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December 6, 2016

# FATAL COLLISION WITH FIRE TANKER TRUCK

## Submitted by Whitecourt RCMP

Whitecourt, Alberta – At approximately 6:00 a.m., Whitecourt RCMP responded to a two vehicle collision at the intersection of Dahl Drive and Highway 43 in Whitecourt. The collision involved a Whitecourt Municipal Fire Rescue Tanker and a SUV.

The Fire Rescue Tanker was responding to a structure fire and a collision occurred at the intersection with the SUV. Preliminary witness reports indicated the Tanker's emergency equipment were activated at the time of the collision.

A lone female occupant of the SUV was pronounced deceased at the scene. The two occupants of the Fire Rescue Tanker were not injured during the incident.

Members along with an RCMP Collision Analyst are still investigating the collision scene. Traffic is currently being re-routed at the intersection as the investigation is expected to take several hours for completion.

The name of the deceased will not be released.

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## ONOWAY SANTA'S HELPERS BACK TO WORK

## Submitted by Holly Durand

For over 25 years the Santa's Helpers in the Onoway area have been making Christmas a little bit brighter for children in our community. Working in conjunction with Onoway Food Bank to help approximately 100 children every year.

This program is truly one of Onoway's quiet but far-reaching victories; practically everyone helping out in some way. Many generous citizens donate money and gifts. Almost every business in Onoway participates by allocating space for our donation boxes and/or coin boxes. Several business' provide us with useful items. Our local Dentist, Dr.

Laura Onischuk always supplies a toothbrush for every child.

Donation boxes are now located in several business in Onoway, please remember there are children in your community that may be in need. Let your children get involved with this special project, take them with you shopping and explain how the program works. Let your child place the gift in the drop off boxes at your local business and let this experience warm your families heart by giving. If we all work together we can make Christmas a little brighter for many children in this community.

Donation and coin boxes will be in the community until the afternoon of Monday, December 19th, 2016. Items to consider this year can be mitts, hats, personal hygiene items, toys, games, books, gift cards, movie passes, and sleds. Always keep in mind we have children from babies to 18 years of age.

If you know of a family that is in need this year contact Rick Foster at The Onoway Baptist Church 780-967-2266. If you have inquires about Santa's Helpers call Holly at 780-967-3623. Thank you so much to this amazing community for your support with this group in the past years, this present year, and for future years ahead. Merry Christmas from all of us "Elves" at Santa's Helpers!





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

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# DECEMBER NEWS FROM THE RICH VALLEY PUBLIC LIBRARY

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

The Rich Valley Public Library wishes you a Happy Holiday and a safe New Year and we will be open our regular hours during the holiday season. We are also having a draw for a Christmas basket filled with wonderful goodies including a \$50.00 Coop gift card for your turkey. Come and visit the library and take out any item whether it is a movie, audiobook, books etc. and vour name will be entered into the draw. This draw is for our adult patrons. For our younger patrons we are having

a weekly scavenger hunt to try and win a \$10.00 Chapter's gift card. Stop in to see what picture you have to find in a book. These draws will take place on December 16.

This month we are offering the following programs:

Story time is every Wednesday from 11:00 am -11:45 pm. Bring out your little ones ages 0-5 for some fun, stories and activities. Every third Wednesday of the month we will alternate between Tents and Tunnels, Lego Building and Play Doh Fun. There will be no Story time on December 28, 2016 or January 04, 2017. Story time will resume on January 11, 2017.

Zumba is back at the library! Come engage in a fun, no stress workout filled with music and dancing. Zumba runs every Monday from 7:00 to 8:00 pm. The dates for Zumba are December 5 and December 12. The cost is \$12 per class. Zumba will resume on January 9, 2017.

Yoga with Melissa is every Tuesday from 6:30 pm to 7:30 pm. The dates for Yoga are December 6, December 13, December 20, January 3 and January 10. The cost is \$60 for 6 classes or \$12 drop in fee. Yoga is a great way to stay in shape and stay balanced for life.

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

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.







Learn about the many ways the Ag. Society contributes to YOUR community, and how you can get involved.

Please join the Alberta Beach & District Agricultural Society on

Thursday, December 8, 2016 at 7 p.m. for the Annual General Meeting.

Regular meeting to follow.

For more information, call 780-913-5595 or email kitykatsrule@msn.com



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# JORGE OF THE WEEK

One Christmas, Joe and Peter built a skating rink in the middle of a field. A shepherd leading his flock decided to take a shortcut across the rink. The sheep, however, were afraid of the ice and wouldn't cross it. Desperate, the shepherd began tugging them to the other side.

'Look at that, 'remarked Peter to Joe, 'That guy is trying to pull the wool over our ice!'

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# WEEKS BEFORE CHRISTMAS...

Submitted by Mark Harvey, Solutions Repair & Maintenance "Handyman Service" 780-892-3060; Solutions.repair@xplornet.com

'Twas just weeks before Christmas and all through the County,

Not an officer was spotted, not even a Mountie.

