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January 3, 2017

BRAD AND LISA HOVE WISH TO THANK EVERYONE FOR THEIR UNBELIEVABLE GENEROSITY AND COMPASSION

Submitted by Brad and Lisa Hove

The house we were living at in Rich Valley burned to the ground the night of December 20th, 2016 in just 3 hours. We went away to Calgary to stay with my parents for my dad's birthday for a couple days. Luckily, We had

a home for sale in Onoway that was fairly empty that we now planned to move back into on December 22, 2016.

When we came back from Calgary that night we had a Christmas tree, gifts for our 4 kids, food in the fridge and cupboards, books, blankets, toys, etc. Our neighbour had our key

for emergencies and must have organized something with the community, our friends and our church. We feel so grateful and blessed. They brought us and our kids aged 8,7,5,3 so much cheer that it's inadequate to describe.

ARREST MADE IN COUNTERFEIT CURRENCY TRANSACTIONS

Submitted by Whitecourt RCMP

Whitecourt, Alberta. - RCMP Police in Whitecourt, Alberta have made an arrest in the investigation of a substantial number of counterfeit currency transactions in the area in the fall of 2016.

A number of businesses in Whitecourt and surrounding areas were hit hard with counterfeit Canadian currency in the fall of 2016. On December 25th, 2016, RCMP in Whitecourt located a 19-year-old male

and arrested him on outstanding warrants.

Faron Loy Valan, aged 19, appeared before a justice of the peace and has been released to appear in Whitecourt again on January 24th, 2017. Valan has been charged with five (5) counts of passing counterfeit currency contrary to section 452 (a) of the Criminal Code.

If you have any information about this matter, please contact the Whitecourt RCMP at 780-779-5900. If you want to remain anonymous, you can contact crime stoppers by phone

at 1-800-222-8477 (TIPS), by internet at www.tipsubmit.com, or by SMS (www.crimestoppers.ab.ca for instructions). You do not have to reveal your identity to Crime Stoppers, and if you provide information to Crime Stoppers that leads to an arrest, the recovery of stolen property, and/or the seizure of illicit drugs, you may be eligible for a cash reward. Crime Stoppers does not subscribe to call display and the identity of the caller will remain anonymous.

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INFLUENZA SEASON

Submitted by Alberta Health Services

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization will be made available, starting October 24, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of

influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though

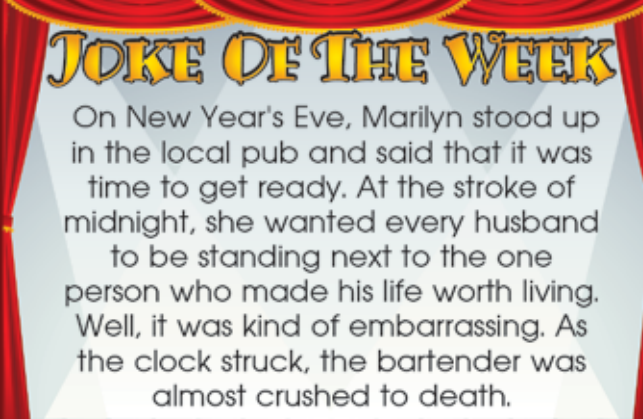
vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by half. Without immunization, Albertans were completely at risk.

And we do mean all Albertans. Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

62 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized.

Let's do better this year. Prevention is your protection. Get immunized this season.

For more information on the influenza program, including local clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.



JOKE OF THE WEEK

On New Year's Eve, Marilyn stood up in the local pub and said that it was time to get ready. At the stroke of midnight, she wanted every husband to be standing next to the one person who made his life worth living. Well, it was kind of embarrassing. As the clock struck, the bartender was almost crushed to death.

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Hope It's Stellar!

HAPPY NEW YEAR!

From The Council & Staff

Alberta Beach



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

"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

"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.
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would allow me to succeed!!"

- Penny M. Stony Plain

"Have heard as much as 15lbs loss
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that good! Have nothing to lose but
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- Donna Edmonton

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physical & mental well-being. I just
feel much better!"

- P from Onoway



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Lac Ste. Anne Foundation Internal/External Posting

Is seeking individuals to fill 2 full time positions located in Mayerthorpe/Onoway.

Maintenance Level III – Central Locations

Description: The Lac Ste. Anne Foundation is actively searching for a qualified individual to perform a full range of maintenance responsibilities including preventable maintenance, corrective maintenance, grounds maintenance, inventory management, safety and security.

This position entails a high level of interaction with residents/tenants/staff as well as sub-contractors, frequent travel to multiple sites operated under the Lac Ste. Anne Foundation umbrella and requires physical endurance and availability to provide rotating on-call services.

