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December 5, 2017

OJSH MUSTANGS VOLLEYBALL WRAP-UP



Submitted by Wanda Pederson | Onoway Junior Senior High School

After winning the GCAA Championship, the OJSH Sr. Girls Volleyball team began their Zone Championship tournament against the Mayerthorpe Tigers on Friday, Nov. 17th. The Tigers were itching for a rematch after losing to the Mustangs in the league final earlier that week but after a long and difficult contest,

the Mustangs were once again able to come out victorious. The round robin successes continued Friday night and Saturday morning with wins over Holy Redeemer and then host St Jo's.

Continued on Page 2

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2/4

GUNN COMMUNITY HALL DART TOURNAMENT RESULTS

Submitted by Marlaine Janke | Gunn Hall Representative

November 18th started early for the many avid dart players registered into this tournament. People started arriving around 8:15 in the morning for the 9:00 am start. We had 12 teams of 4

being 48 players.

A great job was done by the kitchen volunteers who opened early for breakfast plus they had a variety of delicious food for everyone throughout the day. The bar opened at 10:00 am and the socializing amongst players was enjoyed all day long.

One player from St. Albert,

Tom Weatherly, achieved top score of 180 points and a pin was awarded to him. We also had Trent Snider of St. Albert finishing one of the games on a bulls eye. He was given a bulls eye badge.

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Community VOICE Keeping You and Your Community Informed

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

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OJSH Mustangs Volleyball Wrap-Up

Continued From Page 1

A perfect round robin record earned our girls a bye into the semi-final where, after an eight hour break, they were again matched up against a surging Saint's team. Despite home court advantage and a loud crowd of local support, the Mustangs went on the attack immediately, winning the first set 25-11 and following it up with a another convincing win in the 2nd. The final team standing in the way of the Mustangs and their goal of a return

to Provincials was the also unbeaten Devon Wildcats.

The finals proved to be an epic battle. Fans on both sides were deafeningly loud, the players were fired up, and the volleyball was fantastic. There were many lead changes in the first set but Devon took charge at the end to win 25-21. They also took an early lead in the 2nd set and it looked like the Mustangs season could be over. Once again, showing their character, the Mustangs regrouped, refocused, and pushed back to win the 2nd 25-23. In the 3rd set both

teams battled hard. Every point was an epic struggle. The Mustangs took a lead mid way through and then Devon pushed back to get within one right near the end. The gym was defining as the two teams took the court to see the Mustangs score the last point, winning the set 15-13 and finishing off what was possibly the most thrilling match of Coach Lougheed's 13-year career.

The win secured the Sr. Girls Mustangs their second zone championship in two years. It earned them a birth to Provincials again; and it capped off the team's most successful season in recent memory. This year's team went undefeated in the GCAA league, undefeated in zones, and maybe, most impressively, undefeated against 2A Zone teams ALL SEASON.

The Sr. Girls went on to represent our school and zone at the 2A provincials in Fairview, November 23rd—25th. During the matches, the Mustangs won against Fairview, a set against David Thompson, and were close in a couple of others. All in all, the girls competed well and ended their season seeded among the top 10 teams in the province.

Way to go Mustangs!





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JOINE OF THE WEEK

Lee, A seven-year-old boy, was asked to say thanks for the Christmas dinner. The family members bowed their heads in expectation. Lee began his prayer, thanking God for his Mommy, Daddy, brothers, sister, Grandma, and all his aunts and uncles. Then he began to thank God for the food. He gave thanks for the turkey, the stuffing, the Christmas pudding, even the cranberry sauce. Then lee paused, and everyone waited ... and waited. After a long silence, the young fellow looked up at his mother and asked, "If I thank God for the Brussels sprouts, won't he know that I'm lying?"



CONGRATULATIONS JUDGE DAWN BOBLIN ON YOUR APPOINTMENT TO THE PROVINCIAL COURT OF BRITISH COLUMBIA

Submitted by Eric Karlzen

Dawn Boblin, daughter of Mike and Ingrid Boblin (Karlzen) formerly from Sangudo, has been appointed to the Provincial Court of British Columbia as a full time Judge. Dawn grew up in the Cosmo district North of Sangudo. She graduated from Sangudo High School, attended the University of Alberta before moving to British Columbia to study law.

Judge Dawn Boblin – was sworn in on November 6, 2017 and was assigned to the Fraser Region with Chambers in Surrey.

Judge Boblin received an LL.B. degree from the University of British Columbia in 1992 and has served as Crown counsel for the Province of B.C. from 1994 to 2002 and again from 2009 to the present with a focus on serious crime files.

During 2002 to 2009, she was with the City of Vancouver, where she provided legal and operational advice to members of the Vancouver Police Department. Boblin has been both a volunteer and director with the PuSh International Performing Arts Festival Society.

PARLIAMENT UPDATE - WEEK OF NOVEMBER 27, 2017

Submitted by Jim Eglinski, MP – Yellowhead

We are now two weeks into the final stretch before the winter break. We covered topics including the budget, national security, de-radicalization, and distracted driving.

