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October 11, 2016

SEPTEMBER FUN DAY TRACTOR PULL



Submitted by Carol Saunders

Well folks, another season for the tractor pulls has come to an end on the weekend of Septem-

ber 3rd & 4th, 2016. The two tractor pulls that the Ol' Pembina Tractor Pull Society held in June and September were both quite successful. Although it had rained a lot and the track was

very muddy we had 47 tractors for the event. Andy Harapchuk and Don Saunders worked on the track, moving the mud.

Continued on Page 7

LASTEST HAPPENINGS AT THE ALBERTA BEACH HERITAGE VILLAGE

Submitted by Alberta Beach Museum

The members of the Alberta Beach and District Museum and Archives Society are pleased with the turnout this summer at the Heritage Village site, located right in the middle of Alberta Beach beside the Ball Diamonds and Seniors Centre. We hosted many events this summer with the 100 year anniversary of Alberta Beach, the Grand Opening of the Red and White Store and the 40th Anniversary party for our own organization. We had a

float entered into the Poly Days parade and I believe we won FIRST for our category. Best of all though, we had well over 2,000 visitors with the hosting of bus tours and school tours, etc. We have also had quiet a remarkable response from people wanting to purchase their own Pier Plaques... which we still have available. Overall it has been a fantastic year for us and we are so proud to be one of the greatest tourist attractions in our area!

This is only possible through the hard work and dedication

of many members and we are grateful to have such a great group of people, each bringing their own expertise to ensuring we stay visible and viable. We have had, over a number of years, some Corporate Volunteers as well and we would like to take this opportunity to say thanks to Dave's Painting for always lending skills in ensuring our historical buildings stay in show shape.

Continued on Page 2

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TELEPHONE:

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Advertising 962-9228
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E-MAIL:

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Lastest Happenings At The Alberta Beach Heritage Village

Continued From Page 1

Along with them is Cloverdale Paints in Spruce Grove who donate the required materials for the buildings. They have been remarkable supporters and we really can not thank them enough.

Let us remind you that al-

though the Heritage Village is closed, we will open for private tours upon request. We will still be at Market on Sundays until closing End of October and at the Christmas Market and we still host the Meat Draws at the Alberta Beach Hotel every Saturday starting at 4pm. The staff at the hotel have been so good and the volunteers run the event

like experts so it makes for a really enjoyable, sociable day for the members of the community at the same time supporting for our organization.

We look forward to this next year!!! Watch for us on Facebook (Alberta Beach Museum) or visit the website at www.albertabeachmuseum.net.

JOKE OF THE WEEK

A ghost had been staying in a bed and breakfast hotel and when he came down for dinner he asked the waitress, "Please can I have two eggs, one tough and one rubbery, really tough bacon and burned, fried bread?"

The waitress said, "Sir, we really can't serve that kind of horrid food here."

The ghost replied, "Well, you did yesterday!"

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DARTS

If you are interested in joining this entertaining league and can commit your Thursday evenings to playing with local neighbours, please attend the dart meeting on

THURS, OCTOBER 13TH, 2016
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LOCAL ARTIST VISITS ONOWAY ELEMENTARY

Submitted by Lisa Bakos

Local artist Eugene Alexis visited Onoway Elementary School on Sept 6 bringing some


of his amazing artwork with him. The Kindergarten class had the opportunity to check out his art alongside Superintendent of Schools Kevin Andrea.



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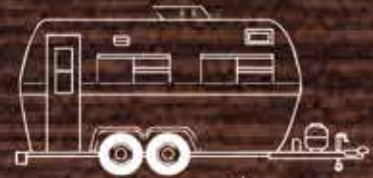
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U OF A STUDENTS BENEFIT FROM FEDERAL-PROVINCIAL FUNDS

Submitted by Government of Alberta

Ten projects will be funded and the money will help with commercialization of spaces where students turn innovative ideas into reality and breathe life into start-up ventures. While contributing to economic diversification, these projects will also improve the environmental sustainability of post-secondary infrastruc-

ture. "These significant investments help Alberta students put their best foot forward by maximizing the number of new, modernized learning spaces, while also creating much needed jobs to spur economic growth." - Marlin Schmidt, Minister of Advanced Education

"I want to thank the Government of Alberta for its partnership in the Strategic Investment Fund program. It's essential that young Albertans

have access to world-class education, right here in their home province. SIF funding will help to establish critical infrastructure, enabling Alberta's best minds to pursue new ideas, tackle global issues, and build a better university and province." - David Turpin, President, University of Alberta

The funding, which includes \$26.5 million from the Government of Alberta, supports capital projects and renewal at the university that will help maintain and improve current campus infrastructure, benefiting students and ensuring the province plays a key role in diversifying our economy and creating a more sustainable future.

Enhancement of the university's Electrical and Computer Engineering Research Facility will put Alberta at the forefront of research in electrical-power generation and transmission. Renewing labs at Campus Saint-Jean will triple the number of student spaces for increasingly needed bilingual health professionals.

Projects approved for Strategic Investment Funding:

- Electrical and Computer Engi-

neering Research Facility enhancement

- Chemistry Lab modernization and renewal
- Chemical Materials Engineering Building redevelopment
- Biological Sciences and Earth and Atmospheric Sciences expansion and enhancement
- Innovation and Incubator Space development
- Research Network Infrastructure upgrade
- Augustana Science Lab renewal
- Campus Saint-Jean Lab renewal
- Clinical Sciences - Mechanical System renewal
- Medical Sciences Building infrastructure upgrade

Under Budget 2016, the Alberta Jobs Plan, the Government of Alberta made a commitment to investing \$449 million for post-secondary capital projects and renewal across the province. This investment, combined with the federal government's Post-Secondary Institutions Strategic Investment Fund, will generate direct economic activity and enhance research and innovative infrastructure for students in Alberta.

You are invited to GOSPEL MEETINGS

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Sundays, 5:00 pm August 14 – November 20, 2016

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Adrienne Sinclair Leona Dreger

Alberta Beach Museum

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Employment Opportunity at Rich Valley Public Library - Library Assistant

The Rich Valley Public Library is hiring a Library Assistant to start November 01, 2016. This position is for 6 hours a week on Tuesday, Wednesday and Thursday.

