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February 28, 2017

STORY TIME AT ALBERTA BEACH LIBRARY

Submitted by Cathy Brennan, Library Manager | Alberta Beach Municipal Library

Mar. 4, 11, 18, and 25 at 11:00 am. We invite all 3-8 year olds to join Miss Rena for a story or two, try some rhymes, work on some crafts, and enjoy a small

snack. The program is drop in and there is no cost to participants.

We are also hosting a Bedtime Story session at the library on Tuesday, Mar. 28 at 7:00 pm. Wear your favourite jammies, bring your special stuffy, listen to a bedtime story or two, do

a craft, and have a good night snack. All 3-8 year olds welcome. No cost to participants.

For more info contact us at 780-924-3491, ablibrary@yrl.ab.ca, or facebook at "Alberta Beach Municipal".

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PROMOTING ALBERTA AGRICULTURE TO THE WORLD

Submitted by Renato Gandia, Press Secretary, Agriculture and Forestry | Government of Alberta

Minister Oneil Carlier will promote Alberta's agriculture sector during a trade mission to the United Arab Emirates (UAE) and India from Feb. 23 to March 3.

"Expanding our international trade and investment relationships creates jobs in Alberta and further diversifies our economy. Both countries have tremendous opportunities, with growing markets for Alberta's high-quality food and agriculture products." - Oneil Carlier, Minister of Agriculture and Forestry

"The success of Alberta's agricultural sector is premised on our ability to create high quality products for export markets. The partnership of industry and government is essential to developing trade opportunities for these products and that directly benefit

our farmers, ranchers and processors." - Gerald Toews, President, Wildrose Trading

The trade mission supports the efforts of Alberta's agri-businesses and agri-producers to increase exports into these growing markets and to renew agricultural trade agreements. This includes advocating on behalf of Alberta's beef, canola, pulses, forage and swine genetic sectors.

One of the highlights of the trip will be participating with Alberta companies in the Gulf food trade event in Dubai. One of the largest events of its kind in the world, the trade show attracts food and hospitality exhibitors and buyers from more than 160 countries.

In 2016, Alberta's exports of agricultural products, including canola, wheat, hay, dry peas and livestock to the UAE totaled about \$153.6 million and exports to India totaled \$82 million.

The estimated cost for travel, meals, accommodations and hosting costs for Minister Carlier, one minister's office staff and two department officials is \$49,150.

- Itinerary***
- Feb 23
 - Depart Edmonton
 - Feb. 24
 - Arrive Dubai
 - Feb. 25
 - Canada Beef event at Pachanga Restaurant, Hilton Hotel
 - Feb. 26
 - Meetings with Consul General, Agriculture and Agri-Food Canada representatives
 - Attend Gulfood Show
 - Participate in Canada Beef Taste and Terroir event
 - Canadian reception
 - Feb. 27
 - Tour of UAE camel dairy operation

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TASTY GATHERINGS PRESENTS PHIL BREWER FROM SILVER HILLS SPA LUMBY BRITISH COLUMBIA

Submitted by Dolores Fletcher

Phil Brewer
Phil is the founder and director of Silver Hills Guest House established in 1984. Phil and his wife, Eileen, are committed to revealing nature's better way of caring for you. Phil believes that nature does her work wisely and well and if you learn her ways you will reap the rewards in body mind and spirit. Phil has taught thousands of people Nature's Better Ways of Caring for You. Guests tell stories of going home with more energy, feeling more relaxed, feeling healthier, and more inspired to self



care Nature's Way. The Silver Hills Guest House is a full-service Spa resort located in the beautiful Okanagan Valley of British Columbia offering lifestyle change programs and serving delicious vegan and vegetarian gourmet meals. Full info online at: www.silverhills.ca

On March 19, Phil Brewer, the founder of Silver Hills Guesthouse (www.silverhills.ca) where natural remedies promote health, wellness, hope and healing, is coming to Onoway. As part of the Silver Hills on the Road series, Brewer will be discussing and demonstrating how to use hydrotherapy and natural remedies to combat sinusitis (inflamed sinuses), and problems with digestion. This is part one of a two-part series, an in-depth hydrotherapy course with some of the techniques used at the popular Silver Hills Spa in Lumby British Columbia. At this lecture, Brewer will demo and have samples of some of the mouth watering food choices served at the spa. Cost is \$25.00/person/ \$45.00/

couple
On April 9, 2017, Brewer returns to present the second part of the Silver Hills lecture; providing relief for insomnia and stress. Again, a very in-depth course in hydrotherapy and the use of healing herbs. It is amazing how the use of water applied the right way can relieve pain and discomfort. At this session participants, will be treated to a full vegan Supper provided by the Silver Hills Spa. Cost is \$30.00/person/55.00/couple
Take charge of your health and sign up for these classes and lectures today. Please register early to secure seating. For more information or to register, call Evangeline at 780-967-5461 or email tastygatheringsdinnerclub@gmail.com. Registration cheques can be mailed to Onoway Seventh-day Adventist Church PO Box 660 Onoway AB T0E 1V0.
Tasty Gatherings Dinner and Wellness Club is a community service sponsored by the Onoway Seventh-day Adventist Church, 2026 Hwy 37 Onoway.

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TASTY GATHERINGS



A Dinner and Wellness Club

Home Remedies; Simple and Natural Part 1

Presented by Phil Brewer, Founder & President of Silver Hills Guesthouse & Lifestyle Makeover Coach www.silverhills.ca

Phil will demonstrate the use of natural healing techniques including Heating Compresses • Cold Mitten Friction Ice Massage • Hot Foot Bath • Fomentations Wet Sheet Pack • Effective Use of Garlic, Charcoal & Cabbage Juice

Topic: SINUSITIS & DIGESTION

Sunday March 19, 2017 at 1:00pm

Cost 25.00/person, \$45.00/couple - includes demonstrations and sampling some of Silver Hills Spa cuisine.

Onoway Community Center 4920 49 Ave, in Onoway AB

Please register by March 14, 2017. Call Evangeline at 780-967-5461

email: tastygatheringsdinnerclub@gmail.com

Registration Cheques can be mailed to: Onoway Seventh-day Adventist Church PO Box 660 Onoway AB T0E 1V0

GREETINGS FROM THE ONOWAY LEGION

Submitted by Lorinda McCool

Have you seen the beautiful new doors installed at the front of the Legion by Doroschuk Construction? They are the same type of doors that were installed at the Stony Plain and Morinville Legions and are complete with automatic door openers for those requiring a little extra help and an upgraded security system. The entrance is so much more open and brighter that now we are eager to begin the ramp renovations to finish providing easy wheelchair access. Come on Spring!

