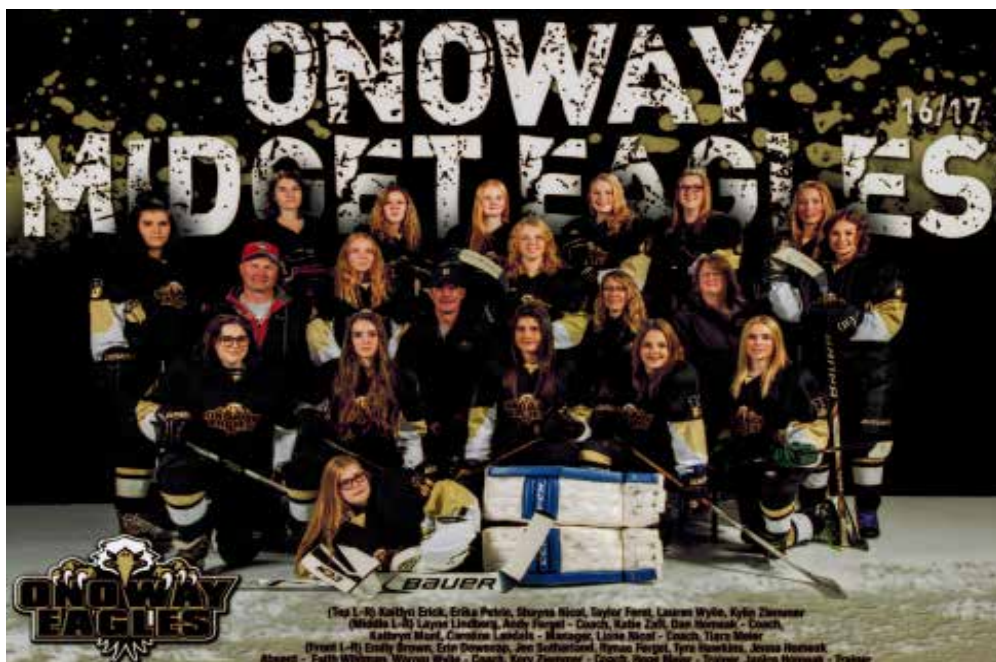




*Serving: Onoway, Alberta Beach, Calahoo, Gunn, Glenevis, Darwell, Cherhill, Sangudo, Mayerthorpe, Rich Valley, Barrhead, Whitecourt, Stony Plain and Spruce Grove*

**April 4, 2017**

## ONOWAY EAGLES – MIDGET GIRLS WIN GOLD IN B HOCKEY PROVINCIALS!



**Submitted by Caroline Landals, Manager, Onoway Midget Girls**

The Onoway Midget Girls team attended the Hockey Alberta B Provincials in High Prairie from March

23-26 and took home a well deserved gold medal!

This multi-community, rural team was very dedicated all season. For love of the sport, some players drove over an hour to get to some very late practices. The team con-

sists of girls from first year Bantam age up to third year Midget, with a player who volunteered to be goalie when we couldn't find one.

**Continued on Page 5**

## GROWN NEAR HOME: A NEW FOOD INITIATIVE BY FARMERS

**Submitted by Denise**

Spring is here and our thoughts turn to garden fresh food. We look forward to Farmer's Market season or perhaps growing our own food crops. But if you are like most people, your time is limited. You would

like the opportunity to engage in healthy, local food but might not have the time or knowledge to take it on. There are farmers doing this for you and your interest in their farms helps them succeed in the long run. Grown Near Home is a new initiative by farmers in the Lac Ste. Anne

County servicing Edmonton, Spruce Grove, Stony Plain, Sherwood Park, St. Albert and surrounding areas to help people become more easily involved in fresh, local food.

**Continued on Page 5**

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

Submitted by Cathy Steeves,  
Parent Link/Early Childhood  
Development Coordinator |  
Lac Ste. Anne County

Join us for an Easter Party  
Drop in and create cool Easter  
crafts, enjoy fun Easter activi-  
ties, and munch on yummy Easter

snacks.

- Rich Valley Public Library  
Wednesday, April 5 9:45 – 11:00 am
- Alberta Beach Agliplex Friday,  
April 7 10:00 am - 12:00 noon
- Darwell Public Library Mon-  
day, April 10 10:00 – 11:00 am
- Sangudo Early Childhood Room

Tuesday, April 11 10:00 – 11:30 am  
Sangudo Parent & Tot

Tuesdays, April 4th and April  
11th (Easter Party) from 10:00 a.m.  
– 11:30 a.m. in the Sangudo Early  
Childhood Room (Arena). Drop by  
with your kids to make new friends,  
create cool crafts, paint, and play  
with the awesome toys in the Early  
Childhood Room.

For more information on these  
programs, please contact: Cathy  
Steeves, Parent Link/Early Child-  
hood Development Coordinator,  
Lac Ste. Anne County, 780-785-  
3411, or 1-866-880-5722, or  
csteeves@LSAC.ca

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**Celebrate Kids**  
Onoway Health & Wellness Fair  
For Children 0-12 yrs and their Families

\* Free Admission \*  
Food Bank Donations  
Greatly Appreciated

\* 25+ Exhibitors \*  
\* 10+ Vendors \*

\* Door Prizes \*

Thursday  
**April 13<sup>th</sup>**  
10:00am - 2:00pm

\* No ATM on site \*

4708 Lac Ste Anne Trail N  
Alliance Activity Centre &  
Onoway Heritage  
Centre

\*Free Book\*  
For the first 100 Children

\*Free Bugly Bright\*  
Interactive Bug Display

\*Free Swag Bag\*  
For the first 75 Families

\*Free Activity\*  
Offered by ParentLink

\*Free Story Time Corner\*  
11:15 - 12:15 - 1:15

\*Free Airbrush Tattoos\*  
For Everyone!

Watch your local paper for more details

Alberta Health Services

parentLINKcentre  
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# AN OPEN LETTER TO MAYOR AND COUNCIL OF LAC STE. ANNE COUNTY RE: COUNTY WEBSITE

Submitted by David Chawner

March 22nd, 2017

I notice that the County website carries the latest edition of the Lac Ste. Anne Bulletin, in full, (not just the County's pages of advertising) but nothing from the Community Voice, Mayerthorpe Freelancer, nor

any other publication that is circulated within the County.

Has the County purchased the Bulletin and I missed the announcement? Or is it special treatment being given to just one publication, and if so, why? Also within that is all of the advertisements – so can I take it that all of the County businesses that do not advertise in the

Bulletin are also going to be offered free sports on the County website or are their tax dollars just going to be used to promote other people's businesses??

Further, I assume that, as The Bulletin is being used as the major "information purveyor" for the County, that an audit is carried out regularly to ensure every taxpayer is receiving

that publication??

The County has a MORAL (if not legal) responsibility to support all, similar, county-based enterprises EQUALLY, not to pick favourites! Tax payers from all across the County are paying the bill.

I look forward to your response.

Yours Sincerely,  
David T. Chawner

## FORTISALBERTA ANNOUNCES THE 2017 EARTH HOUR CHALLENGE RESULTS

Submitted by Natasha Russell, Corporate Communications Advisor | FortisAlberta, Inc.

FortisAlberta, an electricity distribution company that provides service to central and southern Alberta, is excited to share the results of the 2017 Earth Hour Challenge.

Earth Hour took place on Saturday, March 25, from 8:30 – 9:30 p.m. and 29 communities within

FortisAlberta's service territory participated. First, second and third place winners will be awarded \$5,000, \$2,500 and \$1,500 grants respectively.

