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**February 7, 2017**

## MAYERTHORPE RCMP CHARGE MAN WITH AGGRAVATED ASSAULT AFTER STABBING

**Submitted by Mayerthorpe RCMP**

Mayerthorpe, Alberta – On Jan. 28, 2017 at 4:50 a.m., Mayerthorpe RCMP responded to a complaint of a stabbing at a residence in Mayerthorpe.

Members attended and found a male victim had been stabbed several times with a knife at a house party during an altercation with another male. The victim suffered serious but non-

life threatening injuries and was transported by EMS to an Edmonton hospital. The suspect fled before police arrived. No one else is believed to have been injured during this incident.

Police made extensive patrols in the area, but the suspect was not located.

Dillon Stuart Coulson, an 18-year-old from Lacombe County, was arrested a short time later after turning himself in. He is charged with:

- Aggravated assault – Sect. 268 of the Criminal Code
- Fail to comply with a recognition – Sect. 145(3) of the Criminal Code

Coulson did not speak to bail and was remanded into custody. He is set to appear in Mayerthorpe Provincial Court on Feb. 9, 2017, at 10:00 a.m. via CCTV in relation to his charges.

As this matter is now before the courts no further information will be made available.

## TRUCK RAMS STOREFRONT IN ATTEMPTED ATM THEFT

**Submitted by Whitecourt RCMP**

Whitecourt, Alberta- On Feb 1st, 2017, shortly after 4 a.m., a black Ford F150 pickup truck rammed the storefront of a business in the 3700 block of Kepler street in Whitecourt, Alberta. The truck drove into the commercial storefront and drove back and forth inside the store several times. Much of the storefront was obliterated in this attack.

The truck tried to ram an automated teller machine and was

not successful. The truck and its occupants left the scene without actually stealing anything.

Two adult males, both gloved and masked, were involved in this break & enter.

The truck was recovered later the same morning and had been torched. It is believed the truck was stolen but verification of the truck's ownership is pending.

Anyone with information on this occurrence or who can help identify the suspect is asked to contact RCMP Whitecourt Detachment at 780-779-5900. Should you wish to remain

anonymous, you can contact Crime Stoppers by phone at 1.800.222.8477 (TIPS), by Internet at [www.tipsubmit.com](http://www.tipsubmit.com), or by SMS (check your local Crime Stoppers [[www.crimestoppers.ab.ca](http://www.crimestoppers.ab.ca)] for instructions on how to do). You do not have to reveal your identity to Crime Stoppers, and if you provide information to Crime Stoppers that leads to an arrest(s), the recovery of stolen property, and/or a seizure of illicit drugs, you may be eligible for a cash reward.

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# LAC STE. ANNE PARENT LINK/EARLY CHILDHOOD DEVELOPMENT INITIATIVE PROGRAMS AND COMMUNITY EVENTS FOR FEBRUARY

Submitted by Cathy Steeves

Sangudo Parent & Tot: Messy Play - Join us for a fun sensory adventure! Kids will experience a variety of different textures through their fingertips with different materials each week. Tuesdays, February

7, 21 & 28 from 10:00 – 11:30 am in the Sangudo Early Childhood Room (Arena)

Baby Network - In partnership with Alberta Health Services and Oneway Public Library. Wednesdays – February 1, 8, 15, 22 & March 1 & 8 from 10:45-12:15 at

Oneway Public Library. Come meet other parents, discover parenting strategies, learn about great resources in your community, feeding and sleeping tips, and more! REGISTRATION REQUIRED. Call 780-967-4440 to register Childcare for older children available but MUST be requested at time of registration

'Beary' Fun Morning - Parent Link is pleased to join Darwell Public Library For a 'Beary' Fun Morning on Thursday, February 9th from 10:00 – 11:00 am at Darwell Public Library. Decorate a stuffed bear to take home, listen to a bear story, and sing some bear themed songs. This is a drop-in program – no need to pre-register.

Sangudo Parent & Tot presents: Valentine's Day Party

Tuesday, February 14th from 10:00 – 11:30 am in the Sangudo Early Childhood Room (Arena). Join us for some Valentine themed crafts, activities and snacks!

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# OJSH GYMNASIUM



Submitted by Wanda Pederson



There are many exciting, innovative aspects to the new Onoway Junior Senior High School. One of the most evident and admired is the new gymnasium. The aim of the physical education program at OJSH is to assist students in developing the skills and attitudes necessary to lead an active, healthy lifestyle. Physical activity is important to all aspects of normal growth and development, and the health benefits of physical activity are widely recognized. The OJSH Phys. Ed. teachers are excellent facilitators in providing opportunities for developing the desire, skills and attitudes necessary for lifelong participation in physical activity.

The OJSH gym is actually two gymnasiums in one: a special curtain can be lowered to separate it into two areas. This means that two classes or two sports events can be held at the same time. Our new gym is already a favourite venue for sports tournaments! There are some beautiful black wall bumper pads embossed with the OJSH Mustang logo lining the far gym walls. These wall pads were generously supplied courtesy of Rocky Akl and the Burger Baron.

There is a walking track on the second floor that surrounds the perimeter of the gymnasium. Each lap of the walking track is 112 meters. Staff and students can walk and run for exercise, or they can watch games from the unique viewpoint from this area. Downstairs, on the main floor, there is a state-of-the-art exercise room available to students

and staff. Both the walking track and the exercise room have been incorporated into physical education curriculum, classes and sports teams.

Overlooking the whole gym are the three video screens – the largest of which is 16 square feet! These screens act as state-of-the-art scoreboards but are more frequently used as video screen displays. The various athletic activities can be videoed from a camera so students can see what they are doing, and can therefore monitor and improve their performance. A time delay feature enhances the productivity.

Our teachers include Mr. Ben Pyde and Mr. Corey Loughheed - both of whom teach the gamut of Phys. Ed. Courses from grade 8 to grade 12 and, in addition, coach many of our school teams. Ms. Ellie Neufeld, our Music/Band teacher, also teaches grade 8 Phys. Ed. Classes. As well, many of our school sports teams have community volunteers and we thank them for their time and efforts on behalf of our students.

The new gymnasium is also well-suited to host celebrations such as Awards Night, the Grand Opening hosted in October, and Remembrance Day ceremonies each November. We are looking forward to holding the first Graduation ceremony in our new school in June!



♥ *Wine & Dine* ♥  
 ♥ *Your Valentine* ♥  
**Valentine's Day Special**  
 Sunday February 12<sup>th</sup> 2:00 – 8:00PM

<b>Prime Rib Dinner</b> with Roasted or Mashed Potatoes, Veggie, Yorkshire Pudding, Soup or Salad and Specialty Desserts <b>\$24.99</b>	OR <b>Baked Salmon</b> with Roasted or Mashed Potatoes, Veggie, Fresh Baked Bun, Soup or Salad and Specialty Desserts <b>\$19.99</b>
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 (10 minutes south of Onoway on hwy 43)

**ALBERTA BEACH HOTEL PRESENTS:**  
**MIKE \*THE PARTY HOG\***

<b>January 28</b> <b>@ 9:00PM</b> <b>DRINK SPECIALS</b> <b>LIKE US ON FACEBOOK</b>	 <b>780.924.3005</b>	<b>Feb 10 &amp; 11</b> <b>@ 9:00PM</b> <b>HE WILL ROCK YOUR WORLD</b> <b>YOUTUBE THE PARTY HOG</b>
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**Lac Ste. Anne Foundation**  
 Internal/External Employment Opportunity  
**Social & Leisure Services Aide** (Casual)  
 Onoway, AB

The Lac Ste. Anne Foundation is presently seeking an individual to fill a casual position located in our lodge in Onoway.