The House of Commons debated the following:

- Bill C-59 An Act respecting national security matters (Second Reading and Committee Stage)
- Bill C-63 Budget Implementation Act, 2017, No. 2 (Report Stage)
- Bill C-354 An Act to amend the Department of Public Works

and Government Services Act (use of wood) (Second Reading)

- Bill C-371 Prevention of Radicalization through Foreign Funding Act (Second Reading)
- Bill C-373 Federal Framework on Distracted Driving Act (Second Reading)
- Bill C-378 An Act to amend the Department of Veterans Affairs Act (fairness principles) (Second Reading)
- Bill S-3 An Act to amend the Indian Act (elimination of sex-based inequities in registration) (Consideration of Messages between the Senate and the House of

Commons)

You can find all debates in the House on the corresponding day's Hansard on the House Publications page at www.ourcommons.ca/en. Don't forget you can also watch Parliamentary proceeding live on the Cable Public Affairs Channel (CPAC) or at www.cpac.ca.

In the Standing Committee on Industry, Science and Technology (INDU), we heard witnesses on broadband connectivity in rural areas. We also heard from the Minister of Science and the Minister of Innovation, Science and Economic Development regarding their re-

quests for more funding in Supplementary Estimates (B). For more information on these meetings, visit the INDU Committee website at www.ourcommons.ca/Committees/en/INDU.

This week, I attended —nine meetings and four events, as well as recorded a message. I will be in the riding this weekend to hold a Community Crime Awareness Discussion in Breton on Friday evening and heading back to Ottawa on Sunday. Look for my update next Friday on the happenings of Parliament as the House will continue to sit next week.

Alberta Beach Employment Opportunity

Lead Hand

The Village of Alberta Beach seeks a fulltime qualified lead hand to assist the Public Works Department. This is a hands-on position with requirements to work in all weather conditions. The ideal candidate will be highly motivated, mechanically inclined and competent in the operation of heavy equipment (grader, hoe, excavator, skidsteer, etc.), and must have a valid Alberta Class 3 with Q endorsement at a minimum. For a complete detailed description of this employment opportunity please see the ad on our website at www.albertabeach.com.

Horizontal Directional Drill / Heavy Equipment Operator Required

We are seeking a dependable and experienced person for a full-time/permanent position who can operate a Direction Drill, Excavator, and Skidsteer. Applicant must have the following tickets: H2S Alive, CSTS-09, Ground Disturbance II, Standard First Aid, and Class 1 driver's license (will consider Class 3 w/air). Should reside within 1 hr of Onoway, AB. Must pass a drug/alcohol test and have a clean driver's abstract. Comparable wages, clothing allowance and after 3 months - fully paid benefits. Must be willing to work out of town. Accommodations & meals are provided when working away. Please send resumé to info@westcoveexcavating.com. 780-785-2033



- † Cemetery Monument Sales & Installation
- † Traditional Burial & Funeral Services
- † Pre-need Funeral Packages
- † Crematorium & Memorial Services



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RCMP BEATS

Submitted by Stony Plain/ Spruce Grove RCMP

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

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 524

Total Calls for Service for the Victim Service Unit: 15

Individuals Charged: 26 Person Crimes: 51

Property Crimes: 84

Impaired Driving Complaints reported: 14

Impaired Driving Charges Laid: 3

Roadside Suspensions: 1 Motor Vehicle Collisions Attended: 62

Property Crimes:

Spruce Grove

- 1. November 20 Area of McLeod Avenue and Lakeland Drive Theft from Vehicle, cash stolen
- 2. November 21 Area of Hartwick Manor Theft from Vehicle, keys stolen
- 3. November 21 Area of Deer Park Boulevard – Theft of Vehicle, 2014 black Ford Focus

Stony Plain

- 4. November 20 Area of 52 Avenue and 50 Street – Theft of Vehicle, 2003 black Nissan Ultima
- 5. November 26 Area of 44 Avenue and 40 Street – Theft from Vehicle, unknown what stolen

Rural

6. November 21 - Area of

Township Road 540 and Range Road 274 – Theft of Vehicle, 2006 black Volkswagon Jetta

- 7. November 21 Area of Township Road 522 and Range Road 280 Theft from Vehicle, cash stolen
- 8. November 22 Area of Township Road 505 and Range Road 274 Theft of Motorcycle, 1997 red Honda CR250
- 9. November 24 Area of Township Road 550 and Range Road 11A – Theft of Vehicle, 2015 black Dodge Ram
- 10. November 26 Area of Chickakoo Park Theft from Vehicle, purse stolen

Stony Plain/Spruce Grove RCMP remind you not to make it easy for thieves. With holiday shopping in full swing, thieves are busy "shopping" too. Do not leave your purse, backpacks or shopping bags unattended for a moment and ensure you wallet is not easily accessible to thieves.

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)

Gunn Community Hall Dart Tournament Results

Continued From Page 1

1st place was won by a St. Albert team and they received \$180.00. Harley Beauregard, Lisa Gower, Troy Beauregard & Laura Corbett. 2nd place was won by our home team for \$120.00. Ged Brent, Heike Post, Bob Clarke & Lorinda McCool. 3rd place went to another St. Albert team in the amount of \$84.00. Trent Snider,

Stacey Ledrew, Tom Weatherly & Maureen Dwyer.

