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April 17, 2018

## 4-H FOUNDATION OF ALBERTA SET TO DELIVER \$80,000 IN SCHOLARSHIPS IN 2018

Submitted by Bianca von Nagy, Director, Philanthropy and Planned Giving | 4-H Alberta | 4-H Foundation of Alberta

The 4-H Foundation of Alberta is proud and thrilled to announce the largest monetary scholarship in 4-H Alberta's history: in 2018, the Elmer and Ona Hansen Memorial Scholarship fund will award \$80,000 to ten (10) Alberta rural farm youth (25 years of age and younger) who have completed high school and are enrolled as a first-year student at an acknowledged post-second-

ary institution.

"At 4-H Alberta, we are all about youth and fostering the future leaders of our communities and Alberta. Providing scholarships is one of the many ways we are setting our members up for success. This is one of the reasons why we were beyond thrilled to increase the existing scholarship award monies to the highest paying scholarship in 4-H Alberta's history," says Leah Jones, Chief Executive Officer of the 4-H Foundation of Alberta.

The scholarship is designed to help rural farm youth who must

leave home to pursue a post-secondary education or trade. The following monetary amounts will be awarded in 2018:

- First place: One (1) \$20,000 scholarship
- Second place: One (1) \$15,000 scholarship
- Third place: One (1) \$10,000 scholarship
- Fourth to tenth place: Seven (7) \$5,000 scholarships

The Elmer and Ona Hansen Memorial Scholarship will be an ongoing scholarship and award \$80,000 or more every year going forward.

Continued on Page 2

## MEMORIAL GRANT FOR FIRST RESPONDERS

Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, is pleased to inform residents that Public Safety Canada has launched the Memorial Grant Program for First Responders. This grant program recognizes the service and sacrifice of first responders who die as a direct result of carrying out their duties.

"This is a grant you hope never needs to be given out, but is necessary to recognize the ultimate sacrifice of a first responder and to ensure that their loved ones

are taken care of," stated MP Eglinski.

Through the Memorial Grant Program, families of first responders – police, firefighters and paramedics, including volunteers, reservists and auxiliary members – that lose a loved one as a direct result of their duties, will receive a one-time lump sum, tax-free payment of \$300,000. The Program took effect on April 1, 2018, and will be implemented in cooperation with provinces and territories.

The Memorial Grant is a non-economic benefit and does not compensate families of first responders for monetary loss

(income replacement) or serve as life insurance, but rather, is in recognition of their service and sacrifice.

"As a former RCMP officer for 35 years, I know the sacrifices that first responders make to perform their duties each day. First responders, without hesitation, put their lives on the line. It is up to the government to ensure their families receive the support they need in the event that a loved one doesn't return from the line of duty," concluded MP Eglinski.

For more information, visit: [www.publicsafety.gc.ca/cnt/bt/mmrl-grnt-prgrm/index-en.aspx](http://www.publicsafety.gc.ca/cnt/bt/mmrl-grnt-prgrm/index-en.aspx)

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VOLUNTEER APPRECIATION— APRIL 19, 2018

Submitted by Town of Mayerthorpe

Town of Mayerthorpe & FCSS would like to invite you to the Town's annual Volunteer Appreciation Night.

April 19, 2018 at the Mayerthorpe Legion from 5:00 p.m. – 8:00 p.m.

Come out for a great night and enjoy 1 dozen FREE wings. You can register and pick up your

wing voucher at the Town Office by April 18th.

Thank you to all of you who dedicate your time and hard work to the community, it truly is appreciated!!

4-H Foundation of Alberta Set to Deliver \$80,000 in Scholarships in 2018

Continued From Page 1

"We are very grateful for the generous investment through the Hansen Ness estate bequest. It is because of the generosity of our community partners and donors that we are able to provide our outstanding 4-H Alberta Programs and that we have the opportunity to inspire, educate, and develop outstanding rural and urban youth, future leaders, and citizens," adds Ms. Jones.

The application period for the Elmer and Ona Hansen Memorial Scholarship is May 1 – June 30, 2018.

The application forms will be posted on the 4-H Alberta website on May 1, 2018: ww-w.4h.ab.ca.

About 4-H Alberta 4-H is a leading youth organization committed to developing outstanding leaders with indispensable skills to succeed in today's society. Through the efforts of a dedicated provincial network, 4-H offers programs, trips, awards and scholarships for members, volunteer leaders, and families. 4-H Alberta | 4-H

Foundation of Alberta RR1. Westerose, AB. T0C 2V0

About the 4-H Foundation of Alberta

The 4 H Foundation of Alberta was formed in 1977 as a non-profit charitable foundation to build and operate the Alberta 4 H Centre. Today, a big part of the work of the 4-H Foundation of Alberta includes the overview and management of scholarships as well as fundraising efforts to support the 4-H Alberta's outstanding youth programs and events.

