescription drugs or marijuana? That's where the statistics get a little fuzzy...

"Unlike alcohol - where a tried and tested approach to measuring blood alcohol concentration offers a very accurate read on impairment - the effects of other drugs or physical conditions can be difficult to quantify," explains Jeff Kasbrick, VP of Government and Stakeholder Relations with the Alberta Motor Association.

Recent research from our American cousins at AAA studied the "per se limits" of THC (the main psychoactive compound in Cannabis) and found that "there is no science showing that drivers reliably become impaired at a specific level of marijuana in the blood." The same research showed that THC levels can drop rapidly during the time it takes to perform a blood test and that frequent users can exhibit persistent THC levels long after use, making it complex to correlate marijuana use with driver performance.

But before you roll one up to celebrate the news, the numbers coming out of Washington (where recreational marijuana was legalized in December 2012) give pause for some sober second thoughts. Collision data showed the percentage of drivers involved in fatal crashes after recently using marijuana more than doubled from eight to 17 percent between 2013 and 2014. That's very close to the 15.9% of Alberta drivers involved in fatal collisions who consumed alcohol prior to the crash.

And that brings us full circle back to the Labour Day weekend and staying safe on Alberta's roads. While marijuana and other drugs, which are still illegal in Canada, may fall into a grey area in terms of testable limits, we know it takes all your grey matter focused on the task of driving to avoid becoming a statistic in a collision report.

According to the Traffic Inju-

ry Research Foundation (TIRF) "cannabis significantly affects the skills necessary for driving." Research points to slower cognitive functioning, which can delay reaction times, distort time and the perception of distance, and make it more difficult to scan ahead for hazards or navigate turns across oncoming traffic. TIRF's analysis indicates that crash rates for cannabis users can be from two to six times higher

than sober drivers.

"Whether it's the excitement of a fully loaded RV with the wind at your back, or the fatigue of too many late nights around the campfire catching up with you on the way home, long weekends are prime time for traffic collisions," Kasbrick warns. "This isn't an issue of knowing your limits; when we drink, smoke or drive exhausted it isn't just your friends or family at danger. When

you drive impaired everyone you share the road with has to live with that risk."

Law enforcement will be out in full force watching for speeders, distracted drivers and impaired drivers over the long weekend. And with the cost of an impaired driving conviction running up to \$13,950, you're better off spending your road trip budget on ice cream than gambling with innocent lives.

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"I've lost 30 Pounds in 45 days - I've tried all kinds of products and so happy to find one that actually works!"  
- Elaine Spruce Grove

"I've lost 21 pounds in 7 weeks! I tried everything over the last 10 years and nothing worked - I kept gaining and got very depressed. Who'd of known that taking one little Miracle 100% Natural Pill a day would allow me to succeed!!"  
- Penny M. Stony Plain

"Down 36 lbs. in just 2 months. Even Dr. B's diet where I had to starve myself on 800 calories couldn't do this. This product is just totally awesome - Just the total overall feeling good"  
- Toni Spruce Grove

"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

"I totally love this product for not only the weight loss but also the physical & mental well-being. I just feel much better!"  
- P from Onoway



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# CHEVRON OPENS HEAD OFFICE FOR DUVERNAY SHALE PLAY OPERATIONS IN WHITECOURT

Submitted by Tara Gallant

Chevron will be opening a new head office to administer operations for its Duvernay Shale Play projects in Whitecourt this week! The new office, which will be located at 4104 Kepler Street (adjacent to the Whitecourt McDonalds) is 6,000 square feet and will be solely

occupied by Chevron. "This is such promising and encouraging news for our community," said Whitecourt Mayor Maryann Chichak. "While there is still so much talk about Alberta's economy, this move by Chevron reinforces that investments are still being made in the oil & gas industry and there is still confidence in the develop-

ment of our natural resources. I'm so proud of our administrative team's efforts in showcasing our community while Chevron was deciding on its location, and this move highlights the important and exciting role our community plays in the development of the Duvernay Shale Play."

Chevron's selection of Whitecourt for the office stemmed

from an initial meeting organized in 2015 as part of the municipality's Regional Business Visitation Program. The meeting led to a site visit hosted earlier this year where representatives were toured to key locations throughout the community.

"We are extremely grateful for the outreach from the Town and the Economic Development Department, it's been a great experience working with the Town of Whitecourt," said Gord Mounce, Internal Communications Advisor for Chevron. "We were connected with a local contractor who has been efficient with getting our renovations done; our needs have certainly been met. It couldn't be better! We felt welcome and incredibly impressed by the long term planning that the Town has done as well."

Chevron will be re-locating twelve full-time staff and their families to our community from facilities located around the world.

"The Town of Whitecourt will continue to work cooperatively with Chevron and assist them in connecting with local contractors and suppliers as they develop their local office," added Mayor Chichak.

The Rich Valley Public Library Presents  
The

## B.E.E Program

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On Wednesday, September 21, 2016

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Children ages 0-6 years of age are invited to bring their parents to come and explore the B.E.E. Program at the Rich Valley Public Library.

For more information please contact us at (780) 967-3525.

Visit our website at <http://www.richvalleylibrary.ab.ca>

We are located in the basement of the Rich Valley Hall.

**Upcoming Programs:**

Storytime is every Wednesday from 11 am - 12 pm starting September 7, 2016.

Yoga every Tuesday from 6:30 - 7:30 pm starting September 6, 2016.

Adult Whist is every 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month at 7:30 pm starting September 23, 2016.



## **Job Posting: Whitecourt – Ste. Anne Constituency office Constituency Assistant – Full time**

Hon. Oneil Carlier, MLA is seeking to fill the full-time (37.5 hours) position of Constituency Assistant

**General Description:** Reporting to the MLA, the Constituency Assistant will be the primary liaison between the MLA and their Constituency, community groups, stakeholders and individuals. Working in a challenging, variable environment the Constituency Assistant will be responsible for office administration, community outreach and organizing, event planning, coordinating communications, casework and the day-to-day operations of the MLA Constituency Office.

### **Job Duties:**

- Ensuring that the office is accessible to constituents through regular and consistent hours of operation
- Phone, email and other correspondence
- Administrative duties, including budgeting and file management
- Monitoring community activities and reporting to the MLA
- Engaging in casework on behalf of constituents
- Performing outreach to community organizations and individual constituents as directed
- Representing the Member at public and community functions when required
- Coordinating advertising and constituency mailings and online communications
- Coordinating part-time and temporary staff and interns
- Liaising with caucus staff on scheduling and outreach activities
- Liaising with Legislative Assembly of Alberta administrative staff regarding constituency office administration
- Assist with other duties as assigned

### **Qualifications and Skills:**

- Degree in a relevant field or equivalent work experience
- Excellent written and verbal communications skills
- Ability to work independently and as part of a team
- Familiarity with MS Windows, Office, databases and CMS web updates
- Willingness to work flexible hours, including evenings and weekends
- Experience with community organizing
- A demonstrated commitment to community volunteerism
- Knowledge of government bodies and non-governmental agencies, including Alberta Works, AISH, MEP, WCB, etc.
- A strong understanding of the political history of the Constituency and of Alberta politics

**Compensation:** \$53,628 - \$66,048 per annum depending on education and experience. An excellent benefits package is also provided. The Whitecourt – Ste. Anne Constituency Office is an employment equity employer.

**Please send resume and cover letter to:**

[Whitecourt.steanne@assembly.ab.ca](mailto:Whitecourt.steanne@assembly.ab.ca)

*Please note that the position will remain open until a suitable candidate is found. All applicants are thanked for their interest. Only applicants selected for an interview will be contacted.*

# RIDING UPDATE – MONTH OF AUGUST, 2016

**Submitted by Jim Eglinski, MP – Yellowhead**

This summer has been busy meeting with constituents, attending events and holding town hall meetings.

I spent the beginning of August meeting with local mayors and constituents. I visited the Drayton Valley & Rocky Mountain House farmers markets, the Pembina Pipeline barbeque,

and spent an afternoon in Jasper meeting with locals. Later, I took part in the Pembina Daze Parade in Evansburg. It was great to see everyone out and celebrating in their community.

In the second week of August, I flew to Victoria, B.C. to meet with provincial government officials. After I returned, I met with representatives of the oil and gas industry. That weekend, I attended the Northern Alberta

Conservative Association summer barbeque.

The following week, I had a meeting regarding agri-business in our riding, and held several town hall meetings to discuss with constituents the federal Liberal government's defence policy. These community meetings were held in Grande Cache, Jasper, Hinton, Warburg, Rocky Mountain House, and Drayton Valley.

I also enjoyed an informative tour of the Blue Ridge Lumber facilities, and attended the Cloverleaf Manor's annual barbeque in Warburg. On the weekend, I stopped in at the Darwell Summer Fair, and had the opportunity to join in the dancing at the Paul Band Pow-Wow.