Essential Functions / Responsibilities:

- Weekly, monthly site inspection of facilities.
- Perform interior and exterior repairs to facilities/suites as required
- Perform urgent/emergency maintenance
- Ensure sidewalks and grounds safety
- Maintain outdoor furnishings and outbuildings
- Develop and maintain inventory records
- Order and coordinate delivery of parts and materials
- Ensure a safe and secure environment while performing maintenance duties
- Monitor work performed by contractors and relay follow up requests
- Perform other duties as required.

Skills, Knowledge, Qualifications & Experience:

Proven success in the following job competencies:

- basic knowledge of preventative maintenance and operations of LSAF facilities
- understanding and follow relevant policies, procedures and legislation
- knowledge of LSAF Programs, services and related maintenance requirements
- basic knowledge of maintenance and repairs of plumbing, heating systems, boiler inspection and sewage systems
- understanding of emergency procedures, First Aid/WHMIS Certification
- must demonstrate analytical, problem solving and decision making skills
- effective verbal, listening and communication skills
- stress and time management skills
- Valid Driver's License is required

Lac Ste. Anne Foundation offers a very competitive salary and attractive benefit package.

Closing date: Friday, January 13, 2017 at 4:00 p.m. or until a suitable applicant is hired.

Submit resume to:

Lac Ste. Anne Foundation

Attn: Dena Krysik, Chief Administrative Officer

PO Box 299 Mayerthorpe, AB T0E 1N0

Fax: 780-786-4810

Email: dkrysik@lsaf.ca

We thank all applicants but only those selected for an interview will be contacted.

Gary Campbell

Merry Christmas
&

*Happy New Year from the
Staff and Directors at*

*Pointe
Newell*

*Michelle Anderson
Humm*



Ross Purdy

*C Holland
Chubak
Brazguy*

*W. J. [unclear]
McCluskey
Aldenbyg.
Kirk [unclear]
E. Morten*



WHITECOURT TOWN COUNCIL UPDATE

Submitted by Tara Gallant

December 20, 2016

Whitecourt will be forwarding a letter to the Minister of Agriculture and Forestry requesting that the Province waive the invoice for mutual aid assistance from the April 26, 2016 wildland fire. The wildland fire, which

was located in the south-east valley area, was quickly extinguished and did not spread to nearby residential and business areas. The spring of 2016 was an exceptional fire season for the province, and many communities in Alberta were faced with wildland fire emergencies.

The Town of Whitecourt has

completed its annual review of the Policy Manual. Each year the document is reviewed to ensure the policies that guide the municipality are still relevant and allow for efficient and effective service to the community. The document is available for viewing on www.whitecourt.ca.

Council has amended the Land

Use Bylaw to re-designate the Meadows Manufactured Home Park as a Direct Control Land Use District.

Councillor Paul Chauvet will act as Deputy Mayor from January 1 through February 28, 2017.



Pictured receiving the cheques from Reverend Chang Lee and Thrift Shop representatives Gwen Harrison, Lorne and Darlene Ross are Marvin Eckert and Caroline Saumer

CHRISTMAS DONATIONS

Submitted by Lorne Ross, United Church Thrift Shop

programs were challenged by the increased need in their communities.

The Oneway Food Bank and the Alberta Beach Lions Club were recipients of donations towards their Christmas Hamper Programs from the United Church Thrift Shop. Cheques in the amount \$2,000.00 were presented to Caroline Saumer of the Oneway Food Bank and Marvin Eckert of the Alberta Beach Lions Club. The cheques were gratefully received as both

The Thrift Shop located in the Oneway Curling Rink is operated by Zion United Church. It is staffed by church members and volunteers from the community at large. Proceeds from the operation of the Shop allows the Church to continue meeting the spiritual needs of the communities it serves and to contribute to the many social concerns present in society today.

Employment Opportunity at Rich Valley Public Library for a Library Programmer and Communication Coordinator

The Rich Valley Public Library Board is hiring a Library Programmer and Communication Coordinator to start February 01, 2017. This position is for 6 hours a week on Wednesdays.

Description:

Under the direction of the Rich Valley Public Library Board and the Library Manager, the Library Programmer and Communication Coordinator will be responsible for facilitating the Storytime program, a monthly program, and advertising for the Rich Valley Public Library. As well as also some light cleaning duties.

This position requires the successful candidate to:

- have strong customer service skills. The candidate must be able to interact in an open and friendly manner with all patrons especially children.
- develop and implement theme based programs for all ages.
- develop methods of advertising for these programs.
- create Information notices to mail out.
- have excellent computer skills. The candidate must have a good working knowledge with Word, Excel, and Publisher as well as posting on websites and Facebook.
- provide a current criminal record check.

