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April 11, 2017

COPING WITH CANCER

Submitted by Alberta Health Services – Addiction and Mental Health

April may be best associated with spring, but it's also known as Cancer Awareness Month.

Hearing you or a loved one has cancer can be very difficult. You and your loved ones may be feeling all kinds of emotions. The path ahead may seem confusing and scary. You probably have anxious thoughts swirling around in your head at all hours..

Do any of these sound familiar?

- "I'm afraid of the pain and side effects of treatment."
- "I worry about how cancer will change my relationship with my spouse."

- "Am I going to die?"
- "Who will take care of my family if something happens to me?"
- "Why me?"
- "What if I get well, but the cancer comes back later?"
- "I don't want to be a burden to my friends and family while I'm sick."

Everyone reacts differently. And your feelings and emotions may change often, without warning.

Building resilience

Now is the time to focus on your resilience. Resilience is an "inner strength" that helps you bounce back after stressful situations. When you are resilient, you may recover more quickly from setbacks or difficult changes.

es.

Part of resilience is how you think. Your mind can have a positive or negative effect on your body. Negative emotions, such as worry and stress, can cause tense muscles and pain, headaches, and stomach problems. But having a positive outlook on life might help you better handle pain or stress than someone who is less hopeful.

Here are some tips for building resilience:

- Accept that things change. Try to look at change as a challenge rather than a threat. You can't change what happens, but you can change how you feel about it.

Continued on Page 5

WILDWOOD FAIR PREPARATION UPDATE

Submitted by Carol Riehl

Oh my goodness; Spring is in the air!!! Have you planted some seeds so you have plants to set in your garden in six weeks or so. I don't but now the idea has been planted in my head, I think I might get right on that.

Many more plans have been made for the annual fair. The theme is Rednecks, Roosters and Rainbows. I was thinking you might want to incorporate the celebration of Canada's 150

birthday by perhaps having 150 roosters or 150 rainbows or better yet having 150 rednecks on your float--- wouldn't that be cool.

Volunteers are always needed for the day of the fair, so if the desire to help out hits you be sure to contact someone from the society. We really like our volunteers. If you are not available for fair day, there is probably something you can do before hand to help with the preparations for the day.

Remember the old saying 'you reap what you sow' and I think it's time to get ready to sow those seeds for your award winning entries in our annual fair.

Aside from the fair, the society is hosting an ATV Safety Course in April. 26 youth between the ages of 6 to 16 are encouraged to register as soon as possible. Phone Wilma at 780-325-2424 to register. The course will be held on the Fair Grounds in Wildwood.

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COUNTY COUNCIL SUPPORTS REDUCED SPEED ZONE FOR FULHAM SCHOOL ZONE ON HIGHWAY 32

Submitted by Stefan Felsing, Communications Coordinator | Yellowhead County

Attention: Residents in the Fulham School Area

In 2016, Yellowhead County received a letter stating that Alberta Transportation was in the process of investigating a proposed speed reduction zone on Highway 32 adjacent to

Fulham School and that they were seeking support from local stakeholders for this pilot project.

This proposed speed limit would only be activated during the dates and times when the school is in session and would revert to 100km/hr outside of school hours. The proposed speed limit reduction zone would be implemented during the school year from September 1st to June 30th.

The speed limit would be reduced to 70km/hr during these dates and times.

The pilot project would include the installation of variable electronic speed reductions signs in this area that would alert drivers to the current speed limit.

Alberta Transportation, based on the Ministerial Order Process for Speed Limit Amendments, requires stakeholder support for the implementation of this speed reduction proposal.

A letter of support from Yellowhead County Council was sent to Alberta Transportation in support of the proposed speed limit.

The lobbying efforts of Yellowhead County to encourage the other stakeholders have resulted in Alberta Transportation moving forward in the speed limit to 70km/hr.

Recent correspondence from Alberta Transportation states that they anticipate all work and the implementation of this pilot project to be completed by the end of summer 2017.

JOKE OF THE WEEK

While standing in line at the bank, there was a commotion at the counter. A woman was distressed, exclaiming, "Where will I put my money?! I have all my money and my mortgage here!! What will happen to my mortgage?!" It turned out that she had misunderstood a small sign on the counter. The sign read, WE WILL BE CLOSED FOR GOOD FRIDAY. I guess Easter was not uppermost in her thoughts, because she thought that the bank was going to close "for good" that coming Friday.

Come to your local library and chat with me about the Alberta budget.

- | | |
|-----------------|---|
| April 24 | Mayerthorpe Public Library, 12 – 1 p.m.
Darwell Public Library, 3 – 4 p.m. |
| April 25 | Entwhistle, 4 – 5 p.m.
Blue Ridge, 6 – 7 p.m. |
| April 26 | Onoway Public Library, 3 – 4 p.m.
Evansburg Public Library, 6 – 7 p.m. |
| April 27 | Alberta Beach Public Library, 5 – 6 p.m. |

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ADVANCE CARE PLANNING

Submitted by Alberta Health Services – Provincial Continuing Care, Advance Care Planning

We may all experience a time when someone we love has an accident, injury or disease that takes away their ability to speak for themselves. When that happens, would you or your loved ones know what they wanted for care?

It's important to have a will in case of death, but it's also important to have an advance care plan so loved ones know what

you want and take the guess work out for your healthcare team if it was needed.

On April 16, 2017 it is Advance Care Planning Day. It's a day for awareness. It's a day to ask the people you love to talk about their care wishes. It's a day to put those you love at ease if something were to happen to you. It's a day to plan and talk about the "what if".

Yes, it's an awkward conversation for many, but a very important one to have. Anyone over the age of 18 may want to consider having an advance care plan, as it's not just for people who have already had something tragic happen; it's for every adult.

Take the guess work out. Take control of the conversation. Take action on your care wishes.

For tools to start this conversation, visit conversationsmatter.ca. There you will find resources, documents, videos and other information to guide you in the conversation.

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**Youth ATV
Safety Course**
Wildwood AG Society
Register Now! Space is limited.
Saturday, April 29, 2017
10:00A.M. at the Wildwood AG Grounds
Ages 6-16 yrs. Free Lunch and snacks
included. Registration fees are \$15.00.
Pre Registration, deadline April 21, 2017.
**For registration forms,
Contact Wilma (780) 325-2424**

Coping With Cancer

Continued From Page 1

- See the big picture. Try to look for things to learn. Difficult or emotional situations can teach you about yourself.

- Seek out interactions with people who make you feel better. Develop a support network.

- Take good care of yourself. Take time to do things that you enjoy. Find ways to relax your mind and body.

Dealing with anxiety

Worry and distress may feel like they're taking over your life. But there are many things you can do to lower your anxiety and feel better. Pick one or two to try today.

- Write. Start a journal. Writing about things that are bothering you may help you deal with your feelings.

- Let your feelings out. Talk, laugh, cry, and express anger when you need to. Talking with friends, family, a counsellor, or a member of the clergy about your feelings is a healthy way to re-

lieve stress.

- Exercise. Brisk walking and other forms of exercise, such as yoga, can help release pent-up emotions.

- Try guided imagery. Guided imagery helps you use your imagination to take you to a calm, peaceful place. You can do guided imagery on your own. Or you can do it with audio recordings, an instructor, or scripts to lead you through the process.

- Practice gratitude. "Be thankful" might seem like strange advice when you're facing cancer. But gratitude is linked to your sense of well-being, and it can boost the inner strength that helps you bounce back. It works by shifting your attention to the positive things in your life. To practice gratitude, you say "thanks" and you appreciate what's important to you.

Where to get help

It's great to try to find things you can do on your own to feel better. And if you have family and

friends who are good listeners, it can help a lot to talk to them about how you're feeling.

But not everyone has someone to talk to. And sometimes it's easier to talk to someone who isn't directly affected by your cancer. A counsellor or therapist can help you work through the emotions of cancer. He or she can simply listen to your worries and anything else you feel like talking about.

