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October 17, 2017

WEBS OF SUPPORT AT OJSH AND OES



Submitted by Wanda Pederson | Onoway Junior Senior High School

On the evening of October 5, the wider Onoway community was invited to Onoway Junior Senior High School for a special presentation: “Connecting Students to a Brighter Future” with speaker Derek Peterson, an expert in the field of youth development.

The organizing of the presentation was a joint effort by OJSH and Onoway Elementary

School. Derek Peterson gave an inspiring presentation to community members, organizations, businesses and parents outlining a method of giving youth the skills, attitudes, values and beliefs they need to thrive.



Continued on Page 6

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MAYERTHORPE HOSPITAL AUXILIARY ASSOCIATION

Submitted by Sandra Haggman | Mayerthorpe Hospital Auxiliary Association

We are often thought to be the Auxiliary Hospital. We are a separate association that raises money to purchase items for the Mayerthorpe Healthcare Centre, which includes the Auxiliary Hospital. We purchase items that the Alberta Health Services does not provide. Our membership is open to all, and we do not charge a membership fee. We meet the 4th Monday in the basement of

the hospital at 5 pm.

In the past we have purchased all the televisions for the patient rooms, as well as the lobby and sitting rooms. We provided all the furnishings for the Palliative Care Room, and have bought special feeding tables for the Auxiliary Residents. With grant money that we were able to raise, we have built a quiet room and furnished it as well. We have provided the furniture in the sitting rooms, as well as reading materials, special chairs, beds, lab equipment, emergency room

equipment, new dinnerware for the patients, clocks for patient rooms, video equipment, shuffle board, outside chairs and tables.

We have purchased a blanket warmer for the Auxiliary Residents, and each Christmas all the Residents receive a card and a small gift from the Auxiliary. The list goes on, for what we have purchased for the auxiliary residents as well as the active treatment side.

Continued on Page 2

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Mayerthorpe Hospital Auxiliary Association

Continued From Page 1

Each week, 2 dedicated volunteers, push the tuck cart through the healthcare centre. The tuck cart is stocked with chocolate bars, chips and other goodies. It also has personal hygiene items that can be bought.

The tuck cart, as well as the cabinet in the lobby, has lap

robes as well as afghans for sale. These items are made and donated by special talented people who support our endeavors.

We are grateful for all donations that we receive. A tax deductible receipt is issued as we are a registered society with the government. You can also direct where you wish your donation to go towards, examples- Van

Fund, Recreation, Palliative Care Room. We recently received a huge donation by an association that was winding down. Their generous donation enabled Mayerthorpe Healthcare Centre to have a state-of-the-art ECG Machine. All memorial donations are acknowledged by a card being sent to the family. Any donation can be left at the Hospital or sent to: Mayerthorpe Hospital Auxiliary Association - Box 582 Mayerthorpe, AB. T0E 1N0.

We have bake sales to raise money and apply for grants. The Pembina West Co-op till tape program has been an excellent source of income for us. Save your till tapes for us, we hand them in beginning of June and December each year.

If you would like to help in any way or are interested in joining our group call Lil at 780 786-2105.



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RCMP BEATS

Submitted by Stony Plain/ Spruce Grove RCMP

Occurrences for the week of 2 October to 8 October, 2017.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 666

Total Calls for Service for the Victim Service Unit: 32

Individuals Charged: 25

Person Crimes: 44

Property Crimes: 83

Impaired Driving Complaints reported: 14

Impaired Driving Charges Laid: 4

Roadside Suspensions: 2

Motor Vehicle Collisions Attended: 40

Property Crimes:

Spruce Grove

1. October 2 – Area of Spruce Ridge Road – Theft from Vehicle, tools stolen

2. October 3 – Area of Dillworth Crescent – Theft of Vehicle, 2009

white Chevrolet Tahoe

3. October 4 – Area of 5 Avenue – Theft from Vehicle, purse stolen

4. October 6 – Area of Spruce Ridge Road – Theft from Vehicle, purse stolen

5. October 8 – Area of Brookwood Drive – Theft of Vehicle, 2009 2007 white Ford F350

Stony Plain

6. October 2 – Area of Meridian Close – Theft of Vehicle, 1991 white Suzuki Sidekick

Rural

7. October 7 – Area of Township

Road 531A and Range Road 262 – Theft from Vehicle, stereo stolen

8. October 7 – Area of Township Road 524A and Range Road 30 – Theft of Vehicle, 2005 grey Ford F150

9. October 8 – Area of 55 Avenue and 50 Street, Wabamun – Theft of Vehicle, 1992 silver Honda Prelude

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. As the weather cools, never leave and unlocked vehicle running – thieves are al-

ways looking for an easy ride.

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)

TIME FOR BONNIE

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

Please note that the Time for Bonnie garage sale that was originally scheduled for Saturday, October 21 will now be held on SUNDAY, October 22. The event will be held at the Gunn Hall and will run from 10:00 am to 4:00 pm.

Bonnie Corbett, a 36 year old wife and mother of three girls, was given the devastating news this past summer that the breast cancer we all thought she had beaten had come back and had spread to her lungs. Sadly, Bonnie passed away on October 11.

We are proceeding with the garage sale – all proceeds from the sale, concession, and financial donations given at the door will go to the Corbett family to help with expenses incurred from Bonnie's out of country treatment and funeral costs.

Please plan to attend and show your support to the family. Bonnie was a great community supporter and now is our time to show support to her and her family. For more information or to donate garage sale items or cash, please call Reanne at 780-967-4674.

Influenza is serious.
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Alberta's Influenza Immunization Program starts October 23rd.

Influenza immunization will be offered, free of charge, to all Albertans six months of age and older.