During the last week of August, I held the final town hall meetings on the defence policy in Edson and Wildwood and attended the Grand Opening of Garva Petroleum, Husky's new convenience store in Edson. I

also met with Thorsby Town Council & Seniors' group, as well as the Grand Opening of the new Main Street in Rocky Mountain House.

I spent last Saturday on my motorcycle participating in Edson's Annual Toy Run. It was great to see riders from around central Alberta attend. Oneil Carlier, Alberta's Minister of Agriculture & Forestry, rode his Harley in from Alberta Beach.

We had rainy weather but there was a good turnout. Thank you to all the participants for showing up and to the die-hards that took in the poker run.

August was an eventful month meeting constituents across our beautiful riding. In total, I had 18 meetings and participated in 15 events. As your voice in Ottawa, I will bring your input to Parliament when it resumes mid-September.

**ANNUAL GENERAL MEETING**  
**of the Gunn Area Recreation Society**  
 #110 – 55022 Ste. Anne Trail  
**Thursday, September 22, 2016**  
**7:00 P.M. to 8:00 P.M.**

Welcoming nominee's for all positions.

**For more information, call:**  
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# BACK TO SCHOOL HEALTH CHECKLIST

Submitted by Alberta Health Services – Public Health

It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead: taking care of your child's health. As the most important head-start

you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- Immunization: Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her

important grade 5 and/or grade 9 immunizations.

- Vision screening: Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.

- Hearing/speech

screening: If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

- Dental checkup: Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.

- Emergency contacts: Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.

- Health conditions: Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.

- Backpack basics: Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>

- Nutrition plan: Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>

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# GREETINGS FROM THE ONOWAY LEGION

**Submitted by Lorinda McCool**

There are still a few hummingbirds coming to the feeders much to the dismay of Chico, a friend of ours in Glory Hills, who saw his last one on Monday. Strangely we also have finches and even a few robins which is pretty unusual for this time of year when looking back at previous records. Please leave your feeders with new nectar up for a while as migrating hummingbirds will visit and enjoy the meal you have so graciously provided for their long journey south.

Onoway sent three teams to the outdoor dart tournament in Stony Plain and we all thoroughly enjoyed the experience. Even though some of the games had to be played inside everyone had fun through the rain and the wind while the Stony Plain Legion looked after all of the needs of the competitors. Thank you to the Stony Plain Legion and to Scott Sadler for organizing and making sure that everyone was happy and comfortable. Congratulations to Broley's team and Neil's team from Onoway who respectively placed first and second in the tournament.

Everyone enjoyed the sold out roast pork supper on August 26 and once again the Girl Guides came through on the cleanup duties. Thank you team leader Angela Van Leeuwen, guides Aaliyah Van Leeuwen, Oceana Fowler and Hannah Fulton for doing such a great job. Bob C., Marcelle J., Eleanor S., Lorne O. and Ric Moses worked hard in the kitchen preparing and serving the meal while Scott S. sold tickets and Louise looked after the bar. If all of these names seem the same weekly it is because

they volunteer continuously to make sure you are well served and are able to enjoy a nice Friday Night Supper at a reasonable price. Please consider volunteering at the Legion if you have some spare time and would like to work in a fun and fulfilling environment.

The Legion Area "A" Mixed Dart Tournament will be held in Onoway on Saturday September 24th. Our first dart night is September 13th with the in house tournament play downs to be held on September 20th. Please make sure that your team is regis-

tered prior to the September 17th deadline.

**UPCOMING EVENTS:**

September 6 - General Meeting - Members please attend if possible

September 7 - Regular Wednesday Night Pool starts

September 9 - Friday Night Supper - Chicken Tournedo - (Bacon wrapped chicken breasts)

September 13 - Regular Tuesday Night Darts start

September 16 - Friday Night Supper

September 17 - Fun Pool Tournament

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!

**Rochfort Colony Veggie Stand**

780.893.1244 Monday - Saturday 9:30 a.m. - 7:00 p.m. 780.785.3208

Sunday Noon - 7:00 p.m.

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# SUICIDE PREVENTION DAY

Submitted by **Alberta Health Services**

September 10 marks World Suicide Prevention Day, an internationally recognized event designed to raise awareness and dispel some of the myths related to suicide.

Suicide affects people of all ages and genders. Each year more Albertans die by suicide than motor vehicle collisions. As a result, many Albertans have been impacted by losing someone to suicide.

Suicide is a preventable tragedy that starts with learning how to recognize the signs that someone may

be suicidal. Although not all people show warning signs, most suicidal people show signs of their distress. Being aware of these signs can help someone identify and talk to a person at risk.

There are many different warning signs and being aware of them is an important step in helping to prevent suicide. Talking to someone who may be suicidal does not put the idea in their head. In fact, being able to openly discuss suicide lets the person know you care and can make a difference.

Some of the suicide warning signs include:

- Talking about suicide or a plan
- Making statements about hopelessness, helplessness or worthlessness
- Showing a loss of interest in pleasurable activities
- Personality changes
- Becoming cheerful after a period of depression, which may mean the individual has already made the decision to escape their problems through suicide.

Suicidal people are in pain and want their pain to end, but do not necessarily want to die. Talking about suicide provides a clearer picture of how the person feels so they

can get the help they need. If you or someone you know needs help, please call: Health Link at 811, or one of the following help lines:

- Addiction Help Line: 1-866-332-2322
- Child Abuse Hotline: 1-800-387-5437
- Family Violence: 310-1818
- Kids Help Phone: 1-800-668-6868
- Mental Health Help Line: 1-877-303-2642
- Suicide Prevention: 1-800-784-2433

# CREWS START INTERSECTION RESURFACING PROJECTS THIS WEEK

Submitted by **Tara Gallant**

Crews will be working throughout our community to resurface various intersections starting Friday, September 2.

Motorists can expect lane closures in the areas noted below. In order to minimize the impact on traffic, mill-

ing of the asphalt will be completed during the day with paving scheduled during the night. There is no set schedule for treatment, however the work is expected to take place over the next two weeks.

- 47th Street and 50th Avenue
- 47th Street and 52nd Avenue
- 47th Street and 55th Avenue

- 51st Street and 49th Avenue (near IGA)
  - 51st Street and 50th Avenue (near 7 Eleven)
  - 50th Street and 52nd Avenue (near the Town Office)
  - Dahl Drive and 41st Avenue
  - Dahl Drive and 49th Avenue
- The Town of Whitecourt appreciates your understanding and patience throughout the construction period. We ask that motorists obey all posted signs, and watch for crews at work in the noted areas.

If you have any questions regarding the project please contact the Town of Whitecourt at 780-778-2273.



Dr. Kris Kalhs



Dr. Evlyn Romanowski



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# GOLFER'S GUIDE

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(NC) Most great golf games are filled with sun, competition and camaraderie, but you can enhance the experience with a few tips that have less to do with your swing, and a lot to do with your 18-hole enjoyment:

**Dress for success:** The right golf apparel can be as important as the clubs you carry. Check the weather in advance to make sure you'll be as comfortable as possible during play. Determine if you're dressing to impress or to elevate your game. Light, non-restrictive clothing will allow you to swing freely and keep you comfortable and cool in the heat, or warm if the temperature drops. If you're a guest, always check out the dress code at the club you'll be visiting to ensure you comply with the rules.

**Choose your company carefully:** Your playing partners can have a lot to do with how you play and how

you socialize on the golf course. If you're out with friends, you can relax and enjoy the day knowing what to expect. But if it's a game with your boss or clients, always make sure to test the waters. Will they play by the rules or is it just a relaxed day? Are your clients there to play golf or do business? Understanding the landscape on the first tee will alleviate any awkward moments later on.

**Create friendly competition:** Sure, there's already a scorecard, but you can add more competitive fun to your game by creating a little friendly rivalry. For example, try a little Bingo Bango Bongo - a points based game that awards a total score based on three kinds of achievement: Bingo - first person on the green gets a point; Bango - the player whose ball is closest to the pin when all balls are on the green gets a point, Bongo - the player who is first to hole out gets

a point. Add up the points and the person with the highest total for the round wins.

**Walk it off:** Make a small 'healthy' tweak to your game by walking vs. taking a cart. When you choose to walk rather than drive 18 holes, you'll cover approximately six kilometres and burn around 1,500 - 2,000 calories. Golfers that ride carts will burn only about 1,100 - 1,300 calories.

**Say cheers and enjoy:** The 19th hole remains one of the best holes on the course. Cap off a great day by enjoying a light meal or a light beer such as Molson Canadian 67, which is brewed to 67 calories per 341ml bottle and 3% ABV. This crisp, refreshing beer can be paired nicely with a protein boost of chicken or fish.