Different types of counselling

include family therapy, couples therapy, group counselling, and individual counselling. Be sure you choose the right counsellor or therapist for your needs. Finding a good fit with a counsellor is important.

Consider joining a cancer support group. It helps to connect with people who are going through the same things you are. Your doctor can help you find a group in your area.

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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

"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.
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RSVP to Linda at 780-780-202-2065 or
nesher.hannah@gmail.com by April 10th.

A free will offering will be taken.

RIDING UPDATE – WEEK OF MARCH 27, 2017

Submitted by Jim Eglinski, MP – Yellowhead

Parliament was down this week, allowing me to spend time in the riding. I had the opportunity to meet with many constituents, attend events, and address important issues in the riding.

On Monday, I spoke with local media about the Liberal's Budget 2017. I also met with constituents, and later attended a meeting with Clearwater County officials in Seba Beach.

On Tuesday, I attended a meeting with Yellowhead County Council, and later met with constituents in

my office in Edson.

On Wednesday, I met with constituents and travelled locally in the Edson area. I also enjoyed good company while having lunch at the Edson Royal Canadian Legion.

Thursday, I met with more constituents in my Edson office. I also met with CN Rail police regarding CN

issues. Later that evening, I attended an Association of Professional Engineers and Geoscientists of Alberta (APEGA) reception in Edson.

This weekend I will be heading back to Ottawa. My next update will be on the happenings of Parliament as it will sit next week.

PARLIAMENT UPDATE – WEEK OF APRIL 3, 2017

Submitted by Jim Eglinski, MP – Yellowhead

This week in Parliament, we continued to debate the Liberal Government's Budget 2017. We also discussed the CBC, seal products, and impaired driving.

The following was debated in the House:

- Budget 2017
- Bill C-25 – An Act to amend the Canada Business Corporations Act, the Canada Cooperatives Act, the Canada Not-for-profit Corporations Act, and the Competition Act (Report Stage and Third Reading)
- Bill S-208 – Nation-

al Seal Products Day Act (Report Stage)

- Bill S-230 – An Act to amend the Criminal Code (drug-impaired driving) (Second Reading)

- Bill C-307 – An Act to amend the Controlled Drugs and Substances Act (tamper resistance and abuse deterrence) (Second Reading)

- Motion No. 102 – Formaldehyde emissions

- Motion No. 104 – Ottawa River Watershed

On Wednesday, I took part in debate on Budget 2017. I asked how the Liberal Government intends to modernize and increase military operations, while cutting \$12 billion

of military funding in the last two years. Also on Wednesday, I made a statement in which I welcomed my first great-granddaughter into the world, as well as thanked the Ronald McDonald Foundation for the help, compassion, and family support it gives to rural Canadians who have loved ones in medical care. You can read my question and statement on Wednesday's Hansard at: www.parl.gc.ca/HouseChamber-Business/ChamberHome.aspx

Also during the week, I attended a meeting of the Standing Committee on Canadian Heritage. I also attended a meeting of the Standing Committee on Natural Resources where geothermal energy was discussed,

as well as a meeting of the Standing Committee on Health regarding the legalization of marijuana.

In the Standing Committee on Environment and Sustainable Development (ENVI), we continued our review of The Canadian Environmental Protection Act, 1999. For more information on these meetings, visit: www.parl.gc.ca/Committees/en/ENVI

This week, I attended 17 meetings, four events, and recorded four media messages. I will be in the riding for the weekend, and my next update will be on the happenings of Parliament as it will continue to sit next week.

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Barber Specific Skills: Cut and trim hair according to client's instructions or preferences, shave and trim beards and mustaches, provide other hair treatment, such as waving, straightening and tinting and also provide scalp conditioning massages

Hair Colouring Techniques: Bleach, Dye/tints, Frosting, Streaking/highlights

Hair Styling Techniques: Blow drying, Hair braiding, Iron waving/curling, Permanents, Relaxing, Spiking, Pin Curls, Roller setting

Hairstylist Specific Skills: Cut, trim, taper, curl, wave, perm and style hair. Suggest hair style compatible with client's physical features or determine style from client's instructions and preferences. Analyze hair and scalp condition and provide basic treatment or advice on beauty care treatments for scalp and hair, clean and style wigs and hair pieces, apply bleach, tints, dyes or rinses to colour, frost or streak hair

Education: Other trades certificate or diploma, or equivalent experience

Experience: 5 years or more
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By telephone: 780-963-6246
By email: dwobrigewitch@live.com

GUNN HALL'S MARCH 11TH CRIB TOURNAMENT

Submitted by Marlane Janke, Gunn Hall Representative

The weather was not very cooperative for our day of card playing this time but we still had a great turnout of 56 teams. Six games were played starting at 11am, we stopped for the delicious lunch, then continued with the remaining six games.

A perfect score for 12 games is 1452 points. The 1st place team, Dale & Shirley Dunlop of Edson, finished with 1417 points and received the amount of \$350.00. Second place for \$250.00 was won with 1410 points by Doris Chizma and Mary Thompson of Barrhead. Third place for \$150.00 was won with 1407 points by Paul & Dorcus Kilduff of Spruce Grove, plus we paid out \$75.00 for fourth place, 1399 points, to Norman Scherer and Candi Grauman of Mayerthorpe.

With more teams coming in than expected, we decided to payout an extra place and give back to our players.

We also paid out \$100.00 to the ten players that had 24 – 26 point hands. The jackpot was not won this time and will be carried forward to our next tournament. This can be won by

getting a 29 point hand or a 28 if a 29 is not achieved that day.

Two 50/50 draws were held with payouts of \$267.50 and \$287.50. Two happy people collected these amounts.

The 19 pot in the morning came to \$36.50 and the afternoons was \$41.00. These amounts were all paid

back to two of the lucky teams. Even by winning these small pots, pretty much the days entry fee costs are covered.

Leonard Baron of Edmonton came out to play as well & brought along his "handmade unique crib pegs" to offer them for sale. They are certainly a big hit and many players are pur-

chasing them.

This was our 3rd crib tournament and we all appreciate the support from the surrounding communities. Please watch the local papers for when our next one will be held or keep in touch through the circuit. We don't want anyone missing out on an enjoyable day.



Trestle Creek
GOLF RESORT

Easter Brunch

Easter Egg Hunt
1:30 pm
Kids 12 and Under
Bring your own basket

Sunday, April 16th 2017 10:00 am to 2:00 pm

Easter Brunch Menu
Assorted Salads, Fruit Platters, Toast, Scrambled Eggs with Cheese and Chives, Bacon and Breakfast Sausage, Country Style Hash Browns with Onion and Red Peppers, Buttermilk Pancakes, Cinnamon Honey French Toast, Eggs Benedict, Seasonal Vegetables, Pineapple Honey glazed Ham, Roasted Chicken Breast with Ginger and Sesame Seed sauce, Prime Rib with Au Jus, Mac & Cheese, Assorted Desserts including Cakes, Pies, Cookies, Squares, Pastries, and Ice Cream.

Adults \$32 Seniors \$27 | Kids 2-12 \$2 plus age



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4712 - 52 Ave, Evansburg

MP EGLINSKI COMMENTS ON CN RAIL CROSSINGS IN HIS YELLOWHEAD RIDING

Submitted by Jim Eglinski, MP – Yellowhead

April 24th to 30th is 'Public Rail Safety Week', and I want to commend CN for its public safety awareness programs, such as 'Operation Lifesaver'.

'Operation Lifesaver' deals with potential dangers at highway/railway crossings and public rail trespassing on railway property.

But, I must also now speak out against CN Rail for their lack of respect towards the public in the reciprocity of safety at many of their crossings.

Most of CN trackage is double through the Riding of Yellowhead with upward of 50 trains a day rolling east or west.

CN is not being a good neighbour to the residents of Edson. There is continued blockage of public crossings at 54th and 63rd Streets; Range Road 180, or as we locals call it, "the dump crossings"; Willmore Park Road; and Ansell Tower.