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WORKING WELL WORKSHOP COMING TO SANGUDO

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

Did you know a poorly maintained water well can put your water supply at risk? As a landowner, you're responsible for looking after the water wells on your property. If you are one of the 450,000 Albertans who use their water well for household purposes, the key to ensuring your water is safe and secure is understanding how groundwater works, learning about your well and knowing how to properly maintain it.

Proper water well siting, construction, maintenance and plugging will help protect your well from biofouling and contamination, save you costly repairs, and ensure your well water yields are sustained over many years.

Learn what you can do to pro-

tect your well at a free water well management workshop hosted by Lac Ste. Anne County and presented by the Working Well Program, with technical expertise from Alberta Agriculture and Forestry, Alberta Environment and Parks, Alberta Health Services, and licensed water well drillers on Wednesday, October 25 in Sangudo. This hands-on, informative workshop is designed to help well owners better understand and manage their precious water supply.

Sign up for our free water well management workshop today. Registration is required to access participants' water well drilling reports to be used at the workshop. Pre-register by Oct. 17. Contact Lac Ste. Anne County at 1-866-880-5722 or email Lorraine Taylor, Conservation Coordinator, at LTaylor@LSAC.ca For more information visit www.LSAC.ca

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Webs of Support at OJSH and OES



Continued From Page 1

This is done through “webs of support”: people impact young people’s lives for the better and who thus act as anchors for them. Anchors can be school staff, coaches, pastors, mentors, family members and member of our community. To succeed, every child ideally needs five anchors – those anchors provide a web of support for the young person.

The following day was a PD Day for the schools. Both OJSH and OES came together once more to spend an entire day with Derek Peterson. Because the presentation was a whole day, staff from both schools were able to delve deeper into the concept of “webs of support”, ask questions, get clarification and participate in hands-on activities representing Mr. Peterson’s concepts.

The day was long and intense but every participant left feeling positive and energized by the presentation.

These two presentations are not the end of the story. Derek Peterson will be back in the spring, bringing his unique and exciting concepts of helping our youth succeed. In the meantime, both school are continuing to work on the concepts that Mr. Peterson presented and those concepts will be at the forefront of how staff interact with students and the wider community.

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WOODLOT MANAGEMENT WORKSHOP COMING TO GLENEVIS



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

Glenevis, Alberta. 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 October 21st, Lac Ste. Anne

County is hosting a workshop and tour. Presenting the workshop is Noel St Jean, Executive Director for the Agroforestry & Woodlot Extension Society (AWES). The topic is Woodlot Management and the audience is any landowner, large or small.

St Jean 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, St Jean has extensive experience with management and restoration of forested lands and has worked with producers interested in ALUS conservation projects. This year AWES planted over 50,000 trees and shrubs across 20 sites within 11 counties. These plantings included riparian buffers, shelterbelts, woodlot enhancements, Eco-Buffers, and land conversion projects going back to forested lands. Funding for this workshop provided by the Alberta Conservation Association.

Running from 9:30am to 2:30pm, the day starts with a discussion on options for forested lands (woodlots) plus steps for starting a woodlot management plan and finishes with an afternoon tour of a woodlot near Glenevis. The \$10.00 registration fee includes lunch. Please pre-register by October 18. Call Lac Ste. Anne County at 1-866-880-5722 or contact Lorraine Taylor, Conservation Coordinator, at LTaylor@LSAC.ca.

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HEALTHY HALLOWEEN

Submitted by Alberta Health Services

Halloween is a time that children get excited about dressing up as their favourite character and stocking up on candy. Read on for tips to make your Halloween festivities healthier for your family and others.

- For your family:
- Work out a plan with your children and discuss how to enjoy their candy

and to decide what they can do with the extra. Use your best judgment based on their personality and eating habits.

- Limit the amount of candy your children collect by limiting the number of houses they visit, or the amount of time they spend Trick-or-Treating.
- Always keep safety in mind. Keep only items that are unopened and in their original wrapping.
- Trade candy for non-food items like bouncy balls, pencils or tattoos.

• Know how much candy was collected and store it out of sight. Having candy visible makes it more likely that you or your children will eat it.

- Use Halloween candy for craft projects.
- For others:
- Hand out stickers, temporary tattoos, bubbles or Halloween themed pencils.
 - Offer healthier food options like small bags of flavoured rice cakes or pretzels, boxes of lower sugar cereal,

pre-packaged cheese sticks, higher fibre granola bars, or bottles of water.

- Avoid bringing leftover candy to school.

You and your family can enjoy a healthy Halloween! Continue healthy eating and active living habits during the Halloween season.

For more ideas on healthy eating please visit: healthyeatingstartshere.ca.

60,000 STUDENTS WILL VOICE THEIR POLITICAL OPINIONS IN FIRST-EVER STUDENT VOTE PROGRAM FOR ALBERTA LOCAL ELECTIONS

Submitted by Dan Allan, Director of Content | CIVIX Canada

Even though they are under the voting age, more than 60,000 elementary and high school students from throughout Alberta will have an opportunity to consider the future direction of their community and vote for candidates running for municipal council and school board trustee.

The Student Vote program is a hands-on learning program that enables teachers to bring democracy alive in the classroom, and empowers

students to experience the voting process firsthand and practice the habits of active and engaged citizenship.

Participating schools are supplied with free learning materials and election supplies to help them engage in the campaign and organize a parallel vote.

Students learn about local government and democracy, and research the issues and candidates through classroom activities, family discussion and campaign events. In the culminating activity, students take on the roles of election officials and coordinate the election process for their peers. On Student Vote Day, students cast ballots

for the candidates running for mayor/reeve, councillor and school board trustee. The results are tabulated and released publicly following the closing of the official polls.

A total of 934 schools have registered to participate in the Student Vote program for the 2017 local elections, representing 158 Alberta municipalities. This is the first Student Vote program to be held for municipal and school board elections in Alberta.