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## DON'T LET GOLFING PAIN BE PAR FOR THE COURSE

(NC) A little know-how can help golfers avoid unnecessary injury. Considering the number of times a swing is repeated during a game, it's

not surprising that the season often ends early for those who are not physically prepared.

Below are a few simple stretching

techniques that can help prevent or reduce the impact of injuries:

**Side bending stretch**

1. Stand with feet shoulder-width apart.

2. Hold the golf club above your head with your arms straight.

3. Slowly bend to one side, without rotating, until you feel a stretch in the side of your back.

4. Hold for 15 seconds and repeat twice for each side.

**Shoulder stretch**

1. Hold the shaft of a golf club vertically behind your back.

2. Gently pull the club up with your top hand until you feel a slight stretch in the shoulder of your lower arm. Hold for 15 seconds.

3. Gently pull the club down with your bottom hand until you feel a stretch in the top shoulder and arm.

4. Hold for 15 seconds.

5. Reverse hand positions and repeat.

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# GOLFER'S GUIDE

## FIVE TOP GOLF TIPS TO HELP BOOST YOUR GAME

(NC) When it comes to golf, it's the little things that can have the biggest impact on your game. Whether it's your first attempt, or 10th season, golf expert Bob Weeks has got you covered at the links this summer with these five tips:

**Choose the right clubs:** Regardless of your experience or skill level, choosing the right equipment can be the difference between duffing it and striking the ball straight down the fairway. It's important to work with a professional to get the clubs best-suited to your game and then, to have them custom fit. You should be fit for the length, loft, lie angle, shaft flex and even the grip size. If your clubs aren't custom fit, it will be like

walking around in shoes that are the wrong size.

**Get on the ball:** Choose the right kind of golf ball for your game. While golf balls all look the same, it's what's inside that determines if it's right for you. Golf balls fall into two categories: distance or control. Distance balls are generally two-piece balls with a large core and a cover. They are harder and better suited for higher handicappers or beginners. Control balls, usually three- or four-piece balls, are softer and spin more meaning they will land on the green and stop. More skillful players should use these.

**Consider the elements:** Weather is always a factor in golf and dealing with it must always be

considered. For instance, in cold temperatures, the ball will travel shorter distances, so take more club. The opposite is true for warmer temperatures. If you're playing into the wind, swing easy as that will keep the ball from spinning too much and rising up into the breezes. And downwind, make sure to judge the intensity of the breezes so you can choose the proper club. Your ball will roll further than normal on a downwind shot so take that into account.

**Putting and chipping is priority:** Lots of players like to boom their drives and will spend a lot of time on the range hitting their drivers. But if you want to improve your scores, you should spend more time working on

your putting and chipping. Since most average players miss a lot of greens, the best way to save strokes is by chipping it close and making more putts. Focus more on your short game than your drive and you will improve.

**Play the 19th hole:** Win or lose, there's no better way to celebrate than hitting the 19th hole. Less is often more in golf and the same applies when considering what to eat and drink after a round. Molson Canadian 67 for example is specially brewed with 67 calories and an ABV of 3% per 341ml, offering a light, refreshing alternative for active players.


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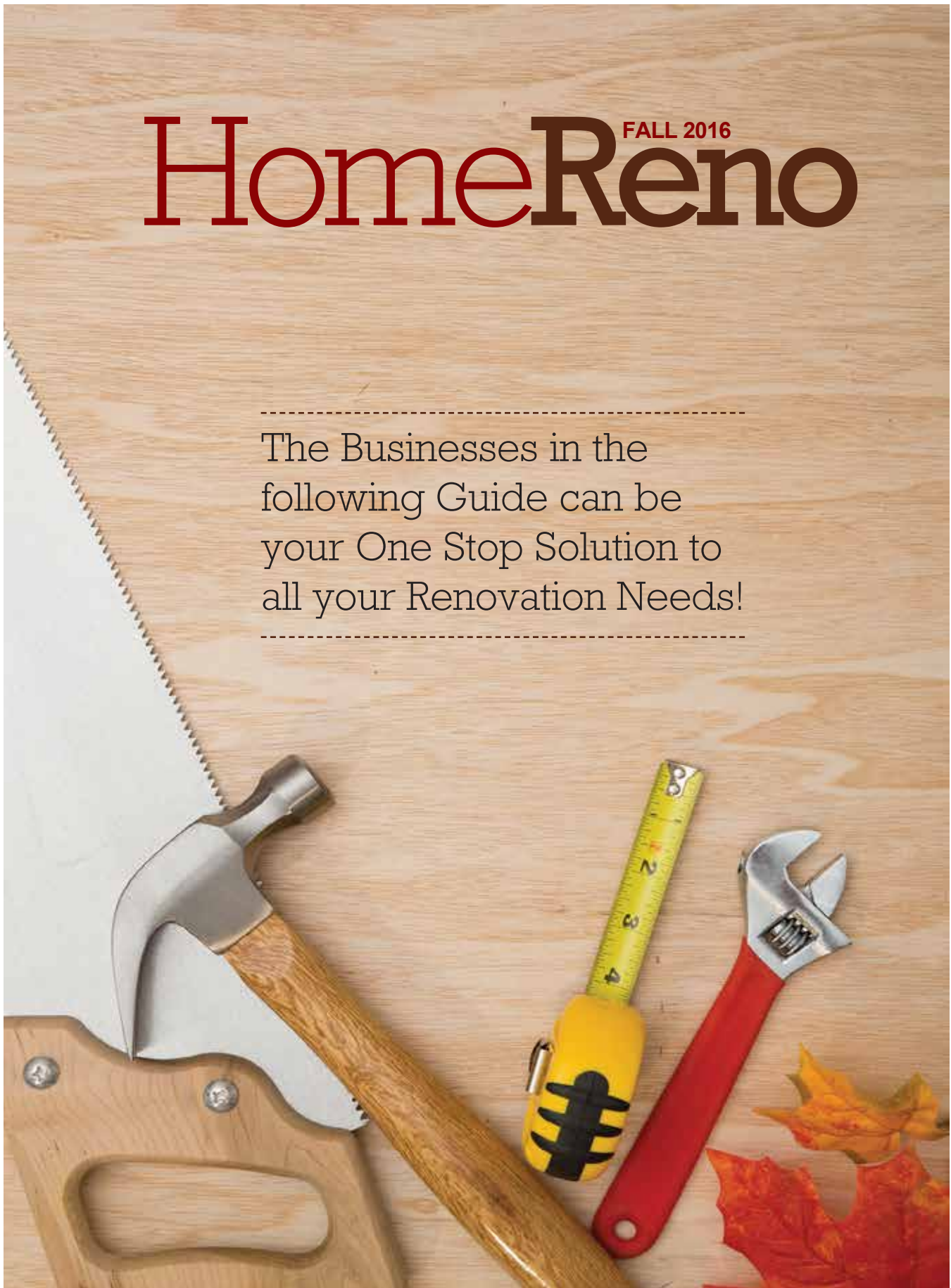
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## TOP 5 RENOVATION TIPS TO CREATE MORE SPACE IN YOUR HOME

(MS) - As real estate prices continue to climb, the cost to trade up to a larger home is on the upswing across the country, especially as markets remain hampered by tight inventory levels. As a result, more and more Americans are choosing to renovate their current homes instead of relocating. In fact, some forecasts predict that 2015 renovation spending could exceed the record of \$324 billion set during the peak of last decade's housing boom. While the hunt for more square footage can be challenging, homeowners shouldn't feel like a costly second story or complete addition are the only options.

Here are five great ways to create or optimize space in your existing home.

1. Finish an unfinished base-

ment. A basement renovation can hold limitless potential and increase the resale value or income potential of your home. Think about the possibilities: a home theater, office, spare bedroom, basement apartment or recreation room. The key to doing it successfully is to focus on what's behind the walls, especially since moisture is a common issue in basements. Choosing the right insulation is critical. Look for products that are vapor permeable, dimensionally stable and mold and moisture resistant. Many contractors use Roxul Comfortboard IS semi-rigid sheathing board paired with Comfortbatt batt insulation to combat thermal bridging and protect against mold and mildew growth. An added benefit of this

type of mineral wool insulation is that it's also fire-resistant to 2,150 F. For interior walls and ceilings, Safe 'n' Sound insulation is ideal because of its ability to absorb

noise and indoor traffic sounds, ensuring your newfound space is a peaceful one.

Continued on Page 17

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## TIPS ON SHOPPING FOR NEW APPLIANCES

Now may be the right time to make large appliance purchases. Know the product before visiting the store.

As the weather turns cooler, outdoor improvements become less practical. Homeowners' thoughts may turn to projects they can tackle inside of the home. Now may be the time to consider the purchase of new appliances that can be the finishing

touches to renovated spaces.