ECO CONTRACTING SERVICES logo with a leaf icon. Text: SHORELINE RESTORATION, LANDSCAPING, EARTHWORKS, EROSION CONTROL. Website: ecofirst.ca. Contact: Call or Text RICHARD DEIB 780.217.3534 richard@ecofirst.ca. Serving The Community Since 1995.

RICH VALLEY SCHOOL KINDERGARTEN REGISTRATION 2018-2019 April 25th, 2018 • 7:00 P.M. @ RVS. If your child is going to be 5 yrs. old before Dec. 31, 2018 he/she is eligible to register for Kindergarten. Please join us for a tour of the classroom and meet the teacher. If you have any questions or wish to register by phone please call 780-967-5754. Image of children at a desk.

JOKE OF THE WEEK. Wife arrives home late at night from a business trip and quietly opens the door to her bedroom. But she notices four legs instead of two peeking from under the blanket! Seized by a fit of rage, she reaches for the baseball bat and starts hitting the blanket until the screaming stops. Still in shock, she lurches to the kitchen to have a drink. As she enters, she sees her husband there, reading a magazine. "Oh welcome home darling," he says. "my parents came for a visit, so I let them have our bedroom. I hope you said hello."

# DARWELL DESSERT & ENTERTAINMENT NIGHT

**Submitted by Contact:**  
**Lorne Ross | Darwell District Recreation Association**

An Evening Out  
On April 19th at 6:30 PM join

family and friends for dessert and entertainment at the Darwell Centennial Hall's "Dessert and Entertainment Evening". Hear the Darwell School's choir and watch presentations by the Rural Route Actors Troupe while en-

joying your coffee and dessert. Cost for the evening is by donation. In addition to the entertainment there will be displays of artwork done by the students. Local artists wishing to display their artwork and those wishing

to share their special talents are invited to call Marie Smith at 780 892-3099 or Lorne Ross at 780 892-4543. Join us in providing an enjoyable evening out. Hopefully the evening will assist in moving us into spring.

# NOTES FROM THE ONOWAY LEGION

**Submitted by Richard Moses | Onoway Royal Canadian Legion**

Enjoy a traditional meal on Friday  
This week, Friday, April 20, enjoy a delicious meal of ham with scalloped potatoes cooked and served by the Onoway Scouts.

On Friday, April 27 Lorne Olsvik leads the kitchen crew for a cowboy-themed dinner. Enjoy BBQ beef on a bun, prepared just like the cowboys ate it on trail rides! The evening tops off with entertainment by the West End Edge, Ron Evan's three-man band, always popular with folks attending legion dinners.

### Fun Dart Tournament

Take your best shot during the April Fun Dart Mixed Tournament on Saturday, April 21 at the Legion. (As a mixed tournament, at least one member of each team must be of the opposite sex.) The plan is for four-person teams, but if there aren't enough people, and everyone agrees, it will shift to pair teams.

Registration is at 8:30 a.m., with play beginning at 9. The cost is just \$8/person, and prize money will be paid out. Lunch will be available for a nominal cost. To register, or for more information, call Scott Sadler at 780-967-4146 or 780-991-6777.

### VE Day Celebrations

The Onoway Legion will commemorate the 72nd Anniversary of the Victory of Europe in World War II with a special event on Saturday, May 12. As part of the ceremony, we'll present Quilts for Valour (made by Lezley Zwaal) to three area veterans. Watch for more information.

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# RESIDENTIAL SPRING CLEAN UP ONE DAY ONLY!! - MAY 22, 2018

Submitted by Town of Mayerthorpe

If you wish to participate in Spring Clean Up, please have your items for disposal placed next to your garbage bin. To be sure that they are not missed during the initial drive around

inspection, have them out the night before. Mark your items with surveyors tape (any color). If your items for disposal are not marked with surveyors tape they will not be picked up.

The Town of Mayerthorpe will accept: Stoves, Microwaves, Air Conditioners, Refrigerators,

Deep Freezers, Washers, Dryers, Hot Water Tanks, Couches Chairs, Mattresses', General Metal, Wire, Wood, Etc.

• Non Bulky Items can not be heavier than 40lbs.

No Renovation Materials of Any Kind, this includes Toilets.

FEES WILL BE CHARGED

ON ALL WHITE GOODS AND FURNITURE WITH SPRINGS

NO Electronics

NO Hazardous Wastes

NO Tires

NO Household Garbage

NO Compost

NO Batteries

## 2018 BUDGET APPROVED

Submitted by Tara Galant, Legislative Manager | Town of Whitecourt

April 11, 2018

Whitecourt Town Council approved the final 2018 Budget. The budget, valued at just over \$54.3 million, requires a 2.34% change to municipal mill rates for both residential and business properties.

“With input from various stakeholders, I believe we have found a balance in the 2018 budget that allows us to maintain and enhance service levels for

today, as well as plan and prepare for growth in the future,” remarked Whitecourt Mayor Maryann Chichak.

Budget highlights include:

• The 2018 Capital Budget totals \$15,818,952.

• The 2018 Operating Budget totals \$38,543,968.

