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April 25, 2017

DARWELL PUBLIC LIBRARY APRIL NEWS

Submitted by Sandra Stepaniuk, Library Manager | Darwell Public Library

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 27, 2017. For further information and to pre-register please

contact the library.

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.

Wondering what to do with all those items from your spring cleaning? 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 or facebook page. You can drop off your donations at the library expansion starting on Mondays and Tuesdays, during regular library hours until May 30, 2017. Should these times not work for you please contact the library to make alternate arrangements.

Continued on Page 2

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CANNABIS ACT – C-45

Submitted by Jim Eglinski, MP – Yellowhead

The Canadian Centre for Substance Abuse says that for youth ages 15-24, marijuana use has dropped from 33% to 24%. Programs that encourage kids to stop using marijuana have been working. Yet on April 13th the Liberal Government introduced C-45, 'Cannabis Act'. This legislation would allow adults age 18 and over to possess up to 30 grams of dried cannabis or its equivalent in public and to buy cannabis from a provincially regulated retailer. However, this legislation fails to address some very important details.

So far there has been little in-

formation on how cannabis will be taxed and how that tax revenue will be shared. Will the GST be applied to pot? Will provincial sales tax also be applied? Will there be some new sort of cannabis tax introduced that shares revenue with the provinces, or will the federal government impose its own tax and tell the provinces to do the same?

The federal government has earmarked \$9.6 million over five years for a "comprehensive public education and awareness campaign," but what will that look like and is that enough money? The Canadian Automobile Association says that level of funding "is clearly inadequate, given the misconceptions

about marijuana's effect on driving."

Furthermore, it appears the Liberal Government wants to create a pot registry, but they are not telling us how much this is going to cost. Health Canada said the system would be designed to collect information about pot products from licensed producers, distributors and retailers. The department added it would allow businesses and regulators to trace all products.

Between this month's introduction of the bill to legalize cannabis, and the 15 months it will take to pass it into law, there are a lot of questions that the Prime Minister is going to have to address.

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Darwell Public Library April News



**PUBLISHED WEEKLY (Zone 1 & 2)
AND BIWEEKLY (Zone 3)**

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Spring is here and we are opening the green shed behind the library for our used book sales. Drop by on Tuesday afternoons from 1 to 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!

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.

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

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 or like or follow us on Facebook at www.facebook.com/DarwellPublicLibrary



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WHITECOURT TOWN COUNCIL UPDATE

Submitted by Tara Galant, Legislative Manager | Town of Whitecourt

April 11, 2017
 Whitecourt Town Council approved the 2017 final budget at last night's Regular Meeting of Council. For details on the budget please refer to the separate press release dated April 11, 2017 that can be found on the Town's website www.whitecourt.ca. The Tax Rate Bylaw will be reviewed by Council at the

April 24 Regular Meeting of Council.

Town Council received an overview of 2017 assessment figures last night by the municipal assessor. Properties in Whitecourt have experienced a decrease in assessment; however, changes are consistent with assessment value changes experienced in other municipalities (Drayton Valley, St. Albert, Grande Prairie).

- The valuation date for 2017 taxation of properties is July 1, 2016.

- Assessment values for single family homes have decreased approximately 3.8% in the valley area, and 4.8% in the hilltop area. The average house value in Whitecourt is \$351,700.

- Assessment values for both industrial and commercial properties have also decreased.

- Property owners will receive a combined assessment and tax notice in mid-May.

Council has awarded Community Clean Up Program funds to ten local non-profit groups, sports and community organizations for cleaning up roadsides, playgrounds, and sports fields. The program provides each group with \$1,000 for 100 hours of clean up undertaken. The following groups have been approved for funding:

- Whitecourt TaeKwonDo
- St. Patrick's Anglican Church
- 2716 Royal Canadian Army Cadets
- E.C.H.O. Society
- Whitecourt Early Learning and Child Care Centre
- Skyline Community Club
- Whitecourt Relay For Life
- The Bear Necessities of Pat

Hardy & School Advisory Council

- Royal Canadian Air Cadets – 721 Hawk Squadron

- Whitecourt Scuba Club – Rotary Pond Cleanup

There are still six spots available for groups looking to raise funds while performing a valuable service! Please visit www.whitecourt.ca for information on how to apply.

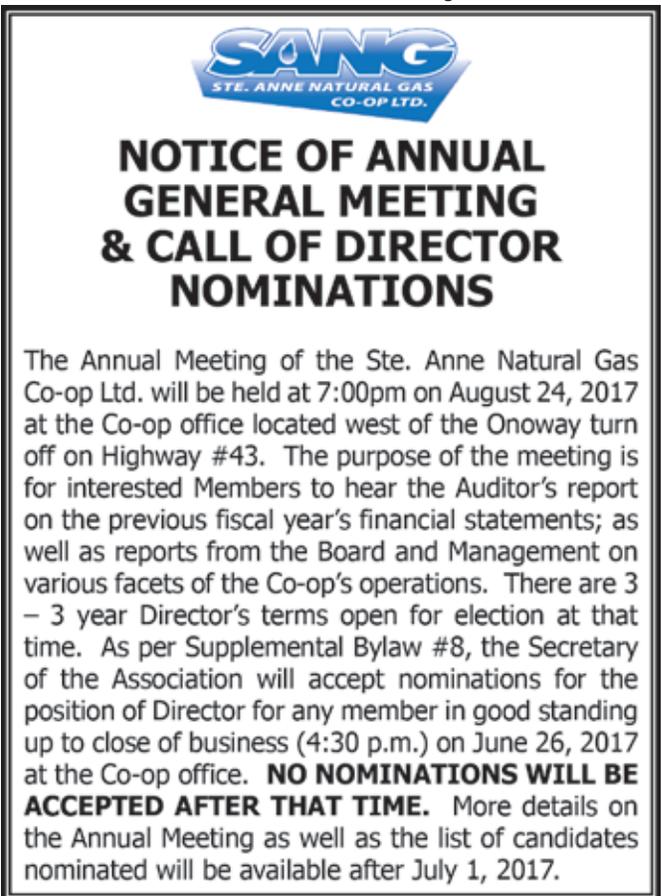
Municipalities across Alberta will be hosting 2017 General Municipal Elections on October 16, 2017. Council has appointed Mrs. Marlene Pinchbeck as the Returning Officer for the Town of Whitecourt. For details on the 2017 Municipal Election please visit www.whitecourt.ca.

Whitecourt will be hosting events during the week of April 24 to recognize local volunteers as part of National Volunteer Week.

- Head to the Allan & Jean Millar Centre on April 26 to learn about volunteer opportunities in Whitecourt.