**Social & Leisure Services Aide**

Directly reporting to the Activity Coordinator, the Social & Leisure Services Aide is accountable for: Resident Relations and Program Implementation. This position entails a high level of interaction with seniors and requires some physical endurance (e.g. maneuvering wheelchairs). Offsite day trips are occasionally scheduled. The Social and Leisure Services Aide is accountable for assisting the Activity Coordinator as directed.

**Essential Functions / Responsibilities:**

- Maintain rapport with residents
- Assist in determining individual and overall interests of residents
- Communicate available programs and upcoming events
- Provide information pertaining to social and leisure opportunities offered within the community
- Perform activity and event preparation according to approved schedule
- Lead activities as required
- Maintain record of programs and participation

**Skills, Knowledge, Qualifications & Experience:**

Proven success in the following job competencies:

- High School diploma
- Previous work experience with seniors
- Previous experience with volunteer groups

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

Closing date: February 10, 2017 at 4:00pm.

**Submit resume to:**

Lac Ste. Anne Foundation  
 Attn: Dena Krysik, CAO  
 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.*

# RCMP BEATS

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

Occurrences for the week of 23 January to 29 January, 2017.

Total Calls for Service Spruce Grove/  
Stony Plain/Enoch Detachment: 462

Total Calls for Service for the Victim  
Service Unit: 40

Individuals Charged (all offences not  
including Impaired): 24

Person Crimes: 59

Property Crimes: 80

Impaired Driving Complaints report-  
ed: 8

Impaired Driving Charges Laid: 0

Roadside Suspensions: 1

Motor Vehicle Collisions Attended: 45

Property Crimes:

Spruce Grove

1. January 23 – Area of Nelson Drive  
– Theft of Vehicle, 2016 black Dodge  
Ram

2. January 24 – Area of Arlington  
Street – Theft of Vehicle, 2003 white  
Ford F350

3. January 24 – Area of Virginia Loop  
– Theft of Vehicle, 2011 white Ford  
F150

4. January 28 – Area of Brookwood  
Drive – Theft from Vehicle, bag of soc-  
cer balls stolen

Stony Plain

5. January 26 – Area of 41 Avenue and  
43 Street – Theft of Vehicle, 2006 white  
Ford F350

Rural

6. January 24 – Area of Township  
Road 511 and Range Road 261 – Break  
and Enter to Residence, jewelry stolen

7. January 26 – Area of Ellis Drive,  
Acheson – Theft of Vehicle, 2006 black  
Ford F350

8. January 26 – Area of 48 Avenue and  
52 Street, Alberta Beach – Theft of Hol-  
iday Trailer, 26' white Survey

9. January 29 – Area of Township  
Road 551 and Range Road 40 – Break  
and Enter to Garage, tools stolen

10. January 29 – Area of Township  
Road 542 and Range Road 12 – Theft of  
John Deere tractor, 2012 green XUV550

Stony Plain/Spruce Grove RCMP re-  
mind you not to make it easy for thieves.  
Protect your identity. Never give out  
personal information over the phone to  
unknown solicitors.

The Spruce Grove / Stony Plain Drug  
Section Information Tip Line is 780-  
968-7212. Anyone with drug informa-  
tion 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)

# FEBRUARY IS DISTRACTED DRIVING AWARENESS MONTH

**Submitted by Morinville RCMP**

In conjunction with the Alberta Traffic Safety Action Plan the Morinville RCMP and it's law enforcement partners will be focusing it's attention on distracted drivers.

As everyone should now know distracting driving in Alberta now carries a \$287 fine along with 3 demerit points upon conviction. Registered owners of vehicles can also be levied the \$287 fine for distracted driving.

Distracted driving is defined as the diversion of attention from driving as a result of the driver focusing on a non-driving object, activity, event or person. This diversion reduces awareness, decision-making or performance leading to increased risk of driver error and collisions.

- Safety on Alberta roads is always our top priority.

- We all have a stake in our efforts to reduce the number of deaths and injuries on our roads. Government, law enforcement and the many traffic safety partners are working together to find solutions. Drivers also need to realize the importance of the role they play too.

- It only takes a second and a collision can occur.

- Keep your eyes on the road, hands on the wheel – put your focus where it should be.

- Multi-tasking while driving could prove to be a fatal error in judgment.

- Distracted driving literally impairs your driving ability.

**Facts to Know**

- Research indicates that driver distraction contributes to 20 to 30 per cent of all collisions.

- Distracted drivers are three times more likely to be involved in a collision than attentive drivers.

- A study of collisions involving distracted drivers found reaching for a moving object in the vehicle increased the risk of a collision or near collision by nine times; insects in the vehicle increased the risk by a factor of six; reading, applying make-up, and dialing a hand-held device tripled the odds, and listening and talking on a handheld device increased the risk by 1.3 times.

- Music volume should not be so loud that you cannot hear the sounds your vehicle makes, emergency vehicle sirens, or the ringing bells of trains when approaching a railroad crossing.

- Alberta's distracted driving law restricts drivers from:

- using hand-held cellphones

- texting or e-mailing

- using electronic devices like laptop computers, video games, cameras, video entertainment displays, and programming portable audio players (e.g., MP3 players)

- entering information on GPS units

- reading printed materials in the vehicle

- writing, printing or sketching and

- personal grooming

Drivers that exhibit what is deemed to be more serious or risky behaviors could be charged with "driving carelessly" under the Traffic Safety Act. The penalty for driving carelessly carries six demerit points and a fine of \$543.

Morinville RCMP is asking that the public please take the above information seriously. Our hope is to have everyone travel our roadways in a safe and responsible manner.



**The Last Spike GRILL**

*Valentine's Dinner at The Last Spike Grill*

February 10th & 11th  
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# LANDMARK YEAR

Submitted by Jim Eglinski, MP – Yellowhead

SO-31  
Mr. Speaker,  
Not only is 2017 our nation's 150th birthday, but it is also an important milestone for commu-

nities in my riding.  
On January 1st the village of Thorsby was officially recognized as a town! As many rural municipalities are losing residents to urban centres, I am proud to see the growth of this community and I look forward

to the positive impacts it will continue to bring to the surrounding area.  
Also in 2017, the Town of Drayton Valley is celebrating its own birthday! Marking 60 years, this town has been a leader in oil and gas development, as well as

a trailblazer in sustainability and environmental responsibility.  
As we celebrate Canada's birthday, let's not forget the people and communities whose successes have made our 150th milestone a reality!  
Thank you, Mr. Speaker.

# WHITECOURT MAKES TRIVAGO'S BEST VALUE DESTINATIONS LIST FOR 2017

Submitted by Tara Gallant

Trivago named Whitecourt as one of Canada's Best Value Destinations for 2017!  
Trivago, a global hotel-search

platform, developed the list in response to Canada being named the "World's Must-See Country" of 2017. Not only does the list rate the top 10 affordable cities, but Trivago also included rural towns "to celebrate the smaller gems that are showering guests in good old fashioned Canuck hospitality." Whitecourt is the only town in Alberta to make the list.

"This is exciting news for our community, and I congratulate our local hospitality industry in helping us make the list," said Whitecourt Mayor Maryann Chichak. "For the last several years, Whitecourt has been working with Woodlands County and the tourism industry to raise the profile of our community. Our region has so much to offer, and it's great to see an international organization such as Trivago recognizing this on a national stage."

Whitecourt and Woodlands County partner to promote the region as a year-round travel destination. The municipalities recently launched the Whitecourt Woodlands Tourism website and are working to raise awareness of the area through various advertising campaigns and initiatives. Media agencies and social media blogs have provincially recognized Whitecourt and local attractions as "must see" destinations, further growing recognition and awareness of our community.

For information on travel opportunities in Whitecourt visit [www.whitecourtwoodlandstourism.com](http://www.whitecourtwoodlandstourism.com).