Customers attending Friday Night's Meatloaf Supper were treated to a bagpipe recital by Charles Howie of the Parkland Air Cadet Corp as he played to announce the dinner and performed a few selections afterwards. Charles is also a new volunteer and helped in the kitchen doing cleanup with Bob C., Ron W., Mary R., Marcelle J., and Cheryl W. We were lucky to have recent cadet Harvey Proells of The Lac Ste. Anne Cadet Corp clearing and cleaning tables and feel most fortunate to have these young volunteers from two different Cadet Corps helping with the Friday Night Suppers at the Onoway Legion. Congratulations to Marge Chieduch for winning the free meal voucher, Val O'Toole the meat draw and Broley Huxley the 50/50 draw. Don't forget to buy your raffle tickets on the St. Patrick's Day Basket. The winning ticket will be drawn at the St. Patrick's Day Party the Legion is hosting on March 17th after the traditional corned beef and cabbage

supper.

It is with sadness we learned of the passing of Comrade Donald Grant. Don regularly played darts, crib, was a valued volunteer in the kitchen and will be greatly missed. We would like to extend our sincere condolences to his family.

Submitted by Larry Villneff: "As most of you know, we hosted a "Fun 8-Ball" Tournament this last Saturday. We were very surprised (and pleased) with our largest turnout of the year. Thirty-four players began the day in a "pair's format" which meant that we had 17 teams playing 16 games each. It took us 10 hours to complete the day with two stand-by spares stepping in to assist where people had to leave for prior commitments. Overall, I think everyone, although very tired, had a good time. The volunteer staff were tremendous and certainly helped en-

sure the day was a success". Thank you to Larry and Carol Villneff for organizing and running the hugely successful pool tournament on February 18th. Carol looked after the meat draw and made a dash to Bigway for emergency kitchen supplies! Louise Bambrick made sure everyone was served their favorite beverage while Bob Clark and Ron Watson prepared the breakfast sandwiches and lunch selections. Everyone enjoyed their choice of Beef Stew, Reuben or Meatloaf Sandwiches, Fries, Poutine and Homemade Green Onion Cakes. Congratulations to the first, second and third place winning teams of Terry /Nick with 153 points, Hugh/Clayton with 146 points and Karl/Terrance with 136 points.

UPCOMING EVENTS:

February 28 -Tuesday Night Darts - Registration 6:45 to 7:15 pm. Play

at 7:30 pm

March 1 - Wednesday Night Pool - Registration at 7:00 pm. Play at 7:30 pm

March 3 - Friday Night Supper - Pork Roast

March 6 - General Meeting - 7:00 pm. Sharp

March 7 - Tuesday Night Darts

March 8 - Wednesday Night Pool

The Legion phone number is 780-967-5361. Please contact Ted Latimer @ 780-967-4980 for hall rentals, Bob Clark @ 780-967-3640 to reserve your plate for the Friday Night Supper, for meal inquiries/suggestions or to volunteer in the kitchen, Cheryl Sadler @ 780-967-4146 for membership, Neil Gorman @ 780-960-4160 for sports and Lorinda McCool @ 780-967-3640 to place information in the Legion newsletter. See you at the Onoway Legion and have a great week!

Onoway and District Historical Guild



Annual General Meeting
March 15, 2017 8:00 pm
 Regular meeting commences 7:00 pm
Onoway Heritage Centre – Room 3

- Agenda:**
- Election of Executive & Board of Directors
 - Audited Financial Statement
 - Review of year's operation • Volunteer opportunities

We invite you to join us at this meeting and to share your ideas and talents with us.

Plan now to be part of the action in 2017!

- ✓ Threshing Bee ✓ Celebrate Canada 150

- Help us to
- remember the legacy of area pioneers
 - preserve our historic Old Brick School
 - provide a broad-use community resource centre

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JOKE OF THE WEEK

Once an old man and woman went to a restaurant and ordered two sandwiches. The waiter brought the sandwiches and the old man started to eat but the woman was only staring at the food. The waiter noticed this and went to see what the problem was. The old woman said nothing and just stared at him but the old man interrupted and said, "The sandwich is delicious, but she can't eat because I am using her teeth."

LAC STE. ANNE ATV CLUB NEWS

Submitted by Brad Jouan, President | Lac Ste. Anne ATV Club

We had one of our most successful ATV Rallies to date on Family day. The weather was good, although the warm weather we had the week before made for some of the trail to be in poor condition and it forced us to re-route the Rally to not go on the River or the Lake. Rally winners were:

- 1st, Tom St. Pierre \$1000.00
- 2nd, Doug Krasowski \$645.00

3rd, Ryan Mercer \$350.00
 Thank you to all of the volunteers who with their hard work and dedication made for another successful event. Special thanks also to Wild Country Powersports Barrhead who helped run Checkpoint 2, Rapid Revolutions Edmonton who donated money for Hot Dogs at Checkpoint 3 along with sending Jason out to help, Wayne and Marge Rentz who donated firewood for Checkpoint 3, and Chico's Vacuum Service LTD Alberta Beach who donated use of a Porta Potty

for Checkpoint 3.
 Our club is in desperate need of new members and Club Executive Positions need to be filled. As a Club we promote safe and respectful riding within the County, provide safe and respectful trails and areas to ride, act as a spokesperson to the Alberta Government along with the County on any issues, and work with the Alberta Beach Snowmobile Club to further expand trails and keep the trails we have open. We are an active member of the Alberta Off Highway Vehicle Association

tion www.aohva.com with one of our active members sitting on their board of directors. We also donate time and money to local charities and associations.

Please, if you enjoy riding in our area, consider becoming a member. If we cannot fill Executive Positions within our club, there is a very good chance the club may dissipate. With no club acting as a spokesperson to both local and provincial governments, riding areas could go away, all club assets would be liquidated and we would have to work with the AB Government to officially end the club.

Our Annual General Meeting is coming up, Sunday March 26th at the Alberta Beach Agliplex at 10AM, we hope to see you there. If every member would volunteer a few hours per year, we could do wonders as a club. Please visit our website www.lacsteanneatv-club.com and feel free to contact us with any questions.

NOTICE OF EQUUS' ANNUAL GENERAL MEETING



EQUUS REA LTD. invites all members to join them as they host three AGMs across rural Alberta.

