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**January 17, 2017**

## OJSH STUDENT ATTENDS TUXIS

**Submitted by Wanda Pederson, Onoway Junior Senior High School**

TUXIS is Alberta's youth-run parliament for 15- to 21-year-old leaders. TUXIS is an opportunity for Alberta's youth to practice governing and leading.

OJSH Grade 11 student, Claire Patience applied to our MLA, Hon. Oneil Carlier in November for a spot in the Youth Parliament. This session of TUXIS was held from December 26 to January 1.

C.laire had an amazing time.

She wrote and presented a resolution on Internet censorship; she acted as Opposition Whip for the whole week and on the final day, at the Parliamentary Session, Claire was the Minister of Finance for Alberta!

Since TUXIS, the Hon. Oneil Carlier has invited Claire to become a Page in the Legislative Assembly of Alberta. MLA Carlier has also said he will sponsor Claire to go to this spring's MLA for a Day program. The MLA for a Day program is designed to give Alberta high school students the chance



to find out what it really means to be an MLA.

Once back at school, Claire spoke to her Social Studies 20-1 class about her experiences in the Legislative Assembly.

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## LAC STE ANNE AND COMMUNITIES RATEPAYERS ASSOCIATION INFORMATION NIGHT AND MEETING

**Submitted by Christine Yeoman, President Lac Ste Anne and Communities Ratepayers Association**

The Lac Ste Anne and Communities Ratepayers Association is hosting another information night and meeting in Sangudo at the Community Hall on the 24th of January at 7 pm. We are a non profit Association. All interested ratepayers are most welcome to attend. We will endeavor to provide information on the past two meetings that were held in Onoway for the people in the East end of the County. As an Association, our objective states "The

association will be a positive and credible advocate of Lac Ste Anne County Communities. It will, by coordinated input, oversee that elected county officials are held to the terms and conditions of provincial laws and regulations. It will continuously strive to work for the betterment of all ratepayers." We are hosting the meeting in the west end to allow those who wish to be part of the association the opportunity. Council and Administration have been invited to attend. The Division 1 Councillor did attend the last meeting in Onoway and it was a very informative, productive meeting.

We have communicated some of the questions that we have to council and administration and have received some responses to which we have requested further information. We are seeking the Ratepayers of the county input and appreciate the opportunity to be able to have the conversation with all of you.

If you are unable to make the meeting and would like to join the association, please feel free to contact us via email at LSARA27695@gmail.com or you are more than welcome to send us mail to LSARA Box 31, Onoway, AB T0E 1V0

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# GREETINGS FROM THE ONOWAY LEGION

**Submitted by Lorinda McCool**

We are pleased to welcome Ron Watson back into the kitchen to help with the Friday night suppers. Ron joined Bob C., Jay K., Marcelle J., Mary R., Wayne H. and Dee H. to provide the delicious roast beef supper while Ric Moses handled the dishwashing and clean up duties. Marg Maughn took home the free meal voucher, Ren Murowchuk will enjoy his meat draw and Dee Hobbs happily picked up her portion of the 50/50 draw.

Congratulations to Peter Menzel with Rob Ewart for winning first place in the Area A™ 8-Ball Pool Doubles held in Leduc on January 7th. They will be joined by second place winners Jode Jorgenson with Larry Villneff, Cory Gyman with Kim Korall, Mark Armishaw with Scott

Sadler and Ron Hipfner with Darren Sadler at the District tournament in Onoway on January 21st. Come on in to enjoy the competition and cheer our teams forward for their chance to compete at the Command level in April.

The weather this past week has contributed to poor attendance at darts but those that played have enjoyed some very competitive games. Players are practicing for the fun tournament which will be held on January 28th. Please register your four person teams (at least one of the opposite sex) by phoning Scott Sadler @ 780-967-4146 or Neil Gorman @ 780-960-4160.

## UPCOMING EVENTS:

January 17 -Tuesday Night Drop-In Darts - Registration from 6:45 pm to 7:15 pm. Play @ 7:30 pm

January 18 - Wednesday Night

Drop-In Pool – Registration @ 7:00 pm. Play @ 7:30 pm

January 20 - Friday Night Supper – Orange Glazed Ham

January 21 - District 8 – 8 Ball Pool Doubles

January 24 - Tuesday Night Drop-In Darts

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!

Please Join us to Celebrate  
**Mary Louise Hansen's 80<sup>th</sup> Birthday Party**  
Sunday January 29<sup>th</sup>, 2017  
Open House 1:00PM – 4:00PM  
5023 – 49th Ave. Onoway, AB

Come & enjoy a piece of cake with the young lady!