The application deadline is January 22, 2017 at midnight.

This position shall remain open until a suitable candidate is found.

Please send resume's to:

Rich Valley Public Library R. R. 1 Gunn, AB T0E 1A0
Email: rvpublib@yrl.ab.ca Fax : 780-967-3525

We thank all applicants but only those selected for an interview will be contacted.



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January Library Programs



Mother Goose

Thursday, January 5, 12 & 26, 10:30-12pm
 Have a squealing good time at this Parent Link program for children ages 0-6! Share friendship, fun, rhymes, stories and songs. Drop in program provided in partnership with Parent Link & FCSS. Snack provided.

Photography Club

Thursday, January 12, 7pm
 Meet fellow shutterbugs and talk about the latest gear, swap tips and techniques, share your images and stories and have fun doing it! Drop in.

Did you get a new phone or device for Christmas?

You can use it to listen to audiobooks, browse newspapers, watch movies and read ebooks, all for free! We have a ton of great stuff that you can access with your library card, let us show you how. Call or email us to book an appointment.

Build a Robot

Tuesday, January 17, 3:30pm
 Guess what we received for Christmas? A robotics kit! We could use a little help putting it together! Come on by and help our very own, Jeran Vankleek with the build. This class is suitable for ages 8 and up. Space is limited, so be sure to reserve your spot early.

Watch for our Learn to Drive program in February!

Coffee & Coloring for Adults

Monday, January 23, 10am-12pm
 Who says coloring is just for kids?! Grown ups invited to enjoy coffee, conversation and crayons. Bring a book of your own or pick out a project from one of ours. Registration preferred.

Snow Battle to Borrow!

Get your winter on! Come check out, our two brand new Snowball Makers and Shields aka Sleds. Length of checkout negotiable!

Afternoon in Italy

Wednesday, January 11, 2pm
 If you missed our Evening in Italy, don't fret! It's back by popular demand! Sandra DeGrandis will be sharing pictures and stories from a recent trip to Italy in the Seniors Centre at the Pleasant View Lodge. Everyone welcome, registration is preferred.

Snow Battle to Borrow!

Get your winter on! Come check out, our two brand new Snowball Makers and Shields aka Sleds. Length of checkout negotiable!



Try our online registration. Open the register online option from the programs page of our website: www.mayerthorpelibrary.ab.ca

Programs are offered for free but we appreciate your donation!

Tax receipt provided for donations over \$20.

Funding for programs received throughout the year from the Friends of the Mayerthorpe Public Library, Town of Mayerthorpe Culture Grant, Lac Ste. Anne County Library Grant, FCSS and more. For more information, contact the library.



Mayerthorpe Public Library

Box 810, 4911 52 Street
 Mayerthorpe, Alberta T0E 1N0 | (780) 786 2404
<http://www.mayerthorpelibrary.ab.ca>

HAVE YOU MADE A NEW YEAR'S RESOLUTION AND WANT TO MAKE IT A HABIT?

Submitted by Alberta Health Services, Nutrition and Food Services

You're not alone. Every year, people set goals wanting to change their lifestyle.

To get into action, the first step is to jot down ideas for changes you want to make. From this list, pick one that you feel ready to start. Then make it a SMART goal.

Deciding to lose weight is a goal that many people choose. To make it a SMART goal, focus on behaviour you will do every day, instead of the outcome (weight loss).

- A SMART goal is:
- Specific: Decide what you are going to do and how to do it.
 - Measurable: Keep track of how you are doing.
 - Attainable: Pick something you think you can do.
 - Rewarding: Think of how good you will feel when you make small changes.
 - Timely : Give yourself a time limit.

Using the SMART guidelines can help you to set a goal that is within reach. Changing too many things at once can be overwhelming. To make lasting changes, work on what you can stick with. A SMART goal example is packing a lunch that includes vegetables at least three days

of the week. Once you've set your goals, think about what might prevent you from achieving your goals. This can help you plan ways to get around barriers. For example, if your goal is to pack a lunch that includes vegetables, your barrier may be that your weeknights are always busy and this prevents you from cutting up vegetables. To work around this barrier, you could wash and cut up vegeta-

bles on Sunday night and pack them for the week. It takes a bit of planning, but a little thought and time up front will help you achieve your goal. Remember to reward yourself and to monitor your progress. Celebrate when you stick to your goal for a month. If your plan isn't working, take time to ask yourself why, and adjust the plan so you can make it happen.

No matter how committed you are to reaching your goals, attempting too many changes all at once is not realistic. Set goals that you know you can achieve; achieving those goals can give you the confidence to set new ones. Wishing you a happy, healthy 2017!
For a SMART goal setting worksheet visit www.ahs.ca and search Setting SMART Goals.