TUESDAY, MARCH 21 The Coast Lethbridge Hotel & Conference Centre 526 Mayor Magrath Drive South Lethbridge, AB.	WEDNESDAY, MARCH 22 Sheraton Red Deer Hotel 3310 - 50th Avenue Red Deer, AB.	THURSDAY, MARCH 23 Best Western Sunrise Inn & Suites 3101 - 43rd Avenue Stony Plain, AB.
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MEETING AGENDA

- 3 - 5 p.m.** Registration / Meet & Greet
- Connect with EQUUS board members and staff
 - Have your questions answered on:
 - Billing
 - Safety
 - Micro-generation
 - Vegetation Management
 - Community Relations
 - Community Connection
 - Construction and Maintenance
 - Refreshments and snacks provided

- 5 - 6:30 p.m.** AGM
- 6:30 - 8 p.m.** Dinner

Members are requested to RSVP no later than March 14
1.888.211.4011

Please note that the AGM and dinner are open to members and EQUUS Board of Director guests only.

RSVP FOR EQUUS' AGM

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EQUUS.CA

NOTICE TO CREDITORS AND CLAIMANTS

If you a claim against the Estate of **Benjamin W. Sonnenberg** of Alberta Beach, who has died December 17, 2016 contact his personal representative at **780-470-3373** with all bills and details.

Must be filed before April 15, 2017

SEARCH WARRANTS LEAD TO CHARGES

Submitted by Stony Plain/ Spruce Grove/Enoch RCMP

2017-148604

On January 27, 2017 members of the Spruce Grove/ Stony Plain/ Enoch Serious Crimes Unit executed a CDSA Search Warrant at a residence in Spruce Grove. During the search police located cocaine, Methamphetamine, marihuana and two long barrel firearms with ammunition

that were stored unsafely.

On February 6, 2017 members of the Spruce Grove/ Stony Plain/ Enoch Serious Crimes again executed a CDSA search warrant at that same Spruce Grove residence. As a result of that search police seized Methamphetamine.

Three men from Spruce Grove are now facing several charges as a result of those investigations.

Jason SMOLSKI and Nick WITHEY have been charged

with Possession of a controlled substance for the purpose of trafficking Sec 5(2) CDSA, Possession of a controlled substance Sec 4(1) CDSA x 2 and Careless use of a firearm Sec 86(1) CC x 3.

John BIBLE, has been charged with Possession of a controlled substance for the purpose of trafficking Sec 5(2) CDSA, Possession of a controlled substance Sec 4(1) CDSA x 2 and Careless

use of a firearm Sec 86(1) CC x 3, Possession of a controlled substance Sec 4(1) CDSA x 2, Fail to comply with conditions of a recognizance Sec 145(3) CC x 3 and Unlawfully cause a child to be drug endangered Sec 7(a) of the Drug Endangered Child Act.

BIBLE has been remanded into custody.

Promoting Alberta Agriculture To The World

Continued From Page 1

- Business lunch with major UAE agriculture and agrifood stakeholders
- Meetings with Dubai government officials
- Meeting with representatives of Indian Pulses and Grain Association
- Alberta delegation dinner Feb. 28
- Food festival tour
- Meetings with UAE government officials
- Arrive Mumbai Mar. 1
- Meeting with officials at Alberta International Office in India
- Meeting with Consul General and Agriculture and Agri-Food Canada representatives
- Pulse, barley, flax, and canola promotional event with celebrity chef Mar. 2
- Arrive Delhi
- Meeting with Deputy High Commissioner, Agriculture Agri-Food Canada representatives
- Meeting with Government of Meghalaya officials
- Reception at High Commissioner's residence Mar. 3
- Breakfast briefing with Team Alberta
- Wreath-laying ceremony at "Raj Ghat" – Memorial of Mahatma Gandhi
- Meetings with Government of India officials
- Meeting with Federation of Indian Food Exporters Mar. 4
- Depart New Delhi
- Arrive Edmonton
- * Itinerary subject to change

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- Elaine Spruce Grove

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- Penny M. Stony Plain

"Down 36 lbs. in just 2 months. Even Dr. B's diet where I had to starve myself on 800 calories couldn't do this. This product is just totally awesome - Just the total overall feeling good"
- Toni Spruce Grove

"Have heard as much as 15lbs loss from the 3 day sample - it works that good! Have nothing to lose but the weight which I am doing"
- Donna Edmonton

"I totally love this product for not only the weight loss but also the physical & mental well-being. I just feel much better!"
- P from Onaway



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RCMP BEATS

Submitted by Stony Plain/ Spruce Grove RCMP

Occurrences for the week of 13 February to 19 February, 2017.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 464

Total Calls for Service for the Victim Service Unit: 28

Individuals Charged (all offences not including Impaired): 32

Person Crimes: 41
 Property Crimes: 72

Impaired Driving Complaints reported: 5

Impaired Driving Charges Laid: 0

Roadside Suspensions: 3
 Motor Vehicle Collisions Attended: 44

Property Crimes: Spruce Grove

1. February 14 – Area of Vivian Way – Theft from Vehicle, passport and cash stolen

2. February 14 – Area of Ventura Street – Theft from Vehicle,

garage opener stolen

3. February 16 – Area of Spring Gate – Theft of Vehicle, 2005 brown Ford F250

4. February 16 – Area of Mohr Avenue – Theft of Vehicle, 2001 white Chevrolet Silverado

5. February 16 – Area of Alberta Avenue – Theft of Vehicle, 2002 green Ford F350

Stony Plain

6. February 14 – Area of Brookview Place – Theft from Vehicle, headphones, sunglasses stolen

7. February 15 – Area of 47 Avenue and 49 Street – Theft of Vehicle, 2008 grey Volkswagen Jetta

8. February 17 – Area of 43 Avenue and 33 Street – Theft of Vehicle, 2006 white Ford Econoline

9. February 18 – Area of 44 Avenue and 40 Street – Theft of Vehicle, 1997 white Mercury Sable Rural

10. February 15 – Area of Township Road 532 and Range

Road 272 – Theft of Vehicle, 2010 black Ford Escape

11. February 17 – Area of Highway 16 and Range Road 44 – Theft of Vehicle, 2002 maroon Chevrolet Silverado

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Protect your garage from Break and Enters. Ensure all doors and windows are locked, and remove you garage opener from your vehicle if parked in the driveway.

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)

Alberta Beach Golf Course Inc.

Alberta Beach Golf Resort Inc. is now accepting applications for a full time or part time equipment technician. The equipment technician will work closely with the golf course superintendent to follow a safe and proper preventative maintenance program for the equipment and golf carts.

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 Att: Mark Marchiori, Superintendent
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 Email: mmarchiori@albertabeachgolf.com

Alberta Beach and District Museum and Archives Society is Welcoming New Members

Annual Meeting will be held at Heritage Village March 15, 2017 at 7:00 PM

New members bring new ideas for growth, programs and community recognition. Please plan to attend, see what this organization brings to the area.