- The You've "BEAN" Great event is scheduled from 7 to 10am at local Tim Hortons locations. Volunteers will receive a free, large hot beverage.





AN OPEN LETTER TO LAC STE. ANNE MAYOR & COUNCIL

Submitted by David Chawner

April 9, 2017

There is far too much secrecy in relation to the operation of this County. According to the Minister of Municipal Affairs there are only three areas that may be withheld from the public as a whole –

Legal – advice that council has obtained for guidance when making a decision

Labour – you cannot ask the pay of an individual employee; only the range for that job

Land – because revealing a potential buyer's interest in a particular parcel could result in an increase in price

EVERYTHING else is public information – Councillors do not have the right to go into 'camera' to discuss items that they wish to keep away from public scrutiny; Administration does not have the right to hold 'private' discussion in order to present a united front

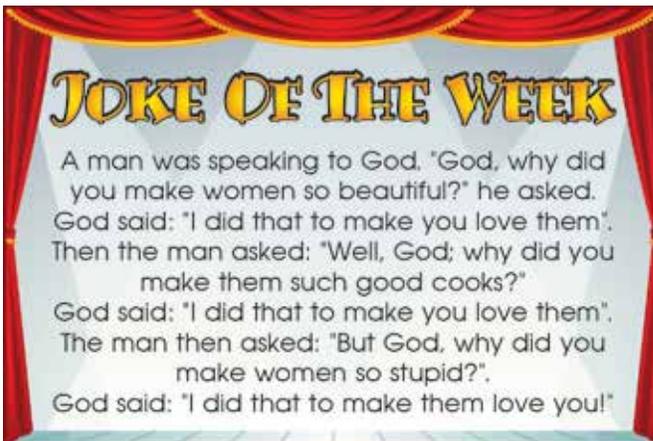
to Council or the public – the PUBLIC owns ALL of that information, and yet that is a frequent occurrence in this Municipality.

Under the Law, Council has only ONE employee – the C.A.O. (County Manager) and all of the other employees are answerable to him or her. Council's responsibility, however, is to ensure that they all do their jobs effectively by holding the C.A.O. accountable because that is HIS/HER job. When a councillor is asked what the status of the new office is, and they say that they don't know – they're either having a problem with the truth or not doing their job. Despite Mayor Hegy's assertions to the contrary, councilors are there to represent US, and to say that they cannot answer ratepayers questions "because they are required to represent all of the County" is ridiculous unless those questions refer to items that are still under discussion and yet that is exactly what Mayor Hegy has

asserted. At the meeting on April 5th he advised the audience that the correct procedure for getting questions answered and problems discussed was to (make an appointment) attend a council meeting – where, by coincidence, the chairman can refuse to allow questions to be asked!! That, again, is not correct. A councilors job is to be in contact with their constituents, listen to their ques-

tions and problems either get answers or bring them to Council for discussion.

Councillors are elected TO REPRESENT US because of the impracticality of 10,000 of us attending a meeting to make decisions (which would be pure democracy), they are not elected to make decisions and tell the rest of us that's it's none of our business.



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WOODLOT MANAGEMENT WORKSHOP COMING TO GLENEVIS

Submitted by Lorraine Taylor, Conservation Coordinator | Lac Ste. Anne County

A woodlot is a parcel of a woodland that can be grown for small-scale production of forest products, such as firewood, as well as for recreational uses like bird watching and hiking. On Saturday April 29th, Lac Ste. Anne County is hosting the 4th workshop in the Sustaining Agriculture Series. Presenting the workshop

is Jeff Renton, Project Manager for the Agroforestry & Woodlot Extension Society (AWES). The topic is Woodlot Management and the audience is any landowner, large or small.

Renton says "Landowners recognize there are a number of values in their woodlot such as wildlife and pollinator habitat, protecting water quality, and recreational opportunities. Depending on the condition of the woodlot, some work may be

required to maintain the benefits arising from these values." A woodlot may be a natural stand of trees or it may be planted. With attention to stocking rates and time of year, woodlot management can include livestock grazing. A good way to develop and protect the benefits a woodlot provides is to have a management plan.

Having worked across the province on a wide variety of projects, Renton brings a lot of expertise,

particularly for agricultural producers interested in ALUS stewardship projects. This year AWES is on track to plant over 45,000 trees and shrubs across 20 sites within 11 counties. Their planting include riparian buffers, shelterbelts, woodlot enhancements, and Eco-Buffers.

Running from 9:30am to 3:00pm, the day starts with a discussion about steps for setting up a woodlot management plan and finishes with an afternoon tour to a woodlot near Glenevis. The \$10.00 registration fee includes lunch. Pre-registration is required. Contact Jessica Watson at the West Central Forage Association 780-727-4447 or register online at www.westcentralforage.com

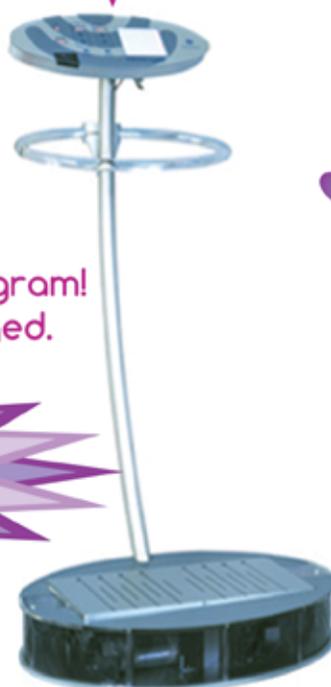
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LAC STE. ANNE CHOIR SINGS FOR SPRING

Submitted by Jean Moses | Lac Ste. Anne Community Choir

Members of the Lac Ste. Anne Community Choir, under Director Debbie Rosen and with help from accompanist R.J. Chambers, have been polishing a wide range of popular, ethnic and classical harmonies to celebrate spring.

"The notes are there, but now we need to create the music." Once members hear comments like that, they know the finishing touches are going on, just in time for the 2017 spring concerts of this popular group. This season, songs range from a well-known country ballad to Scottish traditional to classic choral pieces.

In what is quickly becoming an annual tradition, St. Johns Anglican Church in Onoway (4803-50 St.) hosts the first season performance at 7 p.m. on Wednesday, May 10.

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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:

• 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@service-canada.gc.ca with your name, contact information, and the session of your choice," concluded MP Eglinski.

Lac Ste. Anne Community Choir Sings for Spring

Continued From Page 6

Admission is \$15, with children 17 and under free. Tickets are available at the door.

On Wednesday, May 17, the choir will entertain residents at the Chateau Lac Ste. Anne Seniors' Centre (5123 49 Ave.) in Onoway. This 6:30 p.m. performance is an annual gift of music to the Chateau Lac Ste. Anne residents from the choir.