This isn't quite true as what I saw next

Was a car that was stopped and the driver had text.

What happened there after, I couldn't quite tell
But the driver was angry and

started to yell.

The words were not pleasant

and gestures were made

The officer was courteous, his nerves were not frayed.

After all was completed and ticket was given

The driver gets going, the car nicely driven.

We see one, then another A sister, friend or brother

Who call or text while driving the road

And yes, I've been guilty of while knowing the code.

This short little rhyme is here for a reason

We hope you be safe this holiday season.

Don't drink and drive or text or phone

Just wait a while and see how you've grown.

Be safe and happy and full of good cheer,

And know that "ALL's WELL", we'll see you next year.

WELL", we'll see you next year. My last passing thought is to hope you refrain

While hoping the message will stick in the brain

May the season be cheerful with memories galore

Merry Christmas, my friend, and many, many more.

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# TASTY GATHERINGS DINNER AND WELLNESS CLUB'S GLUTEN-FREE HOLIDAY ENTERTAINING CLASS

### Submitted by Dolores Fletcher

Last month's vegan sushi class was a lip-smacking, sold out success – but if you missed it or couldn't get in because registration was full, you have a chance to be at the next Tasty Gatherings event.

This month's cooking class takes place on Tuesday December 13 at 6:00 pm. The theme is vegan gluten-free holiday entertaining, and participants will discover interesting techniques for making delicious gluten-free entrées, snacks and dessert.

While not everyone needs to go gluten free (it's important for those formally diagnosed with celiac disease) many people are going against the grain(s) and as a result, are feeling healthier and more energetic.

It's important to eat a rich diversity of whole and natural foods and not just replace grains with sugary or refined carbheavy substitutes. While many have had success by going gluten free, that success hinges on knowing how to plan a variety of nutritious meals.

Tasty Gatherings December 13 class will give participants several healthy vegan recipes that everyone, gluten free or not, will love. These recipes are sure to become weekly menu staples.

Get ready to meet some great people and add tasty gluten free recipes to your meal plans.

We also want to thank Homegrown Foods, Stony Plain's organic health food store, for donating two wonderful door



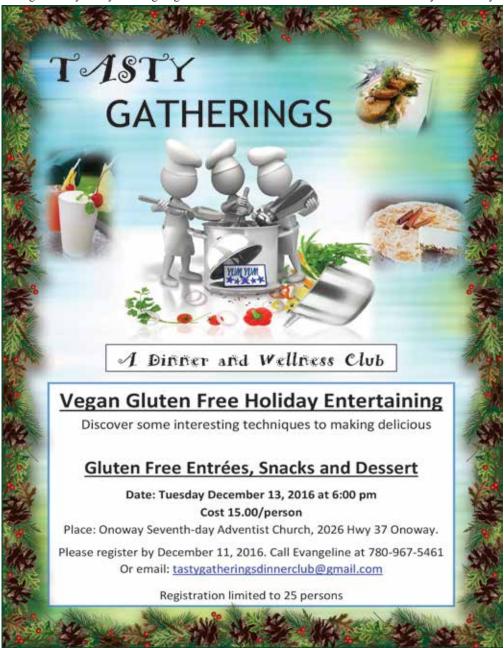
prizes for our vegan sushi class last month. They donated lovely gift basket items and a gift certificate. Thank you Homegrown Foods! You are awesome and the gifts were well received.

Tasty Gatherings is a monthly dinner and wellness club. Each month features different approaches to achieving and maintaining a healthy lifestyle. Along with the food demonstrations and hands-on experience, from time to time we will bring in guest speakers and other health professionals. Tasty Gatherings is a great place to make new friends. Come on out and be part of our monthly get togethers.

For more information or to register for this class, call Evangeline at 780-967-5461 or email

tastygatheringsdinnerclub@gmail.com by December 11. Registration is limited to 25, so please book early to secure a spot. Cost is 15.00 per person (to cover the cost of food)

Tasty Gatherings Dinner and Wellness Club meets and is sponsored by the Onoway Seventh-day Adventist Church, located at 2026 Hwy 37 Onoway.



## PARLIAMENT UPDATE

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

Week of November 21, 2016

This week in Parliament, we discussed trade, hate crimes, palliative care, and the boundaries of national parks.

The following was debated in the House:

- Bill C-18 An Act to amend the Rouge National Urban Park Act, the Parks Canada Agency Act and the Canada National Parks Act (Second Reading)
- Bill C-25 An Act to amend the Canada Business Corporations Act, the Canada Cooperatives Act, the Canada Not-for –profit Corporations

Act, and the Competition Act (Second Reading)

- Bill C-30 Canada-European Union Comprehensive Economic and Trade Agreement Implementation Act (Second Reading)
- Bill C-274 An Act to amend the Income Tax Act (transfer of small business or family farm or fishing corporation) (Second Reading)
- Bill C-277 Framework on Palliative Care in Canada Act (Second Reading)
- Bill C-305 An Act to amend the Criminal Code (mischief) (Second Reading)
- Motion No. 69 Water quality
- Motion No. 73 German Heritage Month

I had the opportunity to put forward a question during debate on Bill C-18 on November 24.