• Revenue from taxation totals \$13,717,558; accounting for 25% of the municipality’s total revenue.

“Budget decisions outline the funding for all municipal operations and activities – including infrastructure investment, recre-

ation and cultural programs, social services, and more. It is our most important planning tool, and guides decisions and priorities for both the short and long term,” added Mayor Chichak. “We worked hard to actively engage residents, business owners and Committee Members throughout the budget process; efforts included hosting an open house and Special Budget Input Meeting, calling for written comments, and more. To all of the members of various Council Committees that assisted with budget preparation – thank you!

To all of those that submitted comments and provided input, we appreciate your interest and insight.”

The Town of Whitecourt publishes an annual budget report to help increase local understanding of projects and initiatives planned for the year, and residents’ knowledge of where municipal tax dollars are spent. The report will be available on www.whitecourt.ca and municipal social media sites at the beginning of May after the Tax Rate By-law has been adopted by Town Council.

**STONY PLAIN NURSERY & GARDEN CENTRE**

We will be opening the Garden Centre **April 27, 2018**

You are welcome any time to order trees!

- **Bare Root Trees** - available April 21<sup>st</sup> (Leaf out)
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**UPDATE: Mona has improved dramatically and is working with me at the Nursery again. Thank God!**

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# MAYERTHORPE EXHIBITION CENTRE OFF SEASON FEE NON PROFIT

## Submitted by Town of Mayerthorpe

Enhanced Off Season Non Profit Fees (May 1 to August 31) provide greater access to Mayerthorpe non profit groups wishing to access the Mayerthorpe Exhibition Centre during the summer!

The Town of Mayerthorpe established Off Season Fees, adopted by Council at their February 26, 2018 regular Council meeting.

- a. Daily Fee \$750.00
- b. Daily Hourly Fee \$100.00

The Town of Mayerthorpe has further enhanced these fees by es-

tablishing Off Season Non Profit Fees, adopted by Council at their March 26, 2018 regular Council meeting as follows:

- c. Daily Fee Non Profit \$525.00
- d. Hourly Fee Non Profit \$ 50.00

The establishment of the non profit category subsidizes community group usage while supporting the Town's desire for increased usage of the facility during the summer months.

"Mayor Kate Patrick, Council recognizes the need to subsidize non profit group usage so that these groups are better positioned to fund events in the community. Com-

munity events of this kind provide economic spin offs to the business community, enhance social activities in the community, and enable more event proceeds to be retained by the non profits.

Council established these Off Season fees to encourage more summer events such as barrel racing/competitions, trade shows, 4-H Club classes, gymkhana events, bull-aramas, individual trainers/horse enthusiasts, etc."

The Mayerthorpe Exhibition Centre opened in 2011 providing users with a state of the art facility with a designed occupant load of 1,350

people for large spectator events (non ice/arena) and with bleacher seating of 350. The large overhead doors are 18' h x 14' w to provide easy access to large equipment. The facility provides for a walking track, mezzanine with Dakota's Playroom and the Carlan Lounge along with a commercial kitchen providing for a wide variety of menu items.

For more information or to book the Mayerthorpe Exhibition Centre contact Joanne St. Martin, FCSS/ Recreation Coordinator at the Town Office at 780-786-2416.

On behalf of Council,  
Kate Patrick, Mayor

## RCMP BEATS

### Submitted by Stony Plain/ Spruce Grove RCMP

Occurrences for the week of 2 April to 8 April 2018.

Total Calls for Service Spruce Grove/Stony Plain/Enoch Detachment: 587

Total Calls for Service for the Victim Service Unit: 26

Individuals Charged: 146  
Person Crimes reported: 43  
Property Crimes reported: 60  
Impaired Driving Complaints reported: 7

Impaired Driving Charges Laid: 0

Roadside Suspensions: 1  
Motor Vehicle Collisions Attended: 41

Property Crimes:  
Spruce Grove

1. April 2 – Area of Brookwood Drive – Theft from Vehicle, cash stolen

2. April 3 – Area of Meadowland Crescent – Theft from Vehicle, laptop and passport stolen

3. April 3 – Area of Collingwood Avenue – Theft from Vehicle, wal-

let stolen

4. April 4 – Area of Woodhaven Drive – Theft of Vehicle, 1987 white Toyota Tundra

5. April 4 – Area of Spring Bay – Theft from Vehicle, briefcase, camera and cheques stolen

Continued on Page 6



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# YES, I CAN

Submitted by Wanda Pederson | Onoway Junior Senior High School

On Monday, March 19th, OJSH held a short assembly for all students to recognize and showcase the achievements of our school's volleyball and basketball teams. Principal Lobo introduced each of the teams as they came on stage. Each team and team member was cheered loudly by the audience. And, of course, the school mascot, Ojshee, was in attendance to increase school spirit.