RCMP BEATS

Submitted by Stony Plain/ Spruce Grove RCMP

- Occurrences for the week of 12 December to 18 December, 2016.
- Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 397
- Total Calls for Service for the Victim Service Unit: 28
- Individuals Charged (all offences not including Impaired): 22
- Person Crimes: 29
- Property Crimes: 43
- Impaired Driving Complaints reported: 11
- Impaired Driving Charges Laid: 3
- Roadside Suspensions: 1

Continued on Page 10

START HEALTHY. STAY HEALTHY.

Alberta's influenza immunization program is ongoing.
Influenza immunization is offered, free of charge, to all Albertans six months of age and older.

Upcoming Immunization Clinics in Your Area

| DATE: | TIME: | LOCATION: |
|--|--------------------|---|
| Friday, January 6 | 1 p.m. - 4 p.m. | |
| Monday, January 9 | 9 a.m. - 12 p.m. | |
| Friday, January 20 Friday, January 27 | 1 p.m. - 4 p.m. | Onoway Community Health Services, 4919 Lac Ste An Trail Onoway |
| ----- | | |
| Wednesday to Friday February 1 to 3* | | Onoway |
| Monday to Friday February 6 to 10* | 9 a.m. - 4 p.m. | *Appointment required. Call 780-967-4440 to book. |
| Monday to Friday February 13 to 17* | | |
| ----- | | |
| Tuesday, January 10* | | Mayerthorpe Community Health Services, 4417 45 Street |
| Tuesday, January 17* | | Mayerthorpe |
| Tuesday, January 24* | 1 p.m. - 2:30 p.m. | |
| Tuesday, January 31* | | *Appointment required. |
| Tuesday, February 7* | | Call 780-786-2488 to book. |

Please bring Alberta Health Care Card. Short sleeves recommended.

INFLUENZA IS SERIOUS. IMMUNIZATION WORKS. GET IMMUNIZED.

ahs.ca/influenza | Call 811

WHITECOURT RCMP ARREST MALE IN EARLY-MORNING BREAK-IN AND THEFTS FROM VEHICLES

Submitted by Whitecourt RCMP

Whitecourt, Alberta - On December 28th, 2016 shortly after 6 a.m., a resident of Whitecourt on Rivers Place heard someone entering her home unlawfully and called police. An adult male suspect fled after entering the garage portion of the home when the home alarm sounded.

While investigating the break-in,

police were alerted to several thefts from vehicles along River Place and nearby homes. A stolen credit card and a stolen debit card were used by the suspect at local businesses shortly after these thefts.

Police tracked an adult male suspect to a rental property, where some of the freshly-stolen property was in plain view. The male was arrested and will appear before a justice of the peace later today.

Further investigation revealed this

same male was involved in a domestic violence episode involving a knife on the 26th of December in Whitecourt, and a further theft with violence on the 22nd of December in Swan Hills, Alberta.

Investigation into these offences is on-going and police are actively returning stolen property to victims. The adult male, formerly of Red Deer, Alberta, is known to police.

A subsequent press release will be issued with details of the offender.

If you have information about these incidents, please call Whitecourt RCMP at 780-779-5900 or Crimestoppers at 1-800-222-8477 (TIPS) or via www.tipsubmit.com.

RCMP Beats

Continued From Page 9

Motor Vehicle Collisions Attended: 59

Property Crimes:
Spruce Grove

1. December 15 – Area of Pioneer Road – Theft of Industrial Gas Heater

2. December 15 – Area of Stone-shire Crescent – Theft of Vehicle, 2008 black Ford F150

3. December 15 – Area of Spruce Ridge Drive – Theft of Vehicle, 2006 red Chevrolet Silverado

Stony Plain

4. December 13 – Area of 48 Street and 58 Avenue – Theft of Skid Steer Rural

5. December 15 – Area of Township Road 552 and Range Road 34 – Break and Enter to Garage, leaf blower, chainsaw and drill kit stolen

6. December 18 – Area of Township Road 531 and Range Road 40 – Break and Enter to Cottage, stove stolen

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. If you have a car alarm, sleep with your keys near your bed. If an intruder enters your home, you can activate the car alarm, potentially scaring away the intruder and alerting neighbours.

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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A Toast
TO OUR CUSTOMERS
AT THE NEW YEAR

As we celebrate the end of another year,
We'd like to make our intentions clear,
When we say with all sincerity,
That we wish you joy, love and prosperity,
And for all of your support and friendship too,
We lift our glass to each of you!