With support from the Government of Alberta, Edmonton Community Foundation, Alberta Teachers' Association, Galvin Family Trust, Elections Alberta and the Government of Can-

ada, the Student Vote program was offered free to schools.

"CIVIX is striving towards the expansion of Student Vote to more jurisdictional levels across Canada, so that students have an opportunity to cast a ballot every time there is an election," said Taylor Gunn, President and Chief Election Officer of CIVIX. "We are delighted to be offering our first local elections program to Alberta schools and we would like to thank our partners for making this project possible."

The Student Vote election results will be released at the close of polls on Monday, October 16 (8:00 p.m. MT).

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:

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

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

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!



GREETINGS FROM THE ONOWAY LEGION

Submitted by Lorinda McCool | Onoway Royal Canadian Legion

Monday October 16, 2017

Membership cards have arrived and Chairperson Cheryl Sadler has been very busy with current and new members paying for their memberships and obtaining their earlybird cards at \$45.00 each. The Legion is open Tuesday evenings, Wednesday evenings (except the fourth Wednesday of each month), Friday afternoons/evenings and some Saturdays. The contact phone numbers are listed below.

Tyschuk Construction Ltd. will be sponsoring the October 20th Christmas in October fundraiser for the Lac Ste. East Foodbank. This Roast Beef Supper presented by Bob Clark and his Crew is very popular and plate reservations are strongly recommended as this meal is limited to 100 plates. All money raised at the fundraiser will go the Foodbank and everyone is asked to be generous with their donations to help those in need. Non-perishable food donations can be brought to the Legion or, if you don't feel like shopping, cash donations are also welcome.

Several new applicants were accepted at the October 2nd General Meeting. We would like to welcome Don Fehr, Yolanda Phillips, Michelle Leblanc, Jeffrey Mickle, Russell Purdy, Harold Dalheim and Remington Heinz. Other news included the resignation of President Scott Sadler as he was elected to the position of Chairman for Alberta/Northwest Territories Command. Congratulations and best of luck in your new job.

The Larry Miller Memorial Dart Tournament held on October 7th was well attended with nine teams representing Onoway, Gunn, Spruce Grove, St. Albert and Edmonton. Congratulations to Rick Potter, Zoey Potter, Matt Hoefels and Lindsey Hoefels for winning first place, Cam's team from St. Albert placed second and Warren's team from Spruce Grove placed third. Thanks to Jay Krause, Broley Huxley and Charlotte Gorman for the tasty breakfast sandwiches, beef dips, lasagna and fries/poutine available for the hungry participants and visitors. Liane Wenckowski made sure everyone enjoyed their favorite refreshments and Scott Sadler organized and ran the tournament. It was a great day of darts at the first tournament of the season and everyone enjoyed the competition and comradeship. Tuesday Night fun darts participation is climbing and 32 players competed on October 10th. You do not need to be a member to play and everyone at any skill level is welcome to join us.

Submitted by the Onoway Legion Social Committee: "It's a "TRI-FECTA" – Supper, Silent Auction and Horse Racing! Join us at the Onoway Legion Friday October 27th for a fun-filled evening. To tempt your palate we will be serving Cabbage Rolls in a succulent tomato sauce, loaded homemade Perogies with sautéed onions and sour cream accompanied by Mundare Sausage and Garlic Sausage. Be sure to help yourself to Buns 'n Butter, fresh salads and a tantalizing dessert. This meal is sponsored by Mike Beck, owner/operator of Barrier Insulation. Prior to supper browse our "Silent Auction" where you will find and abundance of items to bid on.

After dining check your bids so you don't lose out on that special item you have your eye on. End of bidding will be announced. Don't run away with your newly purchased treasures because there's more fun to be had. It's Post Time, the horses are at the gate. Come and place your bets then cheer on your horses for an enjoyable evening at the Onoway Legion Racetrack with friends and family."

UPCOMING EVENTS:

October 17 – Tuesday Night Drop-in fun Darts and Playdowns for Legion Mixed Darts – Registration from 6:45 to 7:15 pm. Play @ 7:30 pm.

October 18 – Wednesday Night Drop-in Pool – Registration from 6:45

to 7:15 pm. Play @ 7:30 pm.

October 20 – Friday Night Supper – Roast Beef for the Christmas in October Lac Ste. Anne East Foodbank Fundraiser

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

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CHOOSE THE RIGHT TIRE FOR YOUR VEHICLE AND SEASON

Motorists spend hours behind the wheel and spend lots of money on maintenance to ensure their vehicles are in top working order. But tires are one area of maintenance that often goes unchecked, even by the most diligent automobile owners.

Tires undergo a lot of wear and tear, which only highlights the importance of proper tire maintenance. But many drivers do not give tires a passing thought until there is a problem, such as a flat or excessive wear. Also, some drivers think that all tires are the same, failing to realize that the kind of tires vehicles need depends on various factors. In addition to the size and type of vehicle, drivers should consider the type of driving they do and the driving conditions they routinely encounter before choosing tires for their vehicles. Many vehicles come off the lot with all-season passenger tires because these tires are among the

most versatile. However, if you live in a particular climate or do a lot of driving that requires specific traction or maneuverability, all-season tires may not be the best bet. The following are descriptions of common tire types and the conditions in which they might make the best fit.

All-Season
All-season tires provide all-season versatility, good wear and ride comfort. They can be dependable tires and offer light snow traction as well.

All-season tires provide adequate protection in many conditions, but do not offer specific benefits in any one area. They're likely to be satisfactory for a vast array of drivers. All-season tires are typically offered in touring and passenger types. Touring will provide lower road noise and better handling, while passenger varieties offer a smooth ride and longevity.

Summer Tires

Summer tires are designed to offer traction and maneuverability in warm weather. Orbital grooves and complex treads maximize traction in hot, humid weather. If you live in an area where the temperature is consistently steamy, summer tires may be a good investment.