My question can be found on page 11 at: http://www.parl.gc.ca/content/hoc/House/421/Debates/114/HAN114-E.PDF

On November 25th I asked another question during debate on Bill C-18 and later during question period, I queried the Government on Softwood Lumber. The first question on C-18 can be found on page 8 and the latter question on page 17 at: http://www.parl.gc.ca/content/hoc/House/421/Debates/115/HAN115-E.PDF

In the Standing Committee on Environment and Sustainable Development (ENVI), we continued to review The Canadian Environmental Protection Act, 1999. We also discussed federal protected areas and conservation objectives. For more information on these meetings, visit: www.parl.gc.ca/Committees/en/ENVI

This week, I attended 15 meetings and two events. My next update will be on the happenings of Parliament as it continues to sit next week.

Week of November 28, 2016

This week in Parliament, we discussed the Prime Minister's controversial statement on the passing of Fidel Castro, the proper disposal of lamps containing mercury, aquaculture, and the Canada Pension Plan.

The following was debated in the

- Bill C-26 An Act to amend the Canada Pension Plan, the Canada Pension Plan Investment Board Act and the Income Tax Act (Report Stage)
- Bill C-29 A second Act to implement certain provisions of the budget tabled in Parliament on March 22, 2016 and other measures (Report Stage)
- Bill C-238 National Strategy for Safe Disposal of Lamps Containing Mercury Act (Report Stage)
- Bill C-245 Poverty Reduction Act (Second Reading)
- Bill S-211 National Sickle Cell Awareness Day Act (Second Reading)
- Bill S-217 An Act to amend the Criminal Code (detention in custody) (Second Reading)
- Bill S-228 An Act to amend the Fisheries Act (closed containment aquaculture) (Second Reading)
  - Opposition Day Motion Cuba
- Report of the Standing Committee on Justice and Human Rights in relation to proposed Bill C-242, An Act to amend the Criminal Code (inflicting torture).

On Monday, I had the opportunity to speak on Bill C-238, and, on Tuesday, I asked a question during debate on Bill C-26. You can read my comments and question on the corresponding day's Hansard at: http://www.parl.gc.ca/HouseChamberBusiness/ChamberHome.aspx

In the Standing Committee on Environment and Sustainable Development (ENVI), we continued to review The Canadian Environmental Protection Act, 1999. For more information on these meetings, visit: www.parl.gc.ca/Committees/en/ENVI

This week, I attended 12 meetings and six events. I will be back in Alberta over the weekend to attend an event in the riding, returning to Ottawa on December 4th. My next update will be on the happenings of Parliament as it continues to sit next week.



# Results show growth and achievement in key areas

"Student success and achievement are at the core of what we do as a school division and we are pleased that results show continued success and promising growth in a number of areas. Students are achieving strong diploma results across high school courses and results for our First Nations Métis Inuit learners exceed the provincial average in all but two areas."

- NGPS Superintendent Kevin Andrea

NGPS uses Provincial Achievement Test and Diploma Exam results, in addition to our Grade 3 Student Learning Assessments (SLAs), other diagnostic assessments and teachers' professional judgement, at the school and jurisdiction levels, to monitor and improve student learning. We invite parents to read our Moving Forward - Three Year Education Plan 2016-19, online, to learn more about our goals, strategies and outcomes for students in a jurisdiction where all learners are supported with the opportunities, resources and instruction they need to be successful.

To view our complete provincial results and learn more about how we support student success, please visit our website at ngps.ca.

- High school students attending NGPS schools outperformed the province in Diploma results at the acceptable standard.
- Grade 6 students exceeded provincial results in Science and are on par with the province in English Language Arts and Math.
- First Nations Métis Inuit students in Grades 6 and 9 outperformed the provincial First Nations Métis Inuit average in nearly every subject, significantly so in Math and Science, and are on par with the province in meeting the Standard of Excellence.

Provincial Achievement Test Highlights

Diploma Examination Highlights

- NGPS students exceeded the provincial average at the acceptable standard in Social Studies 30-1, 30-2 and Biology 30.
- Students are on par with the province in the Standard of Excellence in Social 30-2.
- First Nations Métis Inuit students outperformed the provincial First Nations Métis Inuit average in all subjects except Math and proved significantly above the provincial average in English 30-1 and Social 30-1. They also achieved a higher rate of excellence in Social 30-1.
- 5,042 Students
- 305 Teachers
- 187 School-based Support Staff
- 16 Schools
- 4 Hutterite Colony Schools
- 9 Communities



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# WHITECOURT PRESENTED FINDINGS OF 2016 WASTEWATER TREATMENT PLANT STUDY

#### **Submitted by Tara Gallant**

Stantec has completed Whitecourt's 2016 Master Business Plan and Odour Mitigation Report, and a presentation was made on its findings to Town Council at the November 28 Regular Meeting.