**JOKE OF THE WEEK**

A young man excitedly tells his mother he's fallen in love and is going to get married. He says, "Just for fun, Ma, I'm going to bring over three women and you try and guess which one I'm going to marry." The mother agrees. The next day, he brings three beautiful women into the house and sits them down on the couch and they chat for a while. He then says, "Okay, Ma. Guess which one I'm going to marry." She immediately replies, "The red-head in the middle." Stunned, the young man says, "That's amazing, Ma. You're right. How did you know?" "I don't like her," she says.

**WINTER PANCAKE BRUNCH** CHERHILL, ALBERTA

**SUNDAY**  
January 22, 2017

10:00 A.M. to 1:00 P.M.  
Cherhill Legion Hall

12 years of age & older - \$12.00  
6 to 11 years of age - \$6.00  
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# SANGUDO HORTICULTURAL CLUB NEWS: BOUNTIFUL GARDEN- GROW AND PRESERVE

Submitted by Brenda Ogden

The Sangudo Horticultural Club is all prepped for our 10th annual Garden Day on Saturday, January 28, 2017! This year's theme is all about food from your garden- strategies for a great yield and how to preserve it.

Our morning speaker is Stephen Legaree, creator of the popular YouTube series Alberta Urban Garden. Stephen likes to experiment in his garden; test-

ing new ideas and improving on familiar practices. He will talk about the steps for setting up and growing in a raised bed garden, with a focus on how to make it visually appealing and productive. While talking about raised beds, Stephen says "many of the techniques can be used in any style of garden." Stephen likes a dynamic discussion so bring your questions.

For reliable advice the ATCO Blue Flame Kitchen has been a household name for many years. Our afternoon presenter brings

excellent information on several methods of safe food preservation. She will have a display of equipment to use and a selection of recipes to take home.

Running from 8:30am to 3:00pm, the day includes tasty snacks, another delicious lunch catered by Connections Coffee House of Sangudo, and a mini trade show with informative vendors and items for sale. For a chance to win a door prize, bring a recipe for your favourite preserves.

Registration forms are avail-

able at Pegg Garden website, [www.Sangudo.net](http://www.Sangudo.net), and at the Lac Ste. Anne County office in Sangudo, for info contact Brenda at 780-237-4771. The registration deadline is Monday, January 23. Registrations will be accepted after the deadline, but lunch is not guaranteed. Everyone with an interest in gardening is welcome to join us, new gardener or experienced- you will enjoy the day.

## ANOTHER SUCCESSFUL YEAR FOR THE RICH VALLEY COMMUNITY HALL!

Submitted by May Larson

Rich Valley Community Halls has completed another very successful year. The community hall hosts quite a variety of events which includes, Bin-

go every two weeks, two crib tournaments each year, birthday parties, Christmas events, anniversaries, funerals and funeral lunches. The community hall is available for rent for any of these functions or any other event you

need a beautiful building for.

The community hall has recently replaced all the tables and chairs, new septic system, new tin roof and fresh paint inside, screen doors and renovated the large spacious kitchen. If any-

one is interested in attending our Annual General Meeting on January 30, 2017 at 7:00 pm at the Rich Valley Community Hall.



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<b>Saturday, January 28, 2017 - 12:00PM to 6:00PM</b>	
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# SENIORS STAY INDEPENDENT WITH NEW LOAN PROGRAM

Submitted by Tim Chu, Press Secretary, Seniors and Housing

More than 800 applications have been received since the program's launch on July 1, 2016, and the government has paid out more than \$5 million in loans and about \$230,000 in grants. Approximately 10 new applications arrive each day.

"Seniors built this province and they deserve to retire in dignity. Thanks to our government's SHARP program, Alberta seniors can receive the financial assistance they need to repair or adapt their homes, supporting them to age in the community." - Lori Sigurdson, Minister of Seniors and Housing

"It's really given us a new lease on life, so to speak. Instead of moving into a care facility, we can stay in our home—close to our family and friends, for as long as our health allows." - David and Jill Osborne, recipients of the home-equity loan

The Seniors Home Adaptation and Repair Act includes measures to protect consumers, including a provision to review the costs of repair projects to ensure they are fair.

#### Quick facts

- The program provides low-interest home equity loans to a maximum of \$40,000 per household to seniors with a household income of \$75,000 or less. Homeowners must have at least 25 per cent home equity.

- Low-income seniors who do not qualify under the loan program may be eligible for a grant to help pay for essential home repairs.