Winter Tires

A safety precaution for many people who live where conditions often include snow, ice and cold weather, winter tires can be lifesavers. These tires are designed using several different types of rubber, and feature tread designs that maximize traction during inclement conditions. Winter tires also come in various sub-categories. Studdable winter tires provide the extra security of added studs to enhance traction on ice. Performance winter tires offer better dry road handling, but traction on snow and ice may be compromised.

Performance Tires

Performance tires offer a sports car feel. These are meant for drivers who want to feel the road and increase low-speed traction. The higher the level of performance, the increased level of handling and stability at high speeds.

Truck Tires

Trucks, pickups and SUVs also have a variety of tire types. There are off-road varieties, which will offer an aggressive tread design for off-road traction and other obstacles. Light truck tires help provide durability and traction. Specially designed SUV tires may be large, but can still offer comfort-focused applications designed for on-road driving.

Drivers looking for better performance from their tires should speak with a tire retailer about the options available to them.

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Winter can be an unforgiving season. Freezing temperatures coupled with snow and ice can take its toll on people who live in climates where cold weather is a fact of winter life.

While winter can test people's patience, it also can be harsh on cars and trucks. Understanding what components of a vehicle can be compromised by dropping temperatures and snowy roads can help drivers take action to safeguard their automotive investments.

While the Canadian Automobile Association notes that winter can wreak havoc on just about every part of a vehicle, there are some parts that seem to bear the brunt of Old Man Winter's abuse. Properly servicing and caring for a car or truck can help.

Drivers should take their vehicles

for a tuneup and inspection before wintry weather arrives. A mechanic will examine the car battery and check antifreeze levels and make sure that the thermostat, defroster, brakes, and even wiper blades are working effectively. Have the tires inspected for adequate tread, which can make navigating roads safer. If the treads are worn, replace the tires.

In addition to visiting their mechanics, drivers can perform some inspections and fixes themselves.

- Check that all of the vehicle's lights are operational so your car can be easily seen during inclement weather. Exchange your existing windshield washer fluid with one that will not freeze in cold conditions. Check the nozzles on the windshield-washer system routinely and clear out any blockages

of ice or debris. While addressing windshield washer fluid, also replace worn out windshield wiper blades with ones that can withstand snow and icy weather.

- A new coating of wax can serve as a shield against road salt, snow, sleet, and rain. Try a polymer wax to protect the paint. Whenever possible, rinse off salt and grime so it does not dry on the car and gradually wear away at the paint. Some drivers mistakenly believe that salt stops being a problem once it dries simply because moisture is the active ingredient for a corrosive reaction. But humidity in the air is enough to keep the salt eating away at the car's paint, and that can contribute to rust. Be sure to rinse off the undercarriage of the vehicle as well.

- Have your tires' alignment

checked toward the end of winter or early spring. A season of traveling over pothole-ridden roads or hitting curbs buried under snow drifts can affect the alignment. Get everything back on track. Similarly, inspect tires routinely, as weather changes can affect tire pressure and strength.

- Use a soft snow brush or a foam brush to clear snow off of the car. Avoid hard plastic scrapers you might use on your windshield, as they can scratch painted surfaces.

- Try to park the vehicle in a garage or under a car port, each of which can protect cars and trucks from the often harsh elements of winter.

Vehicles can be affected by the cold weather. Keep them running efficiently to prevent damage this winter.

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Hall Rentals

Alberta Beach Agplex, Susan 780-996-2960.

Alberta Beach & District Seniors 55+ Club. We now have air conditioning! Space Available! Call Jeanne (780) 913 4494.

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

Goose Lake Hall, Contact Deanna (780) 584-3738

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 Heritage Center - Gym/Classrooms, 967-1015

Onoway Legion, 967-4980

Park Court Community Hall, 727-4476

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

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

Obituaries

Helen Viola Huber (Riedlinger) On Thursday October 5, 2017, Mrs. Helen Huber, of the Gunn area, passed away at the age of 91.

She leaves to mourn her loss, her loving children, Len and his wife, Margaret, Gary, June and

her husband, Don Tanchuk, two grandchildren, Brenden and his wife, Jessica and Merai and her husband, Danny Downey, all who will cherish special memories of her. She will be sadly missed by many great friends and neighbours. She was predeceased by her loving husband, Richard in 1997, all of her siblings, Art, Edwin, Walter, Raymond, Erwin, Amanda, Ella Hausauer and Elsie.

Helen has asked that there be no funeral but would like to thank the staff of the Barrhead Hospital and the Keir Long Term Care Center for their kind and exemplary care. If friends so desire, donations in memory of Helen may be made to the Heart and Stroke Foundation of Alberta, 5241 Calgary Trail NW, Suite 144 Edmonton, Alberta T6H 5G8 or online at heart and stroke.ca. (1) 17-10

OCTOBER 22ND AUCTION FOR: 3 RETIRING SENIORS Located: BARRHEAD RODEO GROUNDS

Sunday Afternoon, October 22nd at 1:00P.M.