Stantec was contracted in April 2016 to complete a technical review that included:

- A review of the plant's original design in relation to how it is currently performing/operating.
- A review of the generation of

sludge and what can be done to minimize it.

- A review of how the facility handles gravel and other inert materials.
- Recommendation on changes to the plant that can increase capacity and address odour concerns.

Throughout the study period, a number of consultation initiatives launched to help not only track odour trends in the east valley area, but to also educate residents on the facility. An open house, facility tour and "Odour Tracking Diaries" were all part of the public consultation process, and information gained through these initiatives were considered by Stantec during the study.

During the presentation, representatives from Stantec outlined the activities and changes made at the facility over the last several months that have positively impacted operations. Items included:

- the discontinuation of septage from outside the community;
- the addition of chemicals and a water cap to mitigate odours from

the sludge storage cells; and

• development of a "green belt" surrounding the storage cells that will in the long term act as a buffer to neighbouring developments.

In addition, the Town is drafting a new utilities bylaw that will provide an enhanced framework to manage operations and will include enforcement measures to control what is being processed at the facility.

"I'm pleased with the work our utilities department has done throughout this year, specifically throughout the summer, to help mitigate odours and nuisances from the facility in the east valley area, " noted Whitecourt Mayor Maryann Chichak. "Through tracking complaints from last year to this year, we noticed a significant decrease in negative comments regarding odours from the plant. Having the statistics and feedback from residents to reference confirmed that we are on the right track, and we will build on this year's success in the future."

Stantec has concluded that the current facility meets compliance requirements and current needs; however, capital enhancements and investments would enhance the plant's performance and capacity issues into the future. It was noted that the root cause of nuisance odours from the facility was from excessive amounts of inert material (sand, gravel, nonbiodegradable materials) being pushed through the treatment process and stored in the sludge storage cells. Stantec recommended a number of short and long term projects, valued at \$8.2 million, that could be undertaken in the next 2-10 years that would assist with removing excess inert solids, thereby enhancing operations and mitigating

"Stantec's presentation was extremely informative," added Mayor Chichak. "The presentation, and subsequent report, will provide Council with the details we require to identify our next steps, and plan and budget for the future."

Council will be reviewing the report, and discussing the recommendations at the January 2017 Planning Session.



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#### Testimonials

"Thank you for working on my horses at the CBHI 2016. They all benefited and were feeling great. The treatment I had myself was so amazing and beneficial. I was experiencing vertigo and feeling nauseous within a half an hour I was feeling so much better and my weekend was great. I did not feel tried and felt very energized. I did have a headache for a short time, a little ache in my shoulder area but that all was very short lived and did not interfere with my day. I really liked my treatment and as a massage therapist would highly recommend this treatment. Thank you Shirley." -Tanya Likes

"I have had BRUTAL sciatica and neck pain for years....chiropractic manages it for brief periods of time....I had one hour long treatment by Shirley Mazeppa and can honestly say I had no pain for weeks after!!! Improved my mood and allowed me to have day to day tasks not be painful let alone ride!!!! SOOOOOOOOOOOOOOOOOlooking forward to my next treatment!!!!" -Jody Poulin

"I am in disbelief, Shirley Mazeppa brought her PEMF machine to Thorsby where I was competing in a horse event. I have arthritis in both my knees and I was really feeing the hurting today. Shirley hooked me up for 40 minutes on Saturday afternoon, it's now Monday evening and I am still PAIN FREE, my knees feel great. I "Il be making a trip to Shirley's next time I start feeling that pain, I won't try to handle it again. Thanks so much Shirley" -Debra Rowney



"I feel Pulsed Electromagnetic Therapy may be one of the Greatest Discoveries in the History of Medicine."

 Dr. David Williams, Alternatives for the Health Conscious Individual (March 2004)

## RCMP BEATS

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

Occurrences for the week of 21 November to 27 November, 2016.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 476

Total Calls for Service for the Victim Service Unit: 27

Individuals Charged (all offences not including Impaired): 21

Person Crimes: 49

Property Crimes: 57

Impaired Driving Complaints reported: 17

Impaired Driving Charges Laid: 5

Roadside Suspensions: 1

Motor Vehicle Collisions Attended: 46

Property Crimes:

Spruce Grove

- 1. November 24 Area of Hilldowns Drive – Break and Enter to Residence, TV and safe stolen
- 2. November 25 Area of Westglen Crescent Theft from Vehicle, iPod, wallet and cash stolen
- 3. November 26 Area of Calahoo Road and Grove Drive Theft from Vehicle, backpack and wallet stolen
- 4. November 27 Area of Weston Drive Christmas lawn decorations stolen
- 5. November 27 Area of Longview Drive Break and Enter to Garage, keys stolen

Stony Plain

- 6. November 23 Area of Westerra Link – Theft from Vehicle, radar detector and cash stolen
- 7. November 25 Area of South Park Drive Theft of Vehicle,