Two 50/50 draws were held. \$98.50 was won by Zoey Potter of Stony Plain & \$105.00 was won by Tom Weatherly of St. Albert. Congratulations to all the winners and a special thanks to everyone else for the great sportsmanship shown. It was a fun day for all and our next tournament will be March 3rd, 2018.







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EXTENDED STORE HOURS: December 20-24

Dec 20 & 21: 12:00рм-5:00рм Dec 22: 12:00рм-6:00рм Dec 23: 10:00ам -6:00рм Dec 24: 9:00ам-3:00рм



Be sure to enter our draw for our 'Christmas Basket valued at \$100.



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FORMER OJSH GRAD RECEIVES COMMUNITY VOLUNTEER AWARD

Submitted by Wanda Pederson | Onoway Junior Senior High School

One of OJSH's former students – Grad Class of 2016 – Kirsten Letendre has won the Volunteer of the Year Award for 2017 from the Stony Plain Chamber of Commerce.

Kirsten's volunteerism started early: at OJSH she was an active member and mentor in the OJSH Fearlessly Girls group. Fearlessly Girls

is an internationally recognized anti-bullying organization that focusses on girls helping girls. Kirsten was also active in our school's Student Leadership group and attended the Alberta Student Leadership Conference for two years.

Kirsten gave – and continues to give - her time and efforts beyond the boundaries of the school community. She volunteered one summer at Rehoboth Christian Ministries working with adults with

various mental and physical disabilities. In the past year, she has been instrumental in founding and planning the first ever Beyond Summit in the local area. Beyond Summit 's mandate is to identify problems within the community - but it also aims to create solutions for these problems so that we can generate positive change within our communities.

Kirsten was one of the three finalists for the Volunteer of the Year Award. She had to go to the Stony Plain Chamber of Commerce, present a 30 second video introducing herself and say a few words. Her video was then played at the Chamber of Commerce Awards Gala on November 4, 2017 at the Best Western in Stony Plain. Her video along with the two other finalists for this award were played and then the winner was announced.

When Kirsten's name was announced as the winner, she said: "It was amazing, I couldn't believe it. I was in shock and nervous but it was such an amazing recognition and honour. I am still speechless over it; all I've ever wanted to do is give back to the community for all it's given me."

Congratulations, Kirsten, on your award and for being such a positive role model for young people.

For more about Beyond Summit and the identified issues of concern, please go to www.beyondsummit.ca



Submitted by Lil Roszko

Mayerthorpe Health Care Center has the tree up already for your donation light bulb. Make a donation in memory of a bulb or bulbs that will be put on the tree naming that person, persons or groups.

The Mayerthorpe Hospital Auxiliary will mail you a tax deductible receipt, all the money raised will be used for something or things needed at the Health Care Center that Alberta Health Care does not provide.



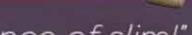


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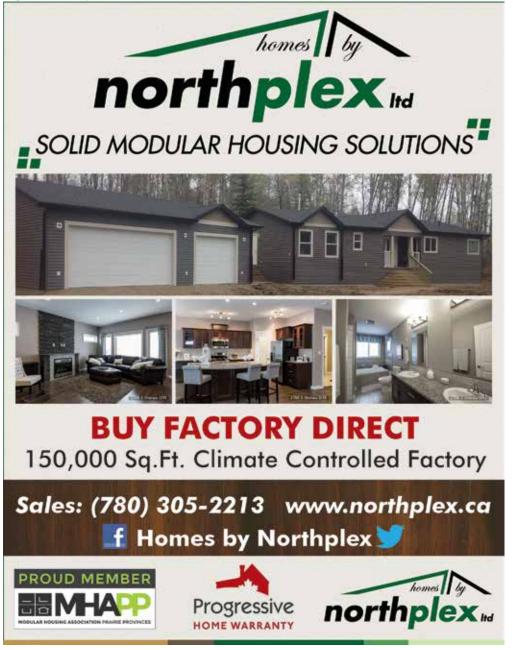
GROWTH ALBERTA DIGITAL CONNECTIVITY STUDY REVEALS STRATEGIES & NEXT STEPS CRITICAL TO MEETING RECENT CRTC GUIDELINES – OVER 90% OF REGIONAL COMMUNITIES ARE UNDER CRTC TARGET

Submitted by Troy Grainger, Administrative Office | GROWTH Alberta

BARRHEAD, Alberta, November 09, 2017 – GROWTH Alberta has recently completed a collaborative partnership to provide intelligence as to the

digital connectivity environment in Northern Alberta. In partnership with 4 other Regional Economic Development Alliances (REDA), Community Futures Yellowhead East, Alberta Economic Development & Trade, and the Northern Alberta Development Council, a strategic overview was compiled looking at the current state, desired state and potential business models on how to achieve connectivity goals. While the full study was completed encompassing all of northern Alberta, specific REDA ecosystems were reviewed, including GROWTH Alberta. The study found very few communities in the region are at or near the recent CRTC guidelines of 50 Megabits per second (Mb/s) download and 10 Mb/s upload. With "broadband" being considered a basic service for all Canadians and goals of 90% of households meeting the benchmark by 2021 and 100% by 2031. (The full report for GROWTH Alberta can be found at www.growthalberta.com under regional profile and digital connectivity).