• Most requested repairs or adaptations include:

- House roof
- Windows
- Flooring
- Furnace
- Hot water tank

• Average loan amount:

- \$16,000 (couple)
- \$13,100 (single)



A Sherwood Park couple have a new stair lift thanks to a home equity loan under the Seniors Home Adaptation and Repair program.

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# MOTOR VEHICLE COLLISION - HIGHWAY 43 NORTH OF HIGHWAY 663

Submitted by Spruce Grove/Stony Plain RCMP

At approximately 5:50 am on January 15th, 2017 the Spruce Grove/Stony Plain RCMP were

called to a motor vehicle collision on Highway 43 just north of Highway 663. A fuel tanker went off the road and entered the east ditch. As a result northbound traffic on Highway 43 was restricted and

rerouted.

The tanker truck was transporting diesel, premium and regular fuel. Fuel had leaked from the truck however there is no risk to the public at this time. Lac St. Anne Fire Services and police were on scene and Alberta Environment has been notified.

The male driver and lone occu-

pant of the truck was taken by ambulance to hospital for treatment of minor injuries. No other vehicles were involved.

The cause of the collision is not yet known. All possible factors are being considered and an investigation is ongoing.

An update will be provided when additional information is known.



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## STONY PLAIN RCMP AND RCMP MAJOR CRIMES UNIT INVESTIGATE SUDDEN DEATH

Submitted by RCMP Alberta Media Relations

Update #1

On December 26th, 2016 Stony Plain RCMP and the Edmonton RCMP Major Crimes Unit responded to a complaint of found human remains on Sundance Road on the Paul Band First Nation. Police have identified the deceased as Christian Sidney Mark Grayhorseman of the Edmonton area.

Mr. Grayhorseman was also known as Sonny and SonShine. Police are investigating this death as a homicide. Police interested

in speaking to anyone who has information on Mr. Grayhorseman's activities and whereabouts in the days leading up to his death.

An autopsy is scheduled for Thursday December 29th, 2016.

If you have any information about this event, please contact the Stony Plain RCMP at 780-968-7267. If you wish to remain anonymous, you can call Crimestoppers at 1-800-222-8477(TIPS), or by internet at [www.tipsubmit.com](http://www.tipsubmit.com).

Background: Stony Plain RCMP and RCMP Major Crime Unit Investigate Sudden Death

On Dec. 26, 2016, Stony Plain RCMP responded to a report of a suspicious death on the Paul Band First Nation west of Edmonton.

At approximately 2:15 p.m., a body was located in the area of Sundance Road on the Paul Band First Nation. The Edmonton RCMP's Major Crime Unit has been brought in and both units have been engaged in investigating the death.

The investigation is in the early stages and the RCMP are asking for the public's assistance in identifying any potential leads. If you have any information about this event, please contact the Stony Plain RCMP at 780-968-7267. If you wish to remain anonymous, you can call crimestoppers at 1-800-222-8477(TIPS), or by internet at [www.tipsubmit.com](http://www.tipsubmit.com).



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# BOVINE TB IN ALBERTA: MINISTER'S STATEMENT

**Submitted by Government of Alberta**

Oneil Carlier, Minister of Agriculture and Forestry, has issued the following statement about Bovine TB in Alberta:

"Today I have the privilege of visiting with some of our cattle producers and their families on their farms in southeastern Alberta. Several ranchers in this area are affected by the ongoing Canadian Food Inspection Agency (CFIA) investigation into bovine tuberculosis, and it's important for me to meet with them and hear firsthand about their experiences.

"While the investigation has created many challenges for these producers, I continue to be inspired by their resilience during this difficult situation. They know how important it is to protect our livestock and markets from disease. Despite the complex challenges involved, they are stepping up to do what's necessary to ensure the health of Alberta's and Canada's animals.

"There are many people and organizations who are committed to supporting our cattle producers during this time of financial, logistical, and emotional stress. In addition to the individual farmers, I would like to thank Alberta Beef Producers for their hard work on behalf of the industry.

"Our federal government partners at the CFIA and Agriculture and Agri-Food Canada, along with Alberta's Agriculture Financial Services Corporation and staff across the Alberta government, are all working around the clock to deal with this ongoing situation and provide assistance to farmers.

"I commend and thank all those dedicated to the investigation and to supporting our cattle

industry. We will continue to stand together and with our producers as they work through the immediate situation and in the future as they begin the long process of rebuilding their herds."