KEEPING YOU AND YOUR COMMUNITY INFORMED! 1994 blue GMC Sierra Rural

- 8. November 22 Area of Lac Ste Anne Trail, Gunn – Theft of Vehicle, 2005 blue Chevrolet Uplander
- 9. November 25 Area of Township Road 544 and Range Road 13 Theft of Snowmobiles, 2001 blue Yamaha SRX-700, and 1998 blue Yamaha SRX
- 10. November 25 Area of Township Road 530 and Hwy 60 Theft of Vehicle, 2003 black Ford

F350

11. November 25 – Area of Arena Road, Enoch – Theft from Vehicle, cash stolen

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Never leave your vehicle running and unattended, even for a "quick minute." If you are warming your vehicle in the morning, have a remote start installed, or at a minimum, have a spare key and lock your vehicle doors.

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)

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Influenza immunization is offered, free of charge, to all Albertans six months of age and older.

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DATE:	TIME:	LOCATION:		
Monday, December 12 Thursday, December 22 Friday, December 30	9 a.m 12 p.m.	Onoway Community Health Services 4919 Lac Ste An Trail, <b>Onoway</b>		
Tuesday, December 13*	1 p.m 2:30 p.m.	Mayerthorpe Community Health Services, 4417 45 Street, Mayerthorpe *Appointment required. Call 780-786-2488 to book.		

Please bring Alberta Health Care Card. Short sleeves recommended.

Influenza Immunization: Cut Albertans' risk for influenza in half last season.

ahs.ca/influenza | Call 811





## **GREETINGS FROM THE ONOWAY LEGION**

Submitted by Lorinda Mc-Cool

We enjoyed a welcome sight on the weekend as a large and colorful flock of Evening Grosbeaks arrived at the feeders to enjoy a meal of sunflower seeds. According to information in "Birds of Alberta", this glorious snowbird's bill can exert an incredible force per unit area - it might be the most powerful of any North American bird.

The lucky winners of the Grey Cup pool tickets were: First Quarter - Shari Ives, Second Quarter -Stan Easton, Third Quarter - Lisa

Johnson and the Final – Art Noble. Congratulations to everyone and we look forward to selling tickets again next year.

Fourteen players competed in the fun 8-Ball Pool Tournament on November 26 with Keith Carson winning first place, Rick Arndt second place and Karl Wichowski third place. Thanks to Bob Clark and Lisa Johnson for serving the delicious breakfast and lunch sandwiches. Lynne Tonita made sure to greet everyone with a smiling face and looked after their beverage selections. Some hungry nonpool players also enjoyed the lunch

while watching the action and engaging in lively conversation.

The Lac Ste. Anne Community Choir performed after the Roast Turkey Supper on November 25th and did a wonderful job of ushering in the Christmas season with their "Sounds of Christmas" program. Thanks to Atco, some of the meal costs were covered by their donation and our customers were treated to the Atco Blue Flame Holiday Collection cookbook. The Legion was filled to capacity with choir members and Friday night diners feasting on the meal prepared by Bob C., Marcelle J., Lynn

R., Lynne T., Pat St. H., Mary R. and with a rare appearance by turkey carver Ron Watson. We were very grateful to see Scouts Harvey K., Sam M. and Jack M. show up and do a terrific job of clearing the tables after the choir ate and again after the regular diners had their meals. Kyle H. and Kristina H. rounded out the volunteer pool and were kept very busy in the kitchen with the dishes and clean-up. Thanks to Cheryl S. and Lisa Johnson for pitching in after the concert to clear the remaining tables. Congratulations to Dick Smith for winning the free meal voucher, Liz Benning the meat draw and regular customer Leroy Coley the 50/50 draw. The reservation system is working pretty well but please speak slowly and clearly when leaving your phone number for a call back confirmation. Reserve early in the week to ensure your plate as the meals have sometimes been sold out by the Wednesday prior to the Friday Night Supper.

Raffle tickets for the signed Edmonton Eskimo history book are still available at the Legion and will be sold until the draw after the final 2016 meal on December 16th.

UPCOMING EVENTS:

December 6 - Tuesday Night Drop-In Darts - Registration from 6:45 to 7:15 pm. Play @ 7:30 pm

December 7 - Wednesday Night Drop-In Pool - Registration @ 7:00. Play @ 7:30

December 9 - Friday Night Supper – Swiss Steak

December 13 - Tuesday Night Drop-In Darts

December 14 - Wednesday Night Drop-In Pool

December 16 - Friday Night Supper - Final meal for 2016. First Supper in 2017 – January 6th.