This year's recipients of the Earth Hour grants are:

- 1st place: Village of Longview receives \$5,000 - 31 per cent decrease in consumption
- 2nd place: Village of Barons – receives \$2,500 grant - 13 per cent decrease in consumption
- 3rd place: Town of Mayerthorpe

– receives \$1,500 grant - 11 per cent decrease in consumption

In order to determine the winners of the Earth Hour grants, the community with the lowest electricity consumption during Earth Hour was compared to the same hour on the previous Saturday. The percentage decrease was used to determine the winners of the grants.

"Congratulations to this year's winners! These grants will enable recipients to create or enhance energy efficiencies in their communities.

We thank all communities who entered the FortisAlberta Earth Hour Challenge; together we were able to bring awareness to the importance of being mindful of the energy we use," adds Russell. For energy savings tips, visit: fortisalberta.com.

Communities came up with their own unique ways to reduce energy consumption during Earth Hour, as residents were encouraged to turn off unnecessary lights and participate in community events.

## DARWELL PUBLIC LIBRARY APRIL NEWS

Submitted by Sandra Stepaniuk, Library Manager | Darwell Public Library

Are you interested in the library and would like to help determine the direction and growth of this valuable community service? The Darwell Public Library will be holding their Annual General Meeting on Monday April 24, 2017 starting at 7PM at the library. The AGM will be followed by the regular meeting around 7:30PM. Light refreshments will be available and everyone is welcome to attend. See you there!

Family Movie Night, at the Lake Isle Community Hall, will be held Friday, April 7, 2017. We will be showing the "G" rated title "Sing". The doors will open at 6:30 pm and the movie starts at 7:00 pm. Admission is \$ 2.00 and a concession is available. See you there! This program is sponsored by the Darwell Public Library and the Darwell Library Friends.

We are having an Easter Party for children ages 0 to 6 on Monday,

April 10, 2017 from 10:00 to 11:00 am. Drop in and munch on some Easter snacks, enjoy some fun Easter activities, and create some beautiful Easter crafts. This program is a partnership with Lac Ste Anne Parent Link/Early Childhood Development Initiative.

Spring is here and we are opening the shed and have scheduled a couple of book events in the green shed behind the library. The first will be Tuesday, April 18 from 1 – 4 pm and the second will be on Tuesday, April 25 between 1 and 4 pm. We encourage you to drop by and peruse the titles, take what you want and leave a donation of your choosing. All money received will go directly towards the completion of the library expansion. See you there!

We continue our fundraising efforts to complete the new library expansion. We are currently doing a Value Village donation drive and are looking for your used clothing, shoes, accessories, books, linens and small household items (small items only no furniture). You can pick

up a list of acceptable items at the library or find the complete list on our website. You can drop off your donations at the library expansion starting on Tuesday, April 18 during regular library hours until May 31, 2017. Should these times not work for you please contact the library to make alternate arrangements.

Registration is open for Standard First Aid/Level C Refresher being held at the Darwell County Services Building on April 30, 2017 from 8:00 am to 4:30 pm. The cost is \$ 30.00 per person with a minimum of 8 and a maximum of 18. You must produce your unexpired current First Aid Certification. Light refreshments will be supplied but you must bring your own lunch. Pre-registration is required prior to April 18, 2017. For further information and to pre-register please contact the library.

Do you need some tech help with your device? You can now send your questions to darwelltechhelp@gmail.com and if we are unable to help you online you can set up an

appointment at a mutually agreed time to meet at the library during regular library hours.

The colouring club continues daily, during regular library hours, for patrons of all ages. This program is 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.

The next Book Club meeting will be on Monday, May 1, 2017 at 7:00 p.m. to discuss "The Tea Girl of Hummingbird Lane" by Lisa See. 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.

Continued on Page 4

**BINGO!**  
**Old Style DABBER**  
 Every Tuesday  
 Doors open 6:30 7:30  
 Loonie Pot: #7  
 Jackpot: Various Bonanzas  
*Enjoy your evening by playing old style bingo "dabbers"*  
**Info, Sharron**  
**780-785-2825**  
**CHERRILL COMMUNITY HALL**



### Submitted by Stony Plain/ Spruce Grove RCMP

Occurrences for the week of 20 March to 26 March, 2017.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 450

Total Calls for Service for the Victim Service Unit: 26

Individuals Charged: 30

Person Crimes: 51

Property Crimes: 66

Impaired Driving Complaints reported: 12

Impaired Driving Charges Laid: 2

Roadside Suspensions: 1

Motor Vehicle Collisions Attended:

37

Property Crimes:

Spruce Grove

1. March 21 – Area of Spruce Ridge Road – Theft of Vehicle, 1997 black Honda CRV

2. March 22 – Area of Vernon Street – Theft of Vehicle, 2016 bronze Ford F150

Stony Plain

3. March 20 – Area of Boulder Boulevard – Break and Enter to Compound, vehicles entered

4. March 23 – Area of Garden Valley Drive – Theft of Snowmobile, red and white Polaris Pro 800

5. March 26 – Area of Glory Hills Drive – Theft of snowblower

Rural

6. March 20 – Area of Lapotac Boulevard – Theft from Vehicle, radar detector stolen

7. March 22 – Area of Township Road 525 and Range Road 25 – Break and Enter to Shed, tools stolen

8. March 23 – Area of Township Road 532 and Range Road 272 – Break and Enter to Compound, trailers entered

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

## Darwell Public Library April News

### Continued from Page 3

Beginner Tai Chi at the Darwell Centennial Hall continues 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 have a sign-up sheet at the li-

brary and if there is enough interest we would consider holding another class in the future.

The Darwell Public Library Society will be holding their Annual General Meeting followed by the regular meeting on Monday, April 24, 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 or follow us on Facebook at [www.facebook.com/DarwellPublicLibrary](http://www.facebook.com/DarwellPublicLibrary)



### Alberta Beach Temporary Seasonal Employment Opportunity Public Works General Laborer Position

The Village of Alberta Beach is now accepting resumes for a laborers position within our Public Works Department.

The main focus of this position mostly involves working outdoors, assisting with general maintenance of the municipality, including park maintenance, garbage collection and various other general labor duties and must be physically able to perform tasks/duties of the job.

Start Date: May 1<sup>st</sup>, 2017

Application Deadline: April 13<sup>th</sup>, 2017

Requirements:

- Valid Class 5 Driver's License with clean drivers abstract required
- Airbrake endorsement would be an asset
- CSA Approved Steel Toe Boots

Please submit your resume/application to:  
Alberta Beach

Box 278 Alberta Beach, AB T0E 0A0

In Person: 4935 - 50th Ave (Ste. Anne Trail)

E-mail: [aboffice@albertabeach.com](mailto:aboffice@albertabeach.com)

The employee will be working from 8:00am. to 4:30pm. Monday - Friday.


All applicants are thanked for their interest, however, only those applicants short listed will be notified.

SEDER DINNER CELEBRATION

# PASSOVER

Saturday, April 15th, 4:30 - 8:00 P.M.  
 Laperle Community Hall  
 18611 97A Ave NW, Edmonton, AB

Led by  
**Messianic Jewish Teacher**  
**Hannah Nesher of**  
[www.voiceforisrael.net](http://www.voiceforisrael.net)



**"For indeed Messiah, our Passover, was sacrificed for us; therefore let us keep the feast" (1 Cor. 5:7-8)**

**The meal is pot-bless.**  
**(No yeast, pork, gelatin or shellfish please)**

**RSVP to Linda at 780-780-202-2065 or**  
**[nesher.hannah@gmail.com](mailto:nesher.hannah@gmail.com) by April 10th.**

**A free will offering will be taken.**



## Grown Near Home: A New Food Initiative By Farmers

Continued From Page 1

These farmers grow the food and you pick it up at a convenient nearby location once a week for 12 full weeks of seasonal tasty farm produce.