After the assembly, OJSH staff and students had the privilege of listening to Chris Koch. Chris is an

extraordinary man. Born without arms or legs, he has accomplished much in his lifetime – more adventures, travels and opportunities than many able-bodied people have done. He runs about mainly by using a long-board (skate board) although he also can hop on one of his leg stumps when there is uneven ground and when he is farming. Chris is an Alberta farm boy turned world traveler, adventurer and motivational speaker. He continues to farm in Southern Alberta in between speaking engagements, travels and adventures. His unique message to the world is "If I Can".

Sponsored by Lac Ste. Anne County, Chris came to OJSH to tell



his story of inspiration to the staff and students assembled in the gym. His uplifting message – presented with self-deprecating humour and honesty – was simple but powerful: anything is possible with vision and hard work. Chris encourages people to live life to the fullest: it is in his

message that if he can do it, you can do it.

"I never have nor will I ever let limitations or obstacles in my life stand in the way of achieving my goals and dreams and I hope my message can inspire others to do the same." - Chris Koch, Founder of If I Can...

## RCMP Beats

Continued From Page 5

**Cash for Cars**  
**967-2492**  
**R & S TOWING**

Rural  
6. April 2 – Area of Township Road 563 and Range Road 23 – Break and Enter to Cottage, bush trimmer and totes stolen

7. April 5 – Area of Township Road 524A and Range Road 32 – Theft of Vehicle, 1998 green Chevrolet GMT400

Stony Plain/Spruce Grove RCMP

remind you not to make it easy for thieves. Never leave a vehicle door unlocked or a vehicle window open. Most Theft from Vehicle files are crimes of opportunity.

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

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

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- Promotes Brain Tissue & Bone Growth
- Fibromyalgia Pain
- Reduces Blood Sugar Levels
- Antibacterial
- Anxiety & Depression
- Reduces Nicotine Cravings
- Digestive Aid
- Anti-Psychotic
- Ringing Ears - Tinnitus
- Inhibits Cell Growth in Tumors

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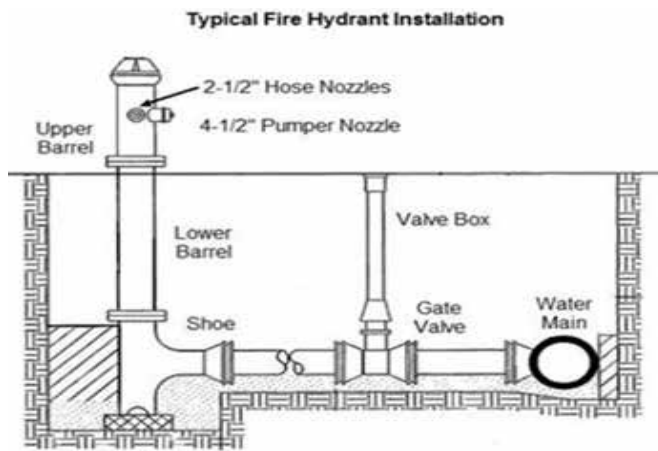
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# FIRE HYDRANT UPDATE - 46TH AVENUE



The first diagram illustrates the basic structure of a fire hydrant above ground and below ground. Please note that the below ground infrastructure can be as deep as 12'.

Submitted by Town of Mayerthorpe

Public Works responded to a report of a leaking fire hydrant on 46th Avenue in 2016 and after investigating the matter Public Works determined that the leak was above ground. As a result, Public Works rebuilt the internal components of the Upper Barrel repairing the leak at that time.

Public Works responded to a re-

port of a water leak at the location of the fire hydrant on 46th Ave in December, 2017 and after investigating the matter further Public Works determined that the leak was below ground. Public Works completed utility first calls to locate underground infrastructure, scheduled a hydro vac unit, and proceeded to investigate the below ground leak.

The hydro vac unit exposed a fibre optic communication line between the Shoe and the Valve upright on January 5, 2018. Public Works determined that there was a secondary leak below ground at this time.

Due to frozen ground conditions and the requirement to dig and shore an excavation approximately 3m around the fire hydrant and the requirement to remove a portion of the sidewalk and pavement on 46th Avenue, Public Works scheduled the repair work for spring of 2018.

If during the excavation, Public Works determines that a repair (eg. seals, valves, etc.) can be completed without excavating the entire area, this work will be done at that time. If Public Works determines that it is best to abandon the fire hydrant service connection based on their findings, Public Work may relocate the fire hydrant further to the north so that excavation of the sidewalk and pavement is avoided. In the interim a section of sidewalk has been barricaded off enabling the water to flow via the curb and gutter to the nearest storm water catch basin.

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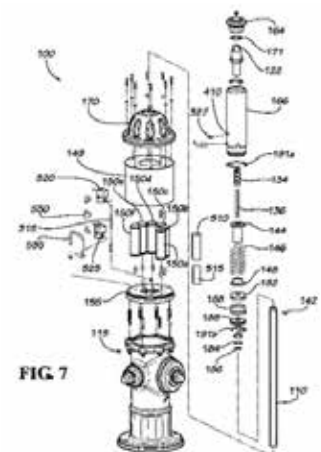
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The second diagram illustrates the internal parts of a fire hydrant.