(Heritage Village is located at 5000 - 47 Avenue in Alberta Beach by the Ball Diamonds behind the Hotel)

ALBERTA RCMP REMINDS DRIVERS TO AVOID DISTRACTIONS

Submitted by Alberta RCMP

Edmonton, Alta. — February is Distracted Driving Month in Alberta. Distracted driving is defined as any activity, event or object that diverts the driver's attention away from the road. In 2016, the Integrated Traffic Units in Alberta issued 6,051 distracted driving tickets.

"Just because someone has used a cell phone while driving and never had a problem before doesn't mean the risks aren't there. Distracted driving has a devastating effect on families. We are asking everyone to do their part and put the phone away while driving to ensure road safety," said Inspector Steve Daley, Acting Officer-in-Charge of Alberta RCMP Traffic Services.

Below are safety tips to combat distracted driving.

Drivers

- Put your phone away. Use your cellphone only when your vehicle is parked in a safe place.

- Pull over. If you need to attend to kids or pets in the vehicle, find a safe spot to park before doing so.

- Set the temperature, mp3 players, radio, CD player or the GPS unit prior to leaving. You should make adjustments only when the vehicle is stopped.

- Make sure children are comfortable and properly buckled up before leaving. Prepare safe activities for the trip so they don't get restless.

- Know the itinerary before leaving. Do not attempt to read a map while driving.

- Finish grooming before leaving home. Do not comb your hair, shave or apply make-up while driving.

- Do not read while driving. Put newspapers and other reading materials out of sight and out of reach so you won't be tempted.

- Ensure that there are no items in the vehicle that will slide around or tip over while the vehicle is in motion.

Facts

- In Alberta, the penalty for distracted driving is a \$287 fine and three demerits.

- 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 demerits and a fine of \$543.

- Research indicates that driver distraction contributes to 20 to 30 per cent of all collisions. (Alberta Transportation 2013)

- Distracted drivers are three times more likely to be involved in a collision than attentive drivers. (Alberta Transportation 2013)

- A study of collisions involving distracted drivers found that the most common distractions were things outside the vehicle, adjusting music, other occupants and moving objects in the vehicle. (Alberta Transportation 2013)

- A vehicle going 50 km/h travels about 13.9 meters (45 feet) in one second. One second is enough to be distracted, leading to a collision. (Alberta Transportation 2013)

- There were 27,281 convictions in Alberta from April 2015 to March 2016 for distracted driving. (Alberta Transportation)

Traffic safety is a shared responsibility. We can all do our part to ensure our own safety and that of others by keeping our eyes on the road.

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PARLIAMENT UPDATE

Submitted by Jim Eglinski, MP – Yellowhead

Week of February 20, 2017

This week was a short week in Parliament as Monday was Family Day. We discussed topics including national parks, the carbon tax, preclearance and border security, and the detention and release of criminals.

The following was debated in the House:

- Bill C-18 – An Act to amend the Rouge National Urban Park Act, the Parks Canada Agency Act and the Canada National Parks Act (Report

Stage)

• Bill C-23 – An Act respecting the preclearance of persons and goods in Canada and the United States (Second Reading)

• Bill S-217 – An Act to amend the Criminal Code (detention in custody) (Second Reading)

• M-104 – Ottawa River Watershed

• M-105 – Amyotrophic Lateral Sclerosis

• M-106 - Seniors

• CPC Opposition Motion – Impact of Carbon Taxes

On Tuesday, I participated in debate on Bill C-18, speaking about

ecological integrity in regards to Jasper National Park and Willmore Wilderness Park. On Friday, I spoke on Bill C-23, which would expand preclearance border operations (as we already have established at the Edmonton International Airport) to other airports and train stations throughout Canada. You can read my comments on the corresponding day's Hansard at: <http://www.parl.gc.ca/HouseChamberBusiness/ChamberHome.aspx>

In the Standing Committee on Environment and Sustainable Development (ENVI), we continued to study federal protected areas and

conservation objectives. For more information on these meetings, visit: www.parl.gc.ca/Committees/en/ENVI

This week, I attended seven meetings and one event. I will be in the riding this weekend to attend an event in Edson and I will remain in the riding as the House will not be sitting next week. My next update will be on my travels throughout our beautiful constituency of Yellowhead.

Week of February 13, 2017

This week in Parliament, we discussed topics including national parks, international trade, genetic testing, the CBC, and racism in Canada.

The following was debated in the House:

• Bill C-18 – An Act to amend the Rouge National Urban Park Act, the Parks Canada Agency Act and the Canada National Parks Act (Report Stage)

• Bill C-30 – Canada-European Union Comprehensive Economic and Trade Agreement Implementation Act (Third Reading)

• Bill C-37 – An Act to amend the Controlled Drugs and Substances Act and to make related amendments to other Acts (Third Reading)

• Bill S-201 – Genetic Non-Discrimination Act (Report Stage)

• Bill C-308 – Canadian Broadcasting Corporation Privatization Act (Second Reading)

• M-100 – Role of co-operatives

• M-103 – Systemic racism and religious discrimination (Liberal MP Motion)

• M-102 – Formaldehyde emissions

• Opposition Day Motion – Systemic racism and religious discrimination


In the Standing Committee on Environment and Sustainable Development (ENVI), we continued to discuss federal protected areas and conservation objectives. On Wednesday, the committee presented a report on Bill C-18 to the House, which was then debated on Friday. For more information on these meetings, visit: www.parl.gc.ca/Committees/en/ENVI

This week, I attended 15 meetings and one event. I will be in the riding for the Family Day long weekend and returning to Ottawa on Monday. My next update will be on the happenings of Parliament as it continues to sit next week.

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MP JIM EGLINSKI PARTICIPATES IN DEBATE ON C-31

Submitted by Jim Eglinski, MP – Yellowhead

OTTAWA: On February 7th, Jim Eglinski, Member of Parliament for Yellowhead, during debate on C-31, 'An Act to implement the Free Trade Agreement between Canada and Ukraine', asked the following question to his Conservative colleague for Sherwood Park—Fort Saskatchewan, MP Garnett Genuis:

"Mr. Speaker, I thank my colleague for his interest in Ukraine, and I will give him credit for being in a very strong Ukrainian segment

of Alberta, because that is where I grew up.

In the situation in Ukraine, with the constant battling going on and the war between Russia and Ukraine, there have been many injuries to Ukrainian soldiers and Ukrainian civilians. A large number of doctors from across Canada, from coast to coast, have travelled, at their own expense, to Ukraine to assist in crucial surgery, facial reconstruction, etc.

Do you see that the federal government could play a role in assisting doctors from Canada in assisting in Ukraine? Right now it is

being done at their own expense."

Later, MP Eglinski asked the Member for Etobicoke Centre, MP Borys Wrzesnewskyj:

"I would like to thank the member for Etobicoke Centre for the work he does through the Canada-Ukraine Friendship Group and with Ukrainians across this country and for the Ukrainian people themselves.