Fresh local food is more than a hash tag; it is an integrative, immersive movement. It is spreading in all areas of the country. People concerned about climate change, retail pricing of food or who are connoisseurs of fine food, come together to learn from each other, sharing knowledge, recipes, growing information and other things. Farmers with the

knowledge, skills and land base to support the food for many families offer their time, labor and input to produce fresh, quality food with lots of variety to the people who value the taste, nutrition and amount of work that goes into producing food in our short summer season. You get to meet the farmers, discover what their passions are, and connect to your food in a completely new way. You get the freshest local food available. You help farmers by eliminating the middle man, thereby fostering small farm long-term sustainability. Your food is grown without chemicals or artificial inputs of any kind, with

love, integrity and the time-honored traditions of the past. These farmers are committed to helping people understand how food is grown, where it comes from and how to best enjoy it today and in future months. This group offers recipe suggestions, preserving tips and unique storage solutions to help you and your family enjoy food year round.

Weekly delivery spots in your area are being determined now, so secure your interest. Grown Near Home offers incentives to people to be a drop off location in exchange for a discount on their share price. You, your friends and family can get together

to form a hub location for weekly deliveries. Everyone can get fresh produce and connect around food in your area. The Grown Near Home group is also offering partnerships with businesses, churches and community halls that would like to offer their location as a drop off in exchange for a donation to their group. Call Grown Near Home for details, visit the website at [grownnearhome.com](http://grownnearhome.com) or call one of the farmers listed below. Spring is here and now is the time to start thinking of fresh food to come.

Lana – 7809539725, Lucie – 7809641844, Denise 7803056377

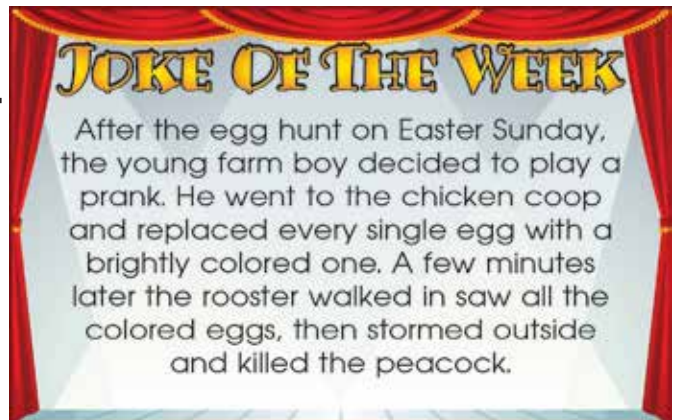
## Onoway Eagles – Midget Girls Win Gold in B Hockey Provincials!

Continued From Page 1

This season, the girls attended tournaments in Vermillion and St. Paul where they found some good competition and had some fun. They were also able to take home a gold medal in the Edmonton Minor Hockey Week Tournament! These hard-working players participated in the Edmonton Girls Hockey

League where they went undefeated right through finals! What a great year, especially for our six retiring players, Emily Brown, Kaitlyn Erick, Layne Lindberg, Tiara Meier, Kathryn Munt, and Katie Zaft.

Thank you to all of the coaches and parents for the time they committed to making this team successful. It is an amazing feeling to have all that hard work turn into great results! Way to go!



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## YMCA BEAVERBROOK CHILD CARE

Submitted by **YMCA of Northern Alberta**

The new YMCA Beaverbrook

Child Care opens Monday, April 3, and is now accepting registrations for its Early Years (9 months – 5 years) and School Age (Kindergar-

ten – 12 years) programs. Featuring extended hours (6:30am to 6pm), and the YMCA national Playing-to-Learn and Physical Literacy curric-

ulums, it is the YMCA of Northern Alberta's 66th not-for-profit child care program to open (they are the largest provider in Western Canada).

Located at 344 Pioneer Road in Spruce Grove, this newest YMCA child care is part of the Beaverbrook Wellness Centre and Prescott Learning Centre community hub, and is in partnership with the Parkland School Division. To register now, or for further details, phone (587) 286-7300 or email Jennifer Kitchen at [jkitchen@northernalberta.ymca.ca](mailto:jkitchen@northernalberta.ymca.ca)

Visit [northernalberta.ymca.ca](http://northernalberta.ymca.ca) for complete information on the child care programs, standards, values, objectives, highlights, handbooks, and statements. As an entirely independent registered charity for 110 years (serving the Edmonton, Grande Prairie, Fort McMurray, and now Spruce Grove communities), all YMCA of Northern Alberta programs (including Child Cares) are completely not-for-profit.

### YMCA Child Care Highlights

- Set Fees that allow the Centre to operate at a full-cost-recovery basis (no profit)
- Free Access for participants to all YMCA Health, Fitness & Aquatics centres
- Provincially Licensed with mandatory regulations and regular compliance visits
- ALL Staff hold valid Alberta Child Care Certification
- ALL Staff hold valid Police Information Checks and Vulnerable Sector Searches
- Adheres to YMCA national Child Protection Policies
- Nutritious (and allergen aware) morning and afternoon snacks
- Access to outdoor activities including special events and field trips
- Wide range of physical activities offered to promote healthy development
- Connections to other families at Family Events to celebrate special occasions.



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Opening  
April 3, 2017

# YMCA BEAVERBROOK CHILD CARE

*344 Pioneer Road, Spruce Grove*

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[jkitchen@northernalberta.ymca.ca](mailto:jkitchen@northernalberta.ymca.ca)  
or **587.286.7300**

## Early Years

NOW from 9 mos to 5 years

## School Age

Kindergarten to 12 years

## New EXTENDED Hours

6:30am-6pm, Monday-Friday





# GOLDEN AGERS AND TEENAGERS AT OJSH



**Mrs. Weiss, Mrs. Hansen & Mrs. Redlick**

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

Mrs. Lou Hansen taught at Oneway Junior Senior High School until she retired. She has since been a substitute teacher who still enjoys interacting with students and staff as much as she did when she first started out. Mrs. Hansen has another passion and that is the Golden Age club for people 55 plus. It was only natural that she decided to bring her two passions together.

Mrs. Hansen contacted the senior high Foods teachers, Mr. Karmanzuik and Mrs. Walker, with an idea to bring in seniors to show the Foods students how to bake bread. Mr. Karmanzuik's classes were just about to

start on the bread and baking unit so the timing was perfect.

On March 3, Mrs. Hansen arrived at the school with Flora Weiss and Lorna Redlick, two of the Golden Age members. Mrs. Weiss is 100 years old - she will be 101 on June 29<sup>th</sup> - and is still baking her own bread. She was up bright and early on the 3<sup>rd</sup> to put a batch together to rise, brought it to the school to continue proofing before baking it so that the students could see and taste what good home-made bread should be like. While her first batch of bread was proofing and baking, Mrs. Weiss started a new batch of dough, demonstrating to the students the steps and the ways to make a delicious loaf of bread or a plateful of buns. A week later, on March 9<sup>th</sup>,



**Mrs. Weiss showing students how to mix bread.**



**Mrs. Weiss, Mr. Parker & Student preparing bread dough.**

Mrs. Hansen brought another Golden Age member, Mr. Charlie Parker who demonstrated how to make his light and tasty whole wheat bread to Mrs. Walker's senior high Foods classes. Mrs. Weiss was also in attendance to give a hand and advice.

Charlie Parker went to school in Oneway, as did his children and his grandchildren. In fact, when Mr. Parker saw the bus drivers' mural in the front entrance way of the school,

he said he knew who each of the drivers were!