Troy Grainger, Executive Director, GROWTH Alberta: "We are currently wrapping up or undertaking nine projects related to economic development. From youth retention, investment readiness, regional promotion, tourism, entrepreneurship, industry attraction, they are all fostered by ability to digitally connect to an educational or global marketplace. Other communities or regions in Alberta that have focused on connectivity have gained a competitive advantage that we want to duplicate in our region. There are so many industries, businesses and even ideas that are prevalent in GROWTH Alberta. We conducted an informal poll in which 97% of respondents stated they need faster internet speeds and 100% acknowledged their businesses, services and delivery models could be improved with increased access and higher connectivity speeds. We have also been in conversation with potential industry investment that consistently asks what connectivity infrastructure is available. Ability to define the current state will drive the next steps as funding becomes available to improve and even establish connectivity to rural and rural remote areas. This is not an overnight build, it can take years and strategic partnerships are pivotal to make business models work and GROWTH Alberta hopes to act as a leading catalyst in that en-



TOWN OF MAYERTHORPE **FACILITY NEWS**

Submitted by Town of Mayerthorpe

Mayerthorpe Sports Grounds

"Upgrading our community facilities is important to our citizens, it's important to me and to our government". MLA O'Neil Carlier was pleased to present to Terry Bussche and his son, representing the Mayerthorpe Sports Grounds Club, a cheque \$23,860. Mayerthorpe Sportsgrounds Society improved the sports grounds with two new graveled parking lots (1 parking lot by Agricultural facilities and 1 parking lot by Ball Diamond 3/ Dog Park/Gymkhana Grounds) and also improved the drainage. These improvements were made possible with funding through the provincial Community Initiatives Program with matching funding provided by the Town.

Mayerthorpe Aquatic Centre

Many families in Mayerthorpe and area benefit from the services offered by the Mayerthorpe Aquatic Centre which is operated by the Town. "I appreciate the work of Mayerthorpe and Area Aquatic and Recreation Society (MAARS) in raising funds for the centre". MLA O'Neil Carlier was pleased to hand to Tammy McKeever a cheque for \$41,150 for site redevelopment to add the Splash Pad. Projects such as this make a huge difference in our families' lives. These funds have gone towards helping make the Splash Pad possible. This improvement was made possible with funding through the Community Facility Enhancement Program with matching funding provided by Mayerthorpe and Area Aquatic and Recreation Society.

Cash for Cars 967-2492

Mayerthorpe Curling Club

The Mayerthorpe Curling Club has recently completed some great upgrades to their facility. Including upgrade of Kitchen, Bathrooms, Paint, New Flooring, Cell Phone Booster, and Wireless Wi-Fi. The improvements were made possible with funding through the Community Facility Enhancement Program, the clubs fundraising and the Town.

Mayerthorpe Public Library

Mayerthorpe Public Library recently installed new carpet in the children's area and new windows were installed on the North side. These improvements were funded by the Town.

Water Treatment Plant Upgrades

Mayerthorpe received approval of \$634,000 in matching funds to complete water treatment plant improvements under the Federal/Provincial Canada's Clean Water and Wastewater

Fund!

Improvements include newer and bigger distribution pumps to increase water pressure, distribution piping, metering, & valves enhancing water quality, installation of new fire pump to boost water availability during emergencies, new standby generator enabling operation during power outages, new distribution header on piping system, and upgrading of plant heating and ventilation distribution system.

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DECEMBER NEWS FROM THE RICH VALLEY PUBLIC LIBRARY

Submitted by Regan Macdonald, Library Programmer and Communication Coordinator | Rich Valley Public Library

The Rich Valley Public Library wishes you a Happy Holiday and a safe New Year.

Starting on December 01, 2017 the Rich Valley Public Library will be holding a draw for a Christmas basket filled with wonderful goodies including a \$50.00 Co-op gift card for your turkey. Come and visit the library and take out any item whether it is a movie, audiobook, books etc. and your name will be entered into the draw. This draw is for our adult patrons. For our younger patrons we are having a weekly scavenger hunt to try and win a \$10.00 Chapter's gift card. Stop in to see what picture you have to find in a book. These draws will take place on December 19, 2017.

This month we are offering the

following programs:

Story Time runs Wednesdays from 11:00-11:45 am. Bring your toddlers in on Wednesdays from 11:00 to 11:45 am for stories, activities and crafts. All children ages 0-5 are welcome to join us at this free program. Every third Wednesday of the month we will alternate between Tents and Tunnels, Play Doh Fun and Lego Building. Please note, there will be no Storytime program Wednesday, December 27, 2017. Storytime will resume Wednesday, January 3, 2018 at 11:00 am.