Description:
Under the direction of the Rich Valley Public Library Board and the Library Manager, the Library Assistant will be responsible for facilitating the Storytime program, a monthly program, Rich Valley Public Library advertising and some of the day to day operations of the Rich Valley Public Library.

This position requires the successful candidate to:

- develop and implement the Storytime program and monthly program for all ages which will be the first priority.
- have strong customer service skills. The candidate must be able to interact in an open and friendly manner with all patrons especially children.
- be goal orientated, organized and be able to meet deadlines set by the Board and Library Manager.
- be able to take direction from the Library Manager and the Board.
- keep accurate and detailed records of all programs and report to the Library Manager and the Board.
- have excellent computer skills. This is required for the many different computer programs that are used for the advertising of the library.

Please send your resumes to:
Rich Valley Public Library R. R. 1 Gunn, AB T0E 1A0
Email: rvpublib@yrl.ab.ca Fax : 780-967-3525
Application Deadline is October 20, 2016

September Fun Day Tractor Pull

Continued From Page 1

At about 2 o'clock, the wind and sun came the track was ready to go. All the classes had a good pull. We were very pleased to see so many drivers and tractors out plus all the spectators that came to watch, even though it was a cold windy afternoon.

There was the regular 6 classes, bantam and the demo. The winner in each class were:

BANTAM:

- Terry Dietrich – 388.07
- Hal Lougheed – 312.07
- Boris Heshka – 301.03

CLASS 1:

- Jim Carter – 456.09
- Boris Heshka – 451.11
- Ron Barker – 419.06

CLASS 2:

- Terry Dietrich – 348.1
- Bob McKell – 347.08
- John Goller – 333.02

CLASS 3:

- Ron Barker – 330.03
- Bob McKell – 322.
- Wayne Fuhr – 301.01

DEMO:

- George Suntjens – 460.07
- Don Saunders – 446.03
- Clarence Liss – 419.07

CLASS 4:

- Bob McKell – 375.04
- George Suntjens – 366.07
- Shari Harapchuk – 346.01

CLASS 5:

- Mike Harapchuk – 448.06
- Daniel McGinn – 446.05
- Darcy Harapchuk – 427.03

CLASS 6:

- Ron Prokipchuk – 346.11
- Anna Harapchuk – 304.04
- Lyle Kause – 247.04

There were some very interesting trucks and tractors for the Demo Class. It's interesting to see how each driver has his own way of operating his machine.

The feature tractor for the September Pull is owned by Cliff Schultz from Stony Plain, AB. This is what he had to do to get his tractor in shape: "I purchased this tractor in the Holborn area, South of Stony Plain, in June 2001 for \$4500.00. These tractors originally sold for about \$3000.00 brand new in 1956. I had a little bit of trouble starting the tractor because the fuel tank had a lot of rust and dirt in it, among other problems. While driving home it stopped many times along the way and I had to empty the sediment bowl and wiggle a wire up through the fuel tank to clear the way for the fuel to run for another half mile or so before repeating this exercise until finally arriving home. It was then that the work of restoration began. I

removed the fuel tank and flushed it out many times with muriatic acid. I bought a new muffler, new rad, and new power steering hoses and new batteries as well as hold down clamps for my green beauty. Restoration work also included rebuilding a starter, rebuilding the governor and cleaning the carburetor. The entire tractor was ready for painting in 2005. All the sand blasting and painting was done by Jean Phannmueller and Gordon Skeels. This is the third time I have brought this tractor to the Ol' Pembina Tractor Pull events. She won second place in 2009 and first place in 2010. After giving it some tender loving care its now running like a "Deere" again."

A draw was held on Saturday for four drivers each day. The winners of the cast iron tractors were won by Ken Elbrey, Bill Braithwaite, and Andy Harapchuk. The satellite radio was won by Jim Carter. The winners for the Sunday draws were Ron Barker and Shari Harapchuk for the UFA fuel gift certificate. The winners of the Peavy Mart cards were Don Saunders and John Goller.

The supper was held again on Saturday and Sunday after the pulls were done each day. The meals were very good with MaryJane Suntjens doing the cooking. Saturday the meal served was Pork, Baked Potatoes, Jellied Salads, Beans and Buns. Sundays supper

was Pork, Salads Potatoes, Beans, Harvard Beets, Buns and ice cream. This is in appreciation to all the drivers, volunteers and anyone that helped.

Tamara Hall was serving hamburgers and hot dogs again and her goodies. The food was very good as usual. Her son Gideon helped her again this year. Very good job Tamara and Gideon.

The Mini Donut truck came to the pull on both days of the tractor pull. They set up by the gate so that the people from the car races made use of them.

The next tractor pull will be held next June 2017. Hope to see you all again!

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LAKEWELL 4-H CLUB

Submitted by Jean Henderson

Are you looking for something your kid can do besides play video games? Then why not join 4-H? 4-H members must be 9-21 years of age as of January 1st 2017. Or if your kid is 6-8 years of age, he/she can be a Cleaver Kid and participate at an age-appropriate level. The Lakewell 4H club is starting up again and the next meeting will be October 21, 2016 at 6:30pm at the Lake Isle Hall.

The 4H Alberta website describes 4-H as 'a youth organization committed to developing outstanding leaders with marketable skills to succeed in today's society.' It goes on to say that 'In 4-H youth run the show. 4-H clubs typically meet once a month as a large group, where youth of all ages take on different leadership roles to make decisions and plan

events. The club level is where the 4-H'ers organize fun outings, achievement days, and fundraisers and where they chose how to participate in various activities within their communities.' Since the 4-H motto is 'Learn to do by doing', in addition to the group activities, 4-H'ers also chose a project activity such as Horse, or Beef, or Outdoors out of the more than 30 projects available. In their project group, they not only have lots of fun but they also learn both theoretical and practical skills as well as the importance of record keeping.

However, 4-H is not just for kids; it also relies on family involvement and volunteer leadership to be successful. This combination helps to bring families and community together. If this sounds like something you and your child might be interested in, please come out and join us on October 21st.

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OCTOBER NEWS FROM THE RICH VALLEY PUBLIC LIBRARY

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

The Rich Valley Public Library was quite excited about introducing our Basic Early Literacy Program. Our B.E.E. Program was visited by 31 children and 17 adults who participated in the different literacy activities and games. It was quite a busy day with painting, beading, and a lot

of playing just to name a few activities. The Rich Valley Public Library also provided parents with handouts on the activities and ideas they saw at the B.E.E. Program to take home to help give their child a head start in their reading and writing skills. This program was a great success due to the many people who helped that day. The Rich Valley Public Library would like to extend a huge thank you to Drew Fitzgerald for creating and im-

plementing the program and all the volunteers.