Mrs. Hansen believes that it is important to connect the old and the young; that it is important for youngsters and seniors get to know each other and be able to look at things from two different perspectives.

With the tantalizing smell of fresh bread baking wafting through the school on not one but two days, the senior's visits were an unqualified success.



# Tri-Municipal **N** **EXPO** Business & Home

## April 7, 8 & 9, 2017

Friday 5-9PM | Saturday 10-6PM | Sunday 10-4PM

## WEEKEND FEATURES

Attractions for the home and garden,  
the best of local products and services,  
traditional trade show treats and door prizes!

- TransAlta Kid's Zone • Bouncy Fun House • Door Prizes
- Axe-throwing sponsored by Grove AUTOPRO & Tire!
- FREE with admission Friday to Sunday.

**Seniors 65+ get in FREE on Sat & Sun before Noon**  
Free Shuttle available on Saturday, from Superstore to Tri Leisure Centre

## STAMP AROUND THE EXPO NEXT WEEKEND!

Pick up your Stamp Around Expo cards and  
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**For more information: 780-963-4545 [www.stonyplainchamber.ca](http://www.stonyplainchamber.ca)**

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STONY PLAIN  
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# Tri-Municipal **N** **EXPO** **Business** **& Home** **17**

## APRIL 7, 8 & 9, 2017

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# Spring 2017 HomeRENO

A photograph of a person painting a wall. The person is wearing a blue shirt and jeans, and is using a roller to apply blue paint to a wall. The wall is partially painted blue, with some white paint still visible. In the foreground, there is a wooden surface, possibly a workbench or a shelf, with a red tray, a blue paint can, and a small blue lid on it. A ladder is visible on the left side of the image.

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# HomeRENO

## TACKLE HOME MAINTENANCE PROJECTS TO SAVE MONEY

(MS) - Much like the upkeep on your car, tackling home maintenance on a regular basis will prevent problems from developing and save you from larger repair costs down the road. Some projects should be left to the professionals, but there are plenty of weekend jobs that any homeowner can easily handle, like these:

Inspect your roof and make minor repairs. Winter can be especially hard on a roof. Look for ice, hail or water damage. Replace any cracked or missing shingles and clear any debris.

Clean your gutters. It's not glamorous work, but your home's gutters play an essential role in moving water away from your home and preventing damage. Consider

installing gutter guards to ensure your gutters remain functional and free from debris.

Inspect windows and doors and re-caulk where necessary. Because a proper seal is essential in both heating and cooling seasons, this job should be performed twice a year to protect against drafts and moisture, and to keep insects out. Worn weather stripping should also be replaced.

Check your insulation. Attics should be insulated to R50, which can usually be achieved with an insulation depth of at least 16 inches. Top up with an insulation product that is water repellant and fire resistant, like Roxul Comfortbatt. Don't forget to ensure that your basement headers are insulated

properly to prevent overworking your furnace and air conditioner.

Other simple jobs include fixing leaky faucets, repairing and resealing decks, inspecting the founda-

tion and scheduling a check-up for your HVAC system. The key is being honest about what you can handle and, when in doubt, call in the pros.

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# HomeRENO

## HOW TO MAKE SPRING PROJECTS MORE ECO-FRIENDLY

The arrival of warmer weather means different things to different people. Some anticipate opportunities for outdoor fun, while others may be considering redecorating

or remodeling their homes. For the latter group, home improvement season provides a great opportunity to make homes more eco-friendly.

When planning home improvement projects, it's best to first choose a project and then look for ways to make the project more environmentally friendly. Such an approach may not only benefit the environment, but it also may benefit homeowners' bottom lines.

### Interior decorating

Longer days and warmer temperatures often translate into wanting to freshen up the interior of a home. Heavy draperies and comforters are put away, and lighter fabrics are taken out of storage. Whenever possible, reuse or repurpose items you already have rather than purchasing new items. Longer drapes can be cut and hemmed to be used as window treatments in other rooms. Making a patchwork blanket out of old T-shirts is

a crafty project that makes use of items that would otherwise be destined for landfills.

When laundering linens, skip the energy-using dryer and let items line dry in the sun and fresh air.

If you decide to purchase some new items, look for products made from sustainable or organic fabrics. Hemp and bamboo textiles have grown in popularity. Hemp and bamboo plants grow quickly, and their durability makes these materials smart choices.

When replacing items around the house, donate older items to a charitable organization.

Flowers and plants

Spring and summer call to mind beautiful blooming plants.

Continued on Page 15



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# HomeRENO

## How To Make Spring Projects More Eco-Friendly

Continued From Page 14

Relying on native, sustainable plants is practical, environmentally friendly and cost-effective.

According to the National Wildlife Federation, sustainable plants are native plants. Native plants sustain local wildlife more effectively than non-native alternatives, so include native plants in your sustainable garden. Native plants also are less reliant on pesticides and herbicides to keep them healthy and viable.

Don't forget to bring plants indoors as well. Even though you may be opening the windows more, indoor plants can filter and purify indoor air. The NASA Clean Air Study, led in association with the Associated Landscape Contractors of America, found that certain

common indoor plants naturally remove toxic agents such as benzene, formaldehyde and trichloroethylene from the air. Efficient air cleaning is accomplished with at least one plant per 100 square feet of home or office space.

Proper disposal

Spring cleaning is another tradition for many families come the end of winter and dawn of spring. Many people use spring as a time to go through closets and garages to remove items they no longer use or need. In an effort to clean up fast, some people may dispose of chemical products, paints, treated lumber, and many other items in ways that can be damaging to the environment. Always learn local municipal guidelines for proper disposal of potentially harmful products. Area

recycling centers may have drop-off areas for stains and paints, used motor oil and other potentially harmful products.

Before discarding something, see if it can be donated or sold. This will result in fewer items ending up in landfills.

Exercise caution outdoors as well. Runoff from cleaning products used on home siding or driveways can leach into the surrounding soil or find its way into sewage drains that ultimately direct fluids to public waterways. Choose environmentally responsible products whenever possible.

Springtime renovation and cleaning projects provide the perfect opportunity to adopt eco-friendly practices that pay dividends for years to come.



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## WEEKEND RENOVATION PROJECTS

Some home renovation projects require the expertise of professionals, but there also are many ways for homeowners to improve their homes without hiring a pro or spending too much money. The following are a handful of DIY renovation projects homeowners can tackle in a typical weekend.

- **Closet conversion:** Ample closet space is a big plus for home buyers, but upon moving into a new home, many homeowners may find they don't need as much closet space as they initially thought. Guest room walk-in closets, in particular, may prove to be underutilized resources. Such closets often

come with built-in shelving, and therefore, they make ideal spaces to convert to mini home offices or study areas for kids. Installing an extra shelf to serve as a desk area for remote working or homework stations won't take up much of a Saturday or Sunday afternoon, and before you know it, you will have a full-

ly functioning workspace.

- **Accent wall:** Accent walls can liven up a room by breaking the color pattern of the walls in the room. Accent walls also can be used to divert attention on a particular design element in a room, such as a painting or an elaborate wall furnishing. Painting an accent wall won't take very long, but such a project can give a room an entirely new look and feel.

- **Driveway:** If weather permits, repaving an asphalt driveway can be an ideal weekend project, especially if an existing driveway has endured its fair share of wear and tear. Many driveways can be paved anew in a single day, but larger driveways or those that have endured an extraordinary amount of wear and tear may take a couple of days.