Parent and Tots runs Wednesdays from 9:45-10:45 am. Parents and toddlers are invited to play, discover and make friends at this free drop-in program held at the Rich Valley Public Library. All children ages 0-6 are welcome. Snacks, juice and coffee will be provided. This program is funded by FCSS. Please note, there will be no Parent and Tots program Wednesday, December

27, 2017. Parent and Tots will resume Wednesday, January 3, 2018 at 9:45 am.

Yoga runs Tuesdays at 7:30 pm. Join Melissa, our yoga instructor, in the Yellow Room on Tuesdays from 7:30 to 8:30 pm. Yoga will run December 5, December 12, December 19, January 2, January 9 and January 16. Please note there will be no Yoga on December 26, 2017. Yoga is a wonderful way to stay strong and flexible for life. The cost is \$60.00 for six sessions or \$12 per drop in fee. Please contact the library at 780-967-3525 to register or drop in on Tuesdays.

Adult WHIST runs every 2nd and 4th Friday of the month at 7:30 pm for \$2.00 a person. Just drop in and play some cards.

Mark Your Calendars!

The library will be closed on Tuesday, December 26, 2017 (Boxing Day).

Sunday Afternoon Tea Party -Sunday, January 28, 2018 from 1:30 - 3:00 pm

Whether you are more "Fancy Nancy" or "Mad Hatter", a Tea Party is always in style! Come out dressed in your finest attire with your favorite little ones for a date you're sure to remember! Dads, moms, grandparents, aunts, uncles, and friends are invited with their children for tea, songs, stories and pastries while we celebrate just being fabulous, and being with each other. Register by January 16th at 780-967-3525 or stop by the library for more details. Limit of 20 participants.

If you have any questions, feel free to contact us at 780-967-3525 or drop in. We are located in the basement of the Rich Valley Community Hall.

Rich Valley Public Library is open Tuesday from 5-8 pm, Wednesday from 10 am-2:30 pm, Thursday from 2-6:30 pm, and Friday from 9 am-12 pm. We look forward to seeing you!



WHITECOURT TOWN COUNCIL UPDATE

Submitted by Tara Gallant, Legislative Manager | Town of Whitecourt

NOVEMBER 29, 2017

As required by the new Municipal Government Act, Whitecourt Town Council has approved changes to the composition of the Subdivision and Development Appeal Board. Two new public member appointments have been added to the Board. Information on the Board and the application form to become a member is available on www.whitecourt.ca.

Whitecourt participated in the National Communities in Bloom competition this past summer with great success! Our community was awarded 5 blooms (the highest rating) and received special recognition for Rotary Park. The local Communities in Bloom Committee has had the opportunity to review the competition evaluation, and will be using suggestions from the judges to make improvements for the next time we compete. Council appreciates the hard work and contributions of all those that assisted in preparing our community for the 2017 national competition. For information on local Communities in Bloom initiatives, visit www.whitecourt.ca.

Council has added the expansion of the Skate Park to the Sportfield Master Plan. This decision was made following the Youth Advisory Committee's expression of interest to expand the current facility to include a "bowl" feature. Adding this project to the Master Plan will allow Council the opportunity to prioritize the Skate Park expansion in the same context as other recreation expansion projects and upgrades identified for Rotary Park, Graham Acres and the Community Learning Campus. Once costs associated with the expansion are determined, Council will review all identified recreation projects, prioritize them for the community. and add them to Whitecourt's 20 Year Capital Plan.

The Youth Advisory Com-

mittee is hosting Town Hall Meetings in December at both Ecole St. Joseph School and Percy Baxter Middle School. All Council member are invited to the meetings, and the sessions will educate youth about municipal governance.

Whitecourt is applying for funding through the Community and Regional Economic Support (CARES) Program for the Downtown Business Incubator Program. The proposed project

will consist of two components which will support new and existing business development, and stimulate foot traffic in the downtown. The goal of the program is to attract business that will enhance the downtown area and create one-of-a-kind experiences, products and services. Whitecourt anticipates approval of the project early in 2018.

Council has the following meeting schedule for the month of December:

• Policies and Priorities Committee Meeting

Monday, December 11 at 4:00 p.m. in the large boardroom at the Town Office

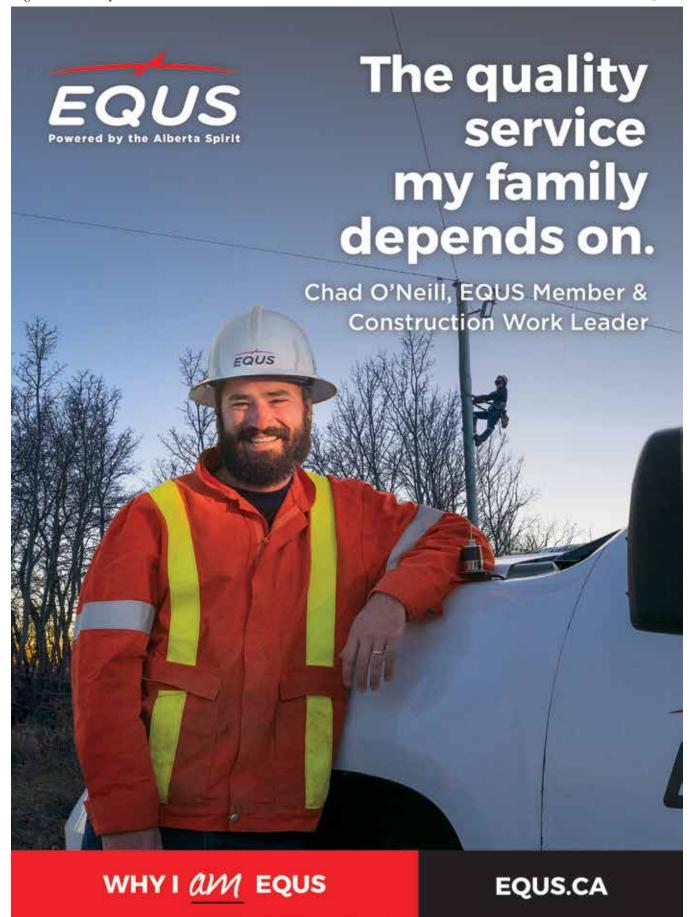
• Special Meeting of Council (2018 Budget)

Wednesday, December 13 at 5:00 p.m. in Council Chambers at the Forest Interpretive Centre

• Regular Meeting of Council Monday, December 18 at 7:00 p.m. in Council Chambers at the Forest Interpretive Centre



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ONOWAY GOLDEN CLUB NEWS









Submitted by Onoway Golden Club

Christmas is a coming, the party's have begun. Seniors Christmas denim is on sale. On December 19th there is a party at the Drop In Centre. Pot luck of snacks and desserts. Everyone is invited.

The Drop In Centre will be open December 26 for cards and games. The next pot luck will be January 2nd, 2018.

There will be no monthly meeting in December.

Monthly Soup and Sandwich will be held December 15, 2017.

Beltone is holding a hearing loss clinic the 4th Thursday of month, next one is December 28th at 10:00am till 1:00pm.

The internet has been installed, we will be looking in to purchasing a computer and printer.

The week of November 13 _____ the grade 5 & 6 class from elementary school interact with the seniors to learn cooking skills and kitchen safety, a program funded by a grant from Equs. The seniors in turn have been invited to attend a Christmas Dinner at the school.

Enjoy the holidays with family and friends.

Please don't drink and drive!!!



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Hall Rentals

Alberta Beach Agliplex, 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, Phone Debra 780-785-2907

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 @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

Business Opportunities

JOIN THE GOLD CANYON TEAM! Have the extra money you need or own the business you've 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.mygc.com/ jcazac (S) OG

LOOKING TO HOST A CANDLE PARTY? OR WANT TO DO A FUNDRAISER? EXCELLENT REWARDS!! Call Jodi for more information 780-995-6951 www. mygc.com/jcazac (S) OG

Servic<u>es</u>

Nasty's Tree Removal. Stump Grinding, Pruning & Firewood for sale. Licensed & insured. Roger @ 780-720-2207 (13) 31-10-17 OG

Ceiling & Wall Cleaning. Stipple, Wood, all types. Ceramic Tile Cleaning. Cig. Smoke removal. Biodegradable Non Toxic Cleaner. We travel to acreages & farms! Seniors Discount. Call Ceiltech today! 780-914-0323 (4) 14-11

SUDOKU REWEEK

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!

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





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

GREETINGS FROM THE ONOWAY LEGION

Submitted by Lorinda Mc-Cool | Onoway Royal Canadian Legion

Monday December 4, 2017

Elections for the 2018 executive and directors will take place in January at the first General / Annual Meeting. We are always looking for volunteers to run for various positions and if you feel you have time to contribute to your Legion please contact our Nomination Committee: Ed Gallagher @ 780-963-1663 or Jay Krause @ 780-975-4166.

PLEASE NOTE: The Friday Night Supper reservation contact number and name will be different in 2018. Louise Bambrick will be taking reservations at 780-340-0760 or at the Legion number 780-967-5361. She will respond only if the Legion cannot fulfill your request to reserve

your plates.

The Onoway Legion will be hosting a New Year's Eve Celebration beginning with Cocktails being available at 7:30 pm. accompanied by Music from DJ Jeff Mathys, a Buffet @ 11:00 pm. and Midnight Champagne. Tickets will cost \$25.00 per person and are non-refundable. Tickets are available now and can be purchased at the bar.

Scott Sadler's Steak and Hamburger Meal on November 24th was very popular with over seventy customers enjoying the supper. Scott was helped by Ron H., Louise B., Cheryl S., Carol V., Lisa J., Jessica J., Rick W. and Marshall P. Congratulations to free meal voucher winner Charles Howie, meat draw winner Byron Treit and 50/50 winner Steve McDonald.