LARGE SELECTION OF ANTIQUES AND PIONEER COLLECTABLES:

* (Appx 500 Plus Items Including These Hi Lite Items) * Piano Stool w back rest, glass claw feet * 6 Kerosene Table & Wall Lamps * Candle & Kerosene Lanterns * Wood Burn Stove * 3 & 5 gl Crocks, 3gl Medalta Butter Churn, Wood Butter Churn, Cheese Grators & Grinders * Brass Ware (Ducks) (Quail) (Shooter glasses/tray) * Glassware (Vases) (China Plates, Bowls, Dishes) (Cups, Mugs, Glasses, Cream & Sugar) (Crystal) (Candy Dishes) * Many Unique Can Collection * Bottle Collection – Snuff, Milk, Whiskey, Pop * Furniture – Pillar Table, C of D, Dresser w stool, Oval Mirror, More * Coal Skuddle, Sad Irons, Gas Ironer, Scrub Boards, Tubs, Bread Pan * Wood-Sail Shop, Boxes, Egg Crates * Wash Stand, Basins, Pitchers, Soap Dish, (Shaving / Cups / Razors / Brushes), (Hair / Curlers / Mirrors / Pins) * Cast / Tin / Whistle Kettles * Pioneer – Kitchenware, Tools, Horse Collars, Hay Knife, Tools, Rabbit Plane * Pool Balls * Antique Info Books

RECREATION: * Gun Boot * Fishing Eq, Rods, Augers * 8 x 10 Norseman Tarp * Size 10 Waders * Coleman Camp Stove, Lantern, Winter Sleep Bag * Leather Scabbord * Bed in Bag * 2 Super Cycle Bicycles * 12V Bulbs * 12V Trolling Motor * 12' Alum Boat * 16' 2 axle Car Haul Trailer

YARD EQ: * 12 V Fuel Pump * 3/8 Air Hose * Tecumseh Motor * Water Tanks * Yard Tools * JD STX46 Hydro Ride Mower * Yard Works 15.5/42 Ride Mower * Push 4.5/21 Mower

HOUSEHOLD: * Rnd Oak Table * Coffee & End Tables * Grandfather Clock * Dresser & C of D * Dble Bed

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Charles 674-7704 (780-674-3929) Jeff 305-4328
Pictures Available on: parsons-auctions.com

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LOST: in Alberta Beach Area, St. Christopher Medal, great sentimental value, Call 780-803-1953 (4) 10-10

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always wanted! - Your Gold Canyon Business puts you on the path to success on your own terms! Call Independent Demonstrator Jodi Cazac at 780-995-6951 for more info, or go to www.mycg.com/jcazac (S) OG

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Services

Nasty's Tree Removal. Stump Grinding, Pruning & Firewood for sale. Licensed & insured. Roger @ 780-720-2207 (13) 01-08 OG

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dollar paid. Call now! Paul 780-706-1470 (12) 15-08

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Pets To Give Away

Female Calico Kittens to give away. Call 780-892-2841 (5) 19-09

Feed & Seed

Hay Bales 1400lb Timothy Alfalfa Brome, net wrapped, \$55 each. Call 780-446-7257 Russ or 780-999-9920 Dale (6) 26-09

Firewood

His Helping Hands Firewood - Poplar, Tamarack & Birch for sale. All profits go to charity. 780-218-4177 (5) 19-09 OG

OCTOBER 29TH AUCTION FOR: TERRY AND SANDRA FAGIN 785-3167

Located: (FROM MAYERTHORPE - 4 mi N on Hwy 22, 4 E on Hwy 18, 3 N on RR80, 1 3/4 E on TWP 585) OR (FROM BARRHEAD FORD - 11 mi W on Hwy 18, Continues on Hwy 18 for another 11 mi to Twp 590, 2 W on Twp 590, 1 S on RR72, 2 1/4 W on Twp 585)

Sunday Afternoon, October 29th at 1:00P.M.

GOOD ACREAGE EQ: * Kubota M6950DT Tractor w (4960hr), 69hp, 11.2 x 24 FWA, 3 pt, dual hyd, Ezee On Loader, bucket, hay fork, blade, spear * IHC 444 Gas Tractor w 3pt, hyd, pto * 48" FK Rototiller * 52"/3 pt trail mower * 20' Pasture Harrows * NH 269 Sq Baler * C/S 415 trailing 7' Scycle Mower * 2W Utility Trailer * 2W Trailer w Water Tank * Truck Mount Weed Sprayer

RECREATION AND YARD EQ: * Honda Big Red Trike * Club Car Gas Golf Cart * 12V Ice/Dirt Auger * Fish Eq * White 550 Rear Tine Rototiller * 5 Unit Reel Golf Course Mower * STIHL (Chain Saw) (Rototiller) * Trailing Spray and Applicator Weed Units * Water Tanks * 5 Sheets Greenhouse plastic * Wheel Barrows * Ladders * Tidy Tank * 3 Mobile Home Axles/Tires * Tow Lights * 30' /5th Wheel Trailer Frame Only

LIVESTOCK ITEMS: * Infra Red Light * Fence Hanger Feeders * Forks, Shovels * Eltc Fencer, Wire, Posts * Sub Well Pump * 2 Pres Pumps * 30' Roll of Wind Break Material * Cut Out Tire Feeders * Pipe & I Beam

LOTS OF GOOD WELDING/SHOP ITEMS: * LKS 200 Amp Converter Welder (Burns All Rod) * Pipe Pull Clamps, Metal Saw Horses * Mac Ultra Mig 200 Welder * Auto Weld Helmets * Torch Regulators * C/O Saws * Hyd Jacks, Stand Jacks, Jack Aills * Coleman 40gl/5hp Air comp * Pres Washer * NEW (Powertek LT 3000 CL Generator) (Lots of Weld Rod) (Cut off and Polish Discs) * Gear Pullers, Power Tools, Air Tools, Mechanic Tools, Pipe Wrenches, C Clamps, Ind Eltc Cord * Chains & Boomers * Wood Lathe * Car Wash Pres Pumps

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Classified Ads

SEASONED FIREWOOD - Birch, Spruce/Pine, Tamarack and Poplar. 4x4x8 cord. Delivery or Pickup at wood yard, Call 780-967-5835 (23) 03-10

RVs

Sociable, Winterized 1979 Ford 1 Ton Huntsman Motorhome 460. 21', New Tires, Carb has 500 miles, 2 Gas Tank, Hitch & Plug in. 380,320 KM, needs battery. Gas running. \$3000 Buckwheat 780-719-3082 (3) 17-10