Elaine

Ashley

Dani

Jodi

Sarah

HAPPY NEW YEAR FROM THE RICH VALLEY PUBLIC LIBRARY

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

Congratulations to Judy for winning our Christmas Basket and Alesha for the scavenger hunt! The Rich Valley Public Library is looking for donations of children's books for our Take Time To Read shelves located at the Rich Valley Ag and the Rich Valley Hall. If you have any children's books that are no longer being used please drop them off at the library.

This month we are offering the following programs:

On Thursday January 26, 2017 at 2:00 pm we will be hosting Picking Up The Pieces. Join us for this informational session on dealing with life's ups and downs presented by Barb Flett, creator of 2 adult coloring books. This session will provide with you with coping skills, strategies and the understanding that you are not alone when dealing with life's trials and bumps. If you wish to attend this free program please contact the Rich Valley Public Li-

brary by January 19, 2017. Registration is required.

Story time resumes on Wednesday January 11, 2017 from 11-11:45 am. Bring your toddlers in on Wednesdays from 11:00 to 11:45 am for stories, activities, and crafts. All children ages 0-5 are welcome to join us at this free program. Every third Wednesday of the month we will alternate between Tents and Tunnels, Play Doh Fun and Lego Building.

Moms and Tots Play Group begins on Wednesday January 11, 2017 from 9:45-10:45 am. Parents and

toddlers are invited to play, discover and make friends at this free drop-in program held at the Rich Valley Public Library. All children ages 0-6 are welcome. Snacks, juice and coffee will be provided. This program is funded by FCSS.

Zumba is every Monday from 7:00-8:00 pm. Zumba with Amber is back at the Rich Valley Public Library. Come engage in a fun, no stress workout filled with music and dancing. Zumba is held on Mondays from 7:00-8:00 pm starting on January 9, 2017. Zumba is \$60 for 6 classes or a \$12 drop in fee. The dates for the classes are January 9, January 16, January 23, January 30, February 6 and February 13, 2017. Call the library to register or drop in on Mondays.

Yoga is every Tuesday from 6:30-7:30 pm. Join Melissa, our yoga instructor, in the Yellow Room on Tuesdays from 6:30 to 7:30 pm. Yoga is a great way to stay strong and flexible for life. Yoga is \$60 for 6 classes or a \$12 drop in fee. The dates for the last 2 classes of this session are January 3 and January 10, 2017. Call the library to register or drop in on Tuesdays.

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.

The Better Choices, Better Health program will begin on Monday January 9, 2017 at 10:00 am. Better Choices, Better Health is a 6-week online workshop that can help you find practical ways to deal with pain, fatigue, and stress. Join us to discover better nutrition, exercise choices and make informed treatment decisions. You will also learn better ways to talk with your doctor and family about your health.

The Rich Valley Public Library will be holding our annual general meeting on February 27, 2017 at 7:30 pm at the Library. We will be holding elections on this night and are seeking 2 new board members. If you are interested in the Library and wish to volunteer your time on the board, we hold 4 meetings a year. Everyone is welcome and we look forward to seeing you there.

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.

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Christmas Colouring Contest Winners



April B. Age 4



Bri W. Age 7



Corrie R. Age 9



Joelle M. Age 16

Our contest was a huge success!

There were so many great entries that it was difficult to choose the winners, but after careful deliberation, we made our decision. Each winner received a gift basket.

GREETINGS FROM THE ONOWAY LEGION

Submitted by Lorinda McCool

Welcome to 2017! I hope everyone really enjoyed the Christmas Season and is looking forward to a wonderful and Happy New Year.

Thank you to all of the following who contributed to the beautiful solid wood carved plaque: Ken Blacklock (recently deceased), Bob Clark, John Coffee, Neil Gorman, Mildred Heeks, George Jendyk, Jay Krause, Onoway Legion, Lorinda Mc-

Cool, Richard McCullough, Ric Moses, Wade Neilson, Art Noble, Lorne Olsvik, Morris Oslund, Val O'Toole, Mary Rehill, Cheryl Sadler, Lynne Tonita, Sid Townsend, Larry Villneff and Cheryl Wellon. We are very happy and proud to exhibit such a beautiful piece of art in our Legion.

The final supper of 2016 was the Ukranian Platter meal and Cheryl Sadler received rave reviews over her homemade Borscht Soup. Everyone enjoyed all of the other selections prepared by

Bob C., Lorne O., Jay K., Marcelle J. and Lynn R. while Wayne H. and Dee H. helped with serving the supper and clean-up. Representative Cheryl McNeil of Transalta attended this meal and graciously donated several packages of 4H beef on behalf of Transalta for some future meat draws. Erin Lacey won the free meal voucher, Kevin Klause the turkey, Eleanor Snider was the happy winner of the 50/50 draw and Ken Johnston took home the Edmonton Eskimo history book. We look forward to more won-

derful suppers here in the New Year but would again like to ask our customers to please be aware of the amount of food they put on their plates. It is very disheartening for our volunteers to see food that they worked so hard to provide thrown away because someone took more than they or their children could comfortably eat.