Onoway hosted the "Division

8" - 8-Ball Pool Singles on November 24th with 12 players attending from Edson, Jasper Place, Drayton Valley and Onoway. First place went to Hugh MacDonald from Drayton Valley Branch #269 followed by second place winner Harry Stekelenburg, also from Branch #269. Congratulations to the winners going forward to Command and to our Onoway players for making a good showing. Thanks to the kitchen and bar staff who helped make it a great day as well as to Kim Menzel for the picture.

UPCOMING EVENTS:

December 5 – Drop-in Darts. Registration from 6:45 to 7:15 pm. Play @ 7:30 pm.

December 6 – Drop-in Pool. Registration from 6:45 to 7:15 pm. Play @ 7:30 pm.

December 8 - Friday Night

Supper – Chicken Cordon Swiss – Presented by Scott Sadler and Crew

December 12 – Drop-in Darts December 13 – Drop-in Pool December 15 – Friday Night

Supper – The final meal of 2017

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!

IS IT TIME FOR YOUR MAMMOGRAM? SCREEN TEST IS COMING TO ONOWAY ON DEC 8 & 9 AND TO MAYERTHORPE ON DEC 11 - 15, 2017.

Submitted by Alberta Health Services

Alberta Health Services – Screen Test brings breast cancer screening to women in rural Alberta with its mobile mammography clinics.

Why should I get a screening mammogram?

A screening mammogram is a special X-ray of your breast. Once you're over 50, it is the best way to find breast cancer early. Screening mammograms can help find breast cancer when it is very small, 2-3 years before you or your doctor can feel it. The earlier breast cancer is found the better treatment can be. In fact most women (about 90%) are now surviving breast cancer 5 years after diagnosis.

Who should get a screening mammogram?

Women 50 and over should plan to have a mammogram every 2 years and may self-refer. Women 40-49 require a referral for their first appointment. There is no cost for this service. For more information visit: www. screeningforlife.ca/screentest.

Here are some common myths and facts about breast cancer screening:

Myth #1: Breast cancer isn't very common.

In fact, 1 in 8 Alberta women will develop breast cancer in their lifetime.

Myth #2: Only women with a family history of breast cancer will get it.

The truth is, 80% of women who develop breast cancer have no family history. So it's important to understand that you are still at risk for breast cancer even if no one in your family has ever had the disease.

Myth #3: Regular mammograms can't detect small tumours any sooner than women could find them themselves.

Screening mammograms de-

tect many small tumours approximately 2-3 years before they can be felt. That's why screening is so important — it can find cancer before it has a chance to become more serious.

Myth #4: Having a mammogram can cause breast cancer or can cause an already existing cancer to spread.

Mammograms require very small doses of radiation. Research confirms that the risk of harm from radiation exposure by mammography is very low. The benefits of the earlier diagnosis and treatment of breast cancer far outweigh the risk of the small dose of radiation received during a mammogram.

Myth #5: There is nothing a woman can do to reduce her risk of developing breast cancer.

There are several things that can be done to reduce the risk of breast cancer:

• Physical Activity – Be physically active throughout

your life and exercise every day.

- Weight Try to reach or stay at a healthy body weight. This becomes even more important after menopause.
- Alcohol Limit the amount of alcohol you drink to no more than one drink per day.
- Smoking Don't smoke and avoid second-hand smoke. If you're currently a smoker, talk to your healthcare provider about options for quitting or cutting back. You can also get support at AlbertaQuits. ca or call 1-866-710-QUIT.
- Long-term Hormone Replacement Therapies (HRT) Limit using the combination of estrogen and progestin menopausal hormone replacement therapy to no more than 5 years; long-term use (beyond 5 years) increases a woman's risk of breast cancer. But within 2 years of stopping, a woman's risk of breast cancer returns to average.

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Classified Ads - Call 962-9228

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will be vacuumed, cleaned and
sanitized with our high pressure,

hot wash, sanitizing system. Reasonable Rates, Call 780-668-4306 (4) 14-11 OG

Dog Caretaker

Alberta Beach & Surrounding Areas, thinking of a Winter

Getaway? Worried about leaving your dog in a kennel? Don't worry anymore, you can leave your pet with me! There is a wrap around deck in court yard! I will provide tender loving care, with walks every day. Best of all, I'm cheaper than a kennel!

Daily drop in's or overnight stays welcome. If interested call 780-920-4166 (4) 21-11 OG

Computers

FREE Checkup - Repairs NOT over \$50. Screens, Parts, Trade. Get GOOD Laptop or Desktop. Clean, Clear, Faster Upgraded with Games, Music, Pictures, Videos and more from ONLY \$100. FREE Repairs for Single Parents. 780-892-4993 (10) 02-01

Firewood

SEASONED FIREWOOD - Birch, Spruce/Pine, Tamarack and Poplar. 4x4x8 cord. Delivery or Pickup at wood yard, Call 780-967-5835 (23) 03-10-17

His Helping Hands Firewood - Poplar, Tamarack & Birch for sale. All profits go to charity. 780-218-4177 (5) 05-12 OG