Pasture For Rent

Horse Pasture for Fall and Winter. (8 miles South of Barrhead, 2 miles off hwy 33), 160 acres, 1/2 tree'd & grass, lots of hills, swamp & lake. Reasonable. 780-469-6532 (2) 10-10

For Sale

3 Wheeler Electric Scooter, asking \$400 - paid \$1900 for it. Good Condition, in Evansburg, Call 780-242-0295 (4) 03-10

4 - Wheel Eclipse Scooter for Seniors, 1 Year old, fewer than 5 kms, stored in warm shed over winter, Perfect Condition! Features: 14 KPH; Wide Tires for extra stability; Charger, Manual and Flag. Purchased from Eco Medical Supplies for \$4400, Asking \$3,000 OBO. Call Terri at 780-892-3200 (2) 10-10

For Rent

1 Bedroom Apartment, fully furnished, full kitchen, Wifi, cable, phone, 2 TV's, power/gas included. New motel looking over the lake, Downtown Alberta Beach, \$950/month. Mark 780-908-6853 (8) 19-09

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Upcoming Auctions **internet BIDDING**

Consignment Auction & Real Estate for Loyd Peckham

10 AM - Sat, Oct 21 - Drayton Valley, AB

In conjunction with Consignment Auction

P1: SW36-53-9-W5 - 53501 RR 91 Yellowhead County

149± acres with home and shop, minutes east of Wildwood

Part Listing - teamauctions.com for full listing

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'12 McCormick CT55U MFWD Ldr Tractor • MF 2745
2WD • '14 CaseIH MFWD Ldr Tractor (new) • '16 Woods 72" Box Scraper • 2011 MF 1643 MFWD Ldr Tractor • NH TX68 Combine • Snow Blade • 84" Loader Bucket • '52 Oliver 77 Tractor • '02 Hyundai 730 Wheel Loader • Dozer Blades • '06 10x26 Wellsite Trailer • '86 Komatsu WA350 Loader • Tampo Packer • Cat Mini Excavator • Case 465 Skid Steer • Clark 666D Skidder • All New Cement Mixer Parts • '13 IH Pro Star Only 455,000 km • '12 Kenworth T-800 • '97 B Line Tri-Axle 6-10 Wide Log Bunks • '05 IH 9400I T/A Tank Truck • '14 Peterbuilt 378 Tri Drive Sleeper Tractor • '14 Kenworth T-800 Tri Drive Winch Truck • '11 Kenworth T-800 Extended Cab T/A Roll Deck Truck • '06 K-Line 50 Ton Tri-Axle Low Bed Trailer • Numerous Trailers • (2) 53' Insulated Reefer Trailers • (3) 53' Dry Van • (3) 20' Sea Cans and much more!



2013 IH Pro Star



1986 Komatsu WA350



Unreserved

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Unreserved Real Estate & Equipment for the Estate Martin Pelinka

11 AM - Fri, Oct 27, 2017 - Onoway, AB

P-1: SW 29-56-01-W5 - 160± acres

Home Quarter, approx. 68 acres open, landscaped yard site with trout pond, modern 1046 sq ft raised bungalow 40x72 pole shed, 16x24 horse barn

Brandi Wolf
780-349-0764
ROYAL LEPAGE
Real Estate Services
Denise Landry
780-350-9999



Organic Farmland

P-2: NW 21-56-01-W5 - 157.99± acres

Approx. 90 acres in crop, remainder bush, utilities close.

Partial Listing For full listing see

teamauctions.com

Case MXM 140 MFWD Loader Tractor • Bale Fork • JD 330LC Excavator • JD 7720 Combine • CaseIH 8220 25' PT Swather • NH 1090 18' Swather • Westfield 606-26" Grain Auger • (2) Allied 7x35" Augers • JD 9350 20' Hoe Press Drill • Ezee-On 12' Disc • JD 16" Cultivator • 25' Morris Rod Weeder • '95 Volvo T/A Potable Water Truck • '87 T/A Gravel Truck • '14 Dodge 3500 SLT 4X4 Mega Cab • '00 F150 Ext Cab 2WD • '95 Chrysler Intrepid • '99 24 ft G/N T/A Horse Trailer • '01 30' G/N T/A Dually Deck Trailer • 07 Yamaha 660 Rhino Side X Side • Hyundai HHD 6250 Generator and much more!



Case MXM MFWD



'14 Dodge 4X4



Cat 330 LC

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Sangudo, AB. 2 Bedroom Apartment, heat & water included, N/S. \$721 - \$772/month, DD same. Available Immediately. Call 780-999-7777 (4) 26-09 OG

For Rent: Dec 1 to March 31,

2018. Comfy House in Alberta Beach. Fully furnished, large screen TV, internet, N/S, N/P, single individual, ref required, \$1000/month + Utilities, DD same. Leave message, Call 780-803-1953 (4) 10-10

Downtown Alberta Beach, New building looking over the lake, 1200 sq ft, 2 bedrooms, 2 bathrooms apartment, 5 appliances, built in vac, balcony, \$1250/month, Mark 780-908-6853 (4) 17-10

House for rent in Ross Haven AB. Large home, one bedroom, detached garage, 2 storage sheds nice yard, fruit trees, nice garden area, wrap around decks, 3 homes down to the lakefront. Inside, enjoy in floor heated hard wood flooring throughout, double Jacuzzi tub, full size laundry machines, dishwasher, recently renovated the entire home. \$1000/month and DD same. Great area for fishing, hunting, boating, skidoo-ing, skating & CC Skiing. Call 780-237-2969 (2) 17-10

2 Bedroom, 1 Bathroom County Home near Onoway. N/S, N/P, References Required, \$675/month + 1st & Last. Call 250-309-5567 (2) 17-10