The popular group will also entertain at the Barrhead United Church at 7:30 p.m. on Wednesday, May 24, and at the St. Andrews Church in Spruce Grove at 7 p.m. on Saturday, June 3.

The Lac Ste. Anne Community Choir is open to anyone over 18, whether experienced singers or not. Since it began, the choir has grown from an original five members to over 55 singers. There are no auditions, and there's no need to read music or have choir experience. All a member needs is a love for singing, and a wish to meet other like-minded people. The next season will begin after Labour Day. Watch for details in August.

Questions? Call Eunice at 780-892-3159 or Judy at 780-924-3478.

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AN OPEN LETTER TO LAC STE. ANNE MAYOR & COUNCIL

Submitted by David Chawner

April 13, 2017
re: 1 – Garbage Collection and Recycling Costs.

The original and laudable, purpose of changing this basic ser-

vice from part of taxes to a fee system was so that ratepayers could recognize the actual costs incurred and hopefully minimize their usage thus saving money.

Given that, will you please advise what the actual cost of garbage collection, transfer and

landfilling are, and the actual cost and returns on the recycling program?

re: 2- Council Meetings

Given that many ratepayers, for many reasons are unable to attend council meetings and be fully informed as to what is hap-

pening in the Municipality, on the advice of the Minister of Municipal Affairs, I am formally requesting that you adopt an electronic meeting facility so that ratepayers can follow the council discussions – live streaming – it is, after all, the 21st century.

STARS LOTTERY WINNER

Submitted by Jamie Lauber

Congratulations to Debbie Giroux from Alberta Beach for winning the 2017 Stars lottery early bird prize, a 2017 Ram 2500 crew cab supplied by Martin Chrysler. Shown in the picture is Allan & Debbie Giroux with Jamie Lauber from Martin Chrysler



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TOGETHER WE CAN MAKE IT HAPPEN

LAC STE. ANNE PARENT LINK/EARLY CHILDHOOD DEVELOPMENT INITIATIVE MAY PROGRAMS & COMMUNITY EVENTS

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

Mother's Days Crafts
Drop by with your kids and create beautiful cards & crafts for Mom, Grandma, Auntie, etc. Join us on Tuesday, May 9 from 10:00-11:30 am in the Sangudo Early Childhood Room, Wednesday, May 10 from 4:00-5:00 pm at Darwell Public Library or Friday, May 12 10:00 am-12:00 noon at Alberta Beach Agplex.

Dealing with Disobedience
What is Triple P? From toddler tantrums to a teenager's defiance, from bedtime dramas to outright disobedience, Triple P helps parents handle the everyday issues that can make family life stressful. Join us Thursday, May 11th from 12:30 - 3:00 pm at the Onoway Heritage Centre. Learn some of the reasons children don't do as they're told, and how we can set limits and teach children to do the right thing. Gain positive parenting strategies to help prevent problems, and to handle disobedience if it happens. Pre-registration

is required by May 8. Childcare is available, but MUST be requested at time of registration.
Raising Resilient Children
Resiliency is the ability to "bounce back" from setbacks and deal with adversity, and to react positively and adapt well to change when things don't go as expected or hoped. Learn strategies to help your child in building their resiliency. Join us Friday, May 5th from 1 - 3 pm at the Onoway Heritage Centre. Pre-registration is required by May 2. Childcare is available, but MUST be requested at time of registration.

Baby Network
In partnership with Alberta Health Services and Onoway Public Library. Wednesdays - May 3 - June 7 from 10:45 am - 12:15 pm at the Onoway Public Library. Come meet other parents, discover parenting strategies, learn about great resources in your community, feeding and sleeping tips, and more! Pre-registration is required. Call 780-967-4440 to register. Childcare for older children available but MUST be requested at time of registration.

Sangudo Parent & Tots
Every Tuesday in May from 10:00 - 11:30 am in the Sangudo Early Childhood Room (Arena). Drop by with your kids to make new friends, create cool crafts, paint, and play with the terrific toys in the Early Childhood Room.

The Guy & I are Building a Birdhouse

Dads, Grandfathers, Uncles, etc. are invited to join us, with their child(ren), 2 - 10 years old, to construct a birdhouse! Join us Saturday, May 6th from 1:00 - 3:00 pm in Room #3, Onoway Heritage Centre. Pre-registration is required by May 1.

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

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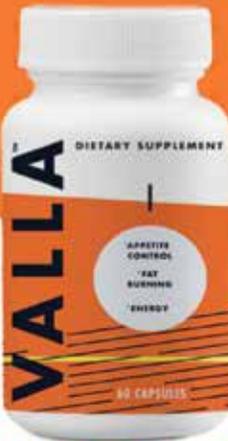
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Stories may be edited for length due to possible space restrictions.



GREETINGS FROM THE ONOWAY LEGION

Submitted by Lorinda McCool

Submitted by President Scott Sadler: "The Legion's foremost concern is for our Veterans and widows of Veterans. We have a list of our Vets and always want to keep this up to date. Please, if you are a Veteran in the Onoway area, we would like to recognize you. You do not have to be a Legion member. A Veteran is any person who served in the Canadian Armed Forces, Commonwealth Force or RCMP and has an Honorable Discharge, according to Legion interpretations. Young or old, our Legion would like to acknowledge your commitment and contribution to our country."

Submitted by Larry Villneff: "Good afternoon everyone. The Onoway Legion's "Fun 8-Ball Tournament" was a well-attended and very competitive tournament with 14 players going "head to head" in a singles 8-ball tournament. After 91 regular match games and one play-off for third place the top three players were: 1. Jode Jorgensen - 120 points (Onoway Legion Member); 2. Terry Levesque - 118 points (Drayton Valley Legion Member); 3. Kim Koroll - 114 points (Onoway Legion Member); 4. Peter Menzel - 114 points (honorable mention, losing to Kim in the tie-breaker and also an Onoway Legion Member). We want to thank everyone who participated on a very bad weather day, over a long weekend. Your support was much appreciated. We would also like to extend a very special thanks to kitchen staff (Bob Clark, Lindy McCool and Ron Watson) and our bar staff (Louise Bambrick) for volunteering to support the players and the Onoway Legion. Our next tournament is scheduled for May 27th."

The garage sale that was scheduled for April 22nd was cancelled due to lack of participants renting tables for the event. We will try again next year.