Fall is prime time to purchase new large appliances. Manufacturers typically unveil their latest models during September and October. At this point, prices on older models will be reduced to make room for new ones. By the end of the year, any older models that have not yet been cleared out will be discounted fur-

ther. Even though the end-of-the-year deals will be better, the selection may be limited the longer you wait.

It is best never to wait until an appliance is on its last leg for repair or replacement. Then consumers do not have the luxury to price shop nor find items that include the features they desire most. Here are some other buying tips.

### Research

Shoppers should begin their research at home before they even enter a store. Make a list of features you want in the appliance, which helps narrow down the playing field and better focus your purchasing decisions.

Once you have a list handy, speak with friends or family members about their experiences with brands and/or retailers. Ask about which features they like the most and how often they have had to call for repairs. If they could do things differently, what would those things be?

### Know your space

Perhaps you are familiar with the adage to measure twice and cut once. The same can be said for measuring prior to purchasing an appliance. Be sure you know the exact measurements of the space that will house the new appliance. Take into consideration the clearance needed to open doors, such as with a refrigerator or front-loading washing machine. It can be a waste of time and money to have an appliance delivered only to find it doesn't fit at the time of installation.

### Energy savings

Consider appliances that reduce energy usage. Energy Star® appliances are produced in adherence to international standards for energy efficiency. The program was started more than 20 years ago by the EPA and the Department of Energy. Since then, other countries have adopted the program. Appliances that feature the Energy Star® logo use 20 to 30 percent less energy than required by typical federal standards. Homeowners who purchase qualifying appliances may be eligible for tax breaks and other incentives.

### Consider your lifestyle

It is easy to be overwhelmed and awestruck by the number of appliances available. You may desire the biggest and best there is, but if you are not a superstar in the kitchen, you may not need the commercial stove. A bachelor may not require an oversized washing machine.

Do your research and comparison shop so you won't have any regrets later on.

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## Top 5 Renovation Tips To Create More Space In Your Home

Continued from Page 15

2. Create a more open-concept feel with light and color. If your home wasn't blessed with towering windows, installing French doors and pot lights can encourage light to travel more freely, creating the illusion of space. Likewise, choosing a paint color for walls, trim and moldings that is lighter and cooler in tone (think soft grays or blues) will help to reflect light and give the room a more open feel.

3. Remove non-load-bearing walls. Homeowners have the opportunity to rethink the layout of their home by removing non-load-bearing walls. Removing structurally unnecessary walls can make

your whole home feel larger, improve flow, lighting and the function of your home.

4. Convert your garage into usable living or work space. For many homeowners, the garage becomes an overflow room for storage -- and is often a walk-in headache. Convert your garage (or a portion of it) into another living space, guest bedroom or home office. Install carpet and quality thermal insulation such as Roxul Comfortbatt to block outdoor noise and keep in warmth.

5. Choose furniture and accessories carefully. Adopt a minimalist's eye. Begin looking around your home for furniture or accessories that overwhelm the space. Interior designers recommend

choosing low-profile or small-scale furniture for rooms with less square footage. Dual-purpose items, such as ottomans with

storage chests inside, are a budget-friendly way to save on space while staying organized.

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## DOING AWAY WITH DINING ROOMS

Formal dining rooms are no longer as coveted as they once were. Family dinners, if they manage to be at home, are now just as likely to be served in the kitchen or in another space, such as on the patio or in the living

room while watching television, as they are in formal dining rooms. Trendy homeowners have begun to ditch dining rooms in favor of using the space for other purposes. Homeowners with a passion for liter-

ature can outfit the room with floor-to-ceiling bookcases to turn one-time dining rooms into the ultimate library. Those who need a bit more family space can use a dining room as a family room, outfitting the room with

all storage nooks, a flat screen TV and a comfortable couch to make it more inviting. Because dining rooms are often located next to the kitchen, the removal of walls can make expanding the kitchen even easier. If their kitchens are cramped, homeowners can look into ways to spread out into the space allotted for the dining area. There are many ways to repurpose dining rooms so they are functional to homeowners' specific needs, especially if those needs do not include formal dining areas.

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## GUIDE TO REPLACING HOME SIDING

Few home improvements can transform a home more than the installation of new siding. Replacing siding can be a costly venture, but the right siding will maintain its appeal for years to come.

Updated siding can improve home's energy value by enabling owners to save on heating and cooling costs. A new design and color also can improve a home's property value and set it apart from neighboring properties. According to the Professional Builder's Home Exteriors Survey, exterior design and materials used are a top priority for new home buyers.

Project costs depend on the size of the home as well as which siding material homeowners choose. Considering new siding is a major renovation, it pays to get the job done right.

Choose a qualified contractor

It is important for consumers to do their research when it comes to siding materials and contractors. A contractor who takes shortcuts or improperly installs the siding may void a manufacturer's warranty. Always ask family members and friends for recommendations before choosing a contractor, and check out each prospective contractor's work for yourself. Interview more than one contractor and compare both their costs and what they offer. Ask plenty of questions of the contractors, and avoid those who try hard-sell methods. Questionable contractors may try strategies like a promise of a considerable discount if you "act now" or scare tactics that your home is unsafe in its present condition.

Be sure the contractor carries general liability insurance as well as workers' compensation insur-

ance for their subcontractors. Ask for a license number as well and verify its accuracy.

Select a durable material

Siding comes in all types of materials - from wood to plastic to fiber cement - but vinyl is among the most popular due to cost and availability. Research how well particular brands of siding stand up to conditions and which are the least likely to crack, warp or discolor. Find this information from online reviews or through consumer advocacy groups. Also remember, vinyl and other synthetic materials have improved and can now mimic the look of many other materials for a fraction of the cost.

Calculate how much you need

Before you price out siding with contractors, estimate how much you will need for your house. Consumer Reports suggests multiply-

ing the height times the width of each rectangular section of your house in feet, going by what you can measure from the ground, to determine their areas. Multiply the approximate height and width of gables and other triangular surfaces and divide each total by two. Then add all the totals. To allow for waste, don't subtract for doors, windows or other areas that won't be covered. Finally, divide the total square footage by 100 to estimate how many squares of siding you will need. A square represents 100 square feet. Knowing how much you need can save you money.

Vinyl siding can completely transform the look of a home and make it more energy efficient. Consumers who do their homework will get the best value for their investments.



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## EXTERIOR PAINTING POINTERS

A fresh coat of paint on a home's exterior can give a property a vibrant new look. Whether you decide to go with a bold new color or repaint a house in an existing color, new paint can add some life to the exterior of your home.

Summer has long been considered the ideal season to paint home exteriors, but advancements in technology have made it easier to paint home exteriors later in the year. According to paint manufacturer Sherwin-Williams, traditional latex-based paints need temperatures above 60 F to cure properly. Sherwin-Williams also notes that one of the more common mistakes homeowners make when painting their homes' exteriors is to paint during times of the year when temperatures fluctuate greatly between the days and nights. When night-

time temperatures dip considerably lower than they were in the afternoon, dew will form and the paint can stop coalescing. When that happens, moisture gets into the uncured paint and surface staining and adhesion problems may result. So even if the temperature is a comfortable 60 F during the day, homeowners should avoid painting if the nighttime temperatures figure to drop considerably.

In addition to choosing the right time of year to paint, consider the following painting pointers to ensure your home's exterior gets the fresh look you are aiming for.

- Monitor weather reports. It's not just the temperature at night after you paint that should be monitored. Sherwin-Williams advises that the temperature should be in the suggested range and above the dew point for at

least 48 hours after application so the paint film can form properly. So applying a fresh coat of paint on a beautiful autumn Saturday is not ideal if Sunday figures to bring the first hints of winter.

- Don't skimp on quality. Some paints are cost more than others, and homeowners working on a budget may be tempted to choose the least expensive option available. While price and quality are two different things, it's important that homeowners avoid choosing a paint solely because it is the least expensive option. Research paints before buying a particular one, emphasizing quality over cost. Today's paints last longer than the paints of yesterday, so you likely won't need to paint your home's exterior again for a long time. A budget-friendly yet low-quality paint will not only make your home less ap-

pealing, but you will likely need to paint again sooner than you will if you go with a higher quality paint.

- Don't paint to cover up a problem. Rotting wood or siding is unsightly, and some homeowners think paint can cover up such a problem. But paint will not stick to rotten wood and siding, and the problem will still be noticeable after you paint. A fresh coat of paint is not the solution to rotten wood or siding. Consult a professional contractor if your home is experiencing such a problem.

A fresh coat of paint on your home's exterior can be a great way to improve your home's curb appeal. But it's important homeowners follow some of the same rules the pros adhere to when painting the exteriors of their homes.