House for Rent - 3 bedrooms 2 bathrooms, attached garage, covered deck, 30 mins West of Spruce Grove, \$900/month + Utilities, \$1000 DD, N/S, N/P, nice yard, quiet community, just off pavement, Available October 1st. Call or Text 780-305-7077 ilsmoole@hotmail.com (4) 24-10

Real Estate



Selling 21.1 acres with renovated 1000 square foot farm home. Raised bungalow in very nice condition. New septic system and plumbing up to standard. Located on Highway 633 east of Alberta Beach. 3023 Hwy 633 Lac St Anne County. May look at trades or short term financing. Priced at \$350,000 Call David for showing and details. 780 340 5244 or dwrhine41s@live.ca or Bill 780 349 5244. (3) 17-10

Church Directory

<p>Rich Valley Community Church</p> <p>Sunday School 10:00 a.m.</p> <p>Worship Service 11:00 a.m.</p>	<p>Catholic Parish of Lac Ste. Anne</p> <p>Sunday 10:00 a.m.</p>	<p>St. John's Anglican Church <i>Onoway</i></p> <p>Sunday Service 10:00 a.m.</p> <p><i>Everyone Welcome</i></p>	<p>Mayerthorpe Baptist Church</p> <p>Worship Service Sunday 10:30 a.m.</p> <p>Children's Church 10:30 a.m.</p> <p>4606-54 St. Mayerthorpe (780) 786-2677</p>
<p>St. John's Lutheran Church <i>Alberta Beach</i></p> <p>Sunday Service 11:00 a.m.</p> <p>Sunday School</p>	<p>Zion United Church</p> <p>Sunday Service 10:00 a.m.</p> <p>Sunday School</p> <p><i>Serving Alberta Beach, Wabamun, Darwelle & Lake Isle, Onoway & Area</i> (780) 924-3351</p>	<p>Sangudo St Mary United Anglican Church</p> <p>Sunday Services: 2nd & 4th Sunday at 5:30 p.m.</p>	<p>Sangudo United Church</p> <p>Sunday Services 1st & 3rd Sun. of each month Lunch to follow. Feed the Body & Soul.</p> <p>Worship Service 11:00 a.m.</p>
<p>Trinity Lutheran Church (LC-C) <i>The Church of the Lutheran Hour - Rockyfort Bridge</i> Pastor Dan Hansard Church (780) 778-2055</p> <p>Sunday Worship 9:00 a.m.</p> <p><i>Senior's Service & Cottage Bible Study - Phone for locations</i></p>	<p>Mayerthorpe Pentecostal Assembly P.A.O.C. Rev. Arnold Lthoiz</p> <p>Sunday 10:30 a.m.</p> <p>Morning Service Tuesday 7:30 p.m.</p> <p>Ministry Training (780) 786-2141</p>	<p>St. Michael Lutheran Church</p> <p>Sunday Services 1st & 3rd Sunday at 1:30 p.m.</p> <p><i>Pastor Judy Jarvis</i> (780) 674-3944 <i>Mystery Lake</i></p>	<p>Onoway Baptist Church</p> <p>Sunday Service 10:00 a.m.</p> <p>Youth Group Friday 7:00 p.m.</p> <p>(780) 967-2266</p>
<p>Alberta Beach Alliance Church</p> <p>Sunday Worship Service & Kid's Church 11:00 a.m.</p> <p>Sunday School 10:00 a.m.</p> <p>(780) 924-3282</p>	<p>Cherhill Community Church</p> <p>Sunday School 10:00 a.m. - 11:00 a.m.</p> <p>Worship Service Sunday 11:00 a.m.</p>	<p>Roman Catholic Church <i>St. Agnes' Parish, Mayerthorpe</i></p> <p>Sunday 9:00 a.m.</p> <p><i>St. Elizabeth Parish, Evansburg</i> Saturday 7:00 p.m. (780) 786-2032</p>	<p>Calahoo Alliance Church</p> <p>Family Worship Service Sunday 10:00 a.m.</p> <p><i>For Info Call Jerry</i> (780) 974-7734</p>

COMMUNITY EVENTS 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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).

OCT 21 - FALL HARVEST EVENT at Alberta Beach Agriplex (4811 - 46 Ave.), 11:00am-4:00pm. Free to everyone.

OCT 22 - HARVEST DINNER at Park Court Hall, 12:30 - 2 PM. Everyone is invited to celebrate the end of another harvest season and join us for a great meal, quilt raffle and bird feeder raffle. Please call 780 727-4476 or 780 727-2138 for more information.

OCT 23 - SANGUDO HORTICULTURAL CLUB: SPROUTS AND MICROGREENS at 7pm at the Sanguo Golden Age Club. Guest Speaker - Dawn Boileau of Sunrise Gardens. Members of the public welcome. (\$5 drop in fee).

OCT 29 - ST. THERESA'S SUPPER at Sanguo Community Hall, 4:00pm-6:30pm. Adults \$12, 6-12yrs \$6.

NOV 4 - STONY PLAIN WOMANS INSTITUTE: COTTAGE CRAFTER SALE at Stony Plain United Church, 10am-3pm. Over 30 craft tables, bake table, light lunch available, coffee free.

FARMERS MARKETS

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

BARRHEAD: Open Saturdays, May - Dec. 10AM - 1PM. Sherry 780-674-6802

ONOWAY FARMERS' MARKET: Fridays at Onoway Community Hall. Starts May 1st. 780-667-6327 or onowayfarmersmarket@gmail.com.

SPRUCE GROVE: at the Elevator, Sat 9:30-1:30PM, 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.

BINGO

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

CHERHILL BINGO: Tuesdays at Cherhill Community Association. Doors @ 6:30PM, Games @ 7:30PM.

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

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

RICH VALLEY COMMUNITY HALL BINGO: 7:30PM. Loonie Pots. Next bingos November 1, 15 & 29, December 13 & 27.