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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"We're recommended the MOST as the company that knows the MOST'



Authorized Dealers Bulova, Citizen, Bering, Caravelle, Accutron Try Your Discount
5-50% off Until Dec. 24<sup>TH</sup>
except Bradford Exchange
and Grandfather Clocks

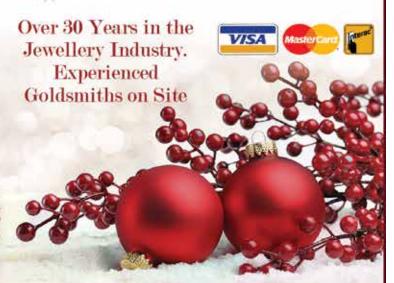
We do Engraving!



780-960-4200 #102 McLeod Ave (next to Something Else Restaurant), SPRUCE GROVE

**Holiday Hours** 

Mon - Fri 9:00am - 6:30pm Thursday Late Night Shopping Sat 10:00am - 5:00pm www.allpreciousjewellers.ca



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# FREE LOCAL CLASSIFIED ADS

Real Estate, Rentals, Vehicles, Pets, Jobs, Service Directory, Buy/Sell/Trade, Lawn & Garden, Garage Sales, Events, Local Places & Much More... Advertise for FREE Today!



Follow Uls















# Lose up to 5 lbs or more in just 3 days!! Yes It Really Works!!

"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



Miracle Weight Loss Capsule and Business Opportunity New to Canada

100% Natural Call now for a sample!

Call 780-907-8642

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# Classified Ads - Call 962-9228

#### **Classified Policy**

CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. 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@com-voice.com,

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

#### **Hall Rentals**

Alberta Beach Agliplex, Susan 780-996-2960.

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

Bright Bank Hall, 780-963-6835

Cherhill Legion, Mary 780-284-1703.

Cherhill Community, Taryn 305-9022

Darwell Hall, 780-721-2690

Darwell Seniors, 892-2457

Glenevis Hall, 785-4144 or 721-6188

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

Hathersage Community Centre, Noreen at 786-2946

Lake Isle Hall, 892-2998.

Magnolia Hall, 727-2015

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

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Onoway Community Hall, 967-4749.

Onoway Legion, 967-4980

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

Park Court Community Hall, 727-4476

Parkland Village, 960-5556

Ravine Community Hall, 325-2240

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

Rosenthal Community Hall, 963-

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 785-3221 or 785-3118

Stettin Nakumun Comm. Hall, 967-9198

#### Business Opportunities

JOIN THE GOLD CANYON TEAM! 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

#### Services

Experienced and reliable cleaning lady with references available. Call Margie 780-924-2229





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#### Classified Ads -Call 962-9228

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

#### Dog Caretaker

Alberta Beach & Surrounding Areas, thinking of a winter getaway? Worried about leaving your dog in a kennel? Don't worry anymore, you can leave your pet with me! There's a wrap around deck & court yard! I'll provide tending love & care, with walks every day. Best of all, I'm cheaper than a kennel! Also daily drop in's or over night stays welcome. If interested call 780-920-4166

#### **Firewood**

His Helping Hands Firewood - Poplar for sale, \$200/cord + delivery. All profits go to charity. 780-218-4177

Firewood For Sale: Birch, Spruce & Poplar. Dry & Split, No Delivery. Call 780-967-5179

Firewood For Sale: Birch, Spruce, Pine, Poplar. 1 year old, well seasoned, cords and 1/2 cords, 1.0, 1.5 cft bundles. Pick up or Delivery. Woodchuck Firewood, 780-288-7247 email: woodchuckwood@hotmail.ca

#### **Computers**

FREE Computer Checkup -Repairs not over \$50. Get or Trade in Laptops or Desktops from \$50. Lap Screens Repair. 780-892-4993

HELPING OUT SINGLE PARENTS
- FREE Computer repairs or
Computers for Single Parents
and their Children as available.
Donations Wanted of Laptops,
Tablets, Smart Phones (will
erase, clear data, fix or for parts)

CALL CHUCK FOR YOUR MARKET EVALUATION!

Call Chuck 788-898-1613

Call Chuck 780-898-1613

Call Chuck 780-898-1613

Call Chuck 780-898-1613

# Classified Ads - Call 962-9228

to be donated absolutely Free. 780-892-4993

#### **Vehicles**

2004 Ford Explorer Limited. 235,000 KM. 4.6 V8 Fully Loaded. DVD player, Sunroof, Power lock windows, seats 7, good tires, white exterior, black interior. Asking \$5,000 OBO. Call 780-967-0200

#### Miscellaneous

Poplar Firewood \$150/half cord, free delivery close to me if prepaid. ALSO, 4x10 Deck Utility Trailer, 4ft Box on Utility Trailer \$1300. Call Steven 780-967-2779.