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**Submitted by RCMP and Sheriffs**

Spruce Grove, AB - On August 29th, 2016, at 11:22 PM, Capital

West ITU intercepted an excessively speeding motorcycle travelling on Highway 16A east of Spruce Grove. It was caught on radar at 115 km/h over the post-

ed speed limit of 100 km/h. As a result, the driver was charged with speeding and issued a summons for his appearance in court in Stony Plain, Alberta on

November 24, 2016. The driver was also from Spruce Grove, Alberta.

# EQUUS WELCOMES REMOVAL OF MARKET RESTRICTIONS AND NEW INTEGRATED OPERATION AGREEMENT

**Submitted by Patricia Bourne**

(Innisfail, AB) – EQUUS REA LTD., the largest member-owned utility in Canada, is pleased with the 2016 Arbitration decision that confirms EQUUS’ right to provide electric distribution services to anyone within EQUUS’ designated Service Area in rural Alberta. This decision paved the way for a new Integrated Operation Agreement (IOA) between

EQUUS and FortisAlberta, which guides the operation of both entities integrated electrical distribution systems. The new IOA takes effect today September 1, 2016.

The Arbitrator’s decision reflects the changing times and the final determination states that while EQUUS’ Service Area is defined by a geographic boundary, that membership in EQUUS will contain no eligibility provisions other than those determined by

their by-laws.

EQUUS Chairman Glen Fox states, “EQUUS has long-held the opinion that interpretations in the previous IOA regarding the eligibility of a consumer living and operating in the EQUUS Service Area and wishing to be an EQUUS member was restrictive and not in the interests of rural Alberta or EQUUS’ members. EQUUS has consistently defended the rural consumers’ right to choose EQUUS.”

Pat Bourne, Chief Executive Officer, confirms, “EQUUS operates under co-operative business principles and becoming a member is simple. Over the years, we have responded to an increased demand for services from consumers who want the advantages a co-operative, and in particular EQUUS, offers.”

For more information on EQUUS and how to become a member, please visit [www.equus.ca](http://www.equus.ca).

**STORY TO TELL?**  
*Submit your story to the Community Voice!*  
 Fax your story to 962-1021 or e-mail it to [news@com-voice.com](mailto:news@com-voice.com)  
 Phone 962-9228 for more information.

*Stories may be edited for length due to possible space restrictions.*



**Community VOICE**  
 Keeping You and Your Community Informed

**SEPT 16<sup>TH</sup> AUCTION**  
**FOR: HENRY & OLGA LEMKE (954-3942)**  
 Located: In the Hamlet of DAPP From the Westlock Inn 13 mi N on Hwy 44 to Hwy 661 then 2 ½ W

**Fri Evening, Sept 16<sup>th</sup> at 5:00P.M.**

**HORSEMANS TREASURES:** \* 1 yr old Western Saddle \* Good Quality Older Western Saddle \* Set of leather Britching Harness \* 2 A 21" Collars \* Bridles, Halters Martin Gales, lots of bits, lots of tack, Neck Yukes \* Riding Chaps \* New Packing Saddle w plywood boxes \* Horse Buggy, Shafts, Poles \* H/M Sleigh Cutter Frame \* 10 of 10' Panels

**MACHINERY:** \* NH 855 Rnd Baler \* 41 x 8 WF pto Auger \* RT Wagon \* Fuel Tanks

**QUAD AND TRAILER/YARD EQ/WELDER/TOOLS:**  
 \* YAMAHA Big Bear Quad w Winch \* Tilt Deck for Quad \* 14' H/Made SA Trailer \* 24' H/Made GN Trailer w 2 @ 7k axles, FD Ramps \* JD FM 525 Mower w bagger \* Red Garden Trailer \* Honda 19" Push Mower \* 4 Cyl Wisconsin 250 Amp Welder w new starter \* 14" C/O Saw \* Drill Press, Vise, lots of tools \* Lots of Misc

**ANTIQUES AND HOUSEHOLD:** \* 50's Chrome Table \* C of Drawers \* Victor Adding Machine \* Cabinet Stereo \* 70's Brown Chesterfield & Chair \* Eight Track Player \* TV \* Desk \* Step Stool \* Lamps, Kitchenware, Dining, Air Purifier, Eltc Dryer, Glassware, Collectables, Much More

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 Charles 674-7704 (780-674-3929) Jeff 305-4328  
 Pictures Available on: [parsons-auctions.com](http://parsons-auctions.com)

**ANOTHER RAINBOW SALE**

# RAINBOW'S 2016 ANNUAL END-OF-SUMMER CONSIGNMENT AUCTION SALE

**Saturday, Sept 10, 2016 at 10:00 A.M.**  
 52529 Range Road 11 (Glory Hills Road)  
 Or Intersection of Hwy 16A West and Range Road 11  
 Or 1 Km west of Stony Plain Overpass on Hwy 16A to Range Road 11

**Dispersals:** • Restaurant Dispersal • Estate Dispersals  
 • Several Light Industrial Company Dispersals  
**Vehicles/Trailers:** • 1999 Ford F150 XLT, 4dr • 1998 Ford F150, 4wd, 3 door • 2004 Dodge Quadcab, 4x4  
 • 2004 Dodge Durango SLT, SUV, 4dr • 1999 Chev Silverado 1500, 4wd, 3dr ext cab • 2004 IH tilt-deck tow truck, c/w 466 diesel motor & auto trans, in excellent condition  
 • Assortment of various size tires, car and truck parts and accessories • 2001 Pontiac Montana 7passenger 4dr, Extended Mini Van • 2003 Ford Focus SE 4Dr. • 1998 Buick Century Custom 4Dr. Sedan • Plus more **RV's and Recreational:** • 1997 Coachmen Lite, 5th wheel, 25.5 ft, c/w one slide • 1988 Rustler Holiday Trailer, t/a, 24ft • 10ft x10ft yard Gazebos • 10 hp Outboard Motor c/w tank • 20ft Canoe • 16ft Canoe • Assorted Hot-Tub covers • Assortment of fishing equipment • 2014 side x side 4x4 ATV • 2014 12 ft. Utility Trailer • Hunting Trailer for Quad • Plus lots more **Estate Dispersal:** • Dispersal includes restaurant/office and home furnishings **Farm/Acreage:** • Complete dispersal for a smaller farm operation • Water Troughs • Gate Panels • Tote Bag Crates • Round Bale Feeders (tombstone and angled) • Various type of heaters • Asst. Rubber Feed Dishes • Electric fencing material • Chicken plucker • Plus more **Horse Drawn Equipment:** • Stone Boat • Sled Runners • Bobsled Runners w/pole • Pony-size shafts w/evener • Metal Logging Eveners **Lawn and Garden Equipment:** • Assortment of Garden Implements • Assorted riding and push mowers & accessories • Plus more **Dispersals for Several Light Industrial Companies:** • Light and heavy truck tires • 2-Room Industrial office trailer, 30ft, on rubber • (30) 250 gal. totewater tanks • 2000 gal water tank, c/w 4" drain valve • 16ft T/A car trailer • Blue Chip Articulating H.D. Industrial forklift, 4WD • Plus much more **Shop tools, Hand Tools, Supplies:** • A large selection of welding equipment and mechanical tool dispersals • Industrial welding machines • Plasma Cutters • Acetylene outfits, including tanks • Air compressors and accessories • Large selection of hand and power tools • Car Ramps • Presser Washers • Industrial shop lights • HD gas/propane Herman Nelson heater • Industrial metal warehouse racking • Chains, boomers & industrial tie straps • Mechanical tool boxes • 500 Gal fuel tank • (6) Industrial forklift tires • 100 gal Tidy Tank • Selection of Chilton labour manuals for some collector tractors and autos • Industrial Warehouse Racking • Plus more **Building Materials and Tools:** • Band saw • Table saw • Tele Posts • T posts • Selection of doors • Covered Shelter (frame only) • A/C Unit • Assortment of new windows and doors from a builder • Plus more **Antiques and Collectibles:** • Assorted antiques and collectibles • Coin collections • Acoustic guitar • 6.5 MM Rifle • 30-30 pump rifle • Double Hammer 12 gauge rifle • Clip-loading 12 gauge shotgun • Assortment of Western Art prints from Robert Bateman and others • Plus more **Miscellaneous:** • Several Storage Units to be sold the Storage Wars way • Many more items  
**Auctioneer's Note:** We have several dispersals for various businesses, estate sales, plus many other consigners. Much more coming in. Don't miss this sale - there will be something for everyone! \*\*More listings coming in everyday. Towing and trucking available on site

New additions arriving daily as sale day approaches. Please check website regularly for updates. Consign now for any of these upcoming sales!

## UPCOMING SALES

**Sunday September 25, 2016 @ 12:00 Noon - Estate Auction for Robert Wainwright and Dispersal for Ren Bow Enterprises:** Leduc, Alta **HIGHLIGHTS:** Case 685 4wd tractor, Cockshutt 50 tractors, older cars and trucks, horse items, lawn and garden, shop supplies and tools, lots of antiques, RCMP and other collectibles, health-care items, building supplies, household, complete setup for leather sewing business, and more.