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: Fridays 6:00PM. Queen Of Hearts draw & 50/50.

DARWELL: by Alberta Beach & District Lions Club, 4:00PM bi-weekly, Darwell Lounge & Restaurant

ONOWAY ROYAL CANADIAN LEGION: Fridays, Ph. 780-967-5361

STONY PLAIN ROYAL CANADIAN LEGION BR# 256: Saturdays @ 3:00PM. Meat Draw & 50/50.

WHITECOURT LEGION: Saturdays 4:00PM. Located downtown behind the CIBC.

MEALS ON WHEELS

ALBERTA BEACH & AREA: Diane 780-924-2348.

DARWELL & AREA: Lorraine, 892-2967.

ONOWAY & DIST: Call 967-2338 or 967-5244.

JAMBOREES

SANGUDO: Sanguo Community Hall, 1st Sat of month 7PM. 785-4105 or 305-5088. *October - May.

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

STONY PLAIN: Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2nd & 4th Thurs of month, 7PM, \$2. PH: 587-989-7214 or 963-7920.

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

TOPS (Take Off Pounds Sensibly)

ALBERTA BEACH: Tuesdays, Weigh-in 6:00-6:45PM. Meeting 7:00PM. Alberta Beach Lutheran Church, Hwy 633. 967-5009.

EDMONTON: Thurs 8:30-10AM at Annex of Grace United Church (6215-104 Ave). \$7/month

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

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

SPRUCE GROVE: Wed 8:45AM at Anglican Church, 131 Church Rd. Christiane 960-1109

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

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

ONOWAY ROYAL CANADIAN LEGION: Open Tues 7:30PM & Fri 3:00PM - Friday's Family Friendly Dinner, 5:30PM (open to the public)

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.

SPRUCE GROVE ELEVATOR TOURS, Tues-Sat, 9:00-3:00PM. Info 960-4600.

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

VOLUNTEER TUTOR ADULT LITERACY PROGRAM: Need assistance with reading/writing, English language (ESL) or Basic Computer skills? Free 1-on-1 tutoring! Carla Burkell, 780-554-2940, email: literacy@lsac.ca

WATER SAMPLE DROP OFF: Tues Onoway Aspen Health Services. Drop off 1:00-2:30PM.

SOCIAL EVENTS

ALBERTA BEACH & DISTRICT ACTIVE 50+ CLUB ACTIVITIES: Tues 7:30PM Crib; Wed 1PM Bridge. Mon, Wed, Fri 10:15AM Aerobics/Fitness.

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

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

COUNTRY QUILTERS in Stony Plain house a "Sew in Tuesday", 2nd Tuesday of every month, from 10-3PM. Drop in \$5/member, \$6/non-members. Contact Cindy 780-963-7170.

JR. SCRAPBOOKING Wed 4-6PM. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404

LAC STE ANNE COMMUNITY CHOIR, Wed 7-9PM at Alberta Beach Heritage Center. New members welcome (18+). Call Eunice @ 780-618-7865.

ONOWAY GOLDEN CLUB: Cards Tuesdays, 1PM. Exercise Fridays, 10AM. 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. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH: 780-967-2056.

PANCAKE/BREAKFAST SOCIAL: 3rd Sunday 9:00-11:30AM, Parkland Village Community Centre. *except June, July, August

RIVER TALKERS TOAST MASTERS CLUB, Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info Lorraine 286-5040.

SANGUDO ART GROUP: Wednesdays 9AM-12PM at Sanguo Community School. Info call 780-785-2112.

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

SPIRITUAL LIVING STONY PLAIN GATHERING at PERC Building (5413-51 St). Every 2nd & 4th Sunday of month. Meditation 10AM, inspirational sharing 10:30AM. PH 780-940-3032

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

MEETINGS

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

299 ROYAL CANADIAN SEA CADETS CORPS MACKENZIE: Stony Plain Comm Center, Wed 6:30PM. Youths 12-18, 963-0843

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

526 BARRHEAD AIR CADETS, Wed 6:30-9:30PM, High School. Ages 12-18. 780-305-7233

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

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 Wednesdays, 8PM. Spruce Grove United Church, 1A Fieldstone Dr. 780-962-5205

ALBERTA 55 PLUS: Villeneuve Hall at 10AM. Meetings on 2nd Tues of month. Info: Donna 780-962-5933

ALBERTA BEACH & DIST LIONS CLUB meets every 4th Tues 7:00PM, Alberta Beach Agliplex.

ALBERTA BEACH AG SOCIETY meets on the 4th Thurs of month, 7:00PM, Alberta Beach Agliplex.

ALBERTA BEACH MUSEUM meets on the 2nd Wed, 7:00PM at Heritage House 924-3167.

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

CHERHILL 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. Info call Melissa 780-297-1892. *Sept-June.

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.

DARWELL & DISTRICT AG SOCIETY MEETINGS, 8:00PM, 1st Monday, Darwell

DDRA MEETING, 7:00PM, 2nd Mon, Darwell 892-3099. *except Jul/Aug/Dec

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 month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.

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

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

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

MAN FOR SOBRIETY: Wednesdays at 7:30PM, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.

MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP Are you diagnosed with MS and have questions? Last Tues of month, 7-9PM, Westview Health Centre. Cassy 780-471-3034 *Sept-June

NA MEETING, Tuesdays 7:00PM 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, 7:30PM Onoway Legion

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

RIVER TALKERS TOASTMASTERS CLUB Build confidence, speaking & listening skills. Thursdays 7-9PM at the Hilltop Community Church. Carla Burkell, VP Membership, (780)268-3653.

SANGUDO PAINTING GROUP: 1st & 3rd Wed, 9:30AM-12:00PM at Sanguo Community School. Info, 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.

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