For Sale - 1975 Allis Chalmers 7060 Tractor (including loader, bucket & bale fork), New Holland 357 Mix Mill, Seed Drill 12ft, Disk 10-12ft, Vesatile 10ft Self Propel Hydraulic 400 Swather. Call 780-892-2815

#### For Sale

BRAND NEW Genuine Leather Cowboy Boots, Made in USA -Brown, Size 8 1/2 D. Asking \$80. 780-907-8642

#### **For Rent**

House in Wabamun. View of lake, marina. 2 bedrooms + laundry up, 2 bedrooms + den down. Garage, pets, utilities, are negotiable. Mobility aids included for seniors or handicapped. Base rent with 6 month lease is \$1,000. Call/text 1-587-966-2115. dojoer@gmail.com

Lake View Apartment for Rent in Alberta Beach, 2 bedroom, 2 bathrooms, 6 appliances, spacious layout, \$1250/month + DD same + utilities. Call 780-995-2231

Small 2 Bedroom House for Rent in Gunn, \$1150/month + DD, utilities included. Call Shane 780-221-8306

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. lvka 780-807-1300 or jakovljevicivka@yahoo.

Cabin for Rent, \$850/month, Max. 2 people. Utilities all included, Low DD. Call 780-239-0553

Monthly Rooms for Rent in Wildwood. We offer monthly rooms at affordable prices. Located one hour west of Edmonton on the Yellowhead Highway. Free wi-fi, no utilities and free parking. Restaurant, Bar, VLT's, Laundromat and liquor store located on site. Friendly award winning staff. For more information, call (780) 325-2000.

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

#### **Real Estate**

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



Beautiful well maintained 1040 sq. ft. 3 Bdrm. bi-level home located in Spruce Grove for sale for \$354,900. For full listing and pictures visit www.comfree. com/719763. Call 780-239-7941



NEW

Scenic 98+ Acres With a Creek, Close To Town, Right Off Pavement, Oil Revenue. Great Building Sites! \$146,500



158+ Acres With a Lake View and Next to Crown Land Has a Great Family Home With an Open Floor Plan, a Large Country Kitchen, a Spacious Living Room, a Huge Rec Room, 3 Bedrooms & 2 Baths. Extras Are a Large Shop, 4 Outbuildings, Corrals, Fencing, & an Abundance of Wildlife! \$479,900



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



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



1 of 2 Treed Lake Lots! \$24,500

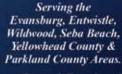


Incredibly Priced Updated Home on a Fenced Lot Features a Large Country Kitchen, an Attractive Living Room, 3 Bedrooms, a 4 Piece Bath, 2 Decks, a Storage Shed & Close to Schools! \$89,900

Large Lot Located in The New Subdivision in Evansburg! \$28,500



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! \$375,000



"Your Local Realtor"



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



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! \$195,500



Country Charm at its Best! This Attractive 1517 sq ft Home Has 4 Bedrooms, an Updated Bright Kitchen & Dining Area, Spacious Living Room, Huge Rec Room, 2 Baths, Cold Room & a Workshop. Extras are Double Car Garage & Rv Parking. \$339,900



Commercial Building in Entwistle With Residence on a Double Lot is Perfect For Your Own Antique Store or Other Retail Business! \$279,900

# Church Directory



#### Rich Valley Community Church

Sunday School 10:00<sub>s.m.</sub>

Worship Service 11:00a.m.



Catholic Parish of Lac Ste. Anne

> Sunday 10:00



St. John's Anglican Church

Onoway

Sunday Service 10:00sm

> Everyone Welcome



Mayerthorpe Baptist Church

Worship Service Sunday 10:30am.

Children's Church 10:30 a.m.

4606-54 St. Mayerthorpe (780) 786-2677



St. John's Lutheran Church

Alberta Beach

Sunday Service 11:00am Sunday School



#### Zion United Church

Sunday Service 10:00<sub>km</sub> Sunday School

Serving Alberta Beach, Wabamun, Darwell & Lake Isle, Onoway & Area (780) 924-3351



#### St. Joseph's Catholic Church

Sunday Mass 11:30<sub>s.m.</sub>

Wabamun, AB



#### Sangudo St Mary the Virgin Anglician Church

Sunday Services: 2nd & 4th Sunday Holy Communion 11:00s.m



#### Sangudo United Church

Sunday Services 1st and 3rd Sun. of each month

Worship Service 11:00<sub>8.50</sub>.



#### Lutheran Church (LC-C) The Church of the Lutheran Hour" - Rochfort 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

Arnold Lothoiz Sunday 10:30am Morning Service Tuesday 7:30p.m Ministry Training (780) 786-2424



Sunday Services 1st & 3st Sunday at 2:30p.m.

Rev. Horst Gutsche (780) 674-3944 Mystery Lake



Sunday Service 10:00am

Youth Group Friday 7:00pm

(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

PH: (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 10:00am - 11:00am

Worship Service Sunday 11:00a.m.



#### Roman Catholic Church

St. Agnes' Parish, Mayerthorpe Sunday 9:00a.in St. Elizabeth Parish, Evansburg Saturday 7:00p.m.

(780) 786-2032



#### Calahoo Alliance Church

Family Worship Service Sunday 10:00am

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.

## COMMUNIT 12 13 14 15 16 **ENTS** 2016 19 20 21 22 23 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).

DEC 10 - CHRISTMAS PARTY at Gunn Hall. Santa is bringing gifts for the children! Contact 780-951-9452 for tickets & more info.