"On behalf of the Lac Ste. Anne Foundation we would like to say a very big THANK YOU to the following businesses and individuals for donating items and/or funds to assist us in making it a very special Christmas Season for our Residents and Tenants at the Spruce View Lodge in Whitecourt, Pleasant View Lodge in Mayerthorpe and the Chateau Lac Ste. Anne Lodge in Onoway, as well as our Manor facilities in Gunn and Onoway, your generosity is overwhelming and greatly appreciated."

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**The Rock Victory Church in Onoway**

**Spruce View Lodge Staff**

**Tender Hearts**

**Brenda Hammon and Bud Portwood**

**The family of Sigrid Madlung**

For everyone's safety, we ask that attendees please leave their pets at home. The Edmonton Pet Expo happens January 28 & 29, 2017 at the Edmonton EXPO Centre, Hall A. Skip the line by purchasing tickets online in advance. For more information, visit [www.PetExpo.ca](http://www.PetExpo.ca).

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"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!!!! SOOOOOOOOOOOOOOOOOOOOOO 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)

# CANADA SUMMER JOBS 2017

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

OTTAWA: Jim Eglinski, Member of Parliament for Yellowhead, is inviting local employers to apply for funding through Canada Summer Jobs (CSJ) 2017 to help create jobs for students next summer. Budget 2016 added \$113 million per year for three years to the exist-

ing CSJ base funding of \$107.5 million, doubling the number of students employed each year.

The Canada Summer Jobs initiative provides funding to not-for-profit, public-sector and small private-sector employers with 50 or fewer employees. It creates summer job opportunities for young people 15 to 30 years of age who are full-time students intending to return to

their studies in the next school year.

"As in previous years, we are focusing on local priorities in the Yellowhead riding. This program will help provide experience and skillsets to students today so they can qualify for the relevant jobs in the future," said MP Eglinski.

The application period for Canada Summer Jobs 2017 will

take place earlier this year, running from December 5, 2016 to January 20, 2017. This will ensure students may be hired beginning in April 2017. Eligible employees can apply online at: [www.servicecanada.gc.ca/csj](http://www.servicecanada.gc.ca/csj) or print off an application form from the website. Applications are available at any Service Canada Centre.

## LOOMING FISCAL CRISIS

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

Just over a year ago, Canada's economy was the envy of the world, as our Conservative government proudly balanced the federal budget. All that hard work was quickly undone by the new Liberal Prime Minister.

The Federal Finance department during the Christmas break released a new report stating we will now have annual budget

deficits for the next quarter century, a predicted culminated federal debt of \$1 trillion in the next 15 years and we will likely see a tripling of current debt levels to \$1.5 trillion by 2050. If Prime Minister Justin Trudeau stays on course, Canada may not see another balanced budget until the year 2055. In fact, analysts are predicting bigger deficits could lead to the collapse of our economy.

This week we learned from

the Parliamentary Budget Office that the stimulus measures from infrastructure spending will likely be delayed. The government committed \$186 billion over 11 years in last fall's fiscal update. The economic impact of this is now projected for later 2017 and into 2018.

How can Justin Trudeau pull out of this self-inflicted economic tailspin? He can stop his reckless spending, or, raise taxes. Unfortunately we've already

seen which choice he prefers.

Future generations will be on the hook and his spending is putting programs that provide financial security to those who are entering their golden years at risk.

Justin Trudeau's out-of-control spending and continuing tax hikes are sending Canada on a dangerous path. What happened to the Liberal promise to balance the budget before the next election?

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# GROWTH ALBERTA LOOKS TO ADD MORE MUNICIPAL VALUE WITH CURRENT & ADDITIONAL PROJECTS IN 2017

Submitted by Troy Grainger

At a regular meeting on November 22nd, the Board of Directors of GROWTH Alberta unanimously approved continuation of its current initiatives as well as new project plans for fiscal 2017. Continuing initiatives include the Business Excellence Awards, Demographic Statistical Research, the Northern Alberta Broadband Preparedness Project and Tourism Development. Additional projects given the green light under the CARES Program are the Investment Readiness Project and additional investment in Tourism Development.

Chad Merrifield, Chairperson of GROWTH Alberta, "I think the value of belonging to a REDA is reinforced by the work we are doing and we are excited to move forward with additional economic development projects to help build the region. Being able to leverage membership dollars up to 4:1 is a huge

driver for a REDA. The Province recognizes REDAs as an important catalyst in delivering strategic regional priorities and the work GROWTH has and is doing aligns with our mandate to provide membership with tools and information to help their communities remain healthy and sustainable. Rural communities face unique challenges and with the collaborative theme upcoming in the MGA (Municipal Governance Act), our members are focusing on current issues and looking forward to capture advantages that will become apparent in the future and our projects reflect that."