The raffle tickets for our Mexican themed basket are still for sale and the draw will take place on Saturday, May 6th at the Seis De Mayo party which is open to the public. We are featuring a Chili cook-off contest as well as Mexican refreshments, Mexican music,

horse races and tacos available for purchase. Registration to compete in the Chili Cook-off contest is to be e-mailed to Joanne Gorman @ gorm03@yahoo.com or Carol Villneff @ oldrone11@gmail.com by April 28th and there is no charge to enter in the cook-off. The Chili creation must be fully prepared in its' own container that keeps the chili warm and the Chefs must remain with their dish to serve a sample to the card holding judges. The contest will begin at 6:30 pm with judging to take place from 7:00 to 8:00 pm. Judges can enter for \$5.00 per person

to receive their individual judging card and sample. We encourage everyone to dress in Mexican costume to fully participate in this fun-filled evening.

UPCOMING EVENTS:

April 25 - Tuesday Night Darts - Registration 6:45 to 7:15 pm for the last regular dart night. Play @ 7:00 pm

April 28 - Friday Night Supper - Ukrainian Platter

May 1 - General Meeting - Commences @ 7:00 pm sharp

May 5 - Friday Night Supper - Orange Glazed Ham

May 6 - Seis De Mayo Party -

Legion doors open @ 3:00 pm.

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

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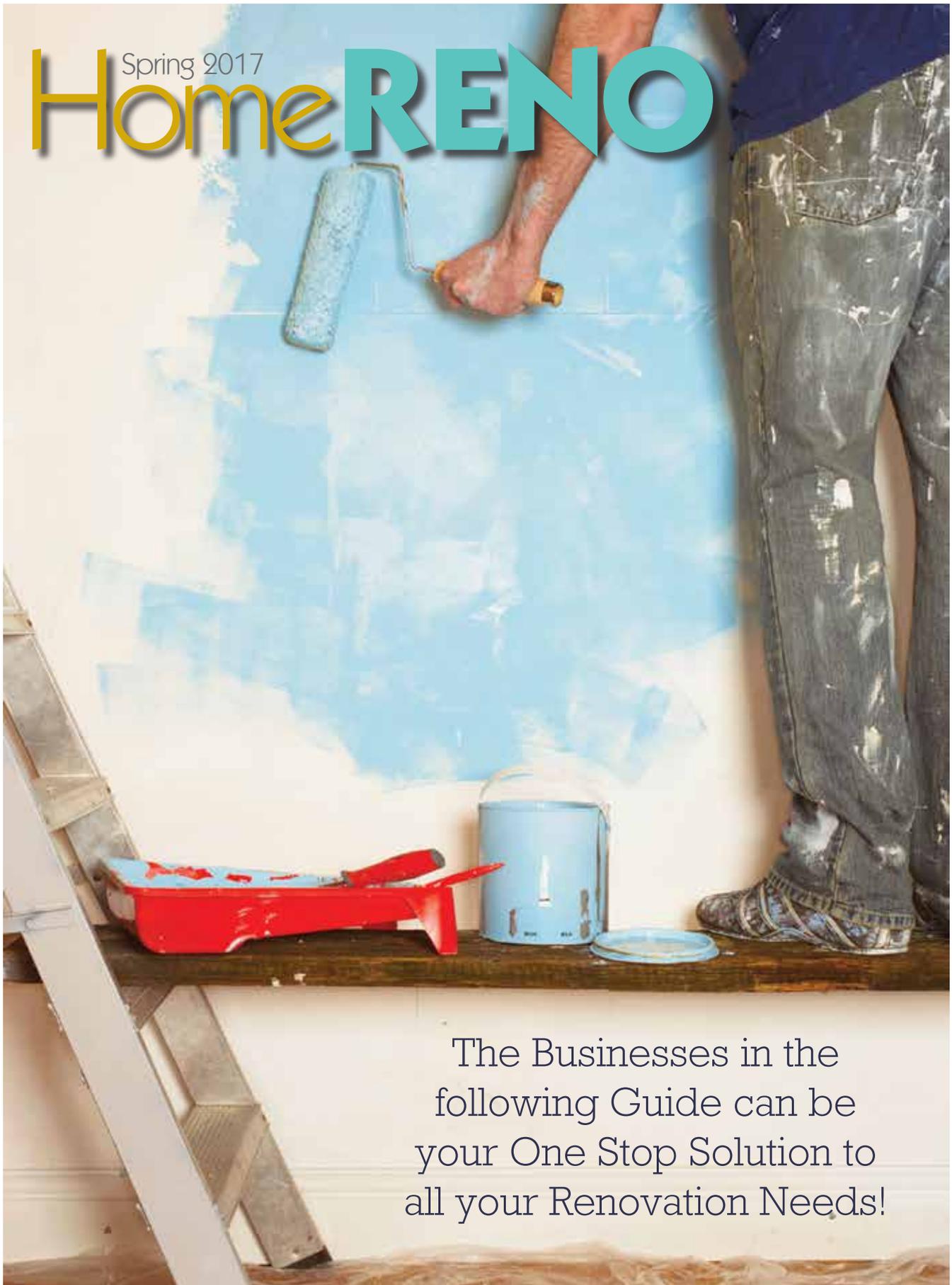
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HOW TO FIX THAT STICKING DOOR

Nearly everyone has experienced a sticking door that just will not close properly. This problem may become more noticeable when temperatures rise and humidity contributes to the swelling of wood doors and

frames. According to The Family Handyman, a home improvement resource, the standard remedy for alleviating a sticking door is to remove the door and pare down the edges that

are rubbing so that the door will once again swing freely. While this can solve the problem, it can be a hassle, as it requires refinishing the pared-down edge and rehung the door. Try these shortcuts first before creating more work than might be necessary.

- Identify the problem area and rub it with a dry bar of soap. This should reduce friction and allow the door to close more easily.
- Remove humidity with a dehumidifier or by running an air conditioning unit.

• Check for loose hinges or sagging around the hinge. Tighten the fasteners to sure up the door and create better alignment.

• Spray the hinges with lubricant if you suspect sticking is originating because of squeaky hinges.

• Look for obstructions at the bottom of the door. Is the door dragging on carpeting or being caught on something on the floor? It may be a matter of simply clearing away the obstruction.



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HOW TO ADDRESS CEILING STAINS

Many stains are instantly noticeable. But while a wine stain on a light-colored carpet or a gravy stain on a white shirt tend to jump out right away, other stains sneak past our radars every day. Ceiling stains are one type of stain that tend to go unnoticed for long periods of time. But ceiling stains can be unsightly, and some are even indicative of a larger problem, so it pays for homeowners to address stains on their ceilings as soon as possible.

· Start with the source. Low kitchen ceilings tend to fall victim to oil stains, which are an unfortunate side effect of cooking. But not all stains can be so easily traced to their origins. Some ceiling stains, such as those in bathrooms, may be a byproduct of mold, while others may be indicative of plumbing problems. Identifying the source of a stain is often the first step toward eradicating it.