**Saturday, October 8, 2016 @ 10:00 a.m. - Annual Harvest & Thanksgiving Day and Storage War Auction Sale:** Rainbow Auctions and Consignment Centre. **HIGHLIGHTS:** Vehicles, farm equipment, rv's, boats, quads, snowmobiles, shop equip, tools, antiques, collectibles, business closeout dispersals, storage wars units, misc consignments and more.

**Saturday, November 12, 2016 @ 10:00 a.m. - Rainbow Auctions - Remembrance Day / Pre-Christmas Auction Sale:** Rainbow Auctions and Consignment Centre, Stony Plain, Alberta **HIGHLIGHTS:** Coming.

**Terms and Conditions:** Cash, Visa, Mastercard, Debit. Nothing to be removed till paid for. Subject to additions and deletions. A 5% handling fee plus GST will be charged. Please be conscious of the handling fees and factor them into your bidding. Owner Rainbow Liquidators and Auctions or its employees shall not be responsible for any accidents.

**Sale Conducted By:**  
**RAINBOW LIQUIDATORS AND AUCTIONS**  
 Stony Plain, AB. 780-968-1000 or TOLL FREE 1-866-968-1001  
 Complete Liquidation and Auction Services Since 1978  
[www.rainbowauctions.ca](http://www.rainbowauctions.ca)

# RCMP BEATS

Submitted by Stony Plain/  
 Spruce Grove RCMP

Occurrences for the week of 22 August to 28 August, 2016.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 487

Total Calls for Service for the Victim Service Unit: 32

Persons Crimes: 41  
 Property Crimes: 57

Impaired Driving Complaints reported: 11

Impaired Driving Charges Laid: 3  
 Roadside Suspensions: 1

Motor Vehicle Collisions Attendee: 28

Property Crimes: Spruce Grove

1. August 24 – Area of McLeod Avenue and McLaughlin Avenue – Theft of Vehicle, 1990 red GMC GMT400

2. August 25 – Area of Weston Drive – Theft from Vehicle, debit and credit cards stolen

3. August 25 – Area of West Terrace Place – Theft from Vehicle, leaf blowers, nail guns and radio stolen

4. August 26 – Area of Arlington Place – Theft of Vehicle, 2007 black Ford F350 stolen

5. August 28 – Area of Greenwood Close – Break and Enter to Garage, generator and jerry can stolen  
 Stony Plain

6. August 22 – Area of Genesis Lake Boulevard – Theft from Utility Trailer, tools stolen

7. August 26 – Area of 43 Avenue and 47 Street – Theft of Bicycle

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Always lock home windows, doors, garage doors, sheds and fence gates.

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)

# SEPTEMBER NEWS FROM THE RICH VALLEY PUBLIC LIBRARY

**Submitted by Melanie Fitzgerald, Library Manager, Rich Valley Public Library**

The TD Summer Reading Programs went WILD with excitement this year at the Rich Valley Public Library. Thank you to the 25 children who participated. We hope you had as much fun as our Summer Programmer did. We enjoyed having the children here and seeing their imaginations at work solving challenges and creating masterpieces. We also had 19 teens participate in the Teen Club which made Tuesday nights quite exciting at the Library. They hung out, watched movies and practiced henna tattoos with quite a bit of laughter heard in the Yellow Room.

The Rich Valley Public Library is quite excited about introducing our Basic Early Literacy Program on September 23, 2016 from 10 am - 3 pm. Our B.E.E. Program will provide ideas, activities and games which can give your child a head start in their reading and writing skills before they begin school. From hand eye coordination to recognizing their letters, the B.E.E Program has activities to help all children ages 0-6 become early readers and writers. Children ages 0-6 years of age are invited to bring their parents to come and explore the B.E.E. Program anytime between 10 am - 3 pm at the Rich Valley Public Library with "Literacy Activities to BUZZ About"

The Rich Valley Public Library is offering the following programs starting in September:

Brushstrokes by Jodi is coming to the library on September 10, 2016 from 1-3 pm. This program has a cost of \$40 per participant and ages 12 and up is invited. You will be stenciling and painting your own customized rustic sign. We will learn chalk painting, distressing and stencilling techniques to create the sign of your choice. Registration deadline for this program is September 1, 2016.

Story time resumes on September 7, 2016 from 11:00 am to 12:00 pm. Join us every Wednesday

for stories, crafts and activities. Every third Wednesday of the month will alternate between Lego fun, tents and tunnels and Play Doh party. We will not be having Story time on Wednesday September 23, 2016 due to the B.E.E Program.

Adult WHIST resumes on September 23, 2016 at 7:30 pm every 2nd & 4th Friday of the month for \$2.00 a person. Just drop in and play some cards.

Yoga resumes on September 6,

2016 with Melissa. Yoga is every Tuesday from 6:30 pm to 7:30 pm in the Yellow Room. The cost is \$60 for a 6 classes or \$12 drop in fee. Yoga is a great way to stay in shape and stay balanced for life.

Mrs. Fitzgerald's READ IT BINGO continues! For every book you read, you will receive one star. For the BINGO challenge you will need to read specific books listed on the card to win prizes. 2 lines gives you access to treasure chest 1. 4 lines

will get you ice cream. 6 lines gives you access to treasure chest 2. Complete the full card and the project squares and you will get an invite to the pizza party.

If have any questions feel free to contact us at 780-967-3525 or drop in. We are located in the basement of the Rich Valley Community Hall.

Contact us.....  
Rich Valley Public Library,  
Rich Valley, Alberta T0E 1A0  
780-967-3525

**UNRESERVED FABRICATION AND MACHINING**

# AUCTION

**DATE: THURSDAY, SEPTEMBER 15, 10 A.M.**  
**SITE: #102, 7105 - 39th STREET, LEDUC**  
**PREVIEW: WEDNESDAY, SEPTEMBER 14, 11 A.M. - 5 P.M.**  
**REMOVAL: WEDNESDAY, SEPTEMBER 21, NO EXCEPTIONS**

**FURTHER TO INSTRUCTIONS FROM A CIVIL ENFORCEMENT COMPANY**

## RAPTOR MANUFACTURING

FEATURING

SPECIAL MENTION: Modern TNC-1060 x 2000 CNC Lathe, S/N 05006 SEE VIDEO ON WEB PAGE \* 4- 2014 TEKO 10 TON WIRELESS OVERHEAD CRANES \* Shop exhaust system with 4- Model BAV365 Twin City Exhaust Fans with 7.5 HP. \*  
**MACHINE SHOP:** 2014 Modern C6266A X 3000 Gap Bed Engine lathe \* Modern EU460SAM1 Mitering band saw \* Hyd-Mech Series III Band Saw \* Modern DP-925-s Drill Press \* Vices \* Bits and Tooling \* Digital and Manual Micrometers to 36" \* **LOADER, VEHICLES MATERIAL HANDLING:** JCB 456B Wheel Loader S/N 053-9069 with Quick Detach Bucket \* 10' Quick Detach Snow Blade \* Quick Detach Forks \* Quick Detach Trailer Mover \* 2- Pallet Fork Assemblies for Crane Hoisting \* Pallet Jacks \* 4 Step Parts Picker Cart \* 20' Spreader Bar for Forklift or Crane \* 20- Ladders \* Diamond T/A Car Hauler Trailer \* 20 Skidded building \* 2012 Mobile Industries (UNUSED) 3300# capacity power stacker, Model HLS-33-177 \* 2006 Hyster 4500# electric forklift, 36V battery and charger, model N45XMR3 \* **WELDING AND FABRICATION:** 8- MILLER XMT 350 CC/CV MULTI VOLTAGE MIG POWER SOURCE with 22A Wire Feeder \* 7- MILLER DIMENSION 452 weld power source with 22A Wire feeder \* 4- MILLER MILLERMATIC 252 Mig Welders, S.Ph. \* 2- HYPERTHERM POWERMAX Plasma Cutter \* WELDWIRE 3 ton tank rolls with idler and power end \* 2- Dodge 3500 Welding Trucks with Custom Decks and Lincoln Vantage 300 Welders, welders have approx. 1500 hours \* OVER 200 Angle Grinders, Drills, Die Grinders, and other power tools \* 100 lots chain lifting slings, nylon slings, plate clamps, shackles and other hardware \* 10- H.D. Conveyor Sections \* 10' X 2' x3' deep dip tank \* Weld Screens \* Numerous H.D. Steel Saw Horses from 10' - 3' \* Rigid 700 Power Threader \* Rigid Tri-stands \* Pipe Wrenches \* Bessy Clamps \* 10,000 lb. Pressure tester \* Mag Drill and Mill \* Numerous Heavy Benches \* Numerous Welder Remotes \* Red-I-Arc Suitcase welders \* **INVENTORY & MISC.:** Numerous Heavy Steel Racks \* Quantity of Structural, Plates and Tubing \* 20- 2" x 2" x 20' Square Mild Steel \* Hundreds of Test Flanges \*

\* THIS IS A PRELIMINARY LISTING ONLY \* CHECK WEB SITE FOR UPDATES \*  
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AUCTIONS    APPRAISALS    LIQUIDATIONS

# 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. No Refunds Allowed on Classified Ads. 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@communityvoice.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](http://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



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### Instantly Ageless™

Instantly Ageless™ is a powerful anti-wrinkle microcream that works quickly and effectively to diminish the visible signs of aging. Instantly Ageless™ revives the skin and minimizes the appearance of fine lines and pores for a flawless finish.