The Broadband Preparedness Project has been underway since mid-2016 with regional information sessions held in November and December. As part of a collaborative larger initiative with four other REDAs, the Northern Alberta Development Council, Community Futures and the Government of Alberta, the project will provide a detailed analysis of current digital

connectivity and infrastructure in the GROWTH region, where we would like to be in five and ten years and provide potential business models and strategies to get there.

Troy Grainger, Manager of GROWTH Alberta, "Digital Connectivity has become an impactful issue as it relates to economic development. Industry seeking rural locations or possible growth strategies of current business is being limited by their access to world economies on the internet. Additionally, with trends such as a forecasted 20% increase in Canadian data consumption in the next year and the explosive emergence of virtual based companies, rural communities that do not have broadband as a priority will be left behind. The project's regional approach also provides potential for more collaborative model opportunities and strength in leveraging assets to reach specific connectivity goals."

Also to be undertaken is a comprehensive Investment Readiness Project where the GROWTH region and all member communities will be provided with a detailed analysis of current capacity and potential opportunities for enhancement. Being able to respond to regional investment and industry opportunities quickly and strategically with real time infrastructure and capacity information will put member communities at the forefront to assist with investment generation strategies. The study will build off of the Broadband Preparedness Project to encapsulate collection, dissemination and presentation of data encompassing transportation (rail & highway corridors), average real estate costs, utility capacity and costs, key industry identifiers and locations, labour, demographics, traffic summaries, diversification opportunities, etc.

Continued on Page 11



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# RANSOMWARE ATTACK

**Submitted by St. Albert RCMP**

File 2016-1630047 - On December 12, 2016 St. Albert RCMP received a complaint from a local business that their company computers had been the affected by ransomware; a computer malware that installs covertly on a victims computer, executes a crypto virology attack that adversely affects it, and demands ransom payment to decrypt it or not publish it. The occurrence prompted St. Albert RCMP to

issue a warning to both businesses and the general public to be aware of ransomware and some preventative measures to minimize being victimized.

According to a 2014 Internet Security report by Symantec, the attacks often stem from an infected email attachment or app that seizes control of the computer. The RCMP Tech Crimes Unit in Alberta are advise of the following measures that should be taken:

- Never open a file that is attached to an e-mail from an unknown or

untrusted source

- Spam e-mails may display as being from someone you know but have a subject line that seems unusual or solicitous in nature. If it seems out of character, don't open it.

- Extensions for Internet browsers are often third party or open-source scripts. Just because an extension is made available for installation does not mean it has been extensively checked for malicious content. Be vigilant when choosing which extensions to install.

Cyber security experts also add keeping security software updated and backing up computers regularly to a drive that is not kept plugged into the system, thereby protecting it from infection.

If you have information about this incident, please call the St. Albert RCMP at 780-458-7700. If you want to remain anonymous you can contact Crime Stoppers by phone at 1-800-222-8477, by Internet at [www.tipsubmit.com](http://www.tipsubmit.com) or by SMS (check your local Crime Stoppers [www.crimestoppers.ab.ca](http://www.crimestoppers.ab.ca) for instructions).

## GROWTH Alberta Looks to Add More Municipal Value with Current & Additional Projects in 2017

**Continued From Page 10**

This data would then be incorporated and compiled into several infographic documents to accentuate current industry attraction strategies and migrated to a web site aimed at site selectors.

Tourism is also a significant contributor to GROWTH Alberta's ru-

ral economy. The more visitors the region welcomes, the more dollars are integrated into local economies. Businesses from hotels to gas stations to retail stores to vehicle dealerships are considered tourism providers. Their employees contribute to the tax base, their children attend local schools and discretionary incomes are spent at regional outlets. With up to 30% of a rural commu-

nity's labour force considered tourism related, the development, promotion and growth of this industry is a priority for the WILD Alberta brand. As such, GROWTH Alberta is undertaking an updated review with focus on inventory of regional tourism assets, current environment, target market analysis, visiting friends & relatives analysis, potential industry opportunities, commu-

nity relations, investment potentials, continued strategic design of the WILD Alberta web site, etc. The information and strategies derived from the project will promote collaborative strategies to grow and be realized as a key contributor to the regional promotion to visitors and the economy.