Over the last three years, blockage at these crossings have increased where residents have been caught on the 'wrong side of the tracks' from 20 to 40 minutes at a time, with super trains blocking all three crossings at one time.

The law states under the 'Canadian Rail Operating Rules', enforced by Transport Canada and CN's own Police Force, under Section 97 (2) that: "It is prohibited for railway equipment to be left standing on a crossing surface, or for switching operations to be conducted, in a manner that obstructs a public grade crossing – including by the activation of the gate of a warning system – for more than five minutes when vehicular or pedestrian traffic is waiting to cross it."

I have consulted with CN officials in Ottawa down to local supervisors in the riding. We, the residents of Edson and area, have tried to hold public meetings with CN, but they will not show up. Why??? I have held meetings with Transport Canada officials and CN personnel resulting in little to no follow-up. As a former police officer, I was somewhat taken aback when a Transport Canada enforcement employee told me that "he is not concerned with the five minute rule".

I believe, as do most of my constituents, that THEIR SAFETY is be-

ing threatened by CN's actions and Transport Canada's lack of action or intervention.

Imagine if you lived on Willmore Park Road and you had an emergency (i.e., stroke or heart attack). How do you clear a two mile plus train quickly? You can't. By the time you call through channels with messages being relayed back and forth and action taken, 15 minutes will pass. That's too long! We will lose a life and that to me is not acceptable.

Now, I want to address CN directly.

My concerns are the health of my constituents, the time of my constituents, and the safety of my constituents -- not your profit margin, not the convenience of your crew, etc.

Public Rail Safety Week is coming up. You have failed to live-up to your own expectations. You have failed to follow the rules that govern you. You have failed to be a safe corporate partner to our communities.

CN, we both know there are ways to fix this situation. You, CN, are refusing to be pro-active in this life threatening situation.

In closing, I do want to say that last week I had the opportunity to meet with a local CN police official. He fully understands what is happening. I was impressed with the concerns and professionalism he showed.

Again, to CN, support your own police officials so that they can protect the safety of your railway and the safety of all Yellowhead residents and businesses.

I believe changes can be made to improve this situation. CN, it is up to you!

Wabamun Lake Boat Access and Nutrient Management



In order to address the ever increasing demand for access to Wabamun Lake, a representative ad hoc committee has made several recommendations which have been accepted and approval by the councils of the lake's surrounding municipalities.

Residents living in the area may feel the effects of these recommendations. This is your opportunity to hear what is being done, and to provide your input on the design of a new Parkland County boat launch and nutrient management bylaws.

OPEN HOUSES

April 18, 2017

6:30 - 8:00 p.m.

Jubilee Hall

5217 52 Street, Wabamun

April 19, 2017

6:30 - 8:00 p.m.

Seba Beach Heritage Pavilion

140 3 Street S, Seba Beach

Contact: Lenny Richer, Director - Parks, Recreation & Culture

lricher@parklandcounty.com

www.parklandcounty.com/wabamunlake



ORAL HEALTH: IT'S ABOUT MORE THAN THE MOUTH

Submitted by Alberta Health Services – Oral Health Care

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health? With April being Oral Health Month, it's a great time to think about the importance of keeping your teeth and gums healthy.

Although the mouth is part of the body, we often think of it as something separate. Mounting evidence tells us otherwise.

Poor oral health is not only associated with potentially significant and lifelong health problems as diabetes, heart disease and respiratory illness, it has also been linked to pre-term and low-birth-weight babies.

Anyone who has experienced poor oral health can also attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being. Oral health problems

can also be a sign of something more serious, including oral cancer.

The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day with fluoride toothpaste (in the morning, and before bedtime), drink tap water with fluoride to prevent tooth decay. Be sure to visit an oral health professional regularly and ask about additional fluoride treatments to keep your teeth strong.

If you are experiencing signs of oral health concerns, including

bleeding gums or irritation or pain in the mouth, don't ignore it. Visit an oral health professional.

To help prevent tooth decay in children at higher risk and in financial need, AHS delivers a pre-school fluoride varnish program for eligible children aged 12 to 35 months, and a school-based fluoride varnish and dental sealant program for children in Kindergarten to Grade 2 and Grades 1 and 2, respectively.

For more information on oral health and AHS oral health services, visit www.ahs.ca/oralhealth.

RCMP BEATS

Submitted by Stony Plain/Spruce Grove RCMP

Occurrences for the week of 27 March to 2 April, 2017.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 444

Total Calls for Service for the Victim Service Unit: 29

Individuals Charged: 43

Person Crimes: 52

Property Crimes: 61

Impaired Driving Complaints reported: 15

Impaired Driving Charges Laid: 5

Roadside Suspensions: 1

Motor Vehicle Collisions Attended: 29

Property Crimes:

Spruce Grove

1. March 28 – Area of Century Crossing – Theft from Vehicle, headphones, running shoes stolen

2. March 31 – Area of West Terrace Place – Theft from Vehicle, pocket knife, cash and garage opener stolen

3. March 31 – Area of Garneau

Gate – Theft from Vehicle, Hyundai generator stolen

Stony Plain

4. March 27 – Area of 49 Avenue and 47 Street – Theft of Vehicle, 2007 black Ford F350

5. April 1 – Area of St Andrews Crescent – Theft of Havoc ProSunt Scooter

Continued on Page 11

3RD ANNUAL community hall garage sales
SATURDAY APRIL 29, 2017

1. Moon Lake Community Hall 7302 Twp Rd 520 10:00 a.m. - 4:00 p.m. Hot Concession	2. Keephills Community Hall 15A 51515 Rge Rd 32A 10:00 a.m. - 4:00 p.m. Pulled Pork on a Bun	3. Carvel Community Hall 3A 52511 Hwy 770 10:00 a.m. - 4:00 p.m. Concession	4. Hansen's Corner Hall 51216 Hwy 770 10:00 a.m. - 4:00 p.m. Concession
5. Bright Bank Hall 21023 Hwy 627 9:00 a.m. - 4:00 p.m. Concession	6. Rosenthal Community Hall 1231 Twp Rd 524 9:00 a.m. - 4:00 p.m. Concession	7. Holborn Community Hall 51132 Rge Rd 13 10:00 a.m. - 2:00 p.m. Concession	8. Garden Valley Hall 52002 Rge Rd 274 9:00 a.m. - 3:00 p.m. Concession
9. Graminia Hall 51101 Rge Rd 270 9:00 a.m. - 3:00 p.m. Hot Concession			

FEDERAL INFRASTRUCTURE FUNDS TAKEN FROM MUNICIPALITIES

Submitted by Jim Eglinski, MP – Yellowhead

The New Building Canada Fund was an initiative of the previous federal Conservative government which distributed federal infrastructure dollars to provinces.

In our Province of Alberta, the NDP government decided that New Building Canada Fund money will not be allocated to municipal projects.

Last year, the Alberta Urban Municipalities Association (AUMA) was told by the provincial NDP Infrastructure Minister, the Hon. Bri-

an Mason, that he would divert to municipalities a significant portion of the remaining infrastructure money allocated to Alberta under the New Building Canada Fund. The AUMA were informed in February of this year by Minister Mason's staff that the NDP government had diverted the money to provincial government projects, and that the provincial treasury board needed the money for other projects.

These are federal infrastructure

dollars! The province has no right to use a large majority of that money as they see fit. What this means is that the funding for Alberta municipalities is shortchanged by approximately \$300,000,000. Much of these federal infrastructure dollars were ear-marked for shared federal/provincial/municipal funded projects, so the loss to municipalities is close to a \$900,000,000 shortfall.

Our Federal Alberta Conservative Caucus is holding the feder-

al Minister of Infrastructure, the Hon. Amarjeet Sohi, accountable and pressing him to ensure that Phase II of the Liberal government's infrastructure plan has an explicit amount set aside for municipalities. We want the Liberal government to ensure this before new federal funds are provided to provinces and territories.

Local municipal governments in my riding of Yellowhead need to be able to count on federal infrastructure funding.