Earlier, I asked a question of one of my colleagues about the work that many of our doctors from coast to coast in Canada have done in Ukraine on a volunteer basis. They go over there and work doing

reconstructive surgery and fixing the troops hurt in Ukraine while fighting against the Russian aggression.

I wonder if the hon. member would speak about that. Does he think there is a role our government could play to assist the doctors who are going over to Ukraine to assist our Ukrainian brothers and sisters?"

Both MPs Genuis' and Wrzesnewskyj's responses can be found at:

<http://www.parl.gc.ca/content/hoc/House/421/Debates/135/HAN135-E.PDF>

BARRHEAD RCMP ARREST MALE ON OUTSTANDING WARRANT

Submitted by Barrhead RCMP

Barrhead, Alberta - RCMP attended a residence around 5:00

am on the morning of February 22, 2017 to arrest Curtis Powder on outstanding warrant. An altercation took place and ASIRT is investigating that part. Curtis

then left the residence and was tracked by a Police Dog to another location. ERT was contacted and attended. Curtis has been taken into custody without fur-

ther incident. No injuries have been reported at this time.

Further details will be provided as they become available.

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Bridal Guide

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Bridal Guide

HELPFUL HINTS WHEN PLANNING FLORAL ARRANGEMENTS

When planning their weddings, couples may find themselves becoming experts on subjects they previously never gave much thought. Thanks to the cost of weddings, today's couples must make each decision carefully, and that may result in hours of research and discussion.

One of the big decisions couples must make when planning their weddings concerns their floral arrangements. The right floral arrangements won't break the bank but will add substantial aesthetic appeal to ceremonies and receptions. It can be difficult for couples to achieve that balance of cost and look on their own, so the following are a few helpful hints for couples when choosing their wedding day floral arrangements.

- Work with a florist you trust and like. All florists are not the same, so finding one you can trust and will enjoy working with can make all the difference. Many couples have little or no experience with floral arrangements prior to planning their weddings, so it can calm couples' nerves to work with someone they trust in such situations. Florists with significant wedding experience will no doubt make a host of recommendations based on couples' budgets and preferences, so couples might be more inclined to listen to that advice if they are working with someone they trust. Ask relatives, friends or coworkers if they can recommend any florists whose wedding work they are familiar with.

- Choose in-season or native flowers. Couples working with tight budgets may want to choose in-season flowers or those native to the area where they will be tying the knot. In-season and native flowers won't need to be ordered or shipped in from afar, which can be costly. In-season and native flowers tend to be more abundant as well, and the greater their availability the less couples are likely to pay for them.

- Repurpose floral arrangements. Another way to save on floral arrangements is to repurpose flowers throughout the day. Once bridesmaids no longer need their bouquets, use them to decorate gift tables or cocktail areas. Floral arrangements on display during the ceremony can be removed once

you have both said "I do" and moved into the reception area where they can be enjoyed through the night. Go over any repurposing you plan to do with your reception hall manager prior to your wedding day so he knows where and when to move the arrangements.

- Go big. Some flowers simply

bloom larger than others, and choosing such flowers may help you save money since you won't need to buy as many flowers as you would if you were to go with smaller blooms. Once you find a florist to work with, discuss your options with regard to doing more with less. Many florists embrace the chal-

lenge to be creative within a budget, so you might just be surprised and impressed by what they come up with.

Floral arrangements can set the mood for a wedding ceremony and reception, and even couples with little or no experience choosing arrangements can end up with stunning displays.

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CREATING A WEDDING RECEPTION PLAYLIST

Many elements combine to make traditional wedding receptions special. But many veteran wedding guests would agree that the right playlist once guests hit the reception hall dance floor can turn an ordinary wedding reception into something far more memorable.

The majority of couples choose between a live band and a disc jockey to provide the music for their wedding receptions. Entertainment is often one of the more memorable aspects of a wedding reception, as the right band or disc jockey can help to establish a jovial mood that makes it easy for everyone to have a good time.

Couples can leave their wedding reception playlists to the professionals, but they should

also know that they have a say in which songs are played. In addition, couples can have a “no play” playlist that prohibits certain songs they dislike from being played. When mulling the musical choices for your wedding reception, consider the following advice.

- Begin by making a list of your favorite songs. Make this list during different days and at different times and moods so you get a good cross-section of your favorite tunes. But remember not every song is a good fit for a wedding reception. Melancholy songs or those that include suggestive lyrics are best left off the playlist.

- Aim to get as many guests on the dance floor as possible. Well-known songs and upbeat dance

music will inspire more guests to cut a rug than lesser known tunes you may be fond of. Music that spans the decades and various genres will appeal to guests from all age groups, encouraging dancers young and old to cut a rug.

- Avoid songs that are difficult to dance to. Some songs just are not meant to be danced to. If your favorite songs fit that bill but you still want to hear them on your wedding, ask the DJ or band to play them during the cocktail hour or while everyone is eating dinner.

- Give the music vendor some leeway. Disc jockeys and bands have no doubt performed at many a wedding before yours, and they may have a better feel for crowds than you do. Let them

know they have some leeway to play songs that did not make it onto the playlist if guests seem to be avoiding the dance floor. That professional expertise is why you hired them, and it can make for a more memorable night for everyone.

- Don't stress out about the music. The playlist can set the tone for a positive reception, but don't stress out if you're struggling to come up with songs you want to hear. Your vendor is no doubt capable of creating a playlist that will ensure everyone has fun.

Hiring a band or disc jockey to perform at your wedding reception is a great way to make sure everyone enjoys a fun night. Adding your own favorite songs to the playlist can make the reception even more special.

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Bridal Guide

REIN IN DESTINATION WEDDING COSTS

Destination weddings can make for memorable affairs for brides, grooms and their family and friends. Destination weddings often take place in idyllic locales that make for a gorgeous backdrop to the happy couple, setting the perfect ambiance for such noteworthy occasions. Destination weddings ask a lot of both the couple and their guests. Couples may need to visit the location of their destination wedding several times before the big day, and those costs can quickly add up. Guests, too, will need to budget for flights and lodging to attend a destination wedding. But there are some ways for couples to rein in the costs associated with a destination wedding to ensure everyone has a good time without having to worry about finances upon returning home.

- Look for convenient, affordable travel. Some resorts may offer great prices on destination wedding packages, but be careful to avoid locations so remote that you and your guests will be forced to pay for expensive flights. Destination weddings have become more popular over the last decade, and many resorts now offer competitive destination wedding packages as a result. But if keeping travel affordable for your guests is a goal, find a location that guests can visit after purchasing reasonably priced flights rather than choosing a location based on the cost of the wedding package.