· Fix the problem. Once you have identified what's causing the stain, fix the problem as soon as possible. Ceiling stains are often indicative of much larger problems, and the longer those problems are allowed to fester, the bigger they become. Some water stains on ceilings result from cracks or joints that have not been adequately sealed or caulked. Reseal or recaulk any cracks you suspect are leading to ceiling stains. If you have determined a leaky roof is behind your stained ceilings, then have the roof inspected for damage, and prepare yourself to finance a new roof if the inspector determines that's the best solution.

· Cover nearby furniture. If you find ceiling stains above living areas, then be sure to cover the furniture below such ceilings with a tarp. Even if your stain solution will be made primarily of water, you don't want to risk compounding your ceiling stain problem by staining your furniture as well.

· Remove the stains. Different stains require different treatments. A solution made of water and bleach may be effective at remov-

ing ceiling stains, but only apply such solutions on days when you can open the windows and air out your home. Larger stains may require the application of a stain blocker, which may need to be applied with a roller and brush. No matter the stain, you need to leave time for the ceiling to dry before you can move on. Opening the

windows can prevent your home from being overcome by the smell of bleach and also speed up the time it takes the ceiling to dry.

· Cover the ceiling with primer. Once the ceiling has completely dried, you can apply a stain-blocking primer to prevent future stains. Allow the primer ample time to dry.

· Apply a fresh coat of paint. After the primer has dried completely, you can then repaint the ceiling. Some paints may blend in even if you only paint the affected areas of the ceiling, but others will require a complete repainting of the ceiling. The eye test will help you determine how much work you have to do in that regard.

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PAINT YOUR HOME'S EXTERIOR LIKE A PRO

Painting is an inexpensive way to transform just about any space. Many people paint the interiors of their homes, but home exteriors also can undergo dramatic makeovers with

fresh coats of paint. Timing the job right and heeding some tips from professionals and do-it-yourselfers who have tread the painting path before you can make the job go smoothly.

Consider the time of year
 Consider local weather patterns and forecasts when planning an exterior painting project. Choose a time of year when there is little rain and low humidity, such as autumn. Keep in mind that the paint will require a couple of days to dry completely and cure, and that can be difficult in damp weather. Don't hamper the final outcome with poor timing.

Prepare the painting surfaces
 Resist the temptation to start painting straight away. Paint may not adhere to unprepared surfaces, and dirt and other debris may show through and mar the finished product. Repainting a home's exterior will likely involve removing peeling or chip-

ping paint prior to making your first strokes. Wear protective gear when scraping, sanding or brushing old paint, as such tasks can generate dust that can be dangerous to inhale, particularly if the old paint contains lead.

Employ a chlorine bleach solution to kill any mildew and to scrub any dirt from the house. In addition, repair any cracks or imperfections. For example, if you're painting stucco, you may have to fill in any pitting or holes. Use this opportunity to inspect caulking around windows and doors. Recaulk as needed to seal up drafty areas or those that may cause water infiltration prior to painting.

Continued on Page 17

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Paint Your Home's Exterior Like A Pro

Continued From Page 16

Prime and cover stains

It may be a little extra work, but apply a quality primer as the first coat to hide any imperfections, such as wood knots or discoloration from weathering. Primer provides a smooth, even surface upon which to put your paint color. Once you have applied the primer, test your paint color in a small, inconspicuous spot to see how the color looks in the daylight. You do not want to paint the entire home only to find out you dislike the color.

Try these painting techniques

Rent a paint sprayer for large surface areas. The sprayer will

produce a more uniform application and is less time-consuming than painting everything with a brush or roller. Make sure you've chosen a high-quality paint, as the added expense is worth it if the paint lasts longer and coats more evenly. Also, if you have purchased multiple cans of paint, mix them all in one large bucket to ensure the same color; otherwise, the colors may not match perfectly.

The experts at HGTV recommend working your way from top to bottom in a smooth, controlled manner, overlapping each stroke by eight inches. Trim and hard-to-reach areas should be left for brush work so you can maintain control over your tools.

If you are painting areas like

steps or staircases, consider adding a little fine-grain sand to the paint to improve traction, as paint can be slippery when wet.

If painting your home's exterior is beyond your capabil-

ities, hire a professional. He or she will get the work done in a timely manner, and you can rest assured that the job will be done correctly.

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HOW TO RECOGNIZE WATER DAMAGE IN A HOME

Homes are potentially susceptible to a host of problems. While unforeseen problems can prove costly, homeowners who keep attentive eyes on their homes can oftentimes discover small problems before they escalate.

Water damage is a potentially costly problem that can afflict

any home. Old homes tend to be most susceptible to water damage, and that damage can manifest itself in various ways. The following are some telltale signs of water damage that should give prospective home buyers pause and compel current homeowners to seek professional assistance as soon as possible.

Stains

Many prospective home buyers have been disappointed by the sight of water stains during an open house or home inspection. Water stains tend to be on ceilings and/or walls. Stains on ceilings tend to be round, while wall stains are straight lines down the wall that may or may

not have forced paint to peel. Water stains are not necessarily indicative of a major problem, but homeowners should have the stains examined by a professional while potential buyers should direct their home inspector's attention to the stains.

Deteriorating wood

Wood around windows or doors that is deteriorating may indicate water problems. The wood might be deteriorating because water is infiltrating the wood during storms. Baseboards and molding that is dilapidated or beginning to deteriorate may also indicate water damage.

Buckled drywall or wood

Drywall or wood that is buckled or beginning to buckle is another potential indicator of water damage. Drywall buckles when it gets wet, and that is often a sign that there is a leak behind the drywall. Severely buckled drywall will feel as if it has ridges. Wood also buckles when it is exposed to excess moisture, and this can usually be felt when walking on the wood barefoot or in socks.

Odor

Sometimes water damage is best detected by the smell test. Homeowners who notice the smell of mold or mildew in rooms that previously never emanated such odors might have homes that are in the early stages of water problems. The water damage might be behind the walls, where mold is beginning to form thanks to water damage. Older homes tend to be musty, but call in a professional if you notice that mustiness is more pungent than usual.

Water damage is a potentially costly problem, especially if it goes unnoticed for months or even years. Homeowners and prospective home buyers should be on the lookout for signs of water damage before problems escalate and require expensive repairs.

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(MS) - Now is the time to take a few precautionary steps toward the utmost security of your home and family in the event of extreme weather occurrences, say officials observing climate change. You may be doing so already, but recent survey findings show that most Americans are worried about the ability to cope with damage caused by severe wind, fire, and flooding. Safety is the main preoccupation, but so are the costs associated with destruction and loss.