RCMP Beats

Continued from Page 10

Rural

6. March 29 – Area of Township Road 514 and Range Road 270 – Break and Enter to Residence

7. March 30 – Area of Township Road 524A and Range Road 32 – Theft from Vehicle, hockey equipment stolen

8. March 30 – Area of 50 Avenue and 52 Street, Alberta Beach – Theft of Vehicle, 2002 silver Subaru Impreza

9. March 30 – Area of Crestview Drive, Val Quentin – Theft of ATV, 2003 red Honda TRX450

10. April 2 – Area of Hwy 628 and Range Road 262 – Theft of Vehicle, 2012 silver Chrysler Town and Country

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. Do not let unsolicited door to door salesmen into your home. Demand ID and report anything suspicious.

The Spruce Grove / Stony Plain Drug Section Information Tip Line is 780-968-7212. Anyone with drug information is asked to call and leave a message.

If you have information regarding any of these crimes, or any other crime, please call the RCMP At 780-962-2222 or 780-968-7267. You can also call Crime Stoppers at 1-800-222-8477 or text the keyword TIP205 (TIP250 for Edmonton Metro) & your Tip to CRIMES (274637)

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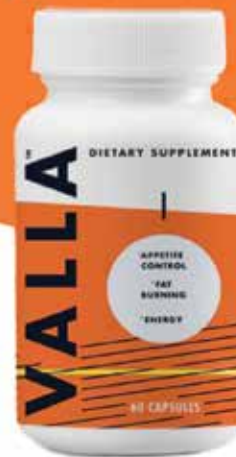
"I've lost 30 Pounds in 45 days - I've tried all kinds of products and so happy to find one that actually works!" - **Elaine Spruce Grove**

"I've lost 21 pounds in 7 weeks! I tried everything over the last 10 years and nothing worked - I kept gaining and got very depressed. Who'd of known that taking one little Miracle 100% Natural Pill a day would allow me to succeed!!!" - **Penny M. Stony Plain**

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NEW HORIZONS FOR SENIORS INFORMATION AND GRANT WRITING SESSIONS

Submitted by Jim Eglinski, MP – Yellowhead

OTTAWA: Jim Eglinski, Member of Parliament for Yellowhead, is pleased to advise that in anticipation of the 2017 'NHSP Call for Proposals', the Government of Canada will be providing information to help with the application preparation.

The New Horizons for Seniors Program (NHSP) helps to ensure seniors will benefit from, and contribute to, the quality of life in their communities through active living and participation in social activities.

Through NHSP your organization may be eligible to receive a grant up to \$25,000 per year. Based on the most recent 'Call for Proposals', projects must be led or inspired by seniors and address one or more of the following five program objectives:

- promoting volunteerism

among seniors and other generations;

- engaging seniors in the community through the mentoring of others;
- expanding awareness of elder abuse, including financial abuse;
- supporting the social participation and inclusion of seniors; and
- providing capital assistance for new and existing community projects and/or programs for seniors.

To register for New Horizons for Seniors Information and Grant Writing Sessions in the Yellowhead riding please see dates and location below:

Meeting Date	Meeting Time	Host Organization
Meeting Location		

• 13-Apr-17 from 10am-12pm. Hosted by Teleconference. Dial-in information and Training package will be sent to registered attendees.

• 19-Apr-17 from 9am – 12pm.

Hosted by Thorsby FCSS at Thorsby Recreation Centre 4901 - 48 St, Thorsby, Alberta

• 02-May-17 from 10am-12pm. Hosted by Teleconference. Dial-in information and Training package will be sent to registered attendees.

• 05-May-17 from 1pm – 4pm. Hosted by Edson FCSS at Provincial Building Rm 101 (111 54 Street Edson, AB)

• 11-May-17 from 2:30pm-3:30pm. Hosted by Teleconference Q's and A's: Come with your questions. Dial-in information will be sent to registered attendees.

"I encourage those who decide to apply to confirm your intent to attend by calling: 1-844-836-8127 or by email to W-T-CSPD-SCEP-NHSP-PNHA-ABT-GD@servicecanada.gc.ca with your name, contact information, and the session of your choice," concluded MP Eglinski.

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Niton Central School, Niton, Alberta
Contract Effective July 1, 2017

Mary Bergeron Elementary School, Edson, Alberta
Contract Effective August 1, 2017

Applications must include proof of WCB certification and Liability Insurance

Application packages are available from:
Director of Facility Services
3656 – 1st Avenue Edson, Alberta T7E 1S8
Telephone: (780) 723-4471
Toll Free: 1-800-723-2564 Fax: (780) 723-2414
OR From the above school
OR On the Alberta Purchasing Connection Website

Application Closing: Friday, April 21 – 4:00 PM.

For interested parties a school tour will be held April 17, 2017 at 9:00 A.M. at Evansview School and 11:00 A.M. at Niton School

Grande Yellowhead Public School Division No.77 reserves the right to accept or reject any or all applications.

ENTWISTLE SCHOOL APRIL NEWS

Submitted by Les Worthington, Principal | Entwistle School "Our students get our best"

As we transition back from Spring Break I'd like to take a moment to reflect on some of the highlights from March:

- Students in Grades 6-9 completed their second round of CTF at Seba Beach School. This programming is coordinated between the four WEST

Schools (Wabamun, Entwistle, Seba Beach, and Tomahawk) and provides students with ten different choices. These choices include cover a variety of areas including the fine arts, sports, leadership, technology, wood working and food. Everyone is encouraged to join us on the final day in the where students showcase what they have been working on. The final round of CTF is scheduled for May 1-5.

- Over a dozen members of the

Entwistle Eagles archery team competed in the NASP nationals in Edmonton. The students shot well and are looking forward to the upcoming NASP provincials in Drayton Valley later this month.

- Once again we hosted a Farm Safety presentation for students in grades K-6. Thanks to Priscilla for coming out again this year!

- The Senior Boys basketball team had another great year and

made it all the way to the semifinals. Great work gentlemen.

- Thanks to everyone who supported the Grade 9 Little Caesar's Pizza Fundraiser.

- Skating was fabulous. All students Kindergarten to Grade 9 had the opportunity to visit the Evansburg Arena. Thanks to all of the volunteers who came over and helped tie skates.

- Report Cards went home. Should you have any questions, comments, and/or concerns please let us know.

Before we take a look at some of the upcoming events in April please remember that if you are an Entwistle student (including Playschool) who signed up for Pembina Soccer please swing by the office for your free pair of Entwistle Eagle soccer socks! (Unless I've already given you a pair) These socks will be going home this week. Go Eagles Go!

April has arrived and the snow is almost gone. It's a good time to dig up those splash pants and rubber boots. Soccer, track & field and baseball season are also



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Entwistle School April News

just around the corner. Here are some items to mark on your calendar this month:

- For the entire first week of April we will be hosting an Artist in Residency. Meghan Cooper will be presenting the Imagination Academy. Every student Kindergarten to Grade 9 will have the opportunity to create their own, one of a kind piece!

- On April 11th at 2:45 we will be hosting our monthly assembly. Everyone is welcome to come and celebrate the accomplishments of our students.

- On Friday, April 21st, students in Grades 4-9 will be participating in a careers presentation. This may spark some great ideas!

- Entwistle School Council & Friends of Entwistle Learning Society will be meeting April 24th at 3:45 in the Learning Commons.

- The Entwistle Eagles Archery Team will be participating in the NASP Provincial tournament in Drayton Valley on April 26th. Flight time is 5:30.

- April 27th is Twin Day! Find someone and dress alike!

- On Saturday, April 29th, the Grade 9's will be hosting a Garage Sale/BBQ/Bottle Drive. Tables can be rented for \$20. Call 727-3811 to rent a table.

- Celebrations of Learning take place April 26th and 27th from 4:30-7:30 each evening.