Congratulations to Rick Potter's team for their first place finish at the District 8 Senior's Darts competition in St. Albert on December 17th. Good luck competing at the Provincial Command level on February 24th and 25th at the Fort Saskatchewan Legion. Marlaine Janke's team tied for second but placed third after the playoff and will be ready to go if one of the first two teams are unable to attend the Provincial Command tournament. Thanks to Neil Gorman for substituting for Bob Clark who was unable to compete in the District 8 Senior's Darts due to a medical issue.

UPCOMING EVENTS:

- January 3 - General and Annual General Meeting commencing @ 7:00 pm. Executive Elections
- January 4 - Wednesday Night Drop-In Pool – Registration @ 7:00 pm. Play @ 7:30 pm
- January 6 - Friday Night Supper - Roast Beef
- January 10 - Tuesday Night Drop-In Darts – Registration from 6:45 pm to 7:15 pm. Play @ 7:30 pm
- January 11 - Wednesday Night Drop-In Pool

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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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 tired 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!!!! SOOOOOOOOOOOOOOOOOOOOOOOOOOO looking 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 feeling 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'll 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)

PARLIAMENT UPDATE – WEEK OF DECEMBER 12, 2016

Submitted by Jim Eglinski, MP – Yellowhead

We enjoyed a short, but busy, week in the House of Commons as we prepared for the winter break. We discussed Budget 2016, the Canada-European Union Comprehensive Economic and Trade Agreement (CETA), the criminal code, and registered retirement income funds.

The following was debated in the House:

- Bill C-29 – Budget Implementation Act, 2016, No. 2
- Bill C-30 – An Act to implement the Comprehensive Economic and Trade Agreement between Canada and the European Union and its Member States and to provide for certain other measures (Second Reading)
- Bill C-31 – An Act to implement the Free Trade Agreement between Canada and Ukraine (Second Reading)
- Bill C-235 – An Act to amend the Criminal Code and the Corrections and Conditional Release

Act (fetal alcohol disorder) (Defeated at Second Reading)

- Bill C-301 – An Act to amend the Income Tax Act and to make a related amendment to another Act (registered retirement income fund) (Second Reading)
- Bill S-4 – Tax Convention and Arrangement Implementation Act, 2016 (Passed)

I am pleased to inform you that a motion many of you have been following, M-47, has been unanimously passed. This motion by MP Arnold Viersen instructs the Standing Committee on Health "... to examine the public health effects of the ease of access and viewing of online violent and degrading sexually explicit material on children, women and men." This is a great initiative, as Parliament has not studied the effects of violent sexually explicit material since the 1985 Special Committee on Pornography and Prostitution.

On Tuesday, I participated in the debate on C-31. You can read my comments and questions at: <http://www.parl.gc.ca/content/>

www.parl.gc.ca/Committees/en/ENVI

hoc/House/421/Debates/127/HAN127-E.PDF (pages 31 to 33). In the Standing Committee on Environment and Sustainable Development (ENVI), we continued to study Bill C-18, An Act to amend the Rouge National Urban Park Act, the Parks Canada Agency Act and the Canada National Parks Act. 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 7 meetings and 3 events. I will be back in the riding to attend an event on Friday evening.

As Parliament adjourned for winter break on Wednesday evening, I want to wish everyone a very Merry Christmas, Happy New Year, and a safe holiday season. My next update will be in the New Year.

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WHITECOURT RCMP DESTROY COUGAR ATTACKING MAN AND DOG IN TOWN

Submitted by Whitecourt RCMP

On December 26th, 2016 at about 6:30 p.m., Whitecourt RCMP re-

sponded to a cougar attack near a restaurant within the municipality near Elko drive.

A 31 year-old resident of Red Deer was walking his dog near a wood-

ed area and the dog was attacked by a cougar. The man yelled and punched the cougar, who released the dog. The man kept the cougar at bay and tended to his injured dog.

Police consulted Whitecourt Fish and Wildlife and destroyed the cougar. The dog required medical attention but the adult male was not seriously injured.

SPRUCE GROVE RCMP INVESTIGATE TRIPLE DEATH IN A RESIDENCE

Submitted by Spruce Grove RCMP

UPDATE # 2: Police are confirming that this was a double homicide/suicide. The two victims were 11 and 13 years old boys. The third

subject was a 39 year old male.