Thank you to Jodi Dancause from Brushstrokes By Jodi for coming to the library in September. Participants had a great time learning techniques and making signs. We had 8 participants who took home their very own handmade sign.

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

Pumpkin Carving is on Sunday

October 23, 2016. Join us as we turn pumpkins into spooky creations. We provide the pumpkins and the tools needed. Children ages 0-6 will be from 10 am to 12 pm. Children ages 7 and up will be from 1-3 pm. Registration deadline is October 18. Call the library @ 780-967-3525 or stop in to register.

Story time is every Wednesday 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.

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

Yoga with Melissa is at the library. 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.

Mrs. Fitzgerald's read it BINGO is here! 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 you have any questions feel free to contact us at 780-967-3525 or drop in to talk to one of our staff. We are located in the basement of the Rich Valley Community Hall.



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TURKEY TIPS: SAFETY AT EVERY STEP

Submitted provided by Alberta Health Services

'Tis the season for turkey dinners. From grocery store to leftovers, safe food handling practices are key to preventing the spread of harmful bacteria and keeping your feast free of food-borne illness.

Sound like a lot to digest? With these essential turkey tips, we're making it easy to serve up safely.

At the Grocery Store:

- Double check the "best before" date to ensure expiration date has not passed.

- Place the turkey at the bottom of the cart away from other food
- Ask for the turkey to be bagged separately from all other food

- Keep turkey separate from other bags when transporting from store to home

Pre-cooking storage:

- Freeze your turkey immediately after returning home from the grocery store if you will be cooking it more than three days after bringing it home.

- Refrigerate your turkey immediately upon arriving home from the grocery store if you will be cooking it within three days.

- Prevent raw turkey or turkey juices from contaminating other items in your fridge or freezer by ensuring it is stored in a clean plastic container or plastic bag that will hold in any leaking juices and placing the turkey on a platter to catch any leaking juices. Always place the turkey on the bottom shelf of the fridge or freezer.

Thawing:

- Always thaw your turkey in the fridge or by fully immersing it in a sink of cold water. If thawing in the sink, keep the turkey

in its original plastic wrap and change the water every 30 minutes to ensure the surface of the turkey remains cold.

- Do not thaw turkey at room temperature – it is not safe and could result in the growth of dangerous bacteria.

- Cook turkey immediately after it has thawed.

Cooking:

- Turkey must be cooked thoroughly, in the oven, until the meat reaches a minimum internal temperature of 85 degrees centigrade or 185 degrees farenheight.

- To ensure the turkey is properly cooked, always use a meat thermometer according to the manufacturer's instructions. Insert the thermometer into the fleshiest part of the thigh, ensuring it is not touching any bones.

- Never slowcook a turkey
- Prepare and cook stuffing separately from the turkey.

Serving:

- Serve the turkey within 30 minutes of removing from the oven.

- Keep hot food hot: hot foods should be kept at a temperature of at least 60 degrees centigrade

or 140 degrees farenheight.

- Keep cold food cold: cold foods should be kept at a temperature of 4 degrees celcius or 40 degrees farenheight or lower.

- Do not serve food that has been sitting at room temperature for more than two hours.

Leftovers:

- Refrigerate all leftovers within two hours of serving.

- Leftover meat, stuffing or gravy should be eaten within two or three days of cooking. Any food that will not be consumed within three days should be immediately frozen after cooking.

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21ST ANNUAL EMPLOYEE RECOGNITION EVENING



Diane Ziemmer, Secretary at Mayerthorpe High was recognized with a 5 year service award.



Deloris Rizzoli (EA), Susan Mattson (teacher) and Leanna Feser (teacher). Deloris was recognized for 10 years of service and is Leanna's mom.



Staff from Mayerthorpe High School including new Principal Dafydd Thomas.

Submitted by Lisa Bakos stories and recognize staff for years of service, special awards and retirement milestones. The dinner was held at Westward Community Hall just outside of Whitecourt.

Our 21st Annual Employee Recognition Evening was held this past Friday, September 30th, 2016. We take the opportunity once a year to share dinner and

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21st Annual Employee Recognition Evening



Mr. Oates getting his service award from Board Chair Judy Muir and Superintendent of Schools Kevin Andrea.



Sharon Frederick was the coordinator at Onway Outreach and a teacher for 35 years. She retired this past year after 19 years with NPGS.



Leonard Oates was the long time principal of Sangudo Community School (SCS) and one of our retirees. He has taught for 40 years, the last 29 of which were with NGPS. John Lobo (now principal of Onway Jr/Sr High) was a colleague of Leonard's for many years at SCS and paid touching tribute to him.



Lana Brand is a long time Mayerthorpe resident who worked many years in Sangudo and is now a Learning Services Coordinator standing with Jo-Ann McLaren, Principal of Sangudo Community School.



Carol Farkash and Laurel Bartelds are both teachers from Darwell School. Laurel was recognized for 10 years of service - Carol is a retiree after 35 years as a teacher, all 35 years were spent with NGPS.

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WHITECOURT RECEIVES PROVINCIAL COMMUNITIES IN BLOOM RECOGNITION

Submitted by Tara Gallant

The Town of Whitecourt is proud to announce that it has received special recognition in this year's "Friends" category of the Alberta Communities In Bloom competition. The municipality received provincial acknowledgement and 5 Blooms for FireSmart efforts, specifically the summer initiative that involved hiring students to assist with program efforts to keep our community safe.

In order to continue membership in the Communities In Bloom pro-

gram, Whitecourt participated in the "Friends" category. Without the pressure of competing, Whitecourt was visited by program judges to provide a critique and evaluation of our community's progress. This information will be used to develop the 2017 budget and initiatives, and will help our local committee prepare for future competitions.

"I'm so proud of our success in the Communities In Bloom program and have to say that it is a testament to our community's collective energy and pride," noted Whitecourt May-

or Maryann Chichak. "Thank you to all the members of the Whitecourt Communities In Bloom Committee for their time and efforts in showcasing our community on the provincial level."