- Shorten the guest list. Shortening their guest lists is how many couples curtail destination wedding costs. Invite only your closest family and friends to the wedding and reception, and then host a second, less formal party for your remaining relatives after returning from your honeymoon. Guests will understand, and you will ultimately get the chance to celebrate with all of your loved ones anyway.

- Go simple and save. Many traditional weddings include all the bells and whistles, such as lavish floral displays, elaborate gowns and additional expensive accoutrements. But it's acceptable, if not expected, to simplify things at destination weddings, especially those in island locations. Let nature do the decorating and opt for native wedding attire if

it's more affordable than potentially costly gowns and tuxedos.

- Resist peak tourist season. Much like there's a peak wedding season throughout North America, many countries' economies depend heavily on tourism seasons. Avoid peak tourist season when choosing the date for your destination wedding, as costs may be considerably more to

marry during this time of year than less hectic and popular seasons.

- Look into discounts on all aspects of the wedding. Popular destination wedding locations may be willing to negotiate prices on all aspects of the wedding, and those discounts might increase as more guests commit to attending. Resorts recognize that destination weddings bring guests

who will need lodging, food and entertainment, and couples can use that to their advantage when negotiating prices. Couples may even be able to negotiate with airlines for discounted airfares if they can guarantee a certain number of travelers.

Destination weddings need not break the bank, as savvy couples can find numerous ways to trim costs.



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Bridal Guide

CHOOSING A HOTEL FOR WEDDING GUESTS

As engaged couples compile their guest lists, many might realize their friends and family are spread out across the country, if not the world. Technology has made it easier than ever before to stay connected to faraway loved ones, and engaged couples no doubt have a handful of guests on their lists who will need lodging when the wedding weekend arrives.

Many hotels cater to wedding guests, so finding a hotel should not be too difficult. However, finding the right hotel requires couples to consider a host of factors.

• **Location:** Location is arguably the most important consideration when choosing a wedding hotel. Hotels that are close to transportation hubs such as airports or train stations will be

a welcome relief to guests who traveled far and wide to make it to your wedding. But hotels located in close proximity to your ceremony and reception sites will also be appreciated, especially come the end of the reception when guests who danced the night away will want to return to the hotel as quickly as possible. If the wedding reception is far from the nearest airport or train station, try to find a hotel close to the reception site so guests don't feel like they have been traveling all weekend long.

• **Attractions:** Attractions are another important factor to consider when choosing a hotel for your wedding guests. Brides and grooms-to-be will be busy throughout the weekend, but wedding guests who arrive in town on Friday for a Saturday

ceremony will have lots of free time on their hands. Unless your wedding weekend is intended to be a weekend retreat for you and your guests, try to find a hotel in a lively neighborhood with plenty of nearby attractions so guests have something to do in the days and hours before the wedding.

• **Cost:** Many hotels offer discounted rates to wedding guests, so couples should expect to do some negotiating before making a final decision regarding their wedding hotels. Travel is expensive, so if your list includes a lot of out-of-town guests, try to find the most affordable rate without settling for unsightly accommodations. Guests will appreciate the cost savings, and some might be more inclined to attend the wedding if the lodging is a bargain.

• **Transportation:** Another thing to consider when arranging lodging for out-of-town guests is transportation to and from the wedding. Many hotels offer shuttle service for wedding guests, which can save guests the added expense of renting cars to get around on the day of the wedding. Couples may need to foot the bill for hotel shuttle service, though some hotels include the service if enough guests book under a certain wedding party. Some hotels even offer airport shuttle service, which can save guests even more money.

Couples hosting many out-of-town guests for their weddings should do their best to find a hotel that's affordable, accommodating and close to their wedding venues.



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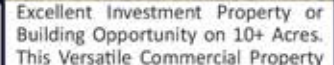
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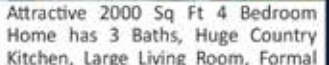
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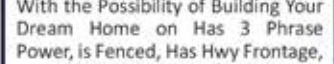
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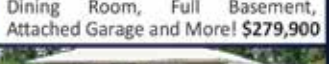
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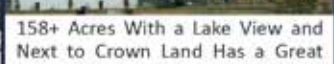
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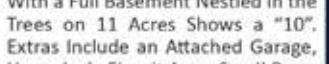
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Beautiful Home on 1.44 Acres in Town Has 5 Bedrooms, 4 Baths, a Huge Chef's Kitchen, a Dining Area, a Den/Office, a Large Living Room, a Rec Room, an Attached Garage, 2 Covered Decks, & a Paved Driveway. Also Included is an Older 2 Storey Home & a Garage! **\$375,000**

Classified Ads - Call 962-9228

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MOTORHOME WANTED under \$5000. 1977 - 1989, C-class or class A with drivers door. Very

good brakes, fair to good tires. Winterized waterworks. Call 780-892-2110 Darwell.

For Sale

FORD 9N TRACTOR, \$2400. Call 780-514-0042

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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

Available Immediately, Large 2 Bedroom in Adults ONLY Building in Entwistle. Includes Heat, Water & Parking. Rent \$765/month, DD \$300, Cats Allowed, Must have good credit. Call Ivka 780-807-1300, jakovljevicivka@yahoo.ca

For Lease

Commercial/Retail Space, 1100 sqft with lake view. For Lease on Mainstreet, Alberta Beach. Call 780-995-2231 for more info.