"This is a horrible tragic loss to Spruce Grove and our hearts and prayer go out to the family" said Sgt. Jack Poitras

UPDATE #1: Autopsies of the three deceased are scheduled for

9:00 AM Tuesday, December 20th, 2016. We will advise the media/public once we have the final results of the autopsy and will not comment until that time.

Original Release: RCMP are investigating the death of three per-

sons in a residence in Spruce Grove. The names of the deceased are not being released at this time. An autopsy will be done. Police are not looking for anyone in relation to this incident at this time.

UPDATE FROM LAKEWELL 4H CLUB - NOV

Submitted by Julie Lalonde

During the last few weeks, Horse group 1-3 worked with their new horses and learned about them. Horse group 4-7 hasn't worked with their horses yet, however they did attend Horse Play in Villeneuve.

At horse Play they formed groups and watched a presentation then took a short quiz, which our group did great on and then did some hands-on activities in their groups. Our club came away with horse first aid kits and Jayden Stebbings won 3rd place junior in the slideshow. Great job!

Beef went to a weigh in at Mayerthorpe on November 6th and we have since been feeding our steers every morning and night.

Foods and Sheep will be starting soon.

Woods first meeting is on November 5th.

Vet Sciences visited the U of A

barns and the highlight was to see a cow with an window in it's rumen. They got to see and observe what digested alfalfa looks like.

Upcoming Events

Jan - Member Christmas Party

Check us out on facebook - Lakewell Multi 4-h Club

STORY TO TELL?
Submit your story to the Community Voice!

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or e-mail it to
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Phone 962-9228 for more information.

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



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Hall Rentals

- Alberta Beach Agliplex, Susan 780-996-2960.
- Alberta Beach & District Heritage Centre, We now have air conditioning! Space Available! Call Shirley at: (780) 924-3272 or Shawna at: (587) 879-5450
- Bright Bank Hall, 780-963-6835
- Cherhill Legion, Mary 780-284-1703.
- Cherhill Community, Taryn 305-9022
- Darwell Hall, 780-721-2690
- Darwell Seniors, 892-2457
- Glenevis Hall, 785-4144 or 721-6188
- Gunn Hall (G.A.R.S.) 780-967-2215

- Hathersage Community Centre, Noreen at 786-2946
- Lake Isle Hall, 892-2998.
- Magnolia Hall, 727-2015
- Manley Goodwill Community Hall, 963-9165 or 916-0146
- Mayerthorpe Diamond Centre, Charlotte at 786-4659
- Mayerthorpe Legion, 786-2470.
- Onoway Community Hall, 967-

- 4749.
- Onoway Legion , 967-4980
- Onoway Museum Gym classroom, 967-5263 or 967-1015
- Park Court Community Hall, 727-4476
- Parkland Village, 960-5556
- Ravine Community Hall, 325-2240

- Rich Valley Community Hall, 967-5710 or 967-3696
- Rosenthal Community Hall, 963-7984
- Sandy Beach Rec Hall, 967-2873
- Sangudo Community Hall, 785-3221 or 785-3118
- Stettin Nakumun Comm. Hall, 967-9198



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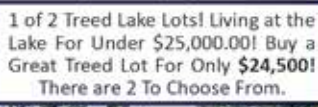
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|  <p>158+ Acres With a Lake View and Next to Crown Land Has a Great Family Home With an Open Floor Plan, a Large Country Kitchen, a Spacious Living Room, a Huge Rec Room, 3 Bedrooms & 2 Baths. Extras Are a Large Shop, 4 Outbuildings, Corrals, Fencing & an Abundance of Wildlife! \$479,900</p> | <p>1 of 2 Treed Lake Lots! Living at the Lake For Under \$25,000.00! Buy a Great Treed Lot For Only \$24,500! There are 2 To Choose From.</p> |  <p>Fantastic 4 Bedroom Family Home With a Finished Basement on a Double Lot! Features Include a Large Country Kitchen, a Bright Living Room, 2 Baths, a Huge Rec Room, a Covered Patio & a Double Garage With Power! \$195,500</p> |
| <p>SOLD</p>  <p>Large Lot Located in The New Subdivision in Evansburg! \$28,500</p> |  <p>Newly Updated 3 Bedroom Home With a Full Basement Nestled in the Trees on 11 Acres Shows a "10". Extras Include an Attached Garage, Huge deck, Firepit Area, Small Barn, and Some Game Fencing! \$358,900</p> |  <p>Incredibly Priced Updated Home on a Fenced Lot Features a Large Country Kitchen, an Attractive Living Room, 3 Bedrooms, a 4 Piece Bath, 2 Decks, a Storage Shed & Close to Schools! \$89,900</p> |
|  <p>Great 3 Bedroom Home! \$169,900</p> |  <p>Scenic 98+ Acres With a Creek, Close To Town, Right Off Pavement, Oil Revenue. Great Building Sites! \$146,500</p> |  |
|  <p>Stunning 2 Storey Home on 1.15 Acres Features a Large Custom Kitchen, a Living Room With a Gas Fireplace, 4 Bedrooms, 3 Baths, a Massive Bonus Room & a Finished Basement. Extras Are 2 Covered Decks, a 28X30 Heated Attached Garage, a 30X40 Shop With a Lean-To & Power. \$399,900</p> |  <p>Commercial Building in Entwistle With Residence on a Double Lot is Perfect For Your Own Antique Store or Other Retail Business! \$279,900</p> |  |
|  |  |  <p>Beautiful Home on 1.44 Acres in Town Has 5 Spacious Bedrooms, 4 Baths, a Huge Chef's Kitchen, a Dining Area, a Den/Office, a Living Room With a Fireplace, a Rec Room an Attached Garage, 2 Covered Decks, & a Paved Driveway. Also Included is an Older 2 Storey Home & a Garage! \$375,000</p> |