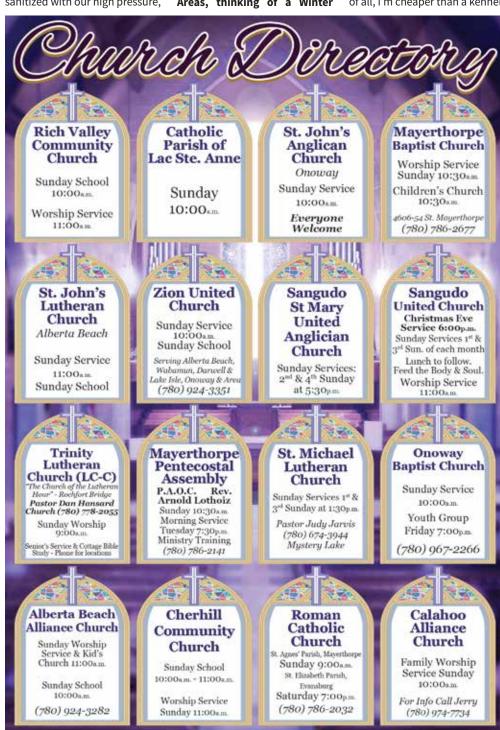
For Rent

BACK END OF BAY FOR RENT.

Front end is occupied. Has a large overhead door plus side door. Solid wall seperates the two. Located in Spruce Grove. Call 780-907-8642 (S) OG

Sangudo, AB. 2 Bedroom Apartment, heat & water included, N/S. \$721 - \$772/ month, DD same. Available Immediately. Call 780-999-7777 (4) 21-11 OG

Available Immediately - House for rent in Ross Haven AB. Large one bedroom home, detached garage, 2 storage sheds nice yard with 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, skating & Skiing. Call 780-237-2969 (2) 05-12 OG



COMMUNITY 3 EVENTS 2017

| SURDAY | MONDAY | TUESDAY TRUSSOAY TRUSSOAY | TRUSSOA

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).

DEC 6 - SANGUDO & DIST AG SOCIETY AGM at Sangudo Arena, 6:30pm. New members always welcome. Refreshments provided. 780-284-8033.

DEC 9 - FAMILY CHRISTMAS PARTY at Gunn Community Hall. Santa is Coming - For tickets call Marlaine @ 780-951-9452 or Liane @ 780-909-4558

DEC 10 - BLUE CHRISTMAS: A Service of Hope and Healing, 2pm at Mayerthorpe Royal Canadian Legion. Words & Carols. All welcome, free event. RSVP to Fran at 780-786-2898 or bluechristmasmayerthorpe@gmail.com

FARMERS MARKETS

ALBERTA BEACH: Open Every Sunday, May - Oct, 12-3PM. Contact Joeanne 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 9:30-1:30_{PM}, 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: 4РМ, 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: Sangudo Community Hall, 1st Sat of month 7PM. 785-4105 or 305-5088. *October -

SPRUCE GROVE: at Sandhills Community Hall, 3rd Sunday, 1-5Pm. Info Florence 780-962-3104 Margaret 780-962-3051 *September - June 5TONY PLAIN: Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2rd & 4th Thurs of month, 7Pm, \$2. PH: 587-989-7214 or 963-7920. THE ABBOTTSFIELD VARIETY MUSIC JAN: at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3rd Friday of month, 7Pm. PH: 780-

TOPS (Take Off Pounds Sensibly)

918-8545, Adm: Donations Only

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

YOUR COMMUNITY

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 7:30 PM 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/nonmembers. Contact Cindy 780-963-7170.

JR. SCRAPBOOKING Wed 4-6pm. Pre-register by Tues evg. Mayerthorpe Public Library www. mayerthorpelibrary.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. Excercise Fridays, 10AM. 1^{at} Tuesday: Pot Luck Supper, Last Friday: Soup & Sandwich. 5023 49 Ave. 780-967-3436.

ONOWAY HAVE FUN & GET FIT! Excercise 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 Lorainne 286-5040. SANGUDO ART GROUP: Wednesdays 9Am-12PM at Sangudo Community School. Info call

SPIRITUAL LIVING STONY PLAIN INSPERATIONAL 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

780-785-2112.

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 6:30-9:30_{PM}, 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

AA - SANGUDO GOLDEN CLUB, Tues 8PM cal 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: Villenvue 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 1^{st} 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.

MEN 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: 3nd Wed 7PM, Onoway Museum. 967-5263 or 967-

ONOWAY QUILTERS, 2^{nd} & 4^{th} Thurs, 10^{AM-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 Sangudo 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. Page 20 Community Voice December 5, 2017

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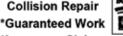
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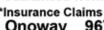
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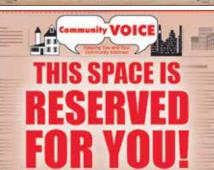
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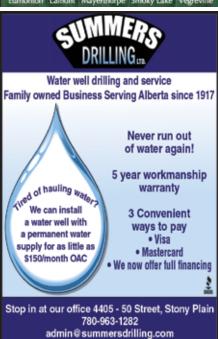


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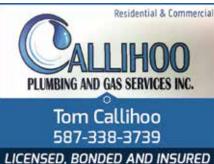


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