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# ARMED ROBBERY WITH A FIREARM IN GIBBONS

**Submitted by Morinville RCMP**

Morinville, AB: On January 13th, 2017, at approximately 7:30 pm, an incident occurred in the parking lot of the Mac's store in Gibbons where an adult male was robbed at gun point in his vehicle by an armed Caucasian male. Subsequent to the robbery, the suspect fled in a blue Chev-

rolet Cavalier north on highway 28A with the victim chasing. While on highway 28A, the suspect's and victim's vehicle collided in the North bound lane which resulted in the passenger from the suspect vehicle shooting at the victim's vehicle. One of the rounds struck the victim in the arm. The victim sustained minor injuries and sought medical assistance but has since been

released from hospital.

Police do not believe there is a risk to the public at this time.

Police are asking for the public's assistance in locating the blue Chevrolet Cavalier which sustained a severely damaged rear bumper and a broken driver side tail light. If the vehicle is located, police are advising not to approach it.

Please contact the Morinville

RCMP if you have any information regarding this incident or about the vehicle or call Crime Stoppers at 1-800-222-8477 (TIPS), or by internet at [www.tipssubmit.com](http://www.tipssubmit.com). You do not have to reveal your identity to Crime Stoppers and if you provide information to Crime Stoppers that leads to an arrest you may be eligible for a cash reward.

## RCMP BEATS



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

Occurrences for the week of 2 January to 8 January, 2017.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 431

Total Calls for Service for the Victim Service Unit: 29

Individuals Charged (all offences not including Impaired): 28

Person Crimes: 45

Property Crimes: 70

Impaired Driving Complaints reported: 9

Impaired Driving Charges Laid: 1

Roadside Suspensions: 2

Motor Vehicle Collisions Attended: 59

Property Crimes:

Spruce Grove

1. January 2 – Area of Westridge Crescent – Theft from Vehicle, wallet stolen

2. January 2 – Area of Hamilton Court – Theft of Vehicle, 2006 black GMC Canyon

3. January 2 – Area of Spruce Ridge Drive – Theft of Vehicle, 2008 red Kia Sedona

4. January 2 – Area of Linthorpe Road – Theft of Vehicle, 2001 black Dodge Ram 1500

5. January 2 – Area of Lawson Boulevard – Theft from Vehicle, CD's and cash stolen

6. January 3 – Area of Belmont Crescent – Break and Enter to Residence

7. January 5 – Area of King Street – Theft of Vehicle, 2012 white Ford Focus

**Continued on Page 13**

# AHS CELEBRATES NATIONAL NON-SMOKING WEEK

**Submitted by Alberta Health Services**

**NORTH ZONE**— January 15 – 22, 2017 is National Non-Smoking Week, and this year, Alberta Health Services (AHS) is partnering with communities throughout the North Zone to raise awareness amongst new Albertans about the dangers of tobacco and tobacco-like

products.

Newcomers to Alberta may come from communities with high tobacco use rates and unique social norms related to smoking. AHS strives to ensure its tobacco supports and services are sensitive to the diverse cultural practices of newcomers, and has developed tobacco cessation supports and services information in the six languages

that reflect the most common newcomer groups in Alberta. This work is in addition to the outreach AHS does with all Albertans.

An annual event across Canada for more than 30 years, National Non-Smoking Week aims to raise awareness about the health risks of tobacco, in all its forms, as it provides education on the resources and support services

available for those who wish to reduce or quit tobacco use.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

## RCMP Beats

**Continued From Page 12**

**Stony Plain**

8. January 5 – Area of 43 Avenue and 47 Street – Theft of Vehicle, 2003 grey Ford F350

9. January 7 – Area of Westerra Bay – Theft of Vehicle, 2015 black Dodge Ram

**Rural**

10. January 4 – Area of Township Road 531A and Range Road 263 – Theft from Vehicle, battery stolen

11. January 7 – Area of 53 Avenue and 51 Street Wabamun – Break and Enter to Garage, tools stolen

12. January 7 – Area of 51 Avenue and 52 Street Wabamun – Theft of Vehicle, 2000 blue Dodge Ram

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. With the cold weather we tend to leave vehicles running (to warm up in the morning, or to run “quickly” into a store). If you must leave a vehicle running, have a spare key and lock the 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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- Penny M. Stony Plain

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- Toni Spruce Grove

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- Donna Edmonton

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Alberta Beach Agliplex, Susan 780-996-2960.