Classified Ads - Call 962-9228

Obituaries



Krause, Norman Clarence Aug. 29, 1926 -- Dec. 24, 2016 Norman Clarence Krause passed away Dec. 24, 2016 at the age of 90. Norman is survived by his wife of 67 years Gertie Krause, his children Roy (Donna)Krause, Alan (Wendy) Krause, Joan (Walter) Berndt, Doug (Lori) Krause, Jack (Kathy) Krause. Numerous Grandchildren and Great Grandchildren. Also 1 Brother Ken (Evelyn), 3 sisters, Bernice, Elsie and Evelyn. Norman was predeceased by his parents Alfred and Helen Krause, 3 brothers Erwin, Elmer, Wilbert and 2 sisters Irene and Ruby. As per Norman's request there will be no service. Any donations can be made to charity of choice.

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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

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) to be donated absolutely Free. 780-892-4993

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Firewood

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

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

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

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House in Wabamun. View of lake, marina. 2 bedrooms + laundry upstairs, 2 bedrooms + den downstairs. 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

Lakeview Apartment for rent in Alberta Beach. 2 bedroom, 2 bathrooms, 6 appliances, Spacious layout, \$1250/month + DD same + Utilities. Call 780-995-2231

Onway Suites for rent, 1 bedroom \$795, 2 bedroom \$895. Call 780-721-4132

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|----------------------------|--------|---------|-----------|----------|--------|----------|
| 1 <i>New Year's Day</i> | 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).

JAN 7 - SANGUDO COMMUNITY HALL JAMBOREE starts at 7:00 pm. \$8.00/ person (Entertainers free). Late lunch served. Everyone welcome. Info call 785-4105 or 305-5088.

JAN 23 - GUNN HALL MEETING @ 7:30pm.

JAN 28 - SANGUDO HORTICULTURAL CLUB 10TH ANNUAL GARDEN DAY: Bountiful Gardens-Growing & Preserving at Sangudo Community Hall. Cost \$35. Registration forms on George Pegg Botanical Garden website or pick-up at Sangudo County Office. Info Brenda 780-237-4771

JAN 30 - ANNUAL HALL MEETING at Rich Valley Community Hall, 7pm. New members welcome. Please come out & support your community.

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, 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 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 305-5088.

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

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

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

MEAT DRAWS

Alberta Beach Museum: Every Sat 4pm, Alberta Beach Hotel

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

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

Darwell: Put on by Alberta Beach & District Lions Club, 4:00pm, bi-weekly, Darwell Lounge

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

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 eve. 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 780-967-5263

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

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

RIVER TALKERS TOAST MASTERS CLUB, every thursday from 7-9pm. 32 Whitecourt ave. Hilltop Community Church. Info 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 isquardance2016@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. 780-305-7233

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 Agplex.

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

ALBERTA BEACH MUSEUM meets the 2nd Wed, 7pm at Heritage House 924-3167.

ALCOHOLICS ANONYMOUS IF Drinking is a Problem, call 780-236-1043

BARRHEAD ROYAL CANADIAN LEGION, general meeting every 2nd Thurs, 7pm at the Legion Hall.

CHE RHILL 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 Agplex. 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 780-727-2000

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.

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 and 3rd Wed from 9:30am-12:00pm at Sangudo Community School. Would you like to Learn to paint? Teacher come in once a month for workshops. For more information call 780-785-2112.

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

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

TOPS Meetings (Take Off Pounds Sensibly)

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

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.

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!

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

ANSWER:

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

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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