Donna Reiman, member of the Whitecourt Communities In Bloom Committee, added "On behalf of the Committee, I'd like to thank residents and Town of Whitecourt Parks & Open Spaces staff for all their hard work. It takes a lot of time to keep our town looking the way it does, and this special recognition for our com-

munity is a reflection of our collective contributions and commitment to making Whitecourt a better place."

Whitecourt joined the Communities In Bloom program in 2006, and since that time has competed both provincially and nationally. Over the years, our community has received special recognition for partnership endeavors, the Whitecourt Transfer Station, Rotary Park, and now the FireSmart Summer Student Program. Whitecourt won the Provincial Title in 2009 and 2015.

APPLY TO SIT ON PRIME MINISTER'S YOUTH COUNCIL

Submitted by Jim Eglinski, MP - Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, is pleased to extend an invitation to young residents of the riding to apply to sit on the Prime Minister's Youth Council.

The Council will advise the Prime

Minister on national issues such as employment, access to education, building stronger communities, climate change and clean growth. The Council will meet multiple times a year.

If you are aged 16 to 24, you are eligible to apply to become one of the Youth Council members.

You have until October 7 to submit an application to join the second wave of members who will meet with the inaugural members and the Prime Minister in 2017.

"This is a unique opportunity for youth in our Yellowhead riding to directly voice the concerns of young people to the government and ad-

vocate on behalf of residents in the area," stated MP Eglinski. "I urge any youth in my riding with a passion for public service to apply," concluded MP Eglinski.

For more information on this process, please visit <https://www.canada.ca/en/campaign/prime-ministers-youth-council.html>

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!

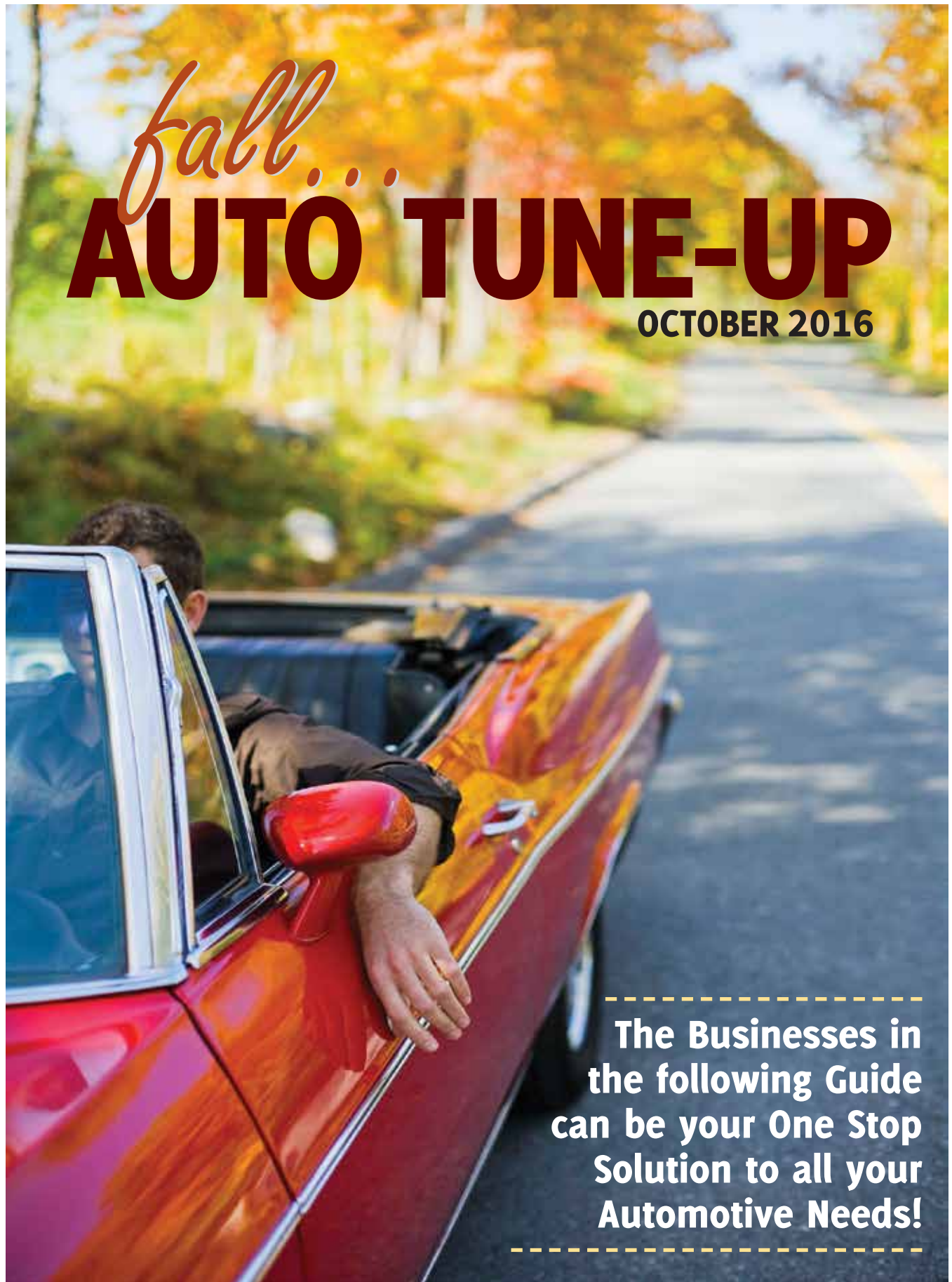
ANSWER:

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

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

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!





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OCTOBER 2016

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HOW TO HANDLE CAR TROUBLE WHILE DRIVING

Sudden car trouble is something no driver wants to experience, but many a driver has been driving down the highway only to feel his or her vehicle start to sputter. Such sputtering might indicate a car is running low on fuel, or it could be a sign of something more serious that requires motorists to think as quickly and safely as possible.

When car trouble strikes while a vehicle is on the road, the first thing many drivers do is check their fuel gauges. A car that runs out of gas is certainly inconvenient, but if you can pull over to the shoulder or make it to the nearest filling station, then this unfortunate situation can be remedied rather easily. But when a car's tank is full and it is still showing signs of trouble, drivers

must take steps to protect themselves, their passengers and their vehicles. The following are a few simple tips motorists should keep in mind so they can safely handle any car trouble that may arise while they are out on the road.