Blanket Exercise

On Thursday, April 20th at 5:00 Entwistle School will be hosting a Blanket Exercise in the gym. A minimum of 20 confirmed attendees is required in advance. Please call the school if you would like to attend as soon as possible. This event will be capped at 40 participants. For further information please see below or visit: www.kairosblanketexercise.org/

If you should ever have any questions, comments, celebrations or concerns please feel free to email (lworthington@psd70.ab.ca) or call me (780-727-3811) at any time.

GRADE 9 FUNDRAISER:
GARAGE SALE AND BBQ

Saturday, April 29th, 2017 from

11:00 am - 5:00 pm in the Entwistle School Gymnasium.

RENT A TABLE FOR \$20 AND BRING YOUR STUFF TO SELL!!! THERE WILL ALSO BE A BBQ AND CONCESSION. PLEASE BRING EXTRA BOTTLES FOR DONATIONS TOWARDS OUR YEAR END GRADE 9 TRIP. IF YOU'D LIKE TO RENT A TABLE PLEASE CALL THE SCHOOL: 780-727-3811. HOPE TO SEE YOU THERE!



Wednesday April 19, 2017

Heritage Pavilion Centre 5100-41 Ave, Stony Plain, AB



FREE EVENT

Doors Open 6:30 p.m.

Presentation 7:30 p.m.

What is the future of agriculture in Parkland County?

Agriculture is the heart of our community and is a priority for Parkland County. We have invited local producers and agricultural organizations as well as guest speaker former Deputy Minister of Agriculture, Mr. John Knapp. He sees the work of Parkland County and other municipalities playing a vital role to creating the framework for Alberta's agriculture industry to grow and prosper.

Global Macro Trends and the Future of Agriculture in Alberta



John Knapp, former Deputy Minister of Agriculture, John's lifelong passion has been the advancement of agriculture — an industry he believes will form a progressively larger part of Alberta's future economy.



For more information please contact:

780-968-8888 | inquiries@parklandcounty.com | parklandcounty.com

Spring 2017 HomeRENO

A photograph of a person painting a wall. The person is wearing a blue shirt and jeans covered in white paint splatters. They are using a blue roller to apply blue paint to a wall. In the foreground, there is a red paint tray with a brush, a blue paint can, and a ladder. The wall is partially painted blue and partially white.

The Businesses in the
following Guide can be
your One Stop Solution to
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HOW TO CREATE AN EFFECTIVE WORKFLOW IN THE KITCHEN

Bathroom and kitchen makeovers are some of the most coveted and profitable improvements that can be made to a home. Installing new cabinetry, countertops and appliances can transform the look of a kitchen, but homeowners also must consider the functionality of design when renovating.

The National Kitchen and Bath Association suggests applying the kitchen "work triangle," which is a concept used to create efficient kitchen layouts. The triangle comprises imaginary straight lines drawn from the cooking appliance, sink and refrigerator. These are where much of the work in the kitchen takes place. The general idea is that when the work triangle is positioned accordingly - with the three components in close proximity to one another - the kitchen is easier

and more efficient to use. Homeowners will be able to move freely among these elements when they are placed at appropriate distances, reducing wasted steps.

The NKBA suggests following these guidelines to create efficient kitchens.

- No major traffic patterns should cross through the triangle.

- The sum of the work triangle's three sides should not exceed 26 feet. Each portion of the triangle should be between four and nine feet.

- Avoid cutting through an island or a peninsula.

- If the kitchen has only one sink, it should be placed between or across from the cooking surface, preparation area or refrigerator.

The work triangle is a suggestion, not a law of design. As kitchens

evolve and more people use them simultaneously, designers may take certain liberties - even having multiple triangles at play. Homeowners should also design their kitchens so

they function best for their own individual lifestyles.

Kitchen layout can be just as important as the decor and appliances within the kitchen.



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HOW TO TAME INDOOR HOME ODORS

A clean home interior can make a strong first impression on prospective buyers, but only if that home is accompanied by pleasant scents. Odors can make a strong impact on buyers' perceptions of a home, including its

level of cleanliness and upkeep.

Although dirt and other grime can contribute to the odor of a home, additional culprits can contribute to foul smells as well. Everything from pets to the foods cooked in the kitchen

to the hidden presence of mold can impact air quality and odor inside a home. Fortunately, there are ways to remedy stinky problems and come away with sweet-smelling solutions.

It's important for homeowners to realize that foul air inside a home can be the result of poor indoor air quality - which can be a health hazard. The United States Environmental Protection Agency ranks indoor air quality as a top five environmental risk to public health. EPA studies found indoor air pollutants were generally two to five times greater than outdoor pollution levels. In some cases, indoor air pollution was 100 times greater. The United States Consumer Product Safety Commission says the following can contribute to poor indoor air quality and also

to some interior odors: combustion sources; tobacco products; building materials and furnishings; wet or damp carpet; cabinetry or furniture made of certain pressed wood products; products for household cleaning and maintenance and even outdoor sources such as radon, pesticides and outdoor air pollution.

So how does one remedy poor indoor air quality and odors inside a home? These tips can improve conditions.

- Ensure adequate ventilation. Open windows and doors when weather permits to eliminate the concentration of pollutants and help air out odors. Use exhaust fans in kitchens and baths to pull indoor air to the outside.

- Invest in an air filter. A high-efficiency particulate air

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How To Tame Indoor Home Odors

filter will force air through a fine mesh and trap harmful particles, such as pet dander, smoke, pollen, and dust mites, that can build up in a home. Remember to change the filter regularly.

- Increase the number of plants. Plants can brighten interior spaces, and they're also remarkable at cleaning indoor air. The Clean Air Study conducted by NASA set out to find out the best way to clean the air in space stations. The association found that the Boston fern, spider plant, Chinese evergreen, weeping fig, variegated snake plant, and English ivy, among many other plants, were ideal for filtering air and removing harmful contaminants.

- Ditch disposal odors. Food can become trapped and

decompose in garbage disposals. Cut citrus fruit into chunks and drop them into a running disposal to remove many odors.

- Air out the washer. New washing machines have tight seals and gaskets that do not allow air to penetrate (or water to leak out). Mildew can grow as a result. Leave the washer door open after a round of laundry to let things dry and air out.

- Tame pet odors. Pets contribute heavily to odor in a home. Wet dog smells are prevalent on rainy days, while cat litter boxes can pack a pungent punch. Cleanliness can cut down on smells. Use activated charcoal in litter products to tame smells and empty the litter box frequently. Make sure dogs are

dried off thoroughly when coming in from the rain, and use a deodorizing spray on pet fur. Regular grooming can help as well.

Odors in a home can be embar-

assing and set a poor tone when inviting company over or showcasing a home for prospective buyers. Keep odors at bay by identifying the sources of smells and taking action.



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3 POTENTIAL TROUBLE SIGNS FOR DRIVEWAYS

Though they are often easy to overlook, driveways are durable parts of a home that can greatly impact a home's curb appeal. Driveways endure quite a bit of wear and tear over their lifespans, and homeowners who have not given their driveways much thought may want to start looking for potential trouble signs that indicate a need

for some driveway maintenance.

According to the online home improvement resource HomeAdvisor.com, the average cost of a driveway installation in 2015 was just under \$3,700. Those costs are influenced by a host of factors, including the size of the driveway and the material it's made of. Damaged driveways do not necessarily

need to be replaced, as some may just need minor repairs. But homeowners who see any of the following trouble signs in their driveways may want to consult a professional contractor to determine what their next steps should be.

1. Potholes

Potholes might be most often associated with heavily trafficked

roadways, but even driveways are susceptible to potholes. As the ground beneath the driveway expands and contracts, the pavement above that ground weakens and becomes more susceptible to damage. That damage may ultimately lead to large chunks of the driveway breaking down, creating holes as a result. Homeowners who live in areas that experience heavy snowfall may see their driveways develop potholes after they are shoveled or plowed. Potholes that are not fixed may damage vehicles that drive on the pavement, and potholes may even expand over time.