"One answer that solves many issues is to opt for the strongest impact-resilient house available," says Keven Rector at Nudura, a leading name in building with insulated concrete forms. "This ICF method is an advanced departure from traditional wood framing - and our design is recognized to be even more efficient. At the construction site, these compact concrete forms interlock (like Lego) to build a rock solid envelope from 4 to 12 inches thick."

And, says Rector, this construction innovation gives homeowners far more for their investment, such as:

Walls to weather any storm - If high winds and fire are a concern, data shows that an ICF home delivers hurricane and tornado impact-resistance up to 250 miles per hour - and the fire protection rating is up to four hours.

Energy bills with a smile - Concrete walls vastly reduce air infiltration as compared to wood walls, and that is the key to lower energy consumption. This saving is even more pronounced, says Rector, if builders use the most advanced ICFs available. The Nudura design, for instance, combines two panels of thick (EPS) foam with the structural strength and thermal mass of concrete. The resulting envelope produces an energy efficiency rating as high as R-50 (compared to an average R-20 in wood structures) saving you

up to 50 percent on your utility bills.

Temperature consistency - The outside cold air easily travels through wood-framed walls, causing thermal bridging that produces drafts and chilly spots inside your home. Walls with a solid concrete core prevent thermal bridging so even tem-

peratures result throughout the house.

Better, breathable air - Mold, mildew, and toxins associated with wood structures are also diminished.

Shut out the noise - Solid concrete is an effective sound barrier. It dampens sound vibrations from outside noise such as

traffic, trains and neighborhood parties. This internal peace and quiet is a welcomed bonus.

Rock solid asset - It is generally expected that a stronger, safer, storm resistant, greener home - and one that is cost efficient with less maintenance and repair - will steadily increase in resale value.



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HOW TO MAKE SURE YOUR NEW HOME IS BUILT FASTER

If you're in the market for a newly built home, you probably have a long list of requirements for your builder. Everyone's list is different, but one common element is that your new home needs to be ready quickly, or at the very least, on time. Yet we've all heard the horror stories of construction delays and families having to move out of their old homes before their new ones are ready. Fortunately, there's a way you can help ensure your home is built faster - ask your builder to use insulated concrete forms.

"A huge step forward is to replace the traditional wood framing of your house with what we call ICFs - insulated concrete forms," says Keven Rector at Nudura, a leading name in this technology. "ICF construction assures the adherence to American

building codes, it takes up less shipping space, requires less manpower at the site, and the assembly is faster than wood framing. Time-strapped builders and eager homeowners benefit equally from this efficiency."

The compact ICFs are delivered to the construction site, where each form interlocks with the next to quickly assemble one strong monolithic wall.

ICFs also do more than get you into your new home quicker - they maximize energy efficiency, reduce drafts and cold spots, form an effective barrier to unwanted outside noise, and make your home less prone to mold. In addition, homes built with insulated concrete wall systems are more environmentally friendly and disaster-resilient.

"Our advanced design combines

two panels of thick (EPS) foam with the structural strength and thermal mass of concrete," Rector explains. "The resulting envelope immediately gives your house hurricane wind-resistance up to 250 miles per hour. Concrete walls also deliver an energy efficiency rating as high as R-50 (compared to an average R-20 in wood structures), saving you up to 70 percent on utility bills. With the concrete option, countless trees remain untouched and with lowered energy consumption and less tapping of natural resources every day, imagine how much your house will contribute to recapturing a sustainable environment over the years."

If you want your builder to use ICFs, be sure to discuss it early in the plans. Find more information online at nudura.com.



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EMPLOY SIMPLE FIRE PREVENTION MEASURES TO MAXIMIZE SAFETY

Did you know that, according to the National Fire Protection Association, most people have a false sense of security regarding house fires, believing that they would have approximately six minutes to evacuate their home in the event of a fire?

In reality, smoke and fire spread rapidly and can overcome occupants in less than three minutes.

When a fire occurs, there's no question that time is critical. The good news is there are several important steps you can take to maximize your escape time. With the following measures in place, you'll create critical protection for what matters most; your home and family.

1. Install smoke alarms. You should have one in every bed-

room, outside each separate sleeping area, and on every level of the home, including the basement. For the best protection, make sure all smoke alarms are interconnected. When one sounds, they all sound.

2. Inspect and clean smoke alarms monthly. Replace batteries in spring and fall. To clean the alarm, open the cover and gently vacuum the interior.

3. Prepare and practice a fire escape plan. Draw a floor plan of your home, marking two ways out of every room - especially sleeping areas. Discuss the escape routes with every member of your household, and agree on a meeting place outside your home in case of emergency. Practice your escape plan at least twice a year.

4. Select building materials that

provide passive fire protection. Passive fire protection is part of the core of the building and helps control fire by limiting its spread. One very effective form of passive fire protection is the installation of insulation. When adding or upgrading insulation, look for products made from naturally fire-resistant, inorganic materials. A favorite among builders, contractors and homeowners is a stone wool insulation called Roxul Safe 'n' Sound, which offers fire resistance up to 2,150°F. Its melting point is higher than the temperature of a typical house fire, which means it will stay in place longer to provide passive fire protection when every second counts, allowing more time for safe evacuation and for first responders to arrive.



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GUIDE TO REPLACING HOME SIDING

Few home improvements can transform a home more than the installation of new siding. Replacing siding can be a costly venture, but the right siding will maintain its appeal for years to come.

Updated siding can improve home's energy value by enabling owners to save on heating and cooling costs. A new design and color also can improve a home's property value and set it apart from neighboring properties. According to the Professional Builder's Home Exteriors Survey, exterior design and materials used are a top priority for new home buyers.

Project costs depend on the size of the home as well as which siding material homeowners choose. Considering new siding is a major renovation, it pays to get the job done right.

Choose a qualified contractor

It is important for consumers to do their research when it comes to siding materials and contractors. A contractor who takes shortcuts or improperly installs the siding may void a manufacturer's warranty. Always ask family members and friends for recommendations before choosing a contractor, and check out each prospective contractor's work for yourself. Interview more than one contractor and compare both their costs and what they offer. Ask plenty of questions of the contractors, and avoid those who try hard-sell methods. Questionable contractors may try strategies like a promise of a considerable discount if you "act now" or scare tactics that your home is unsafe in its present condition.

Be sure the contractor carries general liability insurance as well as workers' compensation insur-

ance for their subcontractors. Ask for a license number as well and verify its accuracy.

Select a durable material

Siding comes in all types of materials - from wood to plastic to fiber cement - but vinyl is among the most popular due to cost and availability. Research how well particular brands of siding stand up to conditions and which are the least likely to crack, warp or discolor. Find this information from online reviews or through consumer advocacy groups. Also remember, vinyl and other synthetic materials have improved and can now mimic the look of many other materials for a fraction of the cost.