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# WHITECOURT TOWN COUNCIL UPDATE

Submitted by Tara Galant, Legislative Manager | Town of Whitecourt

March 27, 2018

Council has adopted the 2018 Strategic Plan. The Plan provides Council and staff with a common focus to be pursued over its term to achieve the municipality's vision. The Town will use the Strategic Plan to define its priorities, activities, short and long-term plans; and to prioritize budget and resource allocations. A copy of the 2018 Strategic Plan Report is available for viewing at [www.whitecourt.ca](http://www.whitecourt.ca).

Whitecourt is joining other municipalities across the province to encourage the Government of Alberta to update the recycling regulatory framework. Alberta is the most wasteful province in Canada; and, despite successful municipal recycling programs, our province sends just under 1,000 kilograms of waste per person to landfills each year, as compared to the Canadian average of approximately 700 kilograms per person. Municipalities across Alberta are joining together and calling on MLAs to champion the need for improved waste management in the province.

Doug Tymchyshyn has been appointed as the Clerk of the Subdivision and Development Appeal Board (SDAB). SDAB makes decisions on appeals of subdivision or development decisions made by the Municipal Planning Commission or Development Officers. The Board consists of six public members and one appointed representative from Town Council.

Council adopted a policy to allow for external use of the Whitecourt Fire Department Training Grounds. External agencies, such as private businesses and other municipal fire departments, will be permitted to use the training facility which is located at the Whitecourt Public Works Shop.

Whitecourt will be recognizing and thanking local volunteers at the April 19 You've "Bean" Great event. Local volunteers are encouraged to stop by any Tim Hortons location from 7:00 to 10:00 a.m. on April 19 to receive a free, large hot beverage as part of National Volunteer Week. Details can be found on [www.whitecourt.ca](http://www.whitecourt.ca).

April 11, 2018

Whitecourt Town Council approved the 2018 final budget at Monday's Regular Meeting of Council. For details on the budget

please refer to the separate press release dated April 11, 2018 that can be found on the Town's website at [www.whitecourt.ca](http://www.whitecourt.ca). The Tax Rate Bylaw will be reviewed by Council at the April 23 Regular Meeting of Council.

Town Council received an overview of 2018 assessment figures by the municipal assessor.

- The valuation date for 2018 taxation of properties is July 1, 2017.
- Assessment values for single family homes have decreased approximately 1.0% in the valley area, and 0.7% in the hilltop area. The average house value in Whitecourt is \$348,900.
- Property owners can view the

assessment report for their property online. Visit the Whitecourt website at [www.whitecourt.ca/Services/Taxes-Assessment](http://www.whitecourt.ca/Services/Taxes-Assessment) and follow the link and instructions to view assessment reports.

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

Whitecourt received \$125,000 from the Alberta Community Partnership Program to complete the Regional Business Park Feasibility Study. The project, which will be completed in partnership with Woodlands County, will provide both communities with essential information to meet current and future industry in the area, and provide

direction on possible locations for a future business park.

Whitecourt has been approved for funding through the Community and Regional Economic Support (CARES) Program to complete the Downtown Business Incubator Project. The objective of the project is to support new and existing developments, and stimulate business in the downtown. The grant will allow Whitecourt to provide financial support to two local businesses to assist with lease rates for two years, and additional business support services over the two year term. Administration will be drafting a policy on the grant that will be reviewed by Council in the near future.

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# DARWELL PUBLIC LIBRARY NEWS

**Submitted by Sandra Stapaniuk, Library Manager | Darwell Public Library**

Wondering what to do with all those items from your spring cleaning? We continue our fundraising efforts to complete the library expansion. We are currently doing a Value Village donation drive and are looking for your used clothing, shoes, accessories, books, linens and small household items (small items only no furniture). You can pick up a list of acceptable items at the library or find the complete

list on our website or Facebook page. You can drop off your donations at the library expansion during regular library hours until May 30, 2018. Should these times not work for you please contact the library to make alternate arrangements.

Beginner Tai Chi continues every Wednesday and Friday morning, except holidays, from 10-11 AM until May 30, 2018. All you need are loose comfortable clothes and flat shoes. This year we are offering a \$ 5.00 drop in fee for those who have already learned the 108 moves

or for those who are curious and would like to see what it is all about.

Preschool Story Time for children 0 to 5 years of age continues every Monday morning, except holidays, from 10 – 11 AM. This program will run until May 28, 2018. This is a free drop in program so come join us for stories, activities, crafts and a snack. All children must be accompanied by an adult as this is a program designed for parents/caregivers and children together.

The colouring club, LEGO and Family Games continue daily,

during regular library hours, for patrons of all ages. We encourage you to ask about our passive programming and provide ideas for what you would like to see in the library. We look forward to seeing/hearing from you.

Join us for Family Movie Night, at the Lake Isle Community Hall on Friday, April 20, 2018. We will be showing the "PG" rated title "Jumanji". The doors will open at 6:30pm and the movie starts at 7:00 pm. Admission is \$ 2.50, and a concession will be available. See you there!