2. Accumulation of water

Puddles that form during a rainstorm may not be indicative of anything other than a rainy day. But water that pools or runs down the middle of the driveway may indicate drainage problems. Such problems may be the result of structural problems with the slope of the driveway, which can cause bigger issues down the road. When water is not absorbed into the ground or directed away from your home, it can then flow into the house, potentially making your garage or home susceptible to water damage.

3. Cracks

Cracking is one of the more noticeable issues that can plague driveways. Many driveways experience cracking as materials inevitably succumb to the elements. Driveway cracks may develop for various reasons, including poor initial installation. Tree roots that grow beneath the driveway surface may also contribute to cracking as the driveways ultimately succumb to the pressure created by the growing roots. Some cracks may prove less problematic than others, but homeowners should still speak with a contractor if they notice their driveway is starting to succumb to cracks.

Driveways may not draw the attention of homeowners too often, but damaged driveways that go ignored may ultimately lead to very costly problems.





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5 TIPS TO MAKE AN OLDER HOME MORE ENERGY EFFICIENT

While new homes are being built to be more energy efficient than ever before, thanks to a growing green building movement and increasingly strict building codes, the age of existing dwellings continues to present challenges. More than 40 percent of the housing stock in the United States was built before 1969 and simply wouldn't stand up to today's standards. Yet, much can be done to help homeowners improve their building envelope to reduce energy use and increase efficiency.

Improving your home's energy efficiency can help save money, keep you more comfortable, reduce pollution, and prevent global warming. Try these five simple measures to maximize the energy efficiency of your home:

1. Seal cracks and gaps around your home's windows, doors, and vents. These can be a considerable source of energy loss, allowing conditioned air to escape and unconditioned air to infiltrate your home, placing stress on your furnace and air conditioner in the process. An easy DIY solution is to caulk around windows, doors, and vents, and install or replace worn weatherstripping. An average home loses up to 30 percent of its energy through air leaks, so sealing your home is a worthwhile exercise.

2. Top up or replace old insulation in your attic. A poorly insulated attic is a primary source of energy loss. Also, over time, some types of insulation can settle and compact, allowing heat to escape through gaps. Experts recommend installing a dimensionally stable batt insulation like a Roxul product called Comfortbatt. Aim for an r-value of at least R-50, or a depth of roughly 16 inches.

3. Insulate basement headers. Uninsulated basement headers are common, especially in older homes. They can act as a gateway for heated air to escape. Fixing the problem is fast and easy. Simply cut Comfortbatt stone wool insulation to fit the cavity and compress

into place. Doing this throughout your basement will prevent heat loss and can potentially save hundreds of dollars each year.

4. Switch to LED light bulbs. Some LED light bulbs have a lifespan of up to 10 years, and are 80 to 90 percent more efficient than in-

candescent bulbs. They are generally more environmentally friendly than CFLs and safer, too, since they produce less heat. The return on investment is excellent, as LED bulbs often pay for themselves through energy savings within the first year.

5. Consider a home energy au-

dit. This will help you identify and target specific problematic areas of energy loss. A professional home energy audit will also provide a list of recommended solutions to help you maximize your energy-efficiency strategy.



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IS IT TIME TO UPDATE YOUR HOME'S ELECTRICAL SYSTEM?

The invisible systems in a home often are taken for granted. When such systems are working as expected, daily life moves along smoothly. However, when a system goes awry, it can negatively impact routines and may create a dangerous home environment. This is especially true when something goes wrong with a home's electrical system.

Faulty wiring is a leading cause of residential fires. Many homeowners, particularly those who live in older homes, might be living in properties that have outdated electrical systems. The experts at Lowes ProServices state that having old wiring and/or insufficient amperage in a house can endanger residents. It also may damage appliances and make it difficult to sell a property in the future.

It can be difficult to gauge exactly

when to overhaul an electrical system. Unless circuits routinely trip or lights often dim, homeowners may put off the work. But degrading wires or overextended circuitry can pose a fire risk, so it is best to address electrical systems promptly.

Home inspections may uncover electrical problems. Some homeowners may discover potential trouble while making renovations that require opening up walls or tearing them down, exposing the wires. Still other homeowners learn about electrical systems when they're adding new, large appliances or other gadgets that consume more power than existing items. These devices may continually cause power outages in the house, such as tripping the circuit breaker or popping a fuse.

When it comes time to update the

electrical system, it is always best to work with licensed and bonded electricians who have the expertise to work with electrical wiring without getting injured. This is not a do-it-yourself type of job since it requires specialized training.

Electricians likely will recommend upgrading the electrical panel to bring more power from the utility poles into the home. This can include replacing the existing meter and circuit breaker box to allow it to handle more power or replacing items that are obsolete or dangerous.

Many older homes are only capable of handling a minimum number of amps, utilizing just a few circuits. But nowadays, when homeowners have far more electronics in their homes than they once did, increased demand on electricity can overload

a circuit (all of the outlets linked on one wire). Tripping a circuit breaker is a safety measure to prevent the wire from becoming overheated and causing a fire. However, in some old systems, the circuit breaker will not trip, and this can be problematic.

Rewiring a home is another step. Wire insulation can deteriorate over time, and new wires may be needed. This can be messy and time-consuming, but it's a small price to pay for safety. When rewiring an electrician also may suggest new outlets. Many home building codes now require outlets with ground fault interruptors, or GFIs, in kitchens, bathrooms and other rooms exposed to moisture. Some older homes may not even have three-pronged outlets, so this will necessitate an update as well.



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HOW DOES SOLAR ELECTRICITY WORK?

Solar panels are seen more and more on roofs of residential homes and even some businesses. Due in part to more aggressive marketing by solar energy companies, as well as greater awareness by customers, solar energy has become increasingly popular in recent years.

The Solar Energy Industries Association reports that solar energy in the United States is booming. The association offers that, since the passage of The Solar Investment Tax Credit in 2006, solar has experienced a compound annual growth rate of more than 60 percent.

While many might assume that environmental preservation is the driving force behind the growing popularity of solar energy, it's actually the financial benefits of solar energy that are leading the way. One Block Off the Grid polled

nearly 200 solar homeowners to learn more about their motivations for going solar. Roughly 75 percent would not have gone solar if there was no economic benefit to doing so. A number of people who have switched to solar say they are getting a high rate of return on the investment. The average electricity bill a person saw prior to solar energy hovered around \$177 a month. After the conversion, bills were now as low as \$55.

Those who are still pondering the decision to go solar may want to know more about how it works. Although the guidelines vary depending on location and the energy company issuing the bill, here are some of the basics.

Generating solar electricity

Solar electricity is generated through a process known as the photovoltaic effect. Sunlight shines on solar panels, which are

mounted on the roof of the home or in another prominent location. Each panel typically has between 60 to 72 solar cells strung together. These photovoltaic cells use the irradiation in sunlight to stimulate the flow of electrons in the semiconductor material, which creates direct current, or DC, electricity. Systems that directly convert the DC to alternating current, or AC, the type of power voltage used in a house, do so by way of an inverter. The inverter feeds power to the circuit board.

Demand and excess

When the demand from a home or business is equal to the amount of solar power being generated, the system is working optimally. When solar power falls a bit short, grid power will make up the deficit. There's also the possibility that excess electricity will be produced.

In a grid connect system, certain areas may operate with a 1:1 net metering policy, states Solar Reviews, which offers consumer reviews of solar products. This means that the utility company will credit a homeowner 1 to 1 for every kilowatt hour produced in excess because the excess energy goes back into the grid system. This is called "back-feeding" the grid. It's handy for powering homes at night with standard electricity at no additional cost. If the production of kWhs exceeds what is purchased from the utility each year, some utility companies will continue to credit for the excess.

Solar electricity systems are changing the way people think about energy. With the financial motivation to do so, consumers who embrace solar energy are helping the environment while also saving money.