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Church Directory

<p>Rich Valley Community Church</p> <p>Sunday School 10:00 a.m.</p> <p>Worship Service 11:00 a.m.</p>	<p>Catholic Parish of Lac Ste. Anne</p> <p>Sunday 10:00 a.m.</p>	<p>St. John's Anglican Church <i>Onoway</i></p> <p>Sunday Service 10:00 a.m.</p> <p><i>Everyone Welcome</i></p>	<p>Mayerthorpe Baptist Church</p> <p>Worship Service Sunday 10:30 a.m.</p> <p>Children's Church 10:30 a.m.</p> <p>4606-54 St. Mayerthorpe (780) 786-2677</p>	<p>St. John's Lutheran Church <i>Alberta Beach</i></p> <p>Sunday Service 11:00 a.m.</p> <p>Sunday School</p>
<p>Zion United Church</p> <p>Sunday Service 10:00 a.m.</p> <p>Sunday School</p> <p><i>Serving Alberta Beach, Wabamun, Darwell & Lake Isle, Onoway & Arsen (780) 924-3351</i></p>	<p>St. Joseph's Catholic Church</p> <p>Sunday Mass 11:30 a.m.</p> <p>Wabamun, AB</p>		<p>Sangudo St Mary the Virgin Anglican Church</p> <p>Sunday Services: 2nd & 4th Sunday</p> <p>Holy Communion 11:00 a.m.</p>	<p>Sangudo United Church</p> <p>Sunday Services 1st and 3rd Sun. of each month</p> <p>Worship Service 11:00 a.m.</p>
<p>Trinity Lutheran Church (LC-C) <i>"The Church of the Lutheran Home" - Rockfort Bridge</i></p> <p><i>Pastor Dan Hansvard Church (780) 778-2955</i></p> <p>Sunday Worship 9:00 a.m.</p> <p><i>Seniors' Service & Cottage Bible Study - Please see location</i></p>	<p>Mayerthorpe Pentecostal Assembly <i>P.A.O.C. Rev. Arnold Lotholz</i></p> <p>Sunday 10:30 a.m. Morning Service Tuesday 7:30 p.m. Ministry Training (780) 786-2424</p>	<p>St. Michael Lutheran Church</p> <p>Sunday Services 1st & 3rd Sunday at 2:30 p.m.</p> <p><i>Rev. Horst Gutsche (780) 674-3944 Mystery Lake</i></p>	<p>Onoway Baptist Church</p> <p>Sunday Service 10:00 a.m.</p> <p>Youth Group Friday 7:00 p.m.</p> <p>(780) 967-2266</p>	<p>Mayerthorpe United Church <i>Mayerthorpe Rev. Alwin Maben</i></p> <p>Sunday Worship 9:30 a.m. to be held at the Peter Trynchy Community Center at Pleasant View Lodge Until Further Notice.</p> <p>PH: (780) 786-2134</p>
<p>Alberta Beach Alliance Church</p> <p>Sunday Worship Service & Kid's Church 11:00 a.m.</p> <p>Sunday School 10:00 a.m.</p> <p>(780) 924-3282</p>	<p>Cherhill Community Church</p> <p>Sunday School 10:00 a.m. - 11:00 a.m.</p> <p>Worship Service Sunday 11:00 a.m.</p>	<p>Roman Catholic Church</p> <p>St. Agnes' Parish, Mayerthorpe Sunday 9:00 a.m.</p> <p>St. Elisabeth Parish, Evansburg Saturday 7:00 p.m.</p> <p>(780) 786-2032</p>	<p>Calahoo Alliance Church</p> <p>Family Worship Service Sunday 10:00 a.m.</p> <p>For Info Call Jerry (780) 974-7734</p>	<p>Rock Victory Church Worship Celebration</p> <p>Sunday Worship w/ Children's Ministry 10:00 a.m.</p> <p>Wednesday Prayer & Bible Study 6:00 p.m.</p>

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COMMUNITY EVENTS 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				4	5	6
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).

MARCH 4 - SANGUDO COMMUNITY HALL JAMBOREE starts at 7:00 pm. \$8.00/person (Entertainers free). Late lunch will be served. Info call 785-4105 or 305-5088

MARCH 8 - SANGUDO GOLDEN CLUB REGULAR MEETING 1:30 pm. New members and ideas always welcome. The Executive is in place for 2017. Info call 785-4105

MARCH 11 - CRIB TOURNAMENT at Gunn Community Hall. Call 780-951-9452 for more info.

MARCH 18 - OJSH S.W.A.M.P. PRESENTS: ROCKY OF THE RAINFOREST, a musical comedy. Matinee at 2pm, \$10. Dinner Theatre at 5:30pm, \$30. Tickets available at High School office.

FARMERS MARKETS

ALBERTA BEACH: Open Every Sunday, May - Oct, 12-3pm. Contact Joanne 780-690-6392
BARRHEAD: Open Saturdays, May - Dec. 10am-1pm. Sherry 780-674-6802

ONOWAY FARMERS' MARKET presented by the Onoway & District Ag Society, Fridays 4pm-8pm at the Community Hall. Starts May 1st. Janice (780) 667-6327. onowayfarmersmarket@gmail.com. New vendors welcome!

SPRUCE GROVE: at the Elevator, Sat 9:30-1:30, tables (780)240-5821

STONY PLAIN: Sat, 9am-1pm, Downtown, Stony Plain. Nancy 780-962-3993.

WESTLOCK: 11-3pm, Bargain Shop Mall, Dave 780-954-2437

WHITECOURT: Legion, Tuesdays from 11am - 2pm, May - Oct. 779-7002. Little Market - Big Heart

BINGO

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

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

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

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

RICH VALLEY COMMUNITY HALL BINGO: 7:30pm. Loonie Pots. Next bingos 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 4th Sat of Every Month. Starts at 7:30pm. Phone 780-985-2478 or 780-985-3200.

CHIP LAKE: Ravine Comm Hall, 1st Sat 325-2119 or 325-2391

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

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

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

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

MEAT DRAWS

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

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

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

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

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

Whitecourt Legion: Every Sat, 4pm. Located downtown behind the CIBC.

SOCIAL EVENTS

50+ YOUNG AT HEART LUNCHEON for Parkland County Seniors. 12 Noon at Stony Plain United Church Basement, \$8/plate. 3rd Wed of Each Month, Sept - June. For reservations: Audrey 780-963-1782.

ALBERTA BEACH & DISTRICT ACTIVE 50+ Club activities: Monday, Wed, Fri 10:15 am Aerobics/Fitness (Walking Segment starts October 5th, all Fall & Winter); Tuesday 7:30 p.m. Crib (year round); Wednesday 1:00 p.m. Bridge (year round).

BADMINTON: Wed, 7-10pm, Barrhead High School Gym. Jamie (780)674-8974 or (780)674-6974.

BARRHEAD PHOTO CLUB: 1st & 3rd Wed - email barrheadphotoclub@gmail.com for location or call 780-674-3314 or 780-674-4663

COUNTRY QUILTERS in Stony Plain house a "Sew in Tuesday", 2nd Tuesday of every month, from 10-3pm. Drop in \$5/member, \$6/month-members. Bring your own projects to work on, coffee will be supplied, cutting mats, rulers & irons supplied. Contact Cindy 780-963-7170.

JR. SCRAPBOOKING Wed 4-6pm. Kids ages 10+ are invited to come & complete a project. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404
LAC STE ANNE COMMUNITY CHOIR. Accepting new members for all voice ranges. Men & women 18 yrs & over. Weekly practice Wednesdays at Alberta Beach Heritage Center from 7-9pm. For info call Eunice @ 780-618-7865.

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

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

ONOWAY MUSEUM: Gym & classroom 780-967-1015 or 780 - 967- 5263

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

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

RIVER TALKERS TOAST MASTERS CLUB, every thursday from 7-9pm. 32 Whitecourt Ave. Hilltop Community Church. Info Lorainne 286-5040.