The next Book Club will be meeting on Monday, May 7, 2018 at 7:00 p.m. to discuss "Winter Garden" by Kristin Hannah. Do you love to read? Do you like to discuss what you have read with others? We are always interested in a new perspective to add to our conversation. If you are interested in participating, you can register and arrange for loan of the current title by calling the library @ 780-892-3746.

We will be offering a Mother's Day Craft for children 6 year of age and up on Wednesday, May 9, 2018 from 3:30 to 5:00PM. This year we will be making a sweet treat for Mom and a card. Space is limited to 10 spots, so we encourage you to register early to avoid disappointment. This program is funded by FCSS.

We are looking for volunteers to work a Casino at Apex Casino in St. Albert on Thursday, June 14 and Friday, June 15, 2018. If you have some time to, please drop by the library for information and to complete the necessary paperwork.

The Darwell Public Library Society will be holding their Annual General Meeting followed by the regular meeting on Monday, April 23, 2018 starting at 7 pm. All meetings are open to the public and everyone is welcome to attend. The Library is open 11:00 am to 4:00 pm on Monday, Tuesday and Thursday and from 5:00 pm to 8:00 pm Wednesday and Friday, closed Saturdays, Sundays and Holidays. You can also find out what is happening at the library by checking our Website [www.darwellpubliclibrary.ab.ca](http://www.darwellpubliclibrary.ab.ca) or like us on Facebook at [www.facebook.com/DarwellPublicLibrary](http://www.facebook.com/DarwellPublicLibrary)

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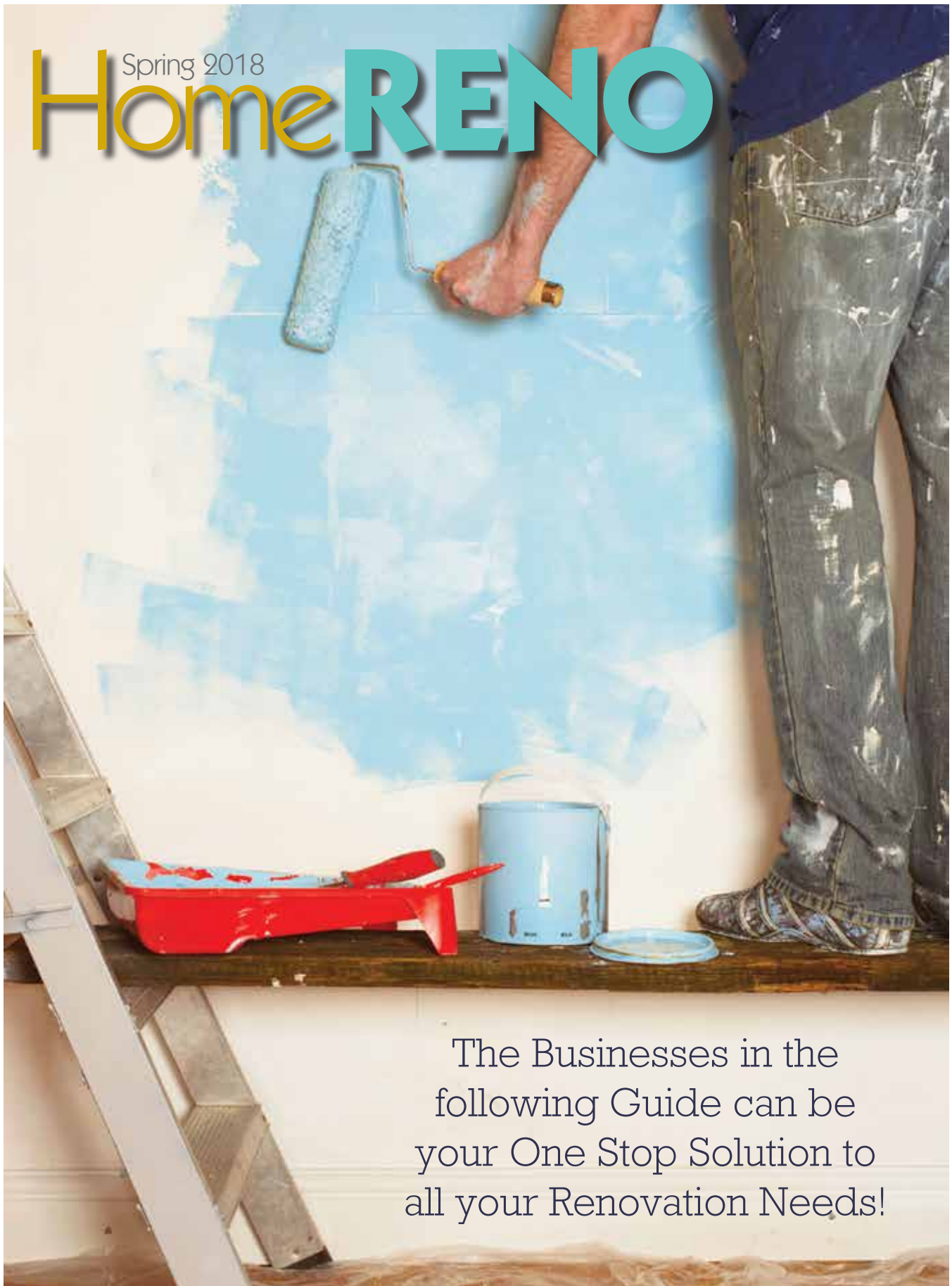
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# Spring 2018 HomeRENO



The Businesses in the following Guide can be your One Stop Solution to all your Renovation Needs!