Calculate how much you need

Before you price out siding with contractors, estimate how much you will need for your house. Consumer Reports suggests multiply-

ing the height times the width of each rectangular section of your house in feet, going by what you can measure from the ground, to determine their areas. Multiply the approximate height and width of gables and other triangular surfaces and divide each total by two. Then add all the totals. To allow for waste, don't subtract for doors, windows or other areas that won't be covered. Finally, divide the total square footage by 100 to estimate how many squares of siding you will need. A square represents 100 square feet. Knowing how much you need can save you money.

Vinyl siding can completely transform the look of a home and make it more energy efficient. Consumers who do their homework will get the best value for their investments.

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STEPS TO TAKE BEFORE AN APPRAISER'S VISIT

Homeowners unfamiliar with the appraisal process might not know if there is anything they can do to make the process go more smoothly. While certain variables involved in the appraisal process, such as location of the home and the value of surrounding homes, are beyond homeowners' control, the Appraisal Institute recommends homeowners take the following steps before an appraiser visits their home.

- Clean the house. A dirty home that is full of clutter will not make the best impression on appraisers. Dirty homes may be vulnerable to insect infestations that can lead to structural problems with the home. While a dirty home is not necessarily an indicator of infestations or a reflection of a home's value, a clean home will create a stronger first impression with the appraiser.

- Make any necessary repairs ahead of the appointment. Homeowners who have been putting off repairs should make them before the appraiser arrives. Homes with repairs that still need to be made will likely be valued less than similar homes with no such repair issues. Though repairs can be costly, investing in home repairs will likely increase both the appraisal and resale value of the home.

- Obtain all necessary documents before the appraiser arrives. Homeowners who have certain documentation at the ready can speed up the appraisal process. Such documentation may include a survey of the house and property; a deed or title report; a recent tax bill; if applicable, a list of items to be sold with the house; purchase history of the home; and the original plans and specifications of the

home.

- Inform the appraiser about recent improvements. Homeowners can inform appraisers about any recent improvements to the home and the cost of those improvements. The value of home

improvements with regard to a home's appraisal value vary depending on a host of variables, but having such information at the ready can help appraisers make the most informed appraisal possible.

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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.

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Hall Rentals

Alberta Beach Agplex, Susan 780-996-2960.

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

Bright Bank Hall, 780-968-6813

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.

Onoway Community Hall, 967-4749.

Onoway Legion, 967-4980

Onoway Museum Gym classroom, 967-5263 or 967-1015

Park Court Community Hall, 727-4476

Parkland Village 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, 785-2924 or 785-3118

Stettin Nakumun Comm. Hall, 967-9198

Events

Shop Spokane, May 20-23. \$460 per person Dbl. Pick up Edmonton, Leduc, Red Deer & Calgary. Info Donna 780-475-4683 or email: shoppers@hotmail.com

Moving Sale

After Moving Sale: May 19th 2pm-7pm, May 20th 10am-7pm, May 21 10am-7pm & May 22 10am-2pm. 5004 - 50th Avenue (behind Evansburg Post Office). Free Coffee! Antiques, like oak love seat, 10 ft church pew, 6ft baker trolley, large assortment of dishes, also specialty vendors & 180 amp welder. 780-727-4370, The Websters

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Employment Opportunities

Alberta Beach Golf Resort is looking to hire a Park Attendant for the 2017 Season. This position entails cutting grass, cleaning washrooms, trimming trees and over all maintenance of the RV Park. Please contact Alberta Beach Golf Resort at 780 924-2421 and ask for Nancy

Services

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

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

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

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Stump Grinding for Hire - Alberta Beach & Surrounding Areas. Call 780-779-3589

JUNK BE GONE. Unwanted items, Garbage, Brush, Buildings demolished, Farm site clean-up, Hauled to the Dump. REASONABLE RATES - PROMPT AND FRIENDLY SERVICE. 780-803-4709 Alex

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

FREE COMPUTER CHECKUP - Repairs not over \$50, Screen repairs. Get GOOD LAPTOP or DESKTOP for ONLY \$50, \$100 or \$150 with Games, Music, Pictures. Free repairs for single parents. 780-892-4993.

Livestock

RED POLL BULLS, reg. Yearlings; 2 yr olds; easy calving; naturally polled calves. 780-892-3447



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Firewood

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

Vehicles

1994 Chrysler New Yorker. Clean, well maintained, garaged, very good tires, running and good shape, 300K, silver, All powers,

A/C, etc. Registered, \$2800 OVO. Call 780-892-4993

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, \$100. Near Gunn, Call 780-967-2779

Wanted

WANTED: Small used good running car in good shape and clean. Reasonable Price, Call 780-892-4993

WANTED: Private Auto Body Person to paint antique auto, very limited body work. Call 780-916-9557

Older Motor Home or Travel Trailer, not over \$5000. 780-892-2110, Darwell Senior Residence

For Sale

200 Re-bar 3/4" 20 Ft lengths, \$20/ per length, Min Qty. 20, NO RUST, OSB 3/4" 15/sheet. DAN 780-999-0915. Also, 20Ft/40Ft Container, Tel: 780-604-2276.

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

For Rent

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

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

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

Land For Sale

4 Acres near Drayton Valley. 10 mins West on Hwy 620. Perimeter fenced, cleared, seeded to grass. Great building sites. \$65,000 780-542-5782