**ENDS DEC 31 - PARKLAND POTTERS GUILD/CROOKED POT GALLERY:** WINTER WONDERLAND EVENT 4012-51 Avenue in Stony Plain, Alberta and is open Tuesday-Saturday 10 a.m. to 5 p.m.

#### **FARMERS MARKETS**

ALBERTA BEACH: Open Every Sunday, May - Oct. 12-3pm. Contact Joeanne 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 1<sup>st</sup>. 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

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

Community Association. Doors Open at 6:30pm, 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.

Loonie Pots. Next bingos November 2, 16 & 30, December 14 & 28. 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 4<sup>th</sup> Sat of Every Month. Starts at 7:30pm. Phone 780-985-2478 or 780-985-3200

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

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

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

**STONY PLAIN:** Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2<sup>nd</sup> & 4<sup>th</sup> Thurs of the month @ 7pm, Cost \$2. Everybody Welcome. Contact 587-989-7214 or 963-7920.

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

#### **MEAT DRAWS**

Alberta Beach Museum: Every Sat 4pm, Alberta

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

Barrhead Royal Canadian Legion: every Fri 6pm. Also have Queen Of Hearts draw & 50/50. Nevada on sale at the bar. Snacks provided.

Darwell: Put on by Alberta Beach & District

Lions Club, 4:00pm, bi-weekly, Darwell Lounge &

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

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. 3<sup>rd</sup> Wed of Each Month, Sept - June. For reservations: Audrey 780-

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

BARRHEAD PHOTO CLUB:1<sup>st</sup> & 3<sup>rd</sup> 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", 2<sup>nd</sup> 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.mayerthorpelibrary.ab.ca (780)786-2404

LAC STE ANNE COMMUNITY CHOIR, Accepting new members for all voice ranges. Men & women 18 yrs & over. Weekly practice Wednesdays at Alberta Beach Heritage Center from 7-9pm. For

nifo call Eunice @ 780-618-7865.

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

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

ONOWAY MUSEUM: Gym & classroom 780-967-

1015 or 780 - 967- 5263

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

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

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

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

SPIRITUAL LIVING STONY PLAIN INSPERATIONAL CINEMA & DISCUSSIONS at PERC Building (5413-51 St. Stony Plain). 2<sup>nd</sup> 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  $2^{nc}$  &  $4^{th}$  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 29<sup>th</sup> to Dec 15<sup>th</sup>, 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

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

755 PARKI AND AIR CADETS Thurs 6:30-9:30nm 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. 780-305-7233

AA - Maverthorpe, Kingsmen Hall, Thurs, 8pm. (780) 786-2604 or (780) 786-1927 **AA -Sangudo Golden Club,** Tues 8pm call 786-

Ad 3anguato Guerricus, 10es spin can 765-402/785-9214/785-3599

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: Villenvue Hall at 10a.m. New Members Welcome. Meetings on 2<sup>nd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> Thurs, 7pm at the Legion Hall. **CHERHILL COMMUNITY ASSOC.** Monthly Meeting 1st Monday, 8pm at the Hall. 785-2825 \*Except July, Aug, Sept.
CHERISHED MEMORIES, PARENTS & TOTS Wed

& Fri, 10-12pm, Alberta Beach Agliplex. Sept-June. Info call 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-

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

**DDRA MEETING,** 7pm, 2<sup>nd</sup> 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  $2^{nd}$  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-

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

MAYERTHORPE HOSPITAL AUXILIARY ASSOC, every 4<sup>th</sup> Mon, 5pm in Hospital Basement Education Room.

2 3

9 10

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

NA MEETING Tues. 7pm Poplar Valley Church

ONOWAY & DIST HERITAGE SOCIETY: 2<sup>nd</sup> Wed of

each month, 7:30pm, Chateau Lac Ste Anne
ONOWAY & DISTRICT HISTORICAL GUILD: 3rd Wed 7pm, Onoway Museum. 967-5263 or 967-

ONOWAY QUILTERS, 2<sup>nd</sup> & 4<sup>th</sup> 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 2<sup>nd</sup> 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 and 3rd Wed from 9:30am-12:00pm at Sangudo Community School. Would you like to Learn to paint? Teacher come in once a month for workshops, For more information call 780-785-

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

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

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

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

ENTWISTLE: Thurs 6:45pm, upstairs in Lions Hall.
Darlene 727-3982
EVANSBURG: Thursday Mornings 9:30am at

Evansburg Legion Hall (Back door). 727-2155 SANGUDO: Tues, United Church, 6:00pm. Sharon 785-2095 or Marlene 786-4646

#### **MEALS ON WHEELS**

ALBERTA BEACH & AREA: call (780) 910-0034. DARWELL & AREA: For info on volunteering or eligibility, call Lorraine, 892-2967.

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**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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## **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!

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





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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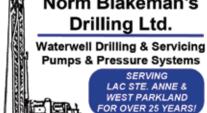
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