- Keep a first-aid kit, spare tire and tire jack in the car at all times. Flat tires are no fun, but they are even more of a nuisance when drivers are not prepared to address them. Always keep a jack and spare tire in your car, even if the spare is a donut you can temporarily use to replace a flat tire until you make it to a filling station or automotive supply store. As an added safety measure, keep a fully stocked first aid kit in your vehicle in case you cut yourself

while changing the tire or need to address another medical situation. Visit www.redcross.org for a list of items to include in your automotive emergency kit. Keep a blanket in the trunk as well so your passengers can stay warm should you experience car trouble on a cold day or night.

- Make note of your surroundings. Some car troubles can only be fixed by the professionals, so pay careful attention to your surroundings in case an issue arises and forces you to pull over and call for help. Always pay attention to mile markers and any landmarks that might help you describe where you are. Car troubles can strike at any time and anywhere, so be sure to pay special attention to your surroundings when driving in unfamiliar areas.

- Pull over. Don't panic if an issue arises suddenly. Remain calm and pull over onto the shoulder. The right shoulder is the area for pulling over on most roads, but you may also use the left shoulder on multi-lane highways with medians. Try to get as far away from traffic as possible without driving off of level ground, and always use your signals when pulling onto the shoulder. If the vehicle can't make it to the median, put your emergency flashers on and

get out of the car, moving away from both the vehicle and traffic. Immediately call for emergency roadside assistance, alerting the authorities if need be.

- Use flares or triangles to alert other drivers. So long as you are not risking your well-being, you can place flares and/or warning triangles behind your vehicle so oncoming traffic knows to drive around it. The popular not-for-profit motor club AAA recommends placing the first flare or triangle 10 feet directly behind the side of the vehicle that is closest to the road. The second should be placed between 30 and 60 feet (increase the distances as the posted speed limit increases) behind the middle of the bumper, while the third flare or triangle should be placed between 120 and 360 feet behind the vehicle's right side.

- Stay with the vehicle. Once you have called for help and set up flares or triangles, stay with the vehicle, though do so at a safe enough distance so you are not in harm's way.

- Sudden car troubles can be scary, but drivers who approach such issues calmly and quickly can reduce their risk for accident or injury.

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ITEMS TO INCLUDE IN YOUR AUTOMOTIVE EMERGENCY KIT

Road trips can make for great weekend getaways or even more lengthy vacations for those who can't get enough of the open road. But before embarking on any road trips, motorists should replenish their automotive emergency kits with the following items so they are fully prepared in the event of an accident or an injury.

• **First-aid kit:** A first-aid kit can treat cuts and abrasions suffered while you are out of the car and even some minor injuries that may result if you are in a car accident. Include essential items like adhesive tape, antibiotic ointment, antiseptic wipes, aspirin, bandages, a cold compress, gauze, and scissors. Visit www.redcross.org for a

more extensive list of items to include in your first-aid kit, which should be kept in your car at all times.

• **Tools:** It's important to include tools in your automotive emergency kit. While a full toolbox might be unnecessary, bring along an adjustable wrench, a flat head and Phillips screwdriver, a pair of pliers, a tire jack and crow bar, an ice scraper, and a flashlight. Extra roadside flares and reflectors also should be packed should you need to pull over and address an automotive problem, such as a flat tire. Keep a tire pressure gauge in your glove compartment or with your other tools so you can check tire pressure if you feel your car is not operating as smoothly as it

normally does.

• **Fluids:** While it's best to check all of your vehicle's fluids before beginning a road trip, it does not hurt to bring along some extra fluids just in case you start to run low while out on the road. Fluids to pack include motor oil, antifreeze, brake fluid, and windshield washer fluid. Include a funnel with these items so you can easily pour them in should you be running low. Pack an empty spray bottle as well so you have something to spray washer fluid from if a problem arises with your wiper blades.

• **Wiper blades:** Include an extra set of wiper blades in your automotive emergency kit. Maintaining wiper blades is an oft-overlooked component of

vehicle maintenance, so bring along an extra set of blades should your existing blades succumb to wear and tear while you're on the road.

• **Miscellaneous items:** Some items that may not seem synonymous with road trips can come in handy should you find yourself in an emergency. Pack a blanket so you and your passengers can stay warm should your car break down at night. In addition, pack some energy bars and bottled water so no one gets too hungry or thirsty while waiting for help to arrive. It's also good to keep a pair of work gloves in your car so you can still use your tools or change a tire when the temperatures dip or your hands get sweaty on hot days.



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GREETINGS FROM THE ONOWAY LEGION

Submitted by Lorinda McCool

One of our members had a flying visitor last weekend in search of nectar. A hummingbird was hovering around looking for food but unfortunately the feeders were down. I like to leave our feeders with clean syrup up during September, even though our regulars are long gone, to give weary little travellers a welcome meal on their long journey from the north.

Tuesday Night Darts have been extremely popular since beginning again in September with last Tuesday being no exception. Thirty plus players including new players Doug and Glo Jahelks enjoyed the friendly competition, various snacks, popcorn and refreshments served by bar volunteer Liane. Many of the dart players also watched the big screen between throws and cheered as the Blue Jays won the Wildcard Game.

Wednesday Night Pool is also well attended and you do not need to be skilled or a legion member to participate in any of our sports nights or fun tournaments. Congratulations to Rick's team and Scott's team for representing the Onoway Legion at the District 8 Mixed Darts in Calmar on October 1st. Unfortunately neither team with be going forward to the next level but enjoyed the experience and hospitality at the Calmar Legion. Play downs will be held in Onoway on October 11th to rank our competing teams for the October 22nd Area "A" Legion Darts in St. Albert. Morinville will be hosting Area "A" Euchre on October 15th and Area "A" Senior Pairs Cribbage on October 30th. Please contact Sports Officer Neil at the number below ASAP if you are an Onoway Legion member and wish to enter into either tournament. The 2016-2017 Sports Calendar showing events and dates is posted on the Sports bulletin board.

Several Legion members took advan-

tage of the opportunity to participate in a True Colors training session held at the Onoway Legion on October 1st. This fun and informative session used colors to identify different personality traits to promote increased understanding and communication in a more harmonious and productive environment. Ric Moses did a great job of organizing the event which included Mavis Harder as the presenter, Jean Moses and Betty Rae her helpers, Bob Clark and Jay Krause providing the lunch and Louise Bambrick serving the refreshments. Thank you everyone for an interesting and enjoyable afternoon.