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Bright Bank Hall, 780-963-6835

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Cherhill Community, Taryn 305-9022

Darwell Hall, 780-721-2690

Darwell Seniors, 892-2457

Genevise 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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<b>\$167,500</b> <b>MLS E4036824</b> <b>5004-50 Ave, Tomahawk</b> 3bdrm, 2 story heritage home Huge (0.38 acres) treed lot Upgrades in kitchen, hardwood floors Great value! Call Barb 780-542-1614	<b>\$115,000</b> <b>MLS E4041924</b> <b>5202-50 St, Tomahawk</b> 1000 sq ft 2 Bdrm bungalow with basement. Huge panoramic lot equal to 3 regular size lots. Large DBL garage & covered storage areas Call Barb 780-542-1614	<b>\$385,000</b> <b>MLS E4037791</b> <b>#5 4857 37 St, Drayton Valley</b> Backing the pond & green space, Hardwood floors, open concept, vaulted ceilings, 3 Bdrms Call Danielle 780-514-6657	<b>60% SOLD &amp; 10 Left!</b> <b>BUY NOW!</b> Variety of plans avail. 2-3 bdrms, 2 baths ea. unit Sound proof & Heated Parking. <b>\$268,405 - \$390,694 Inc. GST</b> Call Heather 780-621-8001
<b>\$38,700</b> <b>MLS E3423384</b> <b>4612 51 Ave, Wildwood</b> Older Mobile On Serviced Lot Call Chuck 780-898-1613	<b>\$579,000</b> <b>MLS E4041603 / 28 Meier Rd</b> NEW EXECUTIVE HOME One of a Kind - unique design All the upgrades TRIPLE GARAGE Landscaped, Must See inside! Call Heather 780-621-8001	<b>\$200,000</b> <b>MLS E4043163</b> <b>RR91 &amp; TWP 503</b> HUNTER'S PARADISE!! 159 Acres Crown land on 3 sides! Mixture of trees, RECREATIONAL PROPERTY Call Debra 780-621-8067	<b>\$84,900</b> <b>MLS E4043573</b> <b>RR91 &amp; TWP 502 10 acres</b> Fully treed. Outdoor Enthusiast's dream! Peaceful lifestyle. Under 20 mins. from DV. BUILD YOUR DREAM HOME Call Debra 780-621-8067
<b>\$189,900</b> <b>CLS E1022518</b> <b>5102 51 Ave, Wildwood</b> Ideal Work Camp! 15 Rooms Services, HWY 16A Frontage Call Chuck 780-898-1613	<b>\$169,900</b> <b>CLS E1022517</b> <b>5104 51 Ave, Wildwood</b> 44 Unit Covered Storage Building HWY 16A Frontage Call Chuck 780-898-1613	<b>\$410,000</b> <b>MLS E4032662</b> 160 acres - pasture, oil revenue, fenced has power, well & septic already in place South of 621 on RR92 Call Chuck 780-898-1613 Call Darby 780-898-9857	<b>\$253,000</b> <b>MLS E3396527</b> <b>SE-4-51-8-W5</b> 136 Acres West Side of Pembina River, Land Slops to River Call Chuck 780-898-1613
<b>\$59,900</b> <b>CLS E1022521</b> <b>5114 50 Ave, Wildwood</b> 1.3 Acre Lot HWY 16A Frontage Call Chuck 780-898-1613	<b>\$19,900</b> <b>CLS E1022520</b> <b>NE-27-53-9-W5 (LOT 1)</b> 1 Acre Undeveloped Lot HWY FRONTAGE 16A Services to Lot Call Chuck 780-898-1613	<b>\$100,000</b> <b>MLS E4031219</b> <b>NW-27-53-9-W5</b> 42.5 Acres / 1/2 Hay & 1/2 Open. Just West of Wildwood Adjacent to Rodeo Grounds Call Chuck 780-898-1613	<b>\$65,000</b> <b>MLS E4025634</b> Level lot at Buck lake Lot 18 Trails of Minnehik Call Chuck 780-898-1613

**CALL CHUCK FOR YOUR MARKET EVALUATION!**

# Church Directory

## Rich Valley Community Church

Sunday School  
10:00 a.m.  
Worship Service  
11:00 a.m.

## Catholic Parish of Lac Ste. Anne

Sunday  
10:00 a.m.