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

SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS at PERC Building (5413-51 St. Stony Plain). 2nd

Friday of the month at 7pm. Popcorn provided, donations appreciated. Contact 780-940-3032
SPIRITUAL LIVING STONY PLAIN GATHERING at PERC Building (5413-51 St. Stony Plain). Every 2nd & 4th Sunday of the month. Meditation at 10am, inspirational sharing at 10:30am, Children's activities. Contact 780-940-3032
SQUARE DANCE LESSONS: Thursdays 7-9pm. Starts Sept 29th to Dec 15th, 2016. Broxton Park School, Spruce Grove. 10 Weeks - \$80/adult. 780-999-9482 or l.squardance2016@gmail.com
WRITERS PROGRAM: Mayerthorpe Library, 1st & 3rd Wednesday at 1pm.
VOLUNTEER TUTOR ADULT LITERACY PROGRAM (VTALP): Need assistance with reading/writing, English language (ESL) or Basic Computer skills? We offer free one-on-one tutoring! Info: Carla Burkell, 780-554-2940, email: literacy@lsac.ca

MEETINGS

1ST ONOWAY SCOUTS:Registration, 6:30-8pm, Mon Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4439.

3053 ROYAL CANADIAN ARMY CADETS, Onoway Historical Centre, Wed, 6:45pm-9:30 for youths 12-18. 967-0443

755 PARKLAND AIR CADETS Thurs, 6:30-9:30pm Muir Lake School, ages 12-18. Info call 405-6585 or www.aircadet.com/755.

526 Barrhead Air Cadets, Wednesdays 6:30 - 9:30pm, High School Ages 12-18 are welcome. 780-305-7233

AA - Mayerthorpe, Kingsmen Hall, Thurs, 8pm. (780) 786-2604 or (780) 786-1927

AA -Sangudo Golden Club, Tues 8pm call 786-4402/785-9214/785-3599

AL-ANON: Tues 7pm, Onoway Anglican Church (4809-50 St.) 780-967-3356 or 1-800-4AL-ANON.

AL-ANON Wed Spruce Grove United Church, 1A Fieldstone Dr, 8pm. 962-5205

ALBERTA 55 PLUS: Villeneuve Hall at 10a.m. New Members Welcome. Meetings on 2nd Tues of the month. Info from Donna 780-962-5933

ALBERTA BEACH & DIST LIONS CLUB meets every 4th Tues 7pm, Alberta Beach Agplex.
ALBERTA BEACH AG SOCIETY meets on the 4th Thurs. of month, 7pm, Agplex

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

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

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

CHEMILL COMMUNITY ASSOC. Monthly Meeting 1st Wednesday, 8pm at the Hall. 785-2825 *Except Jan, July, Aug, Sept.

CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12pm, Alberta Beach Agplex. Sept-June. Info call Melissa 780-297-1892.

Citizens Helping In Life's Defence (C.H.I.L.D) Join our Pro-Life meetings for the Spruce Grove/Stony Plain area once a month. Call Chris 780-963-6997.

CITIZENS ON PATROL: The Pembina Community Watch Patrol Meets 2nd Thurs of each month at 7:30 pm, at the West Central Forage Association Office 5009 45th Avenue, Entwistle. Contact 780-727-2000

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

DDRA MEETING, 7pm, 2nd Mon (except Jul/Aug/Dec), Darwell 892-3099.

GIRL GUIDES, BROWNIES & SPARKS Thurs, 6:30pm, Onoway Heritage Centre. Info Laura, 780-967-1004.

GLENEVIS COMMUNITY meets 1st Wed. Info 785-4144 or 721-6188.

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

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

786-0161.

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

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

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

MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP Are you diagnosed with MS and have questions? This group is for you! Last Tues of month, Sept-June, 7-9pm, Westview Health Centre (4405 South Park Dr.) Contact Cassy 780-471-3034

NA MEETING Tues, 7pm Poplar Valley Church (780)514-6011

ONOWAY & DIST HERITAGE SOCIETY: 2nd Wed of each month, 7:30pm, Chateau Lac Ste Anne

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

ONOWAY QUILTERS, 2nd & 4th Thurs, 10am-4pm, Lac Ste Anne Chateau Activity Room.

ONOWAY ROYAL CANADIAN LEGION General Meetings, 1st Mon, 7pm (Sept-June).

ONOWAY MASONIC LODGE #138, 4th Wed, 7:30 Onoway Legion

PROBLEMS WITH DRUG OR ALCOHOL ADDICTION in a loved one? Contact Drug Rehab Resource free confidential consultation. 1-866-649-1594 or www.drugrehabresource.net.

RICH VALLEY AG SOCIETY BOARD MEETINGS: at the Agriplex on the 2nd Wed of the month. 7:00pm.

RIVER TALKERS TOASTMASTERS CLUB Build your confidence, your speaking & listening skills in a friendly and supportive environment.

Drop in as a guest. Thursdays 7-9pm at the Hilltop Community Church, 30 Whitecourt Ave (downstairs). Or contact Carla Burkell, VP Membership, (780)268-3653.

SANGUDO PAINTING GROUP: Every 1st and 3rd Wed from 9:30am-12:00pm at Sangudo Community School. Would you like to Learn to paint? Teacher come in once a month for workshops, For more information call 780-785-2112.

SUNDOWNERS TOASTMASTER CLUB: Mon (excl. Holidays) 7:30-9:30pm. St. Matthew's Church, Spruce Grove. 962-2967.

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

TOPS Meetings (Take Off Pounds Sensibly)

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

ENTWISTLE: Thurs 6:45pm, upstairs in Lions Hall. Darlene 727-3982

EVANSBURG: Thursday Mornings 9:30am at Evansburg Legion Hall (Back door). 727-2155

SANGUDO: Tues, United Church, 6:00pm. Sharon 785-2095 or Marlene 786-4646.

MEALS ON WHEELS

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

ONOWAY & DIST: Frozen & hot meals available. Call 967-2338 or 967-5244.

YOUR COMMUNITY

SEA CADETS: 299 Mackenzie, Stony Plain Comm Center, Wed 6:30 for youths 12-18, 963-0843

SPRUCE GROVE ELEVATOR TOURS, Tues-Sat, 9-3pm. Info 960-4600.

UNITED CHURCH THRIFT SHOP: North end Curling Rink, Onoway. Open Fri & Sat, 10am-4pm.

WATER SAMPLE DROP OFF: Tues Onoway Aspen Health Services. Drop off 1-2:30 pm.

SUDOKU OF THE WEEK

Fun By The Numbers

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

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

ANSWER:

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

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!



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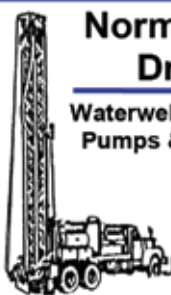
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