Pork cutlets proved to be a very popular meal choice at Friday Night's Supper on September 30th. Bob C., Jay K., Marcelle J., Cheryl W. and Pat St. H. were busy in the kitchen cooking and cleaning up after the successful supper while Scout Harvey brought in the dirty dishes and cleaned tables after our customers left. Laura Myers won the

free meal voucher, Phil Sutton the meat draw and Chere Myers the 50/50 draw. Thanks to the kitchen crew for the meal, Scott S. for the draws, Cheryl S. for keeping track of the winners and Louise B. for the bar service.

The October General Meeting was attended by 19 members with discussion and/or decisions on the following items: Scott Sadler organized the Maple Leaf Service for Comrade Warren Waddell and we will be having a memorial crib tournament in the new year; more new LED light fixtures have been installed in the hall; Bud Westerlund is still in the Royal Alex and is expected to require a long term care facility; first stage went to Onoway in the September 24th pool tournament; tickets for the Lest We Forget concert on November 6th are available now and silent auction items are being collected (we will donate two sets of two dinner tickets to the auction); the front entry design has been accepted and info packages will be available for tenders at 1 pm on October 12th at the branch; Remembrance Day plans include Karaoke by Marty Pritchard and a chili or stew supper; Clint Waddell will be doing a Friday night supper featuring recipes from his cookbook with partial proceeds from book sales going to the Legion; Louise Bambrick will be receiving a Lifetime Membership; Lou Hudon and Robert Ewart were accepted as new members; our target date for opening the bar on Saturdays will be 3 pm on October 15th and we are looking for fun/game ideas; OHTC will receive one set of two dinner tickets for their silent auction at the Legion on December 2nd; a \$500.00 bursary was awarded and Grey Cup Pool tickets will be available for sale very soon. Lots of news and further information on the above in future newsletters.

UPCOMING EVENTS:

- October 11 - Tuesday Night Darts - 6:45 pm to 7:15 pm registration
- October 12 - Wednesday Night Pool - 7:00 pm registration
- October 14 - Friday Night Supper - Heike Post's Oktoberfest co-sponsored by Allen Parr and Wade Neilson. Musical Entertainment provided by Helmuth Hansen, Ellen Carlson and Bill Heide
- October 15 - District Rally at the Stony Plain Legion
- October 16 - Fun Pool Tournament - 8:30 am registration

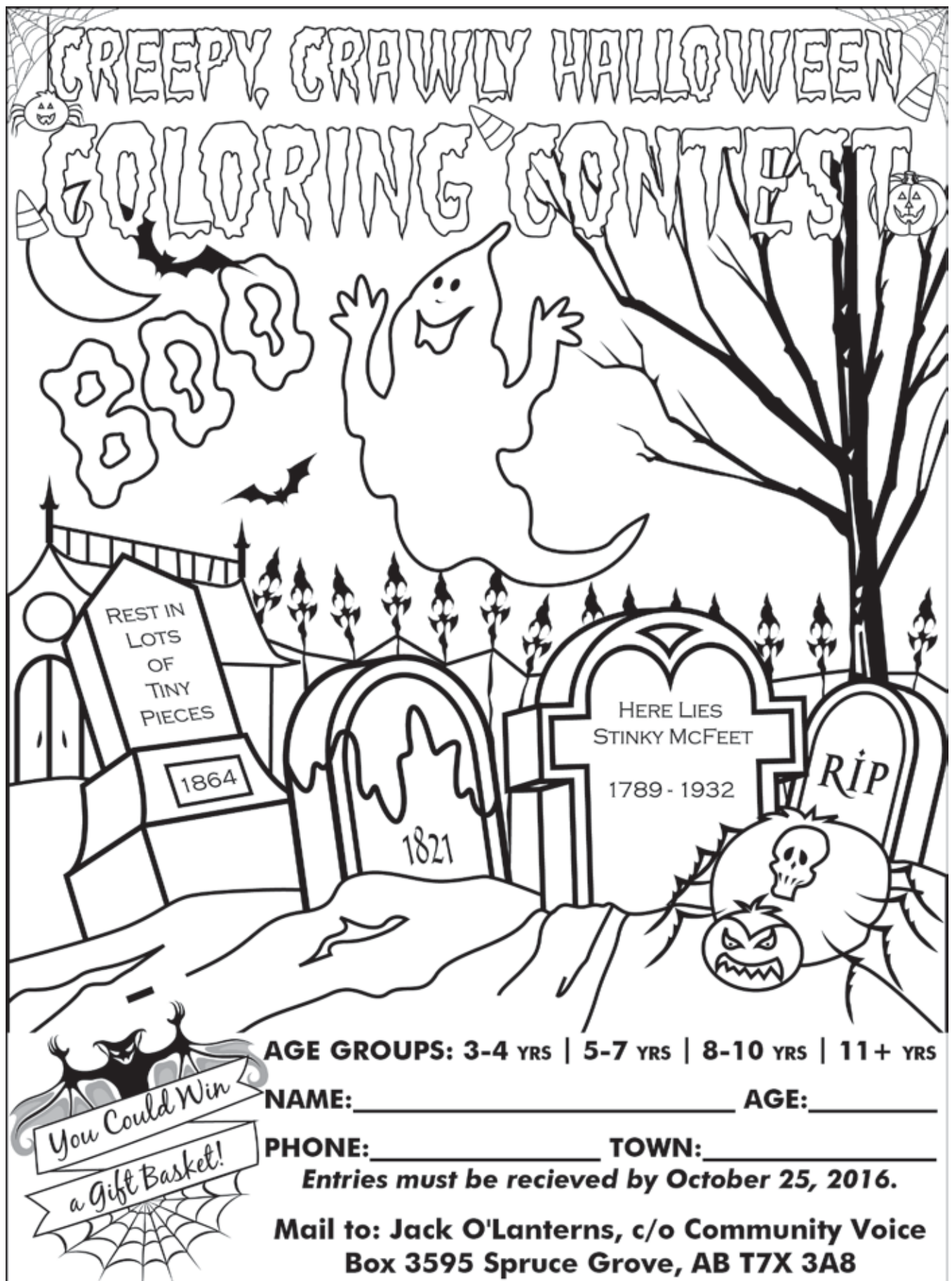
The Legion phone number is 780-967-5361. Please contact Ted Latimer @ 780-967-4980 for hall rentals, Bob Clark @ 780-967-3640 to reserve your plate for the Friday Night Supper, for meal inquiries/suggestions or to volunteer in the kitchen, Cheryl Sadler @ 780-967-4146 for membership, Neil Gorman @ 780-960-4160 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!