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Camp Encounter, Vincent Mireau - Camp Director. director@campencounter.com. C: 780-504-2012 W: 780-967-2548

Darwell Hall, 780-721-2690

Darwell Seniors, 892-2457

Duffield Hall, 892-2425 or 963-6887

Entwistle Community Hall, Contact Cheryl: 780-515-1755 or Verna: 780-716-2304.

Entwistle Senior's Drop In Centre, Barb 727-2108 or Glennis 727-4367 Mon-Fri

Evansburg Senior's Heritage House, Dennis 727-4186

Evansburg Legion, upper hall 250 people, lower hall 80-100 people, 727-3879

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Gunn Hall (G.A.R.S.) 780-967-2215

Keephills Hall, 731-3761

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Parkland Village Community Centre, 780-298-9155 @ PVCCentre

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

Rosenthal Community Hall, 963-7984

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Smithfield Community Hall, 892-2390

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Obituaries



LARRY GEORGE COURT

October 13, 1953 – April 1, 2017
On April 1, 2017, Larry Court of Evansburg, Alberta passed away suddenly at the age of 63 years. Larry leaves to cherish his memory; five sisters; Laura (Rick) Mitchell of Gabriola Island, B.C., Dianna Court of Edmonton, Marilyn (Kevin) Harrison of Ottawa, Ontario, Darlene (Artie) Kos of Drayton Valley, Kathy (Wayne) Kulak of Drayton Valley, fourteen nieces and nephews, twelve great nieces and nephews, as well as numerous relatives and friends. Larry was predeceased by his parents George and Viola Court. A Candlelight Memorial Service was held on Saturday, April 8, 2017 at 5:00 pm at Drayton Valley Funeral Service-Tinant Chapel.

If friends so desire memorial donations may be made to STARS Shock Trauma Air Rescue Foundation – Head Office 570 – 1441 Aviation Park NE, Calgary, Alberta T2E 9Z9. Drayton

Valley Funeral Services in care of arrangements. 780-542-5511. Condolences: www.draytonvalleyfuneralservices.com

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Craft Sale at Senior Center in Entwistle. April 22, 2017 10:00am-4:00pm. Table rentals \$10. Home based businesses welcome. Call 780-982-0353

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Sunday School 10:00a.m.
Worship Service 11:00a.m.
Weekdays Bible
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(780) 305-3594

Roman Catholic Church

St. Agnes' Parish, Mayerthorpe
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St. Elizabeth Parish, Evansburg
Saturday 7:00p.m.
(780) 786-2032

Advent Lutheran Church

Sunday Worship
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Evansburg
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United Church
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Sunday School
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5029-48 St. Drayton Valley
Church Office 780-542-5743
duwc@telus.net www.duwc.ca

St. Joseph's Catholic Church

Sunday Mass
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Wabamun, AB

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Ph: 542-6501 dvalliance.ca

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Kenton Penner
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Youth & Ministries Info -
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4401-50th Ave. Drayton Valley
780-542-4774
www.calvarybaptistdo.ca

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 14 & 15 - ANNEKE'S ANTIQUE SALE at Heritage Park Pavillion (5100-41 Ave. Stony Plain), 10am-4pm. Over 150 Tables! Donations accepted for Parkland Food Bank Society.

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

APRIL 22 - CRAFT & HOME BUSINESS SALE, 10-4pm at Entwistle Senior Center. Tables \$10. Call Dan 780-982-0353.

JUNE 3 - HORSEBACK RIDE-A-THON at Brightwood Ranch near Entwistle, AB. Ride your horse or ours. Help send underprivileged kids to camp. To donate or for info on riding, contact the ranch at 1-780-727-3840.

FARMERS MARKETS

DRAYTON VALLEY: Every Wed, 10:30-1:30pm at the Wellhouse Bldg (5416 Industrial Rd, Drayton Valley)

EVANSBURG: Sat., 10am-2 pm, Tipple Park Museum. Call 727-2240 for tables. *Closed for Season - Check back in May

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

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

BINGO

ENTWISTLE COMM. LEAGUE BINGO: Every Wednesday, Doors Open 6pm,

STONY PLAIN SENIOR'S DROP-IN CENTRE: public bingo every Tues, 7pm. All ages welcome. Phone (780) 963-6685

TOMAHAWK: every Mon at Agra Centre, doors 6pm, Bingo 7:30pm. Info 339-2423 or 339-3747

WABAMUN LIONS CLUB: Satellite Bingo - Jubilee Hall Thurs. 6pm, 2 Early Birds,

WILDWOOD: Mon night. 6:30pm, bingo starts 7:30pm, Early Birds & Lucky 7.

MEAT DRAWS

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

Evansburg: Evansburg Legion, Friday 8-10pm & Saturday 3-5pm

JAMBOREE

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

DUFFIELD: 4th Sat, Sept to May, Duffield Community Hall. 6:30 Supper.

ENTWISTLE: at Entwistle Community Hall, 3rd Saturday. For more info call John at 587-277-0521. *Starting Oct through May.

MAGNOLIA: at Magnolia Hall, 7pm. Every 2nd Saturday each Month, Hot Food. 727-2015 or www.magnoliacommunityclub.ca

SEBA BEACH: 2nd Friday, 7pm, Seba Senior's Centre, Toni 797-4233

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

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.

TOMAHAWK: Tomahawk Agriplex, 3rd Friday of month. 7:00pm. Call 780-339-3755. *Starts Oct 21st.

WILDWOOD: Wildwood Community Hall, 3rd Wed Each Month, 7pm. 325-3749 *Oct - June.

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

TOPS Meetings (Take Off Pounds Sensibly)

Alberta Beach: Tues, 6pm at St John's Lutheran Church on Hwy 633. 967-5009

Entwistle: Wed 5:15 weigh-in, 5:30-6:30 meeting,

upper level Lions Hall (next to swimming pool) 780-932-2695.

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

Stony Plain: Thurs evening, Stony Plain United Church. Susan (780) 968-0869

Spruce Grove: Wed Mornings, 8:45 a.m. at Anglican Church, 131 Church Road. 960-1109, Christiane.

Wildwood: Thurs at Wildwood School, 5pm. Connie (780) 325-2420

YOUR COMMUNITY

FREE HOME DELIVERY PROGRAM, Wabamun Seniors & Wabamun Lions for individuals who would like to arrange for meal preparation through a local restaurant but have difficulty getting out to pick it up. Call Darlene, 892-2551.

HEALTHY AGING NURSE & FOOT CARE PERSON, Wabamun Seniors Centre, 2nd Thurs of month 9am

SOCIAL EVENTS

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

55+ CLUB DRAYTON VALLEY: in recreation center *upstairs. Music Jams: Doors open 1:00pm. Last Sun of each month. Come on in and listen, 780-542-3768.

AEROBICS: Low impact, Mon/Wed, 11am-Noon, Wildwood Senior's Centre, \$1/session.

BREAKFAST SOCIAL: 9-11:30am, Parkland Village Community Centre - 3rd Sunday (except June-August) PH: 780.298.9155 Social Media: PWCentre.

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

EVANSBURG ART CLUB: meet & paint Thurs 1-4pm Rec Plex. 727-4340 or 727-4098

EVANSBURG PUBLIC LIBRARY CLUB: 4th Thurs, 7-9pm, Grand Trunk High. 727-3925

EVANSBURG GUIDES & PATHFINDERS: Mon 6pm, Camp Evansburg.

EVANSBURG SENIOR'S HERITAGE HOUSE: Floor Curling Mon & Thurs, 1pm. Court Whist Thurs, 7pm.

EVANSBURG TIPPLE PARK HISTORICAL BUILDING TOURS: Wed - Sat, 10:00-5:00pm.

EVERGREEN SPINNERS & WEAVERS GUILD: (780) 786-4754.

LAC STE ANNE COMMUNITY CHOIR, choir accepting all voice ranges. Meets every Wed, 7:30pm. Info (780) 924-3662.

MAYERTHORPE WOMEN'S LEAGUE PRAYER CHAIN: Everyone with the 786, 785 or 674 Prayers and Prayers are needed. Doreen 786-2434.