- **Storage and shelving:** Much like some homes come with an abundance of storage areas, others fall short of homeowners' or apartment dwellers' needs. If your home or apartment falls into the latter category, adding some shelving or finding some new furniture that can serve double duty as storage areas is a weekend project that can help clear up some space. Purchase some wood shelving from a local furniture retailer to mimic the look of traditional built-ins or replace existing single-use furniture with newer items capable of serving multiple functions, including storage.

- **Art:** If the rooms and hallways in your home are bare or in need of new looks but your budget is tight, try your hand at spicing things up by creating some of your own paintings. Parents can encourage kids to create their own colorful masterpieces. Frame the finished works and hang them on the wall and enjoy your inexpensive and homemade "art gallery."







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## ACHIEVE THE IDEAL SOUND EXPERIENCE AT HOME

(MS) - Advancements in digital technology over the years mean that almost anyone can own a home theatre or music room or build a recording studio in their home. When you're planning your project, there are a number of elements that will make the difference between good and great sound.

Just like in real estate, location is crucial, so finding the best space within your home will be vital. You want to find a place that will provide ample room, comfortable temperatures and easy access. A room with windows is fine, as long as they are double glazed, sealed correctly and don't open. Be sure to install a heavy, well-insulated door to

prevent sound leakage.

Insulation is among the most critical steps in creating an ideal sound experience. Many professionals recommend Safe'n'Sound insulation produced by Roxul. Specially designed for your home's interior walls, ceilings and floors to reduce the transfer of noise from one room to another, this high-density stone wool insulation provides an excellent acoustic barrier that effectively absorbs sound. Its nondirectional fiber structure composition, density and friction-fit prevent any gaps and combat airborne noise such as music, speech and traffic sounds.

Sound can often echo and re-

verberate. Sound dampening measures such as carpeting can help alleviate the problem or you can purchase acoustic panels that prevent sound reflections throughout your room. With basic DIY skills, you can also simply and affordably construct your own acoustic panels, using stone wool rigid board called Comfortboard IS, which is effective at reducing the intensity and propagation of noise.

Insulating properly will help achieve optimal sound quality. It will also allow you to get the most of your space without disturbing the rest of your family or neighbors. All that's left is to turn up your tunes and enjoy.

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## COPING WITH CONDENSATION AND OTHER HOME MOISTURE ISSUES

Finding the right moisture balance in a home can be challenging. Too little moisture and a home can be plagued by static electricity and interior spaces that can feel dry and uncomfortable. But too much moisture in a home may make it susceptible to mold, mildew and insect infestations. Moisture also can rot wood

and cause unsightly stains on walls and ceilings.

Maintaining humidity in the optimal indoor range helps to keep the home safe, reduce energy consumption and keep a home's occupants healthy. Damp conditions can lead to the growth of fungi, viruses and bacteria and may exacerbate people's

asthma and allergies. The ideal relative humidity range of a home should be between 40 to 50, according to heating and cooling experts and the Environmental Protection Agency. Humidity should be even lower in the winter to prevent condensation on windows and other surfaces. Lower relative humidity also reduc-

es the out-gassing of volatile organic compounds, or VOCs.

Measure humidity with a hygrometer to get an accurate assessment. If the humidity levels fall above or below the desired range, action should be taken. Homeowners dealing with excessive moisture can try these remedies.

- Ventilate areas of the home. Ventilation can be the first step to reducing indoor humidity. Target the areas that create the most moisture, such as kitchens and bathrooms. Turn on venting fans to remove moist air from the bathroom during showers and baths. Exhaust hoods can control humidity from cooking in the kitchen. When possible, open windows on dry days to help air out damp spaces.

- Rely on fans. Use fans to circulate the air and prevent moist air from pooling in certain locations. Fans also will help increase ventilation.

- Keep gutters and downspouts clean. Prevent water from pooling around the foundation of a home and infiltrating the basement or crawlspace. Direct gutter water further away from the house if possible, and keep gutters free of obstructions.

- Service HVAC systems regularly. Routine inspections of heating and cooling systems can identify any problems, such as clogged air-conditioning drain lines or faulty operation, that can contribute to moisture problems.

- Beef up insulation. Insulate cold water pipes and look into insulated toilet tanks that will help eliminate condensation issues. Sealing out moisture in a basement or crawlspace also can help. Vapor barriers can eliminate a great deal of moisture coming into the home.

- Address any plumbing leaks. Make sure you trace possible leaks to their sources and have them repaired. Constantly dripping water can add to humidity levels and create other problems.

- Use a dehumidifier. If all other efforts have been tried, a dehumidifier unit can help remove excess moisture from the air. Dehumidifiers are particularly helpful in basements where moisture can collect.

Controlling moisture in a home results in a safer and healthier space.

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## PREPARE COOLING SYSTEMS FOR WARM WEATHER

One springtime task on homeowners' to-do lists is checking cooling systems to ensure they are ready for summer. Proper maintenance of cooling systems is essential to saving energy and keeping utility costs down. Fortunately, homeowners need not be certified HVAC technicians to maintain their cooling units.

- Clean filters. Whether a home is kept cool by a whole-house central air conditioning system or window units, clean filters are necessary to keep the units working efficiently. Routinely replacing or cleaning filters is one of the most important maintenance tasks to improve airflow and increase efficiency. The U.S. Office of Energy Efficiency & Renewable Energy says replacing a dirty, clogged filter with a clean one can lower an air conditioner's energy consumption by anywhere from 5 to 15 percent.

- Know the square footage. When replacing a cooling system, have an understanding of the size of your home (or room if installing a window unit). Determine the area of the home so you buy a unit that suits your needs. Air conditioners use BTUs (British Thermal Units) to define cooling power. The more BTUs, the larger the space that can be cooled. However, homeowners do not want to exceed the necessary cooling power. This leads to energy waste. EnergyStar.gov can help homeowners find the right cooling system for their needs.

- Inspect system coils. The evaporator and condenser coils on air conditioners can collect dirt, even when filters are maintained. Dirty coils are less efficient at absorbing heat, so periodically remove the dirt. Outdoor coils can be kept cleaner by cutting back foliage from the unit to allow better air flow.

- Inspect condensate drains. Energy.gov also suggests making sure condensate drains, which take moisture pulled from the air away, are functioning properly. If they're clogged, they may not be effective at reducing humidity in a home, and they may even leak.

- Clear debris. Remove fallen leaves or other plant material from condenser units and fan blades. Obstructed components can cause the

system to retain heat, compromising its ability to work effectively. Some homeowners prefer to cover their condensers at the end of the cooling season to keep leaves and dirt out of the unit.

- Check window unit seals. When installing window units, make sure all seals around the air conditioner

are in place to prevent cool-air loss.

- Hire a technician. Air conditioner technicians can be very helpful and will know how to prepare a system for hot weather. Technicians typically conduct multipoint inspections and measure such things as refrigerant levels and duct leakage. Airflow through the evaporator coil also may

be checked. If a homeowner suspects the thermostat is not working properly, a technician can verify if that is true and even install a new one if necessary.

As summer approaches, homeowners should prepare their air conditioning units for the busy months ahead.



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## HOW TO CLEAN & MAINTAIN STAINLESS STEEL

No matter the style of a homeowner's kitchen, be it modern, traditional or farmhouse, stainless steel appliances can add a pop of shine and a touch of class. Proponents of stainless steel appliances note their easy maintenance, stylish look and

durability. Plus, the neutral tone of stainless steel helps it blend in with just about any color palette.

Stainless steel is lauded for its strength and resistance to corrosion and rust. These attributes make it a popular choice in kitchens, where

moisture is an issue. Although they are certainly durable choices, stainless steel appliances require maintenance to keep them looking and performing at their best. Considering that stainless steel also costs more than other finish options, taking the time to learn proper care can help protect homeowners' investments.