A perfect day starts with perfect skin. Meticulously developed, our formula is lightweight and contains a skin-conditioning complex of minerals that evens skin tone. Instantly Ageless™ immediately dissolves into the skin, reducing the appearance of wrinkles. It's specifically designed to target areas which have lost elasticity—revealing visibly toned, lifted skin. Users have seen dramatic results in seconds.



A compact, yet powerful alternative to fortify skin affected by free radicals and environmental damage, Instantly Ageless™ is at the forefront of anti-aging technology.

### BENEFITS

- VISIBLY DIMINISHES THE APPEARANCE OF FINE LINES AND WRINKLES
- ERASES THE APPEARANCE OF DARK CIRCLES AND PUFFINESS UNDER THE EYES
- MINIMIZES THE APPEARANCE OF PORES
- HELPS TO EVEN SKIN TEXTURE
- MATTES SKIN FOR A FLAWLESS FINISH
- RESTORES SKIN TO OPTIMUM APPEARANCE

YouTube [youtube.com/watch?v=9g1As1cBjGY](http://youtube.com/watch?v=9g1As1cBjGY)



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[www.elaine1.jeunesseglobal.com](http://www.elaine1.jeunesseglobal.com)



# Classified Ads - Call 962-9228

## Events

Shop Spokane, October 9th - 12th. Pick up in Edmonton, Leduc, Red Deer, Calgary. \$460 per person twin. Includes Hotel, bus, four breakfasts, snacks, water, goodie bags. Donna 780-475-4683, Email shophoppers222@hotmail.com

## Garage Sales

Vendors Wanted for Garage Sale at Entwistle Senior Center. Table rentals inside or out \$10.00, 10:00am - 4:00pm. Saturday September 24th. Call Dan 780-982-0353

## Auctions

ESTATE AUCTION. Sunday September 11th @ 11:00pm. 5112 50ST. Evansburg, AB. (Main Street, next to Evansburg Inn). Sale conducted by Alberta

Surplus Auction. 780-727-2724 for more information

## 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](http://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](http://www.mygc.com/jcazac)

## Services

Stump Grinding for Hire - Alberta Beach & Surrounding Area. 780-

779-3589  
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

## 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

## Miscellaneous

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

## For Rent

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

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

## Real Estate

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

# SUDOKU OF THE WEEK

## Fun By The Numbers


**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!

**ANSWER:**

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

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

**Like puzzles?** Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!



# Church Directory

**Rich Valley Community Church**  
 Sunday School  
 10:00a.m.  
 Worship Service  
 11:00a.m.

**Catholic Parish of Lac Ste. Anne**  
 Sunday  
 10:00a.m.

**St. John's Anglican Church**  
*Onoway*  
 Sunday Service  
 10:00a.m.  
*Everyone Welcome*

**Mayerthorpe Baptist Church**  
 Worship Service  
 Sunday 10:30a.m.  
 Children's Church  
 10:30a.m.  
 4606-54 St. Mayerthorpe  
 (780) 786-2677

**St. John's Lutheran Church**  
*Alberta Beach*  
 Sunday Service  
 11:00a.m.  
 Sunday School

**Zion United Church**  
 Sunday Service  
 10:00a.m.  
 Sunday School  
*Serving Alberta Beach, Wabamun, Darwell & Lake Isle, Onoway & Area*  
 (780) 924-3351

**St. Joseph's Catholic Church**  
 Sunday Mass  
 11:30a.m.  
 Wabamun, AB

**Sangudo St Mary the Virgin Anglican Church**  
 Sunday Services:  
 2nd & 4th Sunday  
 Holy Communion  
 11:00a.m.

**Sangudo United Church**  
 Sunday Services  
 1st and 3rd Sun.  
 of each month  
 Worship Service  
 11:00a.m.

**Trinity Lutheran Church (LC-C)**  
*"The Church of the Lutheran Hour" - Rockfort Bridge*  
**Pastor Dan Hansard**  
 Church (780) 778-2055  
 Sunday Worship  
 9:00a.m.  
*Senior's Service & Cottage Bible Study - Phone for locations*

**Mayerthorpe Pentecostal Assembly**  
 P.A.O.C. **Rev. Arnold Lothoiz**  
 Sunday 10:30a.m.  
 Morning Service  
 Tuesday 7:30p.m.  
 Ministry Training  
 (780) 786-2424

**St. Michael Lutheran Church**  
 Sunday Services  
 1<sup>st</sup> & 3<sup>rd</sup> Sunday  
 at 2:30p.m.  
*Rev. Horst Gutsche*  
 (780) 674-3944  
 Mystery Lake

**Onoway Baptist Church**  
 Sunday Service  
 10:00a.m.  
 Youth Group  
 Friday 7:00p.m.  
 (780) 967-2266

**Mayerthorpe United Church**  
**Mayerthorpe: Rev. Alwin Maben**  
 Sunday Worship 9:30a.m.  
 to be held at the Peter Trynchy Community Center at Pleasant View Lodge  
 Until Further Notice  
 PII: (780) 786-2134

**Alberta Beach Alliance Church**  
 Sunday Worship Service & Kid's Church 11:00a.m.  
 Sunday School  
 10:00a.m.  
 (780) 924-3282

**Cherhill Community Church**  
 Sunday School  
 10:00a.m. - 11:00a.m.  
 Worship Service  
 Sunday 11:00a.m.

**Roman Catholic Church**  
 St. Agnes' Parish, Mayerthorpe  
 Sunday 9:00a.m.  
 St. Elizabeth Parish, Evansburg  
 Saturday 7:00p.m.  
 (780) 786-2032

**Calahoo Alliance Church**  
 Family Worship Service Sunday  
 10:00a.m.  
 For Info Call Jerry  
 (780) 974-7734

**Rock Victory Church Worship Celebration**  
 Sunday Worship w/ Children's Ministry  
 10:00a.m.  
 Wednesday Prayer & Bible Study 6:00p.m.

# COMMUNITY EVENTS 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 <small>Labor Day</small>	6	7	8	9	10
11	12 <small>Patriot Day</small>	13	14	15	16	17
18	19	20	21	22 <small>Fish Begins</small>	23	24
25	26	27	28	29	30	

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).

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

**SEPT - FAMILY VIOLENCE GROUPS** - Parkland Turning Points Society is offering Family Violence groups for men and women this September. Please contact 780-963-8774.

## FARMERS MARKETS

**ALBERTA BEACH:** Open Every Sunday, May - Oct, 12-3pm. Contact Joanne 780-690-6392.

**BARRHEAD:** Open Saturdays, May - Dec. 10am - 1pm. Sherry 780-674-6802.

**ONOWAY 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](mailto:onowayfarmersmarket@gmail.com). New vendors welcome!

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

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

**WESTLOCK:** 11-3pm, Bargain Shop Mall, Dave 780-954-2437

**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.

**CHERRILL BINGO:** Tuesdays at Cherhill Community Association. Doors Open at 6:30pm, Games at 7pm.

**CHERRILL 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 September 7 & 21, October 5 & 19.

**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 or 325-2391

**SANGUDO:** Sangudo Community Hall, 1st Sat of month 7pm, Oct.-May. Everyone welcome. 785-4105 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 2nd & 4th Thurs of the month @ 7pm, Cost \$2. Everybody Welcome. Contact 587-989-7214 or 963-7920.

**THE ABBOTSFIELD 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 Beach Hotel

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

**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 & Restaurant

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

**Whitecourt Legion:** Every Sat, 4pm. Located

downtown behind the Civic.

## 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 780-963-1782.

**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)674-6974.

**BARRHEAD PHOTO CLUB:** 1st & 3rd Wed - email [barrheadphotoclub@gmail.com](mailto: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 785-3736

**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 evg. Mayerthorpe Public Library [www.mayerthorpepubliclibrary.ab.ca](http://www.mayerthorpepubliclibrary.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 Sept 7. For info call Eunice @ 780-618-7865.