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# SANGUDO HORTICULTURAL CLUB NEWS

Submitted by Brenda Ogden

The turnout for this years 10th Annual Garden Day was amazing. Thank-you to all of you who showed up! A big thanks to all the businesses, club members, schools, radio stations, garden shows and facebook users, etc who helped us spread the word. Also thanks to the vendors at our trade show for showing us their good products. This year we had A'Bunadh Seeds from Cherhill with Denise O'Reilly's heritage/

heirloom seeds. These are hardy in the Zone 2b area. Michele Sneddon of Mayerthorpe had quilting and long lasting reusable bags for sale. Al's Woodworking from Mayerthorpe had a booth. Al Hanson has been pursuing his hobby for around 15 years. Thanks for donating a door prize Al. Marc Lallier Apiaries Inc from Sangudo had honey for sale. Blue Bird Hills from Sangudo had handmade soap, bath balm and lip balm for sale. Tom Johansson had Western Wildlife Art in Metal. Tom

works out of Sangudo. Twist and Wrap Studios was from the Cosmos area. Dianne Johansson is a certified paverpol instructor and teaches classes. Paverpol allows you to use your artistic talent to create outdoor hardy pieces to add uniqueness to your garden. If you live closer to the Darwell area April Design Studio has workshops with paverpol by Jocelyne April. Our greenhouse representative was Granola Gardens from Yellowstone. Laurel Osadchuck's business started in 1993. Laurel and Gerald have

a large assortment of hanging baskets, annuals and perennials, plus seed potatoes, vegetables and garden statuary when open for the season. The Lac Ste Anne County had a booth, Jonie Gerspacher of Evansburg has a u-pick business, and Violet Gardens and Greenhouse works out of Wildwood.

Our meal and snacks looked and tasted great. Connections Coffee House did a fantastic job again, and thanks to the club members who helped with the snacks.

Stephen Legaree from Alberta Urban Garden ([www.albertaurbangarden.ca](http://www.albertaurbangarden.ca)) was our morning speaker with his scientifically based gardening practises. Stephen praised some of the tried and true gardening practises of our forefathers and set out to debunk some marketing myths. Stephen was a big fan of raised beds and showed videos on how to make them. Treated lumber has become safe to put around food crops. It is treated with Alkaline Copper Quaternary, which is an insecticide and copper, both helpful for growing produce. Raised beds increase your soil temperature in the spring for an earlier plant time. They also give good drainage to your crops, and can be built where they get the most hours of sunlight in a day. The depth of a raised bed should be at least 12 inches(30)cm or 18inches(45cm) for long rooted crops like carrots. Peppers don't do well in square foot gardening and do better in containers where they can be started indoors in January, and be pruned until April, when they are bushy plants and can be hardened off. Small to medium sized varieties do better in our short climate. Another way to increase the yields in smaller areas is to plant under other crops; like strawberries planted under grapes and lingonberries planted under blueberries.

<p><b>Shirley Mazeppa</b> PEMF Therapist <b>(780) 621-8055</b> <b>(780) 727-2845</b> smazeppa@xplornet.com Evansburg, Alberta</p>	 <p><b>Healing Fields</b> Pulsed Magnetic Therapy Ltd.</p>	<p><b>PEMF is Pulsed Electro-Magnetic Field Therapy</b></p> <ul style="list-style-type: none"> <li>• Detects Where a Horse is Sore</li> <li>• Relieves Pain &amp; Body Soreness</li> <li>• Accelerates Healing &amp; Reduces Inflammation</li> <li>• Improves Performance, Speed &amp; Suppleness by stimulating cellular metabolism</li> </ul> <p>No Drugs, No Side Effects... It Works! PEMF is good for people, horses &amp; dogs.</p>
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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!!!! SOOOOOOOOOOOOOOOOOOOOOOO 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)



# Sangudo Horticultural Club News

## Continued From Page 8

Lingonberries and blueberries both need acid soils to grow. Planting up is another way of adding crop per square foot. Stephen showed us how to make teepee trellises for vining crops. And he showed us the method of using espalier, which means to shape a woody plant to fit certain spaces. Compost and mulch were also talked about. Stephen believes that your soil is the key to getting the greatest amount of produce from your land. Stephen feels you can build your compost cheaply, use free resources like spent brewery grains, coffee grounds, autumn leaves and garden wastes and you will have no need for store bought fertilizers. Squash plants grow well on top of compost piles as they don't need as much nitrogen to grow as some other crops. Stephen also named some of his favorite varieties for growing in our area. He said you should stick to your gardening zone number until you are a more seasoned gardener and don't mind loosing some fragile crops by experimenting with your unique gardening space.

We had two afternoon speakers from the Atco Blue Flame Kitchen. The Blue Flame Kitchen contact information: [www.atcoblueflamekitchen.com](http://www.atcoblueflamekitchen.com) & toll free phone # 1-877-420-9090. The home economists are there

to answer questions from the public and you can find the latest recipes for preserving food for Edmonton and its surrounding area altitudes.

A few items from the Blue Flame Speakers that I learned:

- If you are making Antipasto add no low-acid items such as olives into your mixture. This and any meat product can be added later just before it is used.
- Flattop cook stoves don't have a good enough seal between the top of the stove and

the bottom of a canner that doesn't have a flat bottom, to get to a maximum boil point. Electric coil top and induction ovens work.

- The salt you use in your products should be pickling or coarse salt.
- English cucumbers should not be used in pickles as they do not make good pickles.
- Always use food grade plastic.
- Distilled water works best for canning in areas that have non-processed water.

• Overripe fruit loses its pectin. In a dry year fruit will have more pectin, and a wet year there will be less, perhaps changing the results of your preserves.

- The consistency of a Roma tomato produces thicker salsa.
- The time between harvesting and processing for maximum freshness is 3-4 hours for fruit and 1 day for vegetables.

The next meeting of the Sangudo Horticultural Club is February 27th at the Golden Age Club (4927-50Ave Sangudo) Everyone welcome.



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# MP JIM EGLINSKI CONGRATULATES THE APPOINTMENT OF TWO MEMBERS OF PARLIAMENT TO AMBASSADORSHIPS

Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead extends his personal congratulations to

two great Canadians, the Honourable John McCallum and the Honourable Stéphane Dion, as they take on their new postings. John McCallum will be the Ambassador to China and

Stéphane Dion the Ambassador to both Germany and the European Union.

“Setting our differences aside, I know they will be missed and I wish them success in their future

careers. Their leadership and hard work in serving the people of Canada I know will continue, and Canada will be better off for it. They will do Canada proud,” concluded MP Eglinski.

## RCMP DOGS JOIN IN BATTLE AGAINST FENTANYL

Submitted by RCMP Depot Division

To counter the presence of illicit fentanyl in Canada and to keep Canadians safe, the RCMP is currently training its Police Service Dogs to detect fentanyl.

The training is paying off. One of the three RCMP dog teams presently trained to detect fentanyl has already intercepted 12,000 tablets in B.C. “I do believe the Canadian population is safer because of our new fentanyl dog training. By keeping more fentanyl off the street, we save Canadian lives,” says Inspector Akrum Ghadban, Officer in Charge of the RCMP Police Dog Service Training Centre (PDSTC) in Innisfail, Alberta.

The RCMP leads the way in dog training to detect fentanyl. “Our specialists have transformed pure fentanyl into a diluted liquid form, enabling our dogs to train with the real smell of fentanyl with no risk of inhaling it. It is particularly efficient, making the dogs in the field extremely productive,” says Staff Sergeant Eric Stebenne, Senior Trainer at the RCMP PDSTC.

The training of all 139 RCMP narcotics-profile dogs and their handlers across Canada is expected to be completed by mid-July 2017.