# HomeRENO

## TRANSFORM BATHROOMS WITH TECHNOLOGY

Technology is infiltrating every room of the house. Many new home buyers are millennials, and this tech-savvy demographic covets technological innovations.

A recent survey by Better Homes & Gardens Real Estate indicates 77 percent of Generation X and Y home buyers want their homes equipped with the tech capabilities

they have grown accustomed to. Many of these involve smart innovations, including those that can transform one of the most private rooms in the house - the bathroom.

Automated home theater rooms and Wi-Fi-enabled home security systems have become the norm, but what tech improvements are available to make the powder room

more in touch with today's digital lifestyle? According to the home improvement resource The Spruce, bathrooms have the most potential of any rooms to be improved with technology. The following are just some of the bathroom gadgets and gizmos no one should resist before giving a try.

- Automatic faucets: In-

frared sensors have been helping keep public restrooms more hygienic for years. The same technology can be used in home bathrooms to curtail water waste and keep faucets and sinks from becoming infested with germs. In addition, faucets with built-in timers can be programmed to set tasks for brushing teeth or washing your face.

- Musical shower: Instead of having to blast the volume on the portable speaker you use in the bathroom, a wireless speaker is built into some showerheads. This enables those who like to sing in the shower or listen to podcasts while washing up to enjoy this luxury effortlessly.

- Smarter weight management: Bathroom scales have gone high-tech as well, with various options enabling users to measure weight, BMI and body fat percentage before sending the data wirelessly to a phone, tablet or computer. This can put you in greater control of fitness goals.

- High-tech toilets: Borrowing ideas from bidets and trends around the world, modern toilets do not require hands or paper. These toilets have temperature-controlled water, spritzing wands and air dryers to clean and sanitize. Self-cleaning toilets help busy professionals save time and are ideal for those who always want their bowls as clean as possible. And if you desire extra comfort, toilet seat warmers are available, while LED lights can make nighttime restroom visits easier.

- Soaking tubs: As fast as stand-alone showers were introduced to the modern bathroom, tubless designs have been replaced with streamlined soaking tubs. Tubs come with different features, including chromatherapy, which employs colored lights to enhance mood. Air baths are controlled electronically and provide different levels of sensation for those who are skipping the hot tub.

Round out these innovations with automated lights, chilled medicine cabinets and aromatherapy, and your bathroom will indeed become a technological spa.

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## WEATHERIZING TO SAVE MONEY AND ENERGY

Homeowners know that maintaining a comfortable home can be a lot of work. As one project is completed or addressed, another may pop up. In spite of the hard work that can go into maintaining a home, many homeowners would agree that such efforts are well worth it to feel safe and comfortable inside one's own home.

Weatherization is one of the ways to make a home more comfortable while also saving money and energy. Some weatherization projects may be best left to the professionals, while others can be tackled by homeowners themselves. The following are some projects homeowners can expect to encounter as they weatherize their homes or work with professional weatherization services.

- Home energy audit: The U.S. Department of Energy notes that the purpose of a home energy audit is to give homeowners a complete picture of how they consume energy. Audits can shed light on how much energy is being consumed and if there is anywhere in the home where energy might be going to waste. Audits should be conducted before beginning any weatherization projects. Professional auditors may give advice on which areas of the home should be addressed first, while DIYers who conduct their own audits can make a list of issues before determining where to start.

- Leakage: Homeowners may think leakage only poses a problem in winter, when cold air can creep in through cracks around doors and windows and make residents cold, forcing them to raise the temperature on the thermostat. But leaks can affect comfort levels and energy bills during the summer, too, forcing homeowners to adjust their air conditioners to ensure a home is cool on hot days. Choose a cool, windy day to inspect for drafts around doors and

windows. The DOE notes that air leakage can adversely affect indoor air quality and contribute to moisture problems that can affect occupants' health.

- Insulation: A poorly insulated home will cost more to heat in winter and more to keep cool in summer. The DOE notes that heat flows from warmer to

cooler until there is no longer a temperature difference. So during winter, heat will flow from heated living spaces to unheated areas of the home, including attics and garages. In summer, heat will flow from the outdoors into the home. Properly insulating a home will decrease this flow of heat, ensuring home-

owners aren't paying to heat rooms they don't use in winter or paying more to keep rooms cool in summer because heat is flowing in from the exterior of the home.