**ONOWAY GOLDEN CLUB:** Bethal United Church. Coffee & Muffin Mondays, 10-12. Cards Tuesdays, 1:00. Crafts Thursdays 10-12. Much Socializing.

**ONOWAY HAVE FUN & GET FIT!** Exercise 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 Lorraine 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 INSPIRATIONAL 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](mailto:i.squardance2016@gmail.com)

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

**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](mailto:literacy@lsac.ca)

## MEETINGS

**1ST ONOWAY SCOUTS:** Registration, 6:30-8pm, Mon Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4339.

**3053 ROYAL CANADIAN ARMY CADETS,** Onoway Historical Centre, Wed, 6:45pm-9:30 for youths 12+ 967-0443

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

**ALBERTA 55 PLUS:** Villeneuve 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 Agplex.

**ALBERTA BEACH AG SOCIETY** meets on the 4th Thurs. of month, 7pm, Agplex

**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 Agplex. Sept-June. Info call Andrea 780-924-8323 or Melissa 780-297-1892.

**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 780-963-6997.

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

**DARWELL & DISTRICT AG SOCIETY MEETINGS,** 8pm, 1st Mon, Darwell

**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@gmail.com](mailto:mayerthorpekinettes@gmail.com)

**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 Isle Hall.

**MAYERTHORPE HOSPITAL AUXILIARY ASSOC,**

every 4th Mon, 5pm in St. Stephen's Basement 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 780-471-3034

**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 967-2452.

**ONOWAY QUILTERS,** 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 780-963-1646

**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](http://www.drugrehabresource.net).

**RICH VALLEY AG SOCIETY BOARD MEETINGS:** at the Agriplex on the second Wednesday of the month. 7:00pm.

**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.

**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 780-785-2112.

**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 6:45. 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.

**ONOWAY & DIST:** Frozen & hot meals available. 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, 9-3pm. Info 960-4600.

**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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<p><b>NEW</b></p>  <p>This Great 3 Bedroom Family Home on 13 Acres Has a Large Country Kitchen, a Bright &amp; Open Living Room With a Fireplace, 3 Bedrooms, 2-4 pce Baths &amp; a Huge Deck. Also There is a Gorgeous Yard and a Storage Shed! <b>\$229,900</b></p>	 <p>Scenic 157 Acres That is Treed, Has Open Hay Land, is Fenced, and Has Great Building Sites! <b>\$187,500</b></p>	 <p>Country Charm at its Best! This Attractive 1517 sq ft Home Has 4 Bedrooms, Bright &amp; Updated Kitchen, Dining Area With a Bay Window, Spacious Living Room, Huge Rec Room, 2 Baths, Cold Room &amp; a Workshop. Extras are Double Car Garage With Power &amp; Cement Pad, Rv Parking, and Parklike Setting. <b>\$339,900</b></p>	 <p>Great 1270 Sq Ft Family Home! This Home Has a Bright &amp; Attractive Country Kitchen, Huge Living Room, 3 Spacious Bedrooms, 2 Baths, Large Rec Room, &amp; a Covered Sun Deck With Built in Seating. Included is a Double Car Garage &amp; Nicely Landscaped Yard. <b>\$209,900</b></p>
 <p>Great Find! This 3 Bedroom Home Located Downtown Has an Updated Kitchen &amp; Bathroom, a Sunroom, &amp; a Full Basement! <b>\$119,900</b></p>	 <p>Fantastic 4 Bedroom Family Home With a Finished Basement on a Double Lot! Features Include a Large Country Kitchen, a Bright Living Room, 2 Baths, a Huge Rec Room, a Covered Patio &amp; a Double Garage With Power! <b>\$219,900</b></p>	 <p>Terrific Family Home With a Finished Basement on 4 Lots! This Home Has 3 Bedrooms, a Country Kitchen, a Huge &amp; Bright Living Room, 2 Baths, a Large Rec Room &amp; a Covered Deck. Extras Are a Double Car Garage, Fenced Yard, RV Parking, Paved Driveway, &amp; a Greenhouse. <b>\$199,900</b></p>	 <p>Newly Updated 3 Bedroom Home With a Full Basement Nestled in the Trees on 11 Acres Shows a "10". Extras Include an Attached Garage, Huge deck, Firepit Area, Small Barn, and Some Game Fencing! <b>\$358,900</b></p>
 <p>Located in Entwistle at the Gateway to the Pembina Provincial Park and Right Off Hwy16 enroute to the Jasper National Park is the Perfect Spot For Your Own Antique Store or Other Retail Business. On a Double Lot on the Corner of Main Street is The Perfect Location For Starting Your Own Business! <b>\$279,900</b></p>	<p style="color: red; font-weight: bold; text-align: center;">REDUCED</p>  <p>10 Acres With a Creek! This Acreage Has the Majority of the Land Open and a Treed Area Next to the Creek Which is a Perfect Building Site or Weekend Retreat! <b>\$79,900</b></p>	 <p>Great 5 Bedroom Family Home With a Finished Basement Features an Open Kitchen, a Bright Living Room, Two 4 Piece Baths, a Family Room, a Front and Back Deck, Fenced, a Garage, and Close to Schools! <b>\$235,500</b></p>	 <p>a Huge Country Kitchen, a Bright Living Room, 3 Bedrooms, &amp; 2 Baths. Extras Include a Newer Deck, Great Landscaping, a Garden Spot, 2 Sheds &amp; Fenced Yard <b>\$169,900</b></p>
 <p>Incredibly Priced Updated Home on a Fenced Lot Features a Large Country Kitchen, an Attractive Living Room, 3 Bedrooms, a 4 Piece Bath, 2 Decks, a Storage Shed &amp; Close to Schools! <b>\$93,500</b></p>	 <p>Gorgeous Family Home With a Finished Basement on a Large Fenced Lot! Features are a Stunning Kitchen With Rich Cherry Cabinets and Large Dining Area, a Bright and Open Living Room, 5 Attractive Bedrooms, 2 Full Baths-1 With a Large Soaker Tub &amp; 1 With a Double Shower, a Second Kitchen, a Double Attached Garage and More! <b>\$339,000</b></p>	 <p>Located in The New Subdivision in Evansburg Complete With Walking/ Bike Trails is This Perfect Residential Lot To Build Your New Home On. <b>\$29,900</b></p>	 <p>Deluxe 4 Bedroom Home With a Finished Basement on a Double Lot. Features are a Large Kitchen, an Open Living Room, a Rec Room, a Family Room, a Carport, a Double Car Garage, Privacy fenced, RV Parking, and Has a Paved Driveway! <b>\$289,500</b></p>
 <p>This 3.53 Acres is Close to The Lake In Singing Hills Estates. This is a Great Weekend Getaway or Perfect Building Spot! <b>\$85,000</b></p>	 <p>Incredible! This Attractive Home Features a Huge Kitchen, an Inviting Living Room, 5 Bedrooms, a Rec Room, 2 Baths, Finished Basement, a Large Deck and a Garage! <b>\$229,900</b></p>	 <p>What a Deal! 3 Bedroom Home With Addition, Carport, and Double Car Garage. <b>Only \$56,500</b></p>	 <p>This Amazing 153 Acres of Lakefront Property is Great For Fishing, Boating, Swimming, Watching Wildlife, &amp; Going on Nature Walks! <b>\$148,500</b></p>
 <p>This Completely Updated Home With a Finished Basement Features a Huge Kitchen With New Countertops &amp; Backsplash, an Attractive Living Room, 4 Spacious Bdrms, Rec Room, &amp; 2 New 4 Pc Baths. Extras Include Custom Tile Work, New Windows, Flooring, Fixtures, Stucco, Etc., &amp; a Double Car Garage With Power &amp; a Cement Floor! <b>\$215,000</b></p>	 <p>5 Bedroom Home With a Full Basement on .49 acres Has a Large Kitchen, a Spacious Living Room, and a 4 pce Bath! <b>\$73,000</b></p>	 <p>Newly Built Home With a Full Walk Out Basement on 9+ Acres. Features are a Bright and Open Floor Plan, Vaulted Ceilings, Maple Flooring, A Beautiful Kitchen With a Large Island, a Bright and Spacious Living Room, 4 Bedrooms, a 4 pc Bath, a Huge Rec Room, 2 Decks, a Double Garage, Fenced For Horses and Right off Pavement! <b>\$359,900</b></p>	 <p>Beautiful Home on 1.44 Acres Right in Town Has 5 Spacious Bedrooms, 4 Bathrooms, a Huge Oak Kitchen, a Separate Dining Area, a Den/Office, a Living Room Complete With a Fireplace, a Rec Room an Attached Garage, 2 Covered Decks, and a Paved Driveway. Also Included is an Older 2 Storey Home and a Garage! <b>\$399,900</b></p>