Fentanyl is an opioid about 100 times more toxic than morphine which can cause serious harm, including death. It has been used in tablets made to look like prescription drugs.

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# DARWELL PUBLIC LIBRARY NEWS

**Submitted by Sandra Stepaniuk, Library Manager**

The colouring club continues daily, during regular library hours, for patrons of all ages and family games night is every Wednesday evening. Both programs are self-directed, we supply the materials you supply the inspiration and fun. We encourage you to ask about our programming and provide ideas for what you would like to see in the library. We look forward to hearing from you.

Beginner Tai Chi at the Darwell Centennial Hall runs Wednesday and Friday mornings from 10 to 11 am and will continue until May 31, 2017. The class is now full, no drop ins. If you were unable to attend this session please let us know, we will have a sign-up sheet at the library and if there is enough interest we would consider holding another class in the future.

The next Book Club meeting will be on Monday, March 6, 2017 at 7:00p.m. to discuss

“The Light Between Oceans” by M.L. Stedman. Do you love to read? Do you like to discuss what you have read with others? We are always interested in a new perspective to add to our conversation. If you are interested in participating you can register and make arrangements for loan of the current title by calling the library @ 780-892-3746.

Beginner Crochet for ages 8 and up with Shelly Chalmers starts on Thursday, March 2, 2017 at 7 pm. and will run for 5 consecutive Thursdays until

March 30, 2017. Choose 1 of 2 projects: Classic Ladies Cloche Hat with Irish Rose detail or Viking Hat with horns (Sample hats are available for viewing at the library and on our website and Facebook page). The cost will be \$ 15.00 per person and you must pre-register no later than February 24, 2017. We require a minimum of 4 people to see this program move forward. For further information and to pre-register please contact the library.

Registration is now open for Standard First Aid/Level C being held at the Darwell County Services Building on April 8 & 9, 2017 from 8:00 am to 4pm. The cost is \$ 135.00 per person with a minimum of 8 and a maximum of 18. We ask participants to wear comfortable clothing (no skirts or dresses), as you will be spending time on your knees practicing skills. Light refreshments will be supplied but you must bring your own lunch. Pre-registration is required prior to March 31, 2017. For further information and to pre-register please contact the library.

The Darwell Public Library Society will be holding their next regular meeting on Monday, February 27, 2017 starting at 7 pm. All meetings are open to the public and everyone is welcome to attend. The Library is open 11:00 am to 4:00 pm on Monday, Tuesday and Thursday and from 5:00 pm to 8:00 pm Wednesday and Friday, closed Saturdays, Sundays and Holidays. You can also find out what is happening at the library by checking our Website [www.darwellpubliclibrary.ab.ca](http://www.darwellpubliclibrary.ab.ca) or like us on Facebook at [www.facebook.com/DarwellPublicLibrary](http://www.facebook.com/DarwellPublicLibrary)

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# HAPPY NEW YEAR FROM LAKEWELL 4-H CLUB

Submitted by Jace Lalonde, Club Reporter

We had a few activities in December, however for the most part we enjoyed time with our families over the holiday season.

Beef - have been keeping our steers happy by feeding them each morning and night. We are starting to halter break them and will be spending more time with them as the weather warms up.

Sheep - have been busy researching what to feed a market lamb and where to get feed. They also had a sheep farm tour.

Horse (group 1-3) has been

trying to ride weekly and they have attended a few toonie jackpots in the area.

Horse (group 4-7) has tried to meet to ride, however the weather in December was just too cold. Hoping this will change in January and they can meet more and practice their skills.

Foods - we had a cookie exchange and we are starting to update our record books.

Our other projects will be starting to meet more regularly now that the holiday season is over and continue to work on various things.

December 17th we hosted a

Breakfast with Santa at Lake Isle Hall. We had 42 people brave the -30C temperatures and join us for pancakes and sausage. A big Thank-You to everyone who made a donation to the food and gift hampers we had at the hall. These donations were distributed by Darwell School to families in our community.

January 15th we will be having a Communications Workshop to give us ideas and to help us plan our speeches and presentations. Our club speeches will be on February 4th so we will be busy writing and practicing.

February 9th our Vet Sciences

group will be having a tour of the Cargill Hamburger Factory.

Plans are underway for our Winter Club Party in February. We are hoping to get outside and do some tobogganing.

We are looking for ideas for fundraising events. If you know of something that our club could help you out with, please contact Jean Henderson @ ljhenderson50129@gmail.com with the details.

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

# FIRE INVESTIGATION AT STONY PLAIN ALLIANCE CHURCH

Submitted by Stony Plain/Spruce Grove/Enoch RCMP

UPDATE: Stony Plain RCMP

and the Stony Plain Fire Department fire investigative team have continued to work together on this investigation. On January

25th, 2017 a 12 year old male from the Stony Plain area was charged with Arson in relation to this occurrence. The young male

is set to appear in Stony Plain provincial court in the near future, his name or further details will not be released.

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# Bridal Guide

## WEDDING RINGS ARE SYMBOLIC GESTURES OF COMMITMENT

Couples adhere to many traditions on their wedding days, including the exchange of wedding rings. Wedding rings symbolize the union of two people and their pledge to remain faithful to each other.

No one is exactly sure just when the tradition of exchanging wedding rings originated, but some say it can be traced back to ancient Egypt, when the oldest recorded exchange of wedding rings was made. Reeds growing along the Nile were twisted and braided into rings and given during betrothal ceremonies. The round ring symbolized eternity, and the hole within the center meant a gateway to things unknown. Since reeds were not very durable, soon ivory, leather and bone were used to create wedding rings.

As new lands were explored and territories expanded, traditions from one culture were adopted and modified by other cultures. The same is true with wedding rings. According to the Diamond Source, wedding rings were adopted by Romans and incorporated into Western wedding ceremonies. Romans' rings were highly decorated, and some historians believe wedding rings were given to represent ownership over brides instead of symbolizing love. These rings were made of iron and called "Anulus Pronubus," or "betrothal ring."

Rings have been simplified since those days and ultimately made of many materials. Throughout history, wedding rings were worn on various fingers and even both hands, whereas many married people in Western cultures now wear their wedding rings on the left hand and on the fourth finger. Romans once believed that this finger contained a vein, called the "Vena Amoris," that ran directly to the heart. Though that is not true, the tradition has prevailed.

Other legends say that, when blessing a Christian marriage, priests would bind the marriage by saying, "In the name of the Father, the Son, and the Holy Spirit," simultaneously touching the ring to the recipient's thumb, index finger and middle finger, before slipping it on the fourth finger while saying, "Amen."

Another theory on ring placement is that wedding rings are worn on the ring finger because that finger isn't used as

much as the rest of the hand, ensuring delicate ring materials won't be damaged.

Ross Simmons Jewelry states that gold is still the most popular metal choice for wedding rings, but couples are opting for some other metals that are more durable. Platinum is popular not

only because it is long-wearing, but it also tends to be the most expensive. It's also a dense metal and can feel heavy in hand. Tungsten carbide is another durable metal that has grown in popularity in recent years. These rings cannot be cut and resoldered, which means it's important to size the rings correctly the

first time. Titanium is both lightweight and durable, and it's popular because it is hypo-allergenic, making it practical for those with allergies to other metals.

Wedding rings continue to serve as symbols of a couple's vows and union. Much like the marriage itself, they are designed to last the test of time.

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## TAME WEDDING DAY NERVES

When couples tie the knot, many changes are in store, many compromises will be made and many lasting memories will be created. But in the weeks and months before their big days, couples can easily get caught up in the whirlwind of wedding planning, never taking inventory of their feelings until their wedding days have arrived.