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Darwell Seniors, 892-2457

Genevis 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

In Memoriam

In Loving Memory of Ingi Steiner March 26th, 1943- Oct. 10th, 2007. This day is remembered and quietly kept, No words are needed, we shall never forget. For those we love don't go away, They walk beside us every day. Forever loved, Forever Missed, Forever Remembered. Carmen, Heidi, Craig, Joshua and Kirsten

In Loving Memory of Art Letendre March 1, 1928 - Oct. 29th, 1994 & Susie Letendre March 7, 1924 - Sept. 20, 1995. We hold you close within our hearts and there you will remain, To walk with us throughout our lives, Until we meet again. Forever Loved, Forever Missed, Forever Remembered. Craig, Heidi, Joshua and Kirsten

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Obituaries



KENNEDY, Johanna "Anne"
 On September 30, 2016, Mrs. Johanna "Anne" Kennedy of Mayerthorpe, AB, formerly of Sangudo, passed away at the age of 100 years.

Anne leaves to cherish her memory her children, Ben (Mary-Lynn), Jack (Sally), and Herman (Sheila); grandchildren, Gloria (Andrew) Wilson, Benjamin Olde-Heuvel, Ryan (Nancy) Olde-Heuvel, Neil (Emma) Olde-Heuvel, and Tara (Jeremy) Shand; great-grandchildren, Emily, Haley, and Thomas, Danika and Reid, Deegan and Kavanaugh; as well as many dear relatives and friends. Predeceased by grandson, Eric (1991); husbands, Herman Olde-Heuvel (1973) and John (2006); eight brothers and sisters.

Thank you to the staff at the Mayerthorpe Extencicare and Pleasant View Lodge for the many kindnesses shown to Anne and her family.

Funeral Mass was held Thursday, October 6 at 1:00 p.m. at St. Theresa's Catholic Church, 4919 - 51 Avenue, Sangudo, AB. Reverend J. M. Jaya Rajan SAC officiated with interment in Rochfort Bridge Cemetery. In lieu of other tributes, donations may be made to the Friends of the Mayerthorpe Public Library Society, P.O. Box 810, Mayerthorpe, AB T0E 1N0. Photos, memories and condolences may be shared through www.parkmemorial.com.

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Miscellaneous

Elvira Fridge, Stove, Microwave - gas & electric, 47" Console TV & Stand, Microwave Stand, Large Dog Crate, 5 Madatta Crocks, Old Dresser & Mirror,

Desk, Wooden Wood Box, Living Room Lamps, Mirror (28"x28"), Stereo Stand, Pictures, Maytag Washer & Dryer (brand new), Wooden Wheel Wagon, Tent (sleeps 8, 2 room), Treadmill (like new), Wishing Well, 4 Michelin Tires 235-60 R16 on Eagle Mags 70% Tread, Lino 10'x12' 23'x6', Blinds 10'x84', 4 Hancock Tires 225 50 R17's 60% tread. Many more items! Call 780-727-3664 or 780-514-0049 or 780-514-6573 Open to Offers

For Sale

Deep freeze Wood deluxe. 54" x 27" wide 34" high - \$100.00. Fish Finder, used twice - \$100.00. Call 780-967-4361

Electric Chair Lift - Excellent Condition. Asking \$350.00, Call 780-785-2454

For Rent

Alberta Beach Hotel Rooms for Rent. Newly upgraded, \$60 per night or \$650/month. For more info please contact Laurie @ 780-924-3005

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

Cabin For Rent. \$850 utilities included, Evansburg Area, Max 2 People. 780-239-0553

Office/Bay For Rent in Spruce Grove - partial or full bay. Call for more information 780-945-0604.

Live at Lake Wabamun, 3 bedrooms 1 bathroom, recently renovated, 1300sqft, N/S, N/P, References Required. \$1200/month + utilities, DD Same. Call or text 780-305-7077 or email: dismoole@hotmail.com

Real Estate



Two bedroom 45+ in Prima Villas on Fieldstone Dr / Spruce Grove. Sunroom faces 11th green at Links Golf. Call (780)233-0667

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

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](https://www.youtube.com/watch?v=9g1As1cBjGY)



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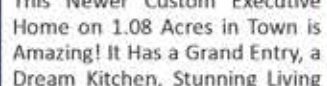
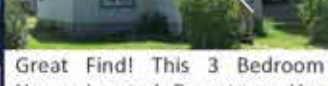