Church Directory

Rich Valley Community Church Sunday School 10:00 a.m. Worship Service 11:00 a.m.	Catholic Parish of Lac Ste. Anne Sunday 10:00 a.m.	St. John's Anglican Church <i>Onaway</i> Sunday Service 10:00 a.m. <i>Everyone Welcome</i>	Mayerthorpe Baptist Church Worship Service Sunday 10:30 a.m. Children's Church 10:30 a.m. 4606-54 St. Mayerthorpe (780) 786-2677	St. John's Lutheran Church <i>Alberta Beach</i> Sunday Service 11:00 a.m. Sunday School
Zion United Church Sunday Service 10:00 a.m. Sunday School Serving Alberta Beach, Wabamun, Durood & Lake Isle, Onaway & Arco (780) 924-3351	St. Joseph's Catholic Church Sunday Mass 11:30 a.m. Wabamun, AB	Sangudo St Mary the Virgin Anglican Church Sunday Services: 2nd & 4th Sunday Holy Communion 11:00 a.m.	Our Lady of Lourdes Sunday Services: Saturday's 7:00 a.m. Lac La Nonne, AB 780-967-5261	Sangudo United Church Sunday Services 1 st and 3 rd Sun. of each month Lunch to follow. Feed the Body & Soul. Worship Service 11:00 a.m.
Trinity Lutheran Church (LC-C) <i>The Church of the Lutheran Home - Rockfort Bridge</i> Pastor Dan Hansard Church (780) 778-2633 Sunday Worship 9:00 a.m. Jesus's Service & Cottage Bible Study - Please for location	Mayerthorpe Pentecostal Assembly P.A.O.C. Rev. Arnold Lotholz Sunday 10:30 a.m. Morning Service Tuesday 7:30 p.m. Ministry Training (780) 786-2424	St. Michael Lutheran Church Sunday Services 1 st & 3 rd Sunday at 2:30 p.m. Rev. Horst Gutache (780) 674-3944 Mystery Lake	Onway Baptist Church Sunday Service 10:00 a.m. Youth Group Friday 7:00 p.m. (780) 967-2266	Mayerthorpe United Church Mayerthorpe: Rev. Alwin Maben Sunday Worship 9:30 a.m. to be held at the Peter Trynky Community Center at Pleasant View Lodge Until Further Notice. PH: (780) 786-2134
Alberta Beach Alliance Church Sunday Worship Service & Kid's Church 11:00 a.m. Sunday School 10:00 a.m. (780) 924-3282	Cherhill Community Church Sunday School 10:00 a.m. - 11:00 a.m. Worship Service Sunday 11:00 a.m.	Roman Catholic Church St. Agnes Parish, Mayerthorpe Sunday 9:00 a.m. St. Elizabeth Parish, Evansburg Saturday 7:00 p.m. (780) 786-2032	Calahoo Alliance Church Family Worship Service Sunday 10:00 a.m. For Info Call Jerry (780) 974-7734	Rock Victory Church Worship Celebration Sunday Worship w/ Children's Ministry 10:00 a.m. Wednesday Prayer & Bible Study 6:00 p.m.

COMMUNITY EVENTS 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
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 26 - RICH VALLEY HISTORICAL SOCIETY ANNUAL GENERAL MEETING at Little Baptist Church, 7pm. Contact Jocelyn 967-4254.

MAY 13 - MARKET at Rich Valley Community Hall, 10am-3pm. Tables: \$10, All Vendors Welcome! Toonie Breakfast 9-10:30am, Hamburger & Hotdogs 11-12:30pm. 780-967-5710.

MAY 27 - COMMUNITY GARAGE SALE at Sangudo Community Hall, 10am to 3pm. To book a table for \$10, call Donna @ 780-204-1652. Alternatively, sellable items can be donated for the Community Hall table.

FARMERS MARKETS

ALBERTA BEACH: Open Every Sunday, May - Oct, 12-3pm. Contact Jeanne 780-690-6392

BARRHEAD: Open Saturdays, May - Dec. 10am-1pm. Sherry 780-674-6802

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

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

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

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

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

BINGO

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

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

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 May 3, 17 & 31, June 14 & 28.

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

MEAT DRAWS

Alberta Beach Museum: Every Sat 4pm, Alberta Beach Hotel

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

Barrhead & District Lion's Club: Every 2nd & 4th Friday 5:30pm at Barrhead Neighbourhood Inn. Info 780-674-7242.

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.

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.

JAMBOREES

CALMAR: Wilton Park Community Hall, Every 4th Sat of Every Month. Starts at 7:30pm. Phone 780-985-2478 or 780-985-3200.

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

or 325-2391

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

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

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

THE ABBOTTSFIELD 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.

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: 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

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

YOUR COMMUNITY

SEA CADETS: 299 Mackenzie, Stony Plain Comm Centre, 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.

SOCIAL EVENTS

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

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

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

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

COUNTRY QUILTERS in Stony Plain house a "Sew in Tuesday", 2nd Tuesday of every month, from 10-3pm. Drop in \$5/member, 56/non-members. Bring your own projects to work on, coffee will be supplied, cutting mats, rulers & irons supplied. Contact Cindy 780-963-7170.

JR. SCRAPBOOKING Wed 4-6pm. Kids ages 10+ are invited to come & complete a project. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404

LAC STE ANNE COMMUNITY CHOIR, Accepting new members for all voice ranges. Men & women 18 yrs & over. Weekly practice Wednesdays at Alberta Beach Heritage Center from 7-9pm. For

info call Eunice @ 780-618-7865.

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

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

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

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

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

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

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

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

SPIRITUAL LIVING STONY PLAIN GATHERING at PERC Building (5413-51 St. Stony Plain). Every 2nd & 4th Sunday of the month. Meditation at 10am, inspirational sharing at 10:30am, Children's activities. Contact 780-940-3032

SQUARE DANCE LESSONS: Thursdays 7-9pm. Starts Sept 29th to Dec 15th, 2016. Broxton Park School, Spruce Grove. 10 Weeks - \$80/adult. 780-999-9482 or i.squardance2016@gmail.com

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

VOLUNTEER TUTOR ADULT LITERACY PROGRAM (VTALP): Need assistance with reading/writing, English language (ESL) or Basic Computer skills? We offer free one-on-one tutoring! Info: Carla Burkell, 780-554-2940, email: literacy@lsac.ca

MEETINGS

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

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 2nd Tues of the month. Info from Donna 780-962-5933

ALBERTA BEACH & DIST LIONS CLUB meets every 4th Tues 7pm, Alberta Beach Agliplex.

ALBERTA BEACH AG SOCIETY meets on the 4th Thurs. of month, 7pm, Agliplex

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

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

BARRHEAD ROYAL CANADIAN LEGION, general

meeting every 2nd Thurs, 7pm at the Legion Hall. **CHERRILL COMMUNITY ASSOC.** Monthly Meeting 1st Wednesday, 8pm at the Hall. 785-2825 *Except Jan, July, Aug, Sept.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SUDOKU OF THE WEEK

Fun By The Numbers

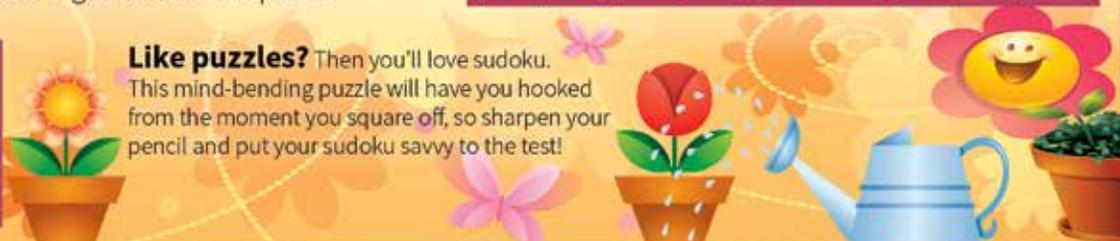
Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear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

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

ANSWER:

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

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



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