Come their wedding days, couples should not be surprised if some nerves set in. A survey from the anxiety self-help resource The Fear Source indicated 71 percent of brides-to-be suffered from some type of nerves during the lead-up to their weddings. Ninety-two percent of brides experienced nerves on the day of the wedding or the evening before, while 66 percent reported that it affected their daily lives prior to their weddings or hampered their performance and

enjoyment during the day itself.

According to Psych Central, a modern online voice for mental health information, emotional support and advocacy, pre-wedding jitters are common and can be the subconscious telling a person that something needs to be remedied. Wedding nerves do not mean a wedding is doomed; it just means certain issues may need to be worked through. The following are some ways to tame wedding day nerves.

- Keep an open dialogue. Speak with your future spouse about the things that may be causing your anxiety. Maybe you have doubts on financial choices or where you will be living after the wedding. Communicating openly and honestly is one of the foundations of a strong relationship.

- Slow down and breathe. Wed-

ding planning involves making many decisions, and sometimes couples move at breakneck speeds. Make slowing down a priority. Try to enjoy a quiet dinner with just the two of you. When enjoying peaceful moments, take deep breaths, which can be calming and revitalizing. If need be, consider signing up for a yoga or tai chi class to force you to slow down.

- Address performance anxiety. It's easy to build up the big day in your mind and hope that everything goes according to plan. But it's impossible to plan for each and every outcome on your wedding day. Focus on everything that can go right, rather than worrying about what might go wrong. Also, realize that your guests are your friends and family members who will be forgiving of any hiccups along the way. You're bound to

recover gracefully from any mishaps.

- Work on confidence. Wedding fears may stem from inadequate self-confidence. Give yourself a pep talk and surround yourself with positive people. Keep the worry-warts at arms' length for the time being.

- Recruit more help. Weddings are huge undertakings, so it's no surprise that couples sometimes feel overwhelmed. Ask reliable relatives or friends to double-check all of the last-minute details. This way you don't feel it is all on your shoulders.

Wedding days nerves are to be expected and often have little to do with the decision to get married. Planning such a big event can be nerve-wracking, but there are ways to combat any anxiety that builds up as the big day draws near.

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## REHEARSAL DINNER HOW-TO

Many couples find their wedding rehearsal dinners to be relaxing respites from the whirlwind of wedding planning. Such dinners enable the happy couple to slow down and enjoy themselves in a relatively casual gathering with their closest friends and family members.

Rehearsal dinners typically take place in the night or two before the wedding. The couple, members of their wedding party, the parents of the bride and groom and others involved in the wedding typically attend this dinner. The couple generally takes the time at the dinner to thank everyone for their contributions to the wedding and to offer some small gifts of appreciation. No rules govern rehearsal dinners, so couples have the freedom to plan the dinners as they see fit.

Rehearsal dinners often come immediately after the ceremony rehearsal, when the wedding party and the officiant go over the timing and details of the wedding. Make arrangements with the ceremony site and officiant prior to making dinner reservations.

Parents of the groom traditionally host the rehearsal dinner, so they will be integral in planning the event. That means couples should keep an open and gracious mind. Remember, the rehearsal dinner doesn't have to be a lavish affair, and it can be customized to any budget or preference.

Some couples feel that hosting rehearsal dinners in casual settings can make the dinner more comfortable for members of the wedding, who can use the dinner as an opportunity to mingle and get to know one another before the wedding. This will help to tame nerves and enable the wedding party to loosen up and enjoy themselves even more. Some people may be more inclined to socialize and have fun when they're not worried about putting on airs.

Restaurants that have special meaning to the couple often make for great places to hold rehearsal dinners. The bride and groom can suggest their ideas, but ultimately it is the person handling the bill who has the final say. Couples who want greater control over the rehearsal dinner festivities can suggest hosting it themselves.

Despite its name, the rehearsal dinner doesn't actually have to be a dinner, as couples can opt for meals at a different time of the day, like brunch or lunch. An earlier occasion gives guests plenty of time to get home and rest up for the festivities of the wedding to come.

Toasts are expected at the rehearsal dinner, but they tend to be spontaneous, off-the-cuff remarks. A couple

with a good sense of humor might not mind being roasted at their rehearsal dinners. The bride and groom should expect to say a few words of thanks to all in attendance, but remarks need not be too formal.

Rehearsal dinners may even feature a little entertainment. Tech-savvy parents may put together a presentation with videos or photographs that

chronicles the couple's lives separately and their life together.

Rehearsal dinners provide an opportunity for couples and their families to spend time together before the larger festivities of the wedding pull them in multiple directions. Plus, they set a fun tone for the wedding weekend to come.



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## BE PREPARED WHEN CHOOSING POPULAR MONTHS FOR WEDDINGS

The season couples choose to get married can affect many aspects of their ceremonies and celebrations. Vendors are in high demand during popular wedding seasons like spring and summer. But those same vendors may be more flexible and less expensive during those times of year when fewer couples tie the knot.

According to The Knot.com, a leading Web-based wedding resource, June, August, September and October are the most popular months for couples to say "I do," while January, February and March are the least popular months to get married. Wedding dates can affect wedding costs considerably, and knowing this can help couples find the date that works best for them and their budgets.

Value dates

Tying the knot in the early part of the year can be a more budget-friendly option for cost-conscious couples. Prices for reception sites and vendors may be lower in January and March than during other times of the year. However, February may not be so budget-friendly thanks to Valentine's Day. December also may not garner significant discounts thanks to the holiday season, when vendors may be in high demand for holiday parties.

Local events

Even though certain months may not be in high demand for weddings, that doesn't always mean they are the perfect time for couples to tie the knot. Popular local events, such as festivals, large-scale meetings and conventions, can intrude on wedding plans. Consult with a

local chamber of commerce and local schools to see if any local events that might drive up the cost of your wedding are going on. Reunions or conventions can stretch nearby restaurants, hotels and reception sites pretty thin, leaving you with fewer options.

Vary the time

If you have your heart set on getting married during more popular months to tie the knot, then you may be able to save a bit here and there by being more flexible with the time and day you choose to make your vows. Couples often choose a Friday or Saturday wedding because they believe it will make it most convenient for guests to attend. However, if you provide ample notice to guests, they may be able to take off a Thursday or even a Mon-

day from work, making a Thursday or Sunday wedding a more doable option.

If Saturday is still your ideal day to walk down the aisle, think about having an early wedding ceremony followed by a brunch or lunch reception. You also can customize your wedding to be a cocktail party only, saving you some money.

Have backup options

Recognize that if you want to get married on a Saturday at the height of wedding season, you may not get first choice on your venues and vendors. Have a list of service providers at the ready just in case your first choices are already booked.

By understanding how dates and times can affect weddings, couples can make more informed decisions when planning their nuptials.

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# FEBRUARY IS HEART MONTH

**Submitted by Alberta Health Services – Heart and Stroke SCN**

Did you know 90 per cent of Canadians have at least one risk factor for cardiovascular disease? The good news is most risk factors are preventable or controllable.

February is Heart Month, and it's a great opportunity to reduce your risk of cardiovascular disease - diseases like heart disease, stroke, diabetes, vascular dementia, kidney and peripheral vascular disease.

Some simple steps can help keep you and your loved ones healthy, starting with healthy

eating. Increasing your daily intake of fruits and vegetables can significantly reduce your risk of heart attack or stroke. Less than half of Albertans eat the recommended servings of fruit and veggies each day. Getting active through regular exercise (150 minutes per week) and staying tobacco free are two other im-

portant ways you can significantly reduce your risk of heart disease.

Want to learn more about how you can be heart healthy in 2017? Visit the Prescriptions for Health Living Website for more information. Need help staying tobacco free? Visit [www.albertaquits.ca](http://www.albertaquits.ca) for help.