· Avoid chlorine bleach or other products containing chloride. Although stainless steel is highly resistant to corrosion, it is not completely impervious. Chlorine products can damage the surface of stainless steel appliances and stain them if the chlorine is left to sit.

· Do not use metal scourers or coarse abrasives on the stainless steel because such products may scratch the steel. Steel wool pads can leave behind a residue of small metal particles that may eventually rust.

· Baking soda mixed with a little dish soap can be used to remove some tough dirt and stains. Rinse

well and towel dry to avoid streaking.

· Clean and wipe the steel in the direction of the "grain." Usually this means working from the top of the appliance and moving down toward the floor.

· Consult with the owner's manual before undertaking any maintenance or cleaning. The appliance may have a special coating over the stainless steel to help protect it, and it's best to know what you're dealing with before getting your hands dirty.

· If you will be trying a cleaning product or scouring method, always test it first in an inconspicuous spot to see if it is effective or harmful.

· Julien, a leader in commercial kitchen equipment, recommends applying cleansers with a soft cloth or sponge. Then wipe dry with a soft, clean cloth or allow to air dry.

Stainless steel remains a popular material in kitchens for sinks and appliances. With care, stainless steel can look like new for years to come.

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# HomeRENO

## SAFEGUARD YOUR HOME FROM INSECT INFESTATIONS

The dawn of spring marks the return of many things, including long hours of sunlight and warm temperatures in which to enjoy that sunshine. But homeowners know spring also marks the return of insects, unwelcome guests that can be difficult or expensive to control once they have entered a home.

As problematic as insect infestations can be, preventing such problems can be simple, especially when homeowners are proactive. The following are a handful of ways to keep insects out this spring and summer.

- Consider potential food supplies and cut those supplies off. Insects often enter a home in search of food, so cutting off potential food supplies is a great way to prevent insects from coming inside. Give dining areas a thorough

cleaning after meals, vacuuming or sweeping the floors beneath dining tables each night before going to bed. (Parents of young children may want to sweep floors after each meal.) In addition, clean pets' bowls each night to be sure there are no food scraps left that may entice insects, and make sure pet food containers are tightly sealed after each serving. Sinks are another potential food source, so empty food traps after using the sink and run the garbage disposal as well to remove any food that might be lingering.

- Address potential shelters. Insects also seek shelter inside homes, and there are many areas in a home that can provide adequate shelter. Cracks around windows and doors and in the foundation provide both entry points and po-

tential shelters for insects. Seal such cracks with caulk, testing the areas by feeling for any incoming air. If you still feel air coming in, there is still some sealing to do. Cracks in cabinets or counters also may provide shelter to insects, so address these areas as well.

- Reconsider exterior lighting. Exterior lighting may be inviting insects into your home. Insects tend to congregate around lights at nighttime, so avoid placing lights right outside entryways. Once doors are opened, insects can then fly right into your home. Keep exterior lights as far away from entryways as possible. If you need lights right outside your doors, install motion-sensing lights that only turn on when you come within a few feet of the door. This reduces the volume of insects that

congregate outside your entryways, and lowers the risk that insects will follow you in when you arrive home at night.

- React quickly upon seeing insects. Insect infestations happen gradually, so homeowners should react quickly when seeing a single insect or a handful of insects inside their homes. The slower your response, the more likely one or two intruders is likely to turn into a large infestation. Immediately clean any areas where you see insects, and take more substantial measures if your initial efforts were not enough to prevent more insects from coming in.

The presence of insects inside a home can be a nuisance, but there are many ways to prevent such infestations and keep unwelcome guests at bay.



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# PARLIAMENT UPDATE – WEEK OF MARCH 20, 2017

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

This week in Parliament, most of the debate centered on Budget 2017, which the Liberal Government tabled this week.

The following was debated in the House:

- Budget 2017
- Bill C-17 – An Act to amend the Yukon Environmental and Socio-economic Assessment Act and to make a consequential amendment to another Act (Second Reading)
- Bill C-22 – An Act to establish the National Security and Intelligence Committee of Parliamentarians and to make consequential amendments to certain Acts (Report Stage and Third Reading)
- Bill C-322 – An Act to amend the Railway Safety Act (road crossings) (Second Reading)
- Motion No. 100 – Role of co-operatives
- Motion No. 103 – Systemic racism and religious discrimination
- Motion No. 105 – Amyotrophic Lateral Sclerosis
- Conservative Motion – Budget 2017
- Take Note Debate No. 12 – Opera-

tion UNIFIER

On Tuesday, I took part in the debate on a Conservative motion regarding Budget 2017 by asking a question concerning rumours that the Liberals intend to privatize some airports in order to pay for some of their massive debt. You can watch my question on my Facebook page ([www.jimeglinski.ca](http://www.jimeglinski.ca)) or read my comments on Tuesday's Hansard at: <http://www.parl.gc.ca/HouseChamberBusiness/ChamberHome.aspx>

Budget 2017 was tabled by the Liberal Government on Wednesday. I am disappointed by the increase on taxes and lack of assistance in Alberta's oil and gas sector. At a time when Liberals are making life more expensive, Justin Trudeau could have offered lower taxes and a job creation plan that actually works.

On Thursday, the House of Commons voted on a Liberal MP's motion, M-103. I received over 2,000 emails against this motion. I did not support M-103 because the wording specified 'Islamophobia'. M-103 needed to include all Canadians regardless of their faith, as I believe everyone has the right to practice their religion in safety. The motion passed with 201 in favour and

91 opposed. For a list of those who voted, please go to: <http://www.parl.gc.ca/HouseChamberBusiness/ChamberVoteDetail.aspx?Language=E&Mode=1&Parl=42&Ses=1&FltrParl=42&FltrSes=1&Vote=237>

On Friday, I participated in debate on MP Alexandra Mendès' Private Member's Motion, M-100. This motion calls on the Liberal Government to support the co-operative sector. My comments can be found on Friday's Hansard.

Also on Friday, the Standing Com-

mittee on Environment and Sustainable Development (ENVI), for which I am Vice Chair, released a report entitled, "Taking Action Today: Establishing Protected Areas for Canada's Future." To find a copy of the report and for more information on these meetings, visit: [www.parl.gc.ca/Committees/en/ENVI](http://www.parl.gc.ca/Committees/en/ENVI)

This week, I attended five meetings, three events, and recorded a video for social media. My next update will be on my travels throughout the riding as Parliament will not be sitting.

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the Community Voice!

Fax your story to 962-1021  
or e-mail it to  
[news@com-voice.com](mailto:news@com-voice.com)

Phone 962-9228  
for more information.

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

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Keeping You and Your  
Community Informed

## APRIL 21<sup>ST</sup> AUCTION

FOR: CLIFF & LOUISA PETERKIN

Located: (From Barrhead Ford – 11 mi W on Hwy 18,  
Continue S & W on Hwy 18 for 4 ¼ mi to 5505 Hwy 18)

Friday Evening, April 21<sup>st</sup> at 6:00P.M.