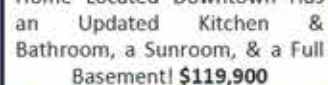


4922-50TH Ave. Evansburg, AB

780-727-2887

780-962-9696



 <p style="font-size: small; margin: 0;">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! \$358,900</p>	<p style="color: red; font-weight: bold; font-size: small; margin: 0;">NEW</p>  <p style="font-size: small; margin: 0;">This Newer Custom Executive Home on 1.08 Acres in Town is Amazing! It Has a Grand Entry, a Dream Kitchen, Stunning Living Room, 4 Huge Bedrooms, 2 Baths, Spa Like Ensuite, Large Family Room, & an Office. Included is a 1200 sq ft Shop With In Floor Heating, 3 pce Bath and a 12’ Door, Fenced Yard, Mature Trees, & Professional Landscaping! \$375,000!</p>	 <p style="font-size: small; margin: 0;">This Newly Updated Victorian Home Has a Bright Open Living Room, 2 Bedrooms, an Updated Kitchen, a New Bathroom, and a Loft. Extras Are New Shingles, Stucco, Paint, Windows, Fixtures, and Flooring! \$129,900</p>	 <p style="font-size: small; margin: 0;">Great Find! This 3 Bedroom Home Located Downtown Has an Updated Kitchen & Bathroom, a Sunroom, & a Full Basement! \$119,900</p>
<p style="color: red; font-weight: bold; font-size: small; margin: 0;">REDUCED</p>  <p style="font-size: small; margin: 0;">Located in The New Subdivision in Evansburg Complete With Walking/ Bike Trails is This Perfect Residential Lot To Build Your New Home On. \$28,500</p>	 <p style="font-size: small; margin: 0;">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 & 1 With a Double Shower, a Second Kitchen, a Double Attached Garage and More! \$339,000</p>	 <p style="font-size: small; margin: 0;">This Attractive 1217 sq ft Home Features a Huge Country Kitchen, a Bright Living Room, 3 Bedrooms, & 2 Baths. Extras Include a Newer Deck, Great Landscaping, a Garden Spot, 2 Sheds & Fenced Yard \$169,900</p>	 <p style="font-size: small; margin: 0;">5 Bedroom Home With a Full Basement on .49 acres Has a Large Kitchen, a Spacious Living Room, and a 4 pce Bath! \$73,000</p>
 <p style="font-size: small; margin: 0;">This Great 3 Bedroom Family Home on 13 Acres Has a Large Country Kitchen, a Bright & Open Living Room With a Fireplace, 3 Bedrooms, 2-4 pce Baths & a Huge Deck. Also There is a Gorgeous Yard and a Storage Shed! \$229,900</p>	 <p style="font-size: small; margin: 0;">Terrific Family Home With a Finished Basement on 4 Lots! This Home Has 3 Bedrooms, a Country Kitchen, a Huge & Bright Living Room, 2 Baths, a Large Rec Room & a Covered Deck. Extras Are a Double Car Garage, Fenced Yard, RV Parking, Paved Driveway, & a Greenhouse. \$199,900</p>	 <p style="font-size: small; margin: 0;">Country Charm at its Best! This Attractive 1517 sq ft Home Has 4 Bedrooms, Bright & Updated Kitchen, Dining Area With a Bay Window, Spacious Living Room, Huge Rec Room, 2 Baths, Cold Room & a Workshop. Extras are Double Car Garage With Power & Cement Pad, Rv Parking, and Parklike Setting. \$339,900</p>	<p style="color: red; font-weight: bold; font-size: small; margin: 0;">REDUCED</p>  <p style="font-size: small; margin: 0;">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 & a Double Garage With Power! \$199,900</p>
 <p style="font-size: small; margin: 0;">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! \$279,900</p>	 <p style="font-size: small; margin: 0;">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! \$235,500</p>	 <p style="font-size: small; margin: 0;">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! \$359,900</p>	 <p style="font-size: small; margin: 0;">Great 1270 Sq Ft Family Home! This Home Has a Bright & Attractive Country Kitchen, Huge Living Room, 3 Spacious Bedrooms, 2 Baths, Large Rec Room, & a Covered Sun Deck With Built in Seating. Included is a Double Car Garage & Nicely Landscaped Yard. \$209,900</p>
 <p style="font-size: small; margin: 0;">This Totally Upgraded 4 Bdrm Home Sits on a Fenced Double Lot. Features Include a Spacious Living Room With Hardwood Floors & a Fireplace, a Bright & Open Kitchen With Custom Cabinets, a Separate Dining Area, 3 New Baths, a Lrg Family Room & a Fully Finished Basement. Included is a Double Detached Garage With Power & In-floor Heating! \$269,900</p>			

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
 1st & 3rd 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	SAUNDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	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).

OCT - PARKLAND POTTERS CROOKED POT GALLERY: HAUNTED BY THE PAST. Functional pottery with layers of historical design by Jeannette Wright. 4912-51 Ave., Stony Plain.

OCT 22 - CRIB TOURNAMENT at Rich Valley Community Hall. Registration @ 10am, Play @ 11am. Lunch included. \$20/each or \$40/team. For more info call 967-5710.

NOV 5 - THE STONY PLAIN WOMEN'S INSTITUTE: COTTAGE CRAFTERS SALE, 10-3pm at the Stony Plain United Church, 5012-51Ave. Over 30 crafters, baking table, Prizes. Light lunch available, coffee is free. Admission is \$2.

NOV 14 - ORIENT FAMILY RESTAURANT: "LUNCHEON for LIGHT UP YOUR LIFE", 11:00am - 2:30pm. 4305 South Park Drive in STONY PLAIN (By Movie World), Phone: 963-8277.

NOV 19 - 3RD ANNUAL CHARITY VARIETY SHOW, 7pm at the Pioneer Centre, Spruce Grove. Admission: By Donation Only at the Door. For Info Call: Amanda at 780-236-3480.

NOV 23 - LIGHT UP YOUR LIFE SILENT AUCTION, 12:00 - 7:00 P.M. at Westview Health Centre, Stony Plain. Over 200 Items. Everyone Welcome

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. 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, Looonie #1 & #2.

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

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. Looonie 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 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 DRONS

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

Stony Plain Royal Canadian Legion Br# 256: Every Saturday @ 3pm. Meat Draw & 50/50.

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 780-963-1782.

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 for location or call 780-674-3314 or 780-674-4663

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 (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. For info call Eunice @ 780-618-7865.

ONOWAY GOLDEN CLUB: Cards Tuesdays, 1:00PM. Exercise Fridays, 10:00AM. 1st Tuesday: Pot Luck Supper, Last Friday: Soup & Sandwich. 5023 49 Ave. 780-967-3436.

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 960 - 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 Loraine 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

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

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.

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 2nd Tues 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 780-297-1892.

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 1st Wed. Info 785-4144 or 721-6188.

GREENCOURT COMMUNITY ASSOCIATION meet 2nd Tuesday, monthly at 7:30pm at the hall. Info W. Jager (780) 786-4648.

KINETTE CLUB OF MAYERTHORPE, 7:30pm at Kinsmen Hall, 1st Tues of each month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.

LAC STE ANNE ARMY CADETS, Thurs, 6:30-9:30 at Onoway Museum (780) 967-0443

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

MAYERTHORPE HOSPITAL AUXILIARY ASSOC, every 4th Mon, 5pm in Hospital 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, 1st 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.

RICH VALLEY AG SOCIETY BOARD MEETINGS: at the Agriplex on the 2nd Wed 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 & 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 6-6:45. 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.

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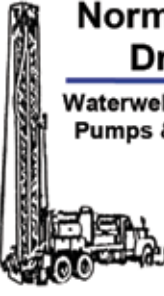
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