# EVEN IN TOUGH TIMES... YOU SHINE

**Submitted by Onoway Santa's Helpers**

A long awaited thank you to all in our generous community for supporting Onoway's Santa's Helpers once again. Even in these tough times we have provided a very Merry Christmas for families that needed a helping hand. With all of your amazing donations, we have once again supplied gifts for over eighty local children who otherwise may not have had such a bright holiday season.

We would like to send out a

huge thank you to our local businesses who collected toys and supplied spots for coin boxes, and to all of you who generously helped fill them. Santa's Helpers would also like to thank the volunteers who came out and sorted hampers with us. We could not do this without all of the community support we receive. We know this has been a financially tough year for most, and we have felt the pinch ourselves, but we are hoping with 2017 a turn for the better is around the corner. With that being said, even in such tough times, the support we

receive from our great community is amazing!

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Keeping You and Your Community Informed

# GREETINGS FROM THE ONOWAY LEGION

Submitted by Lorinda McCool

Bird activity in the last week has improved with the Pine Grosbeaks appearing to grace the winter with their beautiful red plumage and gentle songs. We have also observed and laughed at the posturing and preening of a ruffed grouse as he "struts his stuff" in front of the ladies. Unfortunately for him, their attention is on the food!

The Legion was honored by a visit from Past Deputy District Commander Paul Spurrell on Friday Night. Comrade Paul was accompanied by two guests from Calahoo,

whose names I unfortunately missed recording. They have agreed to be our contacts for finding military vehicles to enter into the Heritage days Parade. All three could not resist the savory scent of Friday night's meal cooking and stayed to enjoy the very delicious Beef Daube Provençal prepared and served by Bob C., Jay K., Ron W., Marcelle J. and Mary R. Thanks to David and Grace Aplin for their contribution to the supper, the cooks and Pat St. H. along with new volunteer Rebecca Belden for the great job and quick clean-up, Scott S. for handling the draws, Louise B. for looking after refreshments and Cheryl S. for making sure that the

winners' names were correctly recorded. Kathy Ertman won the free meal voucher, Louise Bambrick took home the meat and Lois Cunningham won the 50/50 draw.

Nine teams entered into the fun dart tournament on January 28th and the competitors were from Onoway, Gunn, Edmonton, St. Albert and Morinville. Congratulations to the teams of Zoey Potter, Kyle Hoefuls and Broley Huxley for respectively winning first, second and third place. Everyone enjoyed the competition and appreciated the efforts of Jay Krause, Ron Watson and Cheryl Sadler to provide breakfast sandwiches in the morning and a

delicious lunch menu offering Panini Grilled Philly Cheese Steak Sandwiches, Beef Stew, Chicken Tourne-do Sandwiches, Fries, Gravy and Poutine. Thanks to Scott Sadler for organizing the tournament and to Jay Krause and Broley Huxley for submitting the pictures and names for the paper. Our next fun Dart Tournament will be on February 25th.

Onoway's Pool League will be hosting a "Fun" Singles 8-Ball Pool Tournament on Saturday February 18th. Please direct inquiries to Larry Villneff @ 780-967-0607 or ltv336@gmail.com or check out the information posted on the Legion Sports Board. Refreshments and hot food will be available for your enjoyment throughout the day beginning with breakfast sandwiches in the morning and tasty selections for lunch.

Consider spending your Saturday afternoons playing games such as crib, pool, cards, darts and ring toss. Unless there is a private function, we will be open at 1:00 pm for fun and games with refreshments available for purchase.

Some Onoway Legion members attended Stony Plain's grand re-opening of their kitchen and lounge on January 28th. The group was treated to a tour of the new facilities with a delicious roast beef supper and dance to follow. We would like to thank the Stony Plain Legion for their hospitality and congratulate them on their wonderful renovations.

### UPCOMING EVENTS:

February 7 - Tuesday Night Drop-in Darts - Registration 6:45 to 7:15 pm. Play at 7:30 pm.

February 8 - Wednesday Night Drop-in Pool - Registration at 7:00 pm. Play at 7:30 pm.

February 10 - Friday Night Supper - Breaded Pork Cutlet

February 14 - Tuesday Night Darts Drop-in Darts

February 15 - Wednesday Night Drop-in Pool

February 18 - Fun Singles 8-Ball Pool Tournament - Registration @ 8:30 AM, Play starts @ 9:30 AM

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!

## February Library Programs



### Disaster on Holiday: Nepal Earthquake and Mount Everest Avalanche

Wednesday, February 8, 2pm

In April 2015, Nepal was devastated by an earthquake that killed over 9,000 people. Greg Morton was in the country and part way to the base camp of Mount Everest when the quake struck. Join us in the Community Centre at the Pleasant View Lodge to listen to Greg's fascinating story. Registration is preferred.

### Introduction to Winter Geocaching

Saturday, February 25, 10am - 11:30am

Heard about this phenomenon called geocaching and would like to try it? Grab your family & your smart phone and let's get outdoors this winter to discover caches. We'll teach you all the basics of geocaching, including what to bring on each trip and how to identify family-friendly & winter-friendly hides. Registration preferred.

### It's Fine Free February

Bring us a food bank donation and we will clear the slate! All fines forgiven, just bring us back our stuff! Lol, please?

### Coffee & Coloring for Adults

Monday, February 27, 10am-12pm

Who says coloring is just for kids?! Grownups invited to enjoy coffee, conversation and crayons. Bring a book of your own or pick out a project from one of ours. Drop in.

### L2D: Learn to Drive

Thursday, February 9, 9am - 3pm

Want to take the car for a spin but don't have your learners yet? This is an interactive program that will prepare you for your class seven learner's exam. Registration required. You must be near your 14th birthday or older to register.

### Create a Spark

Tuesday, February 14, 3:30 - 4:30pm

Learn a little bit about electricity this Valentine's Day. We will be using Snap Circuits® to build a flying saucer. Romantic? Maybe not. Fun? Absolutely! This is a class for kids ages 6 and up. Please register to attend.

### Movies at MPL: Pinocchio

Friday, February 17, 3:30pm

A living puppet, with the help of a cricket as his conscience, must prove himself worthy to become a real boy. This Disney classic teaches us to be good and that we will be turned into donkeys if we are not! Some scenes can be a little scary for younger children.

Remember . . . you don't have to hide your snacks in your coat to bring them into our theatre, and the popcorn is always free!

Try our online registration, available from our website. Click on programs to find it.

... More PROGRAMS on our Website! They wouldn't all fit!!



### Mayerthorpe Public Library

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

# VALENTINE'S DAY

## COLOURING CONTEST



**AGE GROUPS: 3-4 YRS | 5-6 YRS | 7-9 YRS | 10+ YRS**

**NAME: \_\_\_\_\_ AGE: \_\_\_\_\_**

**PHONE: \_\_\_\_\_ TOWN: \_\_\_\_\_**

**Entries must be recieved by February 10, 2017.**

**Mail to: Cupid c/o Community Voice  
Box 3595 Spruce Grove, AB T7X 3A8**

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Doris after 6 weeks!

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CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. Each additional word is 20 cents per word, per insertion. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. No Refunds Allowed on Classified Ads. DEADLINE: is Thurs. 4:00 pm. Classified ads may be called in to the COMMUNITY VOICE office at (780) 962-9228, emailed to: classifieds@com-voice.com, dropped off at Onway Registries, or mailed with your ad and payment to: COMMUNITY VOICE, BAG 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at www.com-voice.com/classified.htm

## Hall Rentals

Alberta Beach Agplex, 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.

Onway Community Hall, 967-4749.