**LIKE NEW ACREAGE EQ:** \* JD 4105 Tractor w/(450 hr), 42 hp, FWA, 3pt, JD 300 CX Loader \* 6' JD 673 3pt Rototiller \* HD 3 pt Frontier SS 1067 B Grass Seeder \* Bags of Grass Seed \* 14.5hp Wood Splitter on transp \* New 100 gl Tidy Tank, New HD Hand Pump & Discharge Hose \* 4 Rolls New Barb Wire \* 2 Honda 200 Water Pumps w 2 inch \* 300' of 2" Black Plastic \* Husq Chain Saw \* 2 Rope Wire Stretchers \* MF 12 dt Cult \* SWdd Seed Drill w/ gr, p/lift \* Breaking Plow \* Posts & Rails

**VERY GOOD LAWN AND YARD EQ:** \* JD EZ Trak w 24 hp, 62" Front Cut \* Swisher Trail Mower w/ 24 hp, 62" Cut \* Push Mower \* Stihl (Weed Eater) (MM55 Mini Rototiller) \* Homelite (Chain Saw) (Weed Eater) \* Ariens 6hp/17" W/B Rototiller \* Alum Ext Ladder & 2 Step Ladders \* Good Log Chains \* HD Rope \* 500 Fuel Tank w 110V Pump

**GOOD RECREATION:** \* 2001 Bombardier Traxster 4x4 Quad (1927 km), rotax motor \* Gazebo w Netting, Porta Potti, Camping Items \* New 2014 Ford F350 Front Bumper \* 15" Rim & Tire for Cadillac \* 2 of LT 235/85 R16 Tires

**GOOD SHOP TOOLS:** \* Miller Thunderbolt XL 225/150 Amp Welder \* Lincoln Arc/Mig Welder \* DeWalt Radial Arm Saw \* 125k BTU Kerosene Heater \* Good/Long/HD (220 Eltc Cord) (110 Eltc Cord) \* Wrenches and Tools \* C/O Saw \* Pres Washer \* Wood Saw Horses \* Crow Bar \* Pail of HD Bolts \* Balance of Garage Misc

**ANTIQUES/HOUSEHOLDS/SUPPLIES:** \* New Antique Trappers Wood Stove/Heater \* 3 Barn Lanterns \* Gas Pail \* Rainbow Vac \* Single Bed \* Pictures \* Alum Door & Windows \* 2 Rolls Asphalt Roofing

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## Classified Policy

CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. (Eg: 2 insertions = \$9.00; 3 insertions = \$12.00; 4 insertions = \$15.00; etc) Each additional word is 20 cents per word, per insertion. BOLD/CAPITAL text available for an additional \$1/line. Lost

& Found and To Give Away (up to a max. of 25 words) are free of charge. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. No Refunds Allowed on Classified Ads. DEADLINE: is Thurs. 4:00 pm (Wed. 4:00 pm on long weekends). Classified ads may be called in to the COMMUNITY VOICE office at (780) 962-9228, emailed to: classifieds@com-voice.com, dropped off at

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](http://www.com-voice.com/classified.htm)

## Hall Rentals

Alberta Beach Agliplex, Susan 780-996-2960.

Alberta Beach & District

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

Bright Bank Hall, 780-963-6835

Cherhill Legion, Mary 780-785-3578.

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 Community Centre, 780-298-9155 @ PVCCentre

Ravine Community Hall, 325-2240

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

Rosenthal Community Hall, 963-7984

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 785-3221 or 785-3118

Stettin Nakumun Comm. Hall, 967-9198

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## Services

Too Busy? Not enough time to clean your house or vehicle? Call Lisa Pillott 587-341-7525. Close to Onaway & Alberta Beach.

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

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Experienced and Reliable House Cleaning Lady, with references available. Call Margie 780-924-2229

## Dog Caretaker

**Alberta Beach & Surrounding Areas**, thinking of a Spring or Summer Getaway? Worried about leaving your dog in a kennel? Don't worry anymore, you can leave your pet with me! There's a wrap around

deck & court yard! I'll provide tending love & care, with walks every day. Best of all, I'm cheaper than a kennel! Also, daily drop in's or overnight stays welcome. If interested call 780-920-4166

## Computers

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DESKTOP for ONLY \$135 with Games, Music, Pictures. Free repairs for single parents. 780-892-4993.

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 <p><b>Attractive 2000 Sq Ft 4 Bedroom Home</b> has 3 Baths, Huge Country Kitchen, Large Living Room, Formal Dining Room, Full Basement, Attached Garage and More! <b>\$279,900</b></p>	 <p><b>158+ Acres With a Lake View</b> and Next to Crown Land Has a Great Family Home With a Large Country Kitchen, a Spacious Living Room, a Huge Rec Room, 3 Bedrooms &amp; 2 Baths. Extras Are a Large Shop, 4 Outbuildings, Corrals, &amp; Fencing! <b>\$469,900</b></p>	 <p><b>Scenic 98+ Acres With a Creek</b>, Close To Town, Right Off Pavement, Oil Revenue. Great Building Sites! <b>\$146,500</b></p>
 <p><b>Excellent Investment Property or Building Opportunity</b> on 10+ Acres. This Versatile Commercial Property With the Possibility of Building Your Dream Home on Has 3 Phase Power, is Fenced, Has Hwy Frontage, and 2 Approaches! <b>\$109,900</b></p>	 <p><b>5 Bedroom Home With a Full Basement</b> on .49 acres Has a Large Kitchen, a Spacious Living Room, and a 4 pce Bath, <b>\$73,000</b></p>	 <p><b>Great Family Home!</b> This Updated Home Features an Attractive Kitchen, a Bright &amp; Open Living Room, a Huge Master Bedroom, a 2nd Bedroom, a 4 pce Bath and a Full Basement! <b>\$107,500</b></p>
 <p><b>Stunning 2 Storey Home</b> on 1.15 Acres Features a Large Custom Kitchen, a Living Room With a Gas Fireplace, 4 Bedrooms, 3 Baths, a Massive Bonus Room &amp; a Finished Basement. Extras Are 2 Decks, a 28X30 Heated Attached Garage, a 30X40 Shop With a Lean-To, <b>\$399,900</b></p>	 <p><b>Prime Commercial Lot!</b> Located on Main Street in Wildwood. <b>\$19,500</b></p>	 <p><b>Large Lot Located in The New Subdivision in Evansburg!</b> <b>\$28,500</b></p>
 <p><b>Beautiful Home on 1.44 Acres</b> 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, &amp; a Paved Driveway. Also Included is an Older 2 Storey Home &amp; a Garage! <b>\$375,000</b></p>	 <p><b>Great Commercial Building</b> on a Double Lot Main Street Entwistle Has an Income Suite and Potential for 5 Offices or Your Own Retail Business! <b>\$269,900</b></p>	



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## Firewood

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## Miscellaneous

Top Soil, Peat Moss and Sheep

Manure Mix, \$30 per yard. Rain Barrel and Burning Barrels, \$15 each. 1/2 Cord of Poplar Firewood, \$150. Near Gunn, Call 780-967-2779

## Wanted

We are interested in an RV (small motor home, fifth wheel or trailer), and are

in the shopping stage. The considerations are for price, general condition and lay out. If you are selling, let us know and we may be interested. Approximately 24'. Email: markharvey@xplornet.com or text: 780 906-7260. Thanks.