Weatherizing a home is a great way for homeowners to reduce their carbon footprints and save some money.




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## CORRAL ENTRYWAY CLUTTER

The entryway to a home is the first thing guests experience when coming inside. It also can be the first place residents drop their belongings after long days at school or work. As a result, entryways can quickly be consumed by clutter. Taming such messes takes a mixture

of ingenuity and planning. Homeowners hoping to clear their entryways of clutter must first decide what they want to get out of the space. Will it simply be a decorative spot with photos and other home decor on display? Or is functionality the primary goal?

Once that decision has been made, take inventory of which items, such as shoes, keys, umbrellas or coats, need to be in the area, which don't (i.e., old mail). To make things more organized, rearrange the former while removing the latter.

Next it is time to assess storage needs and what's already available. User-friendly storage items may need to be purchased to make the room as functional as possible. The following ideas also can help bring order to the space.

- Create a command center. Create a central location where items are neat, orderly and within reach. Use a bulletin board, dry-erase calendar or something that can house schedules and important notices. Hooks can hold keys, chargers and more.
- Keep it covered. Covered bins can serve as a seating area and also a place to store shoes, hats and scarves.

• Create cabinet space. Store items in cabinets so they are organized but out of sight. This way belongings are not just left on an entryway table.

• Create another drop zone. If the entryway is too small to serve its purpose, outfit another room or area that also can do the job. This can be a laundry room or mudroom area. Install shelves, a bench, cabinets and hooks. Just be sure this space is close enough to the entryway to make it useful.

• Go vertical. An easy way to keep things neater is to remove items from the floor and embrace vertical storage. Shoe racks, hooks for purses and a cabinet for coats may do the trick.

Clutter can accumulate in entryways. But some simple adjustments can quickly revamp the space to make it neater and much more functional.



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## REDUCE INJURIES DURING DIY PROJECTS

Accomplishing a do-it-yourself home repair or renovation can elicit feelings of pride. DIY projects can be cost-effective and completed on homeowners' unique time schedules. Although people can do many repairs themselves, using the wrong tools or equipment, or having insufficient knowledge of the task at hand can increase the risk of injury.

The home security resource A Secure Life says that more than 18,000 Americans die every year from injuries that take place in the home. Unintentional injuries can be traced to many factors, but making repairs around the house can contribute to accident risk. Falls, electrical shocks, broken glass, carpentry tools, and carrying overly heavy loads repeatedly result in injury, says The Home Depot.

Recognizing these potential hazards and always employing safe tactics can help keep DIYers stay healthy.

- **Ladder safety:** A fall from even a few feet can cause severe injuries and even death. Ladders should always be put on a level, stable surface. Individuals should not climb higher than the second rung on a step ladder or the third rung on an extension ladder.

- **Tools:** Every tool has the potential to cause injury. This injury risk increases when tools are not used properly. Before a tool is used, it's important to read the instructions.

- **Wear protective gloves.** Gloves can help protect against burns, electrocution, slippery grip, and even deep cuts or finger amputation when using sharp tools. Gloves also are essential when handling broken glass.

- **Power tools:** Power tools have momentum and torque behind them to make fast work of various jobs. If using power tools, DIYers should ensure they are the right tools for the job, not something that is handy or a quick fix. Power tools should only be used if a person can devote attention to the task and stay focused. That

means never consuming alcohol, drugs or medications that can impair function when using power tools.

- **Working with electricity:** An electric shock occurs when a person is exposed to a source of electricity and the charge runs through the body. It can cause burns, cardiac arrest, changes to heartbeat, and even neurological

injuries, according to the Mayo Clinic. DIYers should take precautions anytime they are working with electricity, including turning off the supply of electricity to the outlet or fixture being worked on.

- **Heavy loads:** It is important to exercise caution when moving around heavy loads. A friend or family member can help with the transfer of building mate-

rials or to relocate furniture.

- **Distractions:** Avoiding distractions is essential when doing home renovations. Keep pets and children away from work areas to focus entirely on the job at hand.

Injuries can derail home renovation projects if safety measures are ignored.

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# HomeRENO



## SAFETY RENOVATIONS FOR SENIORS' HOMES

Feeling safe and secure at home is a priority for any homeowner. But safety is of particular concern for aging men and women who are at greater risk of being involved in accidents at home than younger men and women.

Harvard Health Publishing says that accidents at home are among the leading causes of injury and death in the United States. The chances for

fatalities increases as one ages, and by age 75 and older, men and women are almost four times as likely to die in a home accident as people a decade younger.

As people age, their balance, eyesight and general physical abilities can begin to diminish. Furthermore, a fall or incident that may only bruise a younger individual can cause more serious breaks or dam-

age for seniors, resulting in potentially lengthy recovery times.

The Home Care Assistance organization says that one million elderly people are admitted to the emergency room for injuries every year. People concerned about the safety of their homes or the homes of their aging loved ones can retrofit such properties to make them safer.

Falls

According to The Senior Social