PARENT & TOT PLAYTIME: PERC Building Stony Plain Wed. 10-11am, Holborn Community Hall Thurs 9:30-11am, Parkland Village Thurs 9:30-11:30am.

PEMBINA SKATING CLUB (Evansburg Arena), offers Learn-to-Skate, CanSkate & STARSkate for all ages. Skating year runs from Sept-Mar. Call Lisa 727-2729.

POT LUCK every Tues, noon, Wabamun Seniors Centre. Come on down!

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

SEBA BEACH SENIORS CENTER: Yoga, mon, 9:30am, \$10/session. Bridge thurs, 1pm. Jams every Wed night, 7pm. Thrift Shop every Wed & Sat at 10-3.

SEBA BEACH QUILTERS & FIBER ARTS: 1st, 2nd, 4th Wed, 9:30am, Seniors Center. Quilters - 3rd Wed, 9am, Seba Pavilion.

SENIORS 50+ LUNCHEON: 3rd Wed, 12 noon at Stony Plain United Church basement hall. Call Audrey (780) 963-7582

SENIORS WEDNESDAY* AFTERNOON 1-4pm at Parkland Village Community Centre - Parkland Village Senior Community Connections - Games, Crafts & more! *exceptions incl. Weather. Call Sheryl 780.695.7032

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

SPRUE GROVE ELEVATOR TOURS: Tues-Sat, 9-3pm. 960-4600.

SQUARE DANCE LESSONS: Thursdays 7-9pm. Starts Sept 29th to Dec 15th, 2016. Broxton Park School, Spruce Grove. 10 Weeks - \$80/adult. 780-999-9482 or isquardance2016@gmail.com

SQUARE DANCING: Evansburg Legion, Thurs 7-10pm. Beginners & midstream welcome. Info (780) 727-4099. *Starting Oct 6.

STONY PLAIN'S 5TH MERIDIAN GOOD SAM'S RV CHAPTER: Ecole Meridian Heights School (4119-43 Street). Meets Every 3rd Tues of Month at 7pm. Call Pat at 780-963-6976 or Ruth at 780-288-9829.

STONY PLAIN BOMBER FOOTBALL CLUB is looking for football players ages 8-14, atom, pee wee, bantam, contact jsmiddlewood@hotmail.com.

WRITERS PROGRAM: Mayerthorpe Library, 1st & 3rd Wed, 1pm.

ZUMBA with Sholean, Wed evenings 6:30-7:30. For info, Stephanie 780-963-1541.

MEETINGS

2nd TIMERS: A support & confidential group for Grandparents Parenting. 1st Thurs of month, 6:30pm. Grand Trunk High School (meet in Lobstick Literacy & Learning room). Child care provided at the Evansburg Public Library. *Starts October

AA: Friday at 8pm, Evansburg. Call 325-2204, 727-2466 or 727-6652.

AHS: Addiction Services provides assessment and counseling for alcohol, other drugs, tobacco and gambling in Breton on court day Wednesdays. To make an appointment, please call 780-542-3140.

ALCOHOLICS ANONYMOUS IF Drinking is a Problem! 780-236-1043

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

ALBERTA PARENTING FOR THE FUTURE ASSOC: Call 963-0549 or visit www.apfa.ca to register. All programs are confidential & free.

CHAMBER OF COMMERCE (Evans/Ent): 7:30pm 3rd Thurs, Heritage House.

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

C.H.I.L.D. (Citizens Helping In Life's Defence) Please join our Pro-Life meetings once a month in Stony Plain. For info call Chris 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 Ave, Entwistle. Contact 780-727-2000

COMMUNITY QUILTERS & CRAFTERS: 3rd Tues. Evansburg, Liz 727-3872 Brenda 727-4476

DARWELL & DISTRICT AG SOCIETY: 8pm, 1st Mon, Community Hall.

DDRA MEETING: 7pm, 2nd Mon, Darwell Community Hall 892-3099. *Except Jul/Aug/Dec

DRAYTON VALLEY/CALMAR PC MONTHLY CONSTITUENCY MEETING, Breton Senior Center, 7pm. Everyone welcome. *No meetings July & Aug.

DRAYTON VALLEY BRANCH OF ALBERTA GENEALOGICAL SOCIETY: meets 7pm at The Wishing Well every 3rd Wed of the month. For more information call (780) 542-2787

ENTWISTLE COMMUNITY LEAGUE GENERAL MEETINGS: 2nd Thursday monthly 7:30 PM. *Except June, July, August

ENTWISTLE LIONS CLUB: 2nd & 4th Tues, 8pm, Entwistle curling rink. Jim 727-3573

ENTWISTLE SENIORS: Ladies: 10am 2nd & 3rd Wed, Floor Curling: Tue & Fri, 2pm

ENTWISTLE SENIORS 55+ CLUB: Tue & Fri, 2-4pm at Entwistle Hall

EVANSBURG PUBLIC LIBRARY BOOK CLUB: 4th Thurs, 7pm Grand Trunk High 727-2030.

EVANSBURG SENIOR'S HERITAGE HOUSE: 2nd Tues of Month, 1:30pm. New Members Always Welcome. Dennis, 727-4186.

FALLIS COMMUNITY ASSOCIATION: 3rd Tues, 7pm.

GIRL GUIDES OF CANADA: Poplar Hollow District Guides-Pathfinders, Mon 6-8pm. Sparks-Brownies Tues 4-5:30pm. Meet at Camp Evansburg. Brenda 780-727-4476

KINETTE CLUB OF MAYERTHORPE: 7:30pm, Kinsmen Hall, 2nd Tues. Want to volunteer? Wanda 305-9832 or mayerthorpekinettes@gmail.com

LAC STE. ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY: 3rd Fri, 7pm, Alberta Beach Council Chambers.

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

LOBSTICK 4-H BEEF & MULTI CLUB: 1st Mon, Evansburg Arena, 7pm, Jackie 780-727-2541

LOBSTICK GARDEN CLUB: 1st Mon, Evansburg Baptist Church, Charlotte (780) 325-3787

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

MS SOCIETY DRAYTON VALLEY COMMUNITY GROUP meets 1st Tues of month, Sept-June, 6-8pm at Norquest College. Terra Leslie, 1-403-346-0290.

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

NA MEETING: Tues, 7pm. 514-6011

PEMBINA AL-ANON FAMILY GROUP: meets Tuesdays @ 7:30pm, at Evansburg Catholic Church Hall. Call Patty H. (780) 727-4516 or Cheryl (780) 727-6671

PEMBINA PORCUPINES - JUNIOR FOREST WARDENS: Entwistle Porcupine gathering: 7pm, 1st Tue. Len & Tineke at 727-2020.

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

SOBRIETY MEETINGS: Men's group, Sun, 5413-51st, Stony Plain, 7:30pm. Mike 983-1951.

SOLVE: Community Enviro issues discussed at Smithfield Hall (N of Hwy 16 on RR34). 2nd Thurs. Free. Jana 892-0006

STONY PLAIN FISH & GAME ASSOCIATION & WABAMUN GUN CLUB: 2nd Mon, Stony Plain Comm Center, 7:30pm.

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

W.E.E. COMMUNITY FOOD BANK: Call (780) 727-4043 for emergency food needs, volunteer opportunities & donations. Monthly Meeting: LAST Monday of each month at 7:30pm at the Food Bank. (Old fire hall in Entwistle) ALL WELCOME. *Except December

WILDWOOD & DIST AG SOCIETY: 2nd Wed 7pm. Wilma 325-2424

WILDWOOD & DIST. ROD & GUN CLUB: 1st Thurs, 7:30pm

WILDWOOD SENIORS: 4th Wed. at 2:00pm. Opal 325-2030. *No meeting July/Aug/Dec.

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:

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

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



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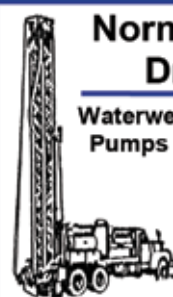
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