Onway Legion, 967-4980

Onway 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

## Employment Opportunities

Mechanic Wanted! Experienced Tech needed for long term employment at a Marine & Powersports store. Must be self motivated & reliable. Excellent working environment. Salary is based on experience. (780) 924-3255

## Services

Nasty's Tree Removal. Stump Grinding, Pruning & Firewood for sale. Licensed & insured. Roger @ 780-720-2207

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**962-9229**

**To place your ad today!**

# Classified Ads - Call 962-9228

## Obituaries

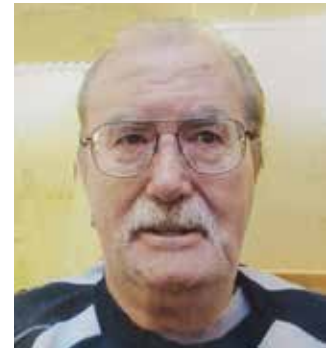


CRUM, Rose Marie  
 On January 22, 2017 Mrs. Rose Crum of Glenevis, AB. passed away suddenly at the age of 70 years. Rose will forever be loved and remembered by her husband of 47 years, Neil; daughter Serena (Shane); son Devon (Mary-Anne) and by her grandchildren: Grace, Noah, AnnaSophia, Finnegan and Hermione. She is also survived by her sisters: Annie, Patsy (Rob), Mary Jane (Ken) and Bernice (Blaine); brother Joe (Aleah) as well as numerous nieces, nephews, cousins, neighbours and friends. Rose was predeceased by her parents

Louise and Charlie Nusl; sister Veronica; nephew Mark and by her cousin Lilly. Rose will always be remembered as a hard worker who took great pride in her farm life as well as spending time with her grandchildren.

A Memorial Service was held for Rose at 11:00 a.m. on Saturday, February 4, 2017 at the Cherhill Community Hall. Floral or written Tributes may be made to [www.parklandfuneralservices.com](http://www.parklandfuneralservices.com)

Parkland Funeral Services, Stony Plain, 780.963.2520.



KOLMAN, Daniel  
 With heavy hearts the family of Mr. Daniel Kolman of Gunn, AB announces his passing on January 22, 2017 at the age of 81 years. Dan is survived by his loving wife, Ruth of 50 years; children: Jackie (Brad), Sandra "Sam", & Warren; three grandchildren: Brendon, Devon, & Harmonie; one sister: Beverly; as well as other relatives and friends. He was predeceased by his parents; three brothers: & two sisters. A special thank you to Dr. F. Wepener, Sheppard's Care and Barrhead Continuing Care Centre for the care and compassion expressed to Dan and his family.

Send condolences to [www.prairiefuneralhome.com](http://www.prairiefuneralhome.com). Prairie Sunset Funeral Home Ltd. & Crematorium, Westlock, AB 780-349-5006. Greta Budgen & Garry Coderre, Funeral Directors

**Noreen Hutt** [www.noreenhuttrealestate.ca](http://www.noreenhuttrealestate.ca)  
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 Great Family Home! This Updated Home Features an Attractive Kitchen, a Bright & Open Living Room, a Huge Master Bedroom, a 2nd Bedroom, a 4 pce Bath and a Full Basement! <b>\$112,500</b>	 4 Bedroom Home With a Walk Out Basement on 10 Acres Off of Pavement Has a Dream Kitchen, a Great Dining Area, a Bright & Open Living Room With a Fireplace, & a Large Rec Room. Extras Are a Fully Finished Double Garage, a Firepit Area & Great Landscaping! <b>\$458,500</b>	 Newly Updated 3 Bedroom Home With a Full Basement Nestled in the Trees on 11 Acres Shows a "10". Extras Include an Attached Garage, Huge deck, Firepit Area, Small Barn, and Some Game Fencing! <b>\$358,900</b>
 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! <b>\$479,900</b>	 <b>SOLD</b> Treed Lake Lot! <b>\$24,500</b>	 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! <b>\$195,500</b>
 Large Lot Located in The New Subdivision in Evansburg! <b>\$28,500</b>	 Country Charm at its Best! This Attractive 1517 sq ft Home Has 4 Bedrooms, an Updated Bright Kitchen & Dining Area, Spacious Living Room, Huge Rec Room, 2 Baths, Cold Room & a Workshop. Extras are Double Car Garage & Rv Parking. <b>\$339,900</b>	 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! <b>\$89,900</b>
 Scenic 98+ Acres With a Creek, Close To Town, Right Off Pavement, Oil Revenue. Great Building Sites! <b>\$146,500</b>	 <b>SOLD</b> Living At the Lake! <b>\$24,500</b>	 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! <b>\$375,000</b>
 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. <b>\$399,900</b>	 Great Commercial Building on a Double Lot Main Street Entwistle Has an Income Suite and Potential for 5 Offices or Your Own Retail Business! <b>\$279,900</b>	

## Computers

FREE COMPUTER CHECKUP - Free repairs for single parents. Repairs not over \$50, Screen repairs. Get GOOD LAPTOP or DESKTOP for ONLY \$135 with Games, Music, Pictures. 780-892-4993.

## Vehicles

1999 Ford Taurus, good shape, driven all the time. New tires in Spring, new battery, excellent shape, new trailer hitch, new transmission cooler. (\$2000) Call 780-294-8385

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

## Firewood

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



# Classified Ads - Call 962-9228

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

Season Firewood - Poplar, Spruce/ Pine & Birch. 4x4x8 ft. cord. Pick up or delivery, 780-967-5835

## Miscellaneous

For Sale - 1975 Allis Chalmers 7060 Tractor (including loader, bucket & bale fork), Seed Drill 12ft, Disk 10-12ft. Call 780-892-2815

Dyson Cordless Stick Vacuum, like new, Paid \$649.99 Selling for \$325 OBO. Shark Vacuum, bagless, Selling for \$125 OBO. Call 780-968-8564

## For Sale

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

## For Rent

Stony Plain Condo Room to Rent, \$550 monthly, \$100 DD, Includes Utilities, Laundry, Kitchen & Bathroom. Call 780-267-3410

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

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

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

2 Alberta Beach Apartments, 2 Bedrooms, 2 Bathrooms, 6 Appliances, A/C, Lift, \$1255/month + DD same + Utilities. 780-863-5621

## Real Estate

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**MLS E3405126 / 7419 TWP 494**  
Pride of Ownership! 76 Acre Horse Ranch with 1372 sq ft house, 12,600 sq ft Indoor Arena, Barn, Stalls, Pens & Hay land. This is a must see! Call Chuck 780-898-1613