## For Sale

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

## For Rent

Onoway 1 Bedroom Suite, \$795. 2 Bedroom Suite, \$895. Call 780-721-4132 or 780-920-3652

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

Sangudo, AB. 2 Bedroom Apartment, heat & water included, N/S. \$721 - \$772/month, DD same. Available Immediately. Call 780-999-7777

Alberta Beach Hotel Rooms for rent. Newly upgraded, very clean & well maintained for \$60.00 per night or \$650.00 per month. A bigger suite room is available for \$75.00 per night or \$700.00 per 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

## Church Directory

<b>Rich Valley Community Church</b> Sunday School 10:00 a.m. Worship Service 11:00 a.m.	<b>Catholic Parish of Lac Ste. Anne</b> Sunday 10:00 a.m.	<b>St. John's Anglican Church</b> <i>Onoway</i> Sunday Service 10:00 a.m. <i>Everyone Welcome</i>	<b>Mayerthorpe Baptist Church</b> Worship Service Sunday 10:30 a.m. Children's Church 10:30 a.m. #606-54 St. Mayerthorpe (780) 786-2677	<b>St. John's Lutheran Church</b> <i>Alberta Beach</i> Sunday Service 11:00 a.m. Sunday School
<b>Zion United Church</b> Sunday Service 10:00 a.m. Sunday School <i>Serving Alberta Beach, Wabamun, Damsell &amp; Lake Isle, Onoway &amp; Area (780) 924-3351</i>	<b>St. Joseph's Catholic Church</b> Sunday Mass 11:30 a.m. Wabamun, AB	<b>Sangudo St Mary the Virgin Anglican Church</b> Sunday Services: 2nd & 4th Sunday Holy Communion 11:00 a.m.	<b>Our Lady of Lourdes</b> Sunday Services: Saturday's 7:00 a.m. Lac La Nonne, AB 780-967-5261	<b>Sangudo United Church</b> Sunday Services 1st and 3rd Sun. of each month Lunch to follow. Feed the Body & Soul. Worship Service 11:00 a.m.
<b>Trinity Lutheran Church (LC-C)</b> <i>"The Church of the Lutheran Home" - Rockfort Bridge</i> Pastor Dan Hansard Church (780) 778-2035 Sunday Worship 9:00 a.m. <i>Senior's Service &amp; Cottage Bible Study - Please for location</i>	<b>Mayerthorpe Pentecostal Assembly</b> P.A.O.C. Rev. Arnold Lotholz Sunday 10:30 a.m. Morning Service Tuesday 7:30 p.m. Ministry Training (780) 786-2424	<b>St. Michael Lutheran Church</b> Sunday Services 1st & 3rd Sunday at 2:30 p.m. Rev. Horst Gutsche (780) 674-3944 <i>Mystery Lake</i>	<b>Onoway Baptist Church</b> Sunday Service 10:00 a.m. Youth Group Friday 7:00 p.m. (780) 967-2266	<b>Mayerthorpe United Church</b> Mayerthorpe Rev. Alwin Maben Sunday Worship 9:30 a.m. to be held at the Peter Trynicky Community Center at Pleasant View Lodge Until Further Notice. PH: (780) 786-2134
<b>Alberta Beach Alliance Church</b> Sunday Worship Service & Kid's Church 11:00 a.m. Sunday School 10:00 a.m. (780) 924-3282	<b>Cherhill Community Church</b> Sunday School 10:00 a.m. - 11:00 a.m. Worship Service Sunday 11:00 a.m.	<b>Roman Catholic Church</b> St. Agnes Parish, Mayerthorpe Sunday 9:00 a.m. St. Elizabeth Parish, Edsonburg Saturday 7:00 p.m. (780) 786-2032	<b>Calahoo Alliance Church</b> Family Worship Service Sunday 10:00 a.m. For Info Call Jerry (780) 974-7734	<b>Rock Victory Church Worship Celebration</b> Sunday Worship w/ Children's Ministry 10:00 a.m. Wednesday Prayer & Bible Study 6:00 p.m.

## Got Junk??

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# 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 Easter	24	25	26	27	28	29 Earth Day
30						

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).

**APRIL 12 - SANGUDO GOLDEN CLUB REGULAR MEETING**, 1:30pm. New members welcome. Info call 785-4105.

**APRIL 15 - FEAST OF PASSOVER AND UNLEAVENED BREAD**, 4:30pm at Laperle Community Hall. Pot-bless style meal. RSVP or more info: nesh.hannah@gmail.com or Linda Hartum, 780-202-2065 / plhartum@gmail.com

## FARMERS MARKETS

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

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

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

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

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

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

## BINGO

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

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

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

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

**RICH VALLEY COMMUNITY HALL BINGO:** 7:30pm. Loonie Pots. Next bingos March 8 & 22, April 5 & 19.

**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

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

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

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

## SOCIAL EVENTS

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

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

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

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

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

**JR. SCRAPBOOKING** Wed 4-6pm. Kids ages 10+ are invited to come & complete a project. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404  
**LAC STE ANNE COMMUNITY 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. 1<sup>st</sup> Tuesday: Pot Luck Supper, Last Friday: Soup & Sandwich. 5023 49 Ave. 780-967-3436.

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

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

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

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

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

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

**SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS** at PERC Building (5413-51 St. Stony Plain). 2<sup>nd</sup> Friday of the month at 7pm. Popcorn provided, donations appreciated. Contact 780-940-3032

**SPIRITUAL LIVING STONY PLAIN GATHERING** at PERC Building (5413-51 St. Stony Plain). Every 2<sup>nd</sup> & 4<sup>th</sup> Sunday of the month. Meditation at 10am, inspirational sharing at 10:30am,

Children's activities. Contact 780-940-3032

**SQUARE DANCE LESSONS:** Thursdays 7-9pm. Starts Sept 29<sup>th</sup> to Dec 15<sup>th</sup>, 2016. Broxton Park School, Spruce Grove. 10 Weeks - \$80/adult. 780-999-9482 or 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@lsac.ca

## MEETINGS

**1ST ONOWAY SCOUTS:** Registration, 6:30-8pm, Mon Beavers 5-7; Cubs 8-11; Scouts 12-14. Kim 967-4339.

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

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

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

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

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

**AL-ANON:** Tues 7pm, Onoway Anglican Church (4809-50 St.) 780-967-3356 or 1-800-4AL-ANON.  
**AL-ANON** Wed Spruce Grove United Church, 1A Fieldstone Dr, 8pm. 962-5205

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

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

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

**ALBERTA BEACH MUSEUM** meets the 2<sup>nd</sup> Wed, 7pm at Heritage House 924-3167.

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

**BARRHEAD ROYAL CANADIAN LEGION,** general meeting every 2<sup>nd</sup> Thurs, 7pm at the Legion Hall.

**CHERRILL COMMUNITY ASSOC.** Monthly Meeting 1<sup>st</sup> 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 2<sup>nd</sup> Thurs of each month at 7:30 pm, at the West Central Forage Association Office 5009 45th Avenue, Entwistle. Contact 780-727-2000

**DARWELL & DISTRICT AG SOCIETY MEETINGS,** 8pm, 1<sup>st</sup> Mon, Darwell

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

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

**GLENEVIS COMMUNITY** meets 1<sup>st</sup> Wed. Info 785-4144 or 721-6188.

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

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

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

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

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

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

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

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

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

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

**ONOWAY ROYAL CANADIAN LEGION** General Meetings, 1<sup>st</sup> Mon, 7pm (Sept-June).

**ONOWAY MASONIC LODGE #138,** 4<sup>th</sup> Wed, 7:30 Onoway Legion

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

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

**RIVER TALKERS TOASTMASTERS CLUB** Build your confidence, your speaking & listening skills in a friendly and supportive environment. Drop in as a guest. Thursdays 7-9pm at the Hilltop Community Church, 30 Whitecourt Ave. (downstairs). Or contact Carla Burkell, VP Membership, (780)268-3653.

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

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

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

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

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

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

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

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

**MEALS ON WHEELS**

**ALBERTA BEACH & AREA:** call (780) 910-0034.

**DARWELL & AREA:** For info on volunteering or eligibility, call Lorraine, 892-2967.

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

**YOUR COMMUNITY**

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

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

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

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

### ANSWER:

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

**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!

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



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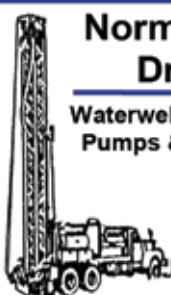
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