## St. John's Anglican Church

Onoway  
Sunday Service  
10:00 a.m.  
*Everyone Welcome*

## Mayerthorpe Baptist Church

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

## St. John's Lutheran Church

Alberta Beach  
Sunday Service  
11:00 a.m.  
Sunday School

## Zion United Church

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

## St. Joseph's Catholic Church

Sunday Mass  
11:30 a.m.  
Wabamun, AB

## Sangudo St Mary the Virgin Anglican Church

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

## Sangudo United Church

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

## Trinity Lutheran Church (LC-C)

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

## Mayerthorpe Pentecostal Assembly

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

## St. Michael Lutheran Church

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

## Onoway Baptist Church

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

## Mayerthorpe United Church

Mayerthorpe: Rev.  
Alwin Maben  
Sunday Worship 9:30 a.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 11:00 a.m.

Sunday School  
10:00 a.m.  
(780) 924-3282

## Cherhill Community Church

Sunday School  
10:00 a.m. - 11:00 a.m.

Worship Service  
Sunday 11:00 a.m.

## Roman Catholic Church

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

(780) 786-2032

## Calahoo Alliance Church

Family Worship  
Service Sunday  
10:00 a.m.

For Info Call Jerry  
(780) 974-7734

## Rock Victory Church Worship Celebration

Sunday Worship w/  
Children's Ministry  
10:00 a.m.

Wednesday Prayer &  
Bible Study 6:00 p.m.

# COMMUNITY EVENTS 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <small>New Year's Day</small>	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 23 - GUNN HALL MEETING @ 7:30pm.**

**JAN 28 - SANGUDO HORTICULTURAL CLUB 10<sup>TH</sup> 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 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

## BINGO

**BARRHEAD ROYAL CANADIAN LEGION:** Doors 5:30pm, games start 7pm. Games: #7, Jack Pot, Mini Jack Pot, Loonie #1 & #2.

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

**CHERRILL LEGION:** First Sunday of Month. Doors Open 12:00 Noon

**MAYERTHORPE ROYAL CANADIAN LEGION:** Tues, doors 6:30pm, bingo 7:30pm

**RICH VALLEY COMMUNITY HALL BINGO:** 7:30pm. Loonie Pots. Next bingos January 25, February 8 & 22.

**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, 1<sup>st</sup> Sat 325-2119 or 325-2391

**SANGUDO:** Sangudo Community Hall, 1<sup>st</sup> Sat of month 7pm, Oct-May. Everyone welcome. 785-4105 or 305-5088.

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

**STONY PLAIN:** Stony Plain Seniors Drop In Centre, 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 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. 3<sup>rd</sup> 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:** 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.mayerthorpepubliclibrary.ab.ca (780)786-2404

**LAC STE ANNE COMMUNITY CHOR.** 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. 1<sup>st</sup> 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 - 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 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). 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<sup>nd</sup> & 4<sup>th</sup> 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, 1<sup>st</sup> & 3<sup>rd</sup> Wednesday at 1pm.

**VOLUNTEER TUTOR ADULT LITERACY PROGRAM (VITALP):** 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 2<sup>nd</sup> Tues of the month. Info from Donna 780-962-5933

**ALBERTA BEACH & DIST LIONS CLUB** meets every 4<sup>th</sup> Tues 7pm, Alberta Beach Agplex.

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

**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.

**CHERRILL COMMUNITY ASSOC.** Monthly Meeting 1<sup>st</sup> 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 2<sup>nd</sup> 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, 1<sup>st</sup> 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 1<sup>st</sup> Wed. Info 785-4144 or 721-6188.

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

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

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

**LAKE ISLE HALL BOARD:** 3<sup>rd</sup> Tues, 7:30pm, Lake

Isle Hall.

**MAYERTHORPE HOSPITAL AUXILIARY ASSOC,** every 4<sup>th</sup> 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:** 2<sup>nd</sup> Wed of each month, 7:30pm, Chateau Lac Ste Anne

**ONOWAY & DISTRICT HISTORICAL GUILD:** 3<sup>rd</sup> Wed 7pm, Onoway Museum. 967-5263 or 967-2452.

**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, 1<sup>st</sup> Mon, 7pm (Sept-June).

**ONOWAY MASONIC LODGE #138,** 4<sup>th</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> 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 1-2:30pm.

# SUDOKU OF THE WEEK

## Fun By The Numbers

**Here's How It Works:** Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

### ANSWER:

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

	5							
		2				8		
4	6	8					1	7
						4	2	5
1		3					9	
5				7		3		1
			4		7			
7			1	6		2		9
8	4		9		5	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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CAT D5N

**VIEWING: WEDNESDAY JAN. 24<sup>TH</sup> & THURSDAY JAN. 25<sup>TH</sup>, 2017 FROM 8:00 AM UNTIL DUSK**

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2016 TRACK TRAIL 17RTH

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