<p><b>\$249,000</b></p> <p><b>MLS E4046187</b> 5119 51 St, Entwistle 4 Bedroom Home on Huge Treed Lot, Finished basement Call Chuck 780-898-1613</p>	<p><b>\$69,000</b></p> <p><b>MLS E4048553</b> 3.13 serviced acres 5 miles west of Evansburg along Hwy 16 in Hansonville Call Chuck 780-898-1613</p>	<p><b>\$34,500</b></p> <p><b>MLS E3423384</b> 4812 51 Ave, Wildwood Older Mobile On Serviced Lot Call Chuck 780-898-1613</p>	<p><b>\$675,000</b></p> <p><b>MLS E3389699</b> 40256A Hwy 13 Equestrian Facility 153 Acres Riding Arena, Barn, House Call Chuck 780-898-1613</p>
<p><b>\$167,500</b></p> <p><b>MLS E4036824</b> 5004-50 Ave, Tomahawk 3bdrm, 2 story heritage home Huge (0.38 acres) treed lot Upgrades in kitchen, hardwood floors Great value! Call Barb 780-542-1614</p>	<p><b>\$115,000</b></p> <p><b>MLS E4041924</b> 5202-50 St, Tomahawk 1000 sq ft 2 Bdrm bungalow with basement. Huge panoramic lot equal to 3 regular size lots. Large DBL garage &amp; covered storage areas Call Barb 780-542-1614</p>	<p><b>\$135,000</b></p> <p><b>MLS E4037295</b> Affordable 4.32 Acres Private Setting, Just off Hwy 22, 20 mins from Drayton Valley Call Chuck 780-898-1613</p>	<p><b>\$579,000</b></p> <p><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</p>
<p><b>\$385,000</b></p> <p><b>MLS E4037791</b> #5 4857 37 St, Drayton Valley Backing the pond &amp; green space, Hardwood floors, open concept, vaulted ceilings, 3 Bdrms Call Danielle 780-514-6657</p>	<p><b>60% SOLD &amp; 10 Left!</b></p> <p><b>BUY NOW!</b> Variety of plans avail. 2-3 bdrms, 2 baths ea. unit Sound proof &amp; Heated Parking. \$268,405 - \$390,694 Inc. GST Call Heather 780-621-8001</p>	<p><b>\$299,900</b></p> <p><b>MLS E4012074</b> 8501 TWP RD 501 2007 20 wide 1520 sq. ft./pond 3 Bdrms &amp; A Fam.Rm. fenced/cross fenced Call Heather 780-621-8001</p>	<p><b>\$84,900</b></p> <p><b>MLS E4043573</b> RR91 &amp; TWP 502 10 acres Fully treed Outdoor Enthusiast's dream! Peaceful lifestyle. Under 20 mins. from DV BUILD YOUR DREAM HOME Call Debra 780-621-8067</p>
<p><b>\$189,900</b></p> <p><b>CLS E1022518</b> 5102 51 Ave, Wildwood Ideal Work Carport 15 Rooms Services, HWY 16A Frontage Call Chuck 780-898-1613</p>	<p><b>\$169,900</b></p> <p><b>CLS E1022517</b> 5104 51 Ave, Wildwood 44 Unit Covered Storage Building HWY 16A Frontage Call Chuck 780-898-1613</p>	<p><b>\$200,000</b></p> <p><b>MLS E4043183</b> RR91 &amp; TWP 503 HUNTER'S PARADISE!! 158 Acres Crown land on 3 sides! Mixture of trees. RECREATIONAL PROPERTY Call Debra 780-621-8067</p>	<p><b>\$253,000</b></p> <p><b>MLS E3396527</b> SE-4-51-8-W5 136 Acres West Side of Pembina River, Land Slips to River Call Chuck 780-898-1613</p>
<p><b>\$59,900</b></p> <p><b>CLS E1022521</b> 5114 50 Ave, Wildwood 1.3 Acre Lot HWY 16A Frontage Call Chuck 780-898-1613</p>	<p><b>\$19,900</b></p> <p><b>CLS E1022520</b> NE-27-53-9-W5 (LOT 1) 1 Acre Undeveloped Lot HWY FRONTAGE 16A Services to Lot Call Chuck 780-898-1613</p>	<p><b>\$100,000</b></p> <p><b>MLS E4031219</b> NW-27-53-9-W5 42.5 Acres / 1/2 Hay &amp; 1/2 Open. Just West of Wildwood Adjacent to Rodeo Grounds Call Chuck 780-898-1613</p>	<p><b>\$65,000</b></p> <p><b>MLS E4025634</b> Level lot at Buck lake Lot 18 Trails of Minnehik Call Chuck 780-898-1613</p>

**CALL CHUCK FOR YOUR MARKET EVALUATION!**

# Church Directory

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

# COMMUNITY EVENTS 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

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).

**FEB 7 - MONTHLY POT LUCK** at Onaway Golden Club, 5:00pm.  
**FEB 7 - ANNUAL GENERAL MEETING** at Onaway Golden Club. Election of officers.  
**FEB 8 - SANGUDO GOLDEN CLUB ANNUAL MEETING**, 1:30pm with Regular Meeting to follow. For ages 50+. New members always welcome. Info call 785-4105.  
**FEB 20 - LAC STE ANNE HISTORICAL SOCIETY'S ANNUAL FREE FAMILY DAY** at the Sangudo Arena, 11am-4pm. Activities, games, skating, wiener roast and refreshments.  
**FEB 27 - ALL THINGS BEES:** a talk by Ruth Rumball from the honey production operation of Rumballing Acres Farms of Peers, 7pm at the Sangudo Golden Age Club (4927-50ave Sangudo). Presented by Sangudo Horticultural Club. Public welcome. (\$5 drop in fee).

### 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  
**ONWAY FARMERS' MARKET** presented by the Onaway & District Ag Society, Fridays 4pm-8pm at the Community Hall. Starts May 1<sup>st</sup>. Janice (780) 667-6327. onwayfarmersmarket@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 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 Center, 5018 - 51 Ave. Every 2<sup>nd</sup> & 4<sup>th</sup> Thurs of the month @ 7pm, Cost \$2. Everybody Welcome. Contact 587-989-7214 or 963-7920.  
**THE 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  
**Onway 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, 56/non-members. Bring your own projects to work on, coffee will be supplied. cutting mats, rulers & irons supplied. Contact Cindy 780-963-7170.  
**JR. SCRAPBOOKING** Wed 4-6pm. Kids ages 10+ are invited to come & complete a project. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404  
**LAC STE ANNE COMMUNITY CHOIR,** Accepting new members for all voice ranges. Men & women 18 yrs & over. Weekly practice Wednesdays at Alberta Beach Heritage Center from 7-9pm. For info call Eunice @ 780-618-7865.  
**ONWAY 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.  
**ONWAY 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.  
**ONWAY MUSEUM:** Gym & classroom 780-967-1015 or 780 - 967- 5263  
**ONWAY 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 l.squardance2016@gmail.com  
**WRITERS PROGRAM:** Mayerthorpe Library, 1<sup>st</sup> & 3<sup>rd</sup> 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@lisc.ca

### MEETINGS

**1ST ONWAY SCOUTS:**Registration, 6:30-8pm, Mon Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4339.  
**3053 ROYAL CANADIAN ARMY CADETS,** Onway 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, Onway 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.  
**CHEERILL 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, Onway 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

Kingsmen 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 Onway 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  
**ONWAY & DIST HERITAGE SOCIETY:** 2<sup>nd</sup> Wed of each month, 7:30pm, Chateau Lac Ste Anne  
**ONWAY & DISTRICT HISTORICAL GUILD:** 3<sup>rd</sup> Wed 7pm, Onway Museum. 967-5263 or 967-2452.  
**ONWAY QUILTERS,** 2<sup>nd</sup> & 4<sup>th</sup> Thurs, 10am-4pm, Lac Ste Anne Chateau Activity Room.  
**ONWAY ROYAL CANADIAN LEGION** General Meetings, 1<sup>st</sup> Mon, 7pm (Sept-June).  
**ONWAY MASONIC LODGE #138,** 4<sup>th</sup> Wed, 7:30 Onway Legion  
**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. July 960-5258  
**WEIGHT WATCHERS** Alberta Beach Agriplex - Mondays, weigh in 6:30pm. Meeting at 7pm.  
**TOPS MEETINGS (Take Off Pounds Sensibly)**  
**ALBERTA BEACH:** Tues Alberta Beach Lutheran Church, Hwy 633. Weigh-in 6:45. Meeting 7. 967-5009.  
**ENTWISTLE:** Thurs 6:45pm, upstairs in Lions Hall. Darlene 727-3982  
**EVANSBURG:** Thursday Mornings 9:30am at Evansburg Legion Hall (Back door). 727-2155  
**SANGUDO:** Tues, United Church, 6:00pm. Sharon 785-2095 or Marlene 786-4646.  
**MEALS ON WHEELS**  
**ALBERTA BEACH & AREA:** call (780) 910-0034.  
**DARWELL & AREA:** For info on volunteering or eligibility, call Lorraine, 892-2967.  
**ONWAY & 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, Onway. Open Fri & Sat, 10am-4pm.  
**WATER SAMPLE DROP OFF:** Tues Onway 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!

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

**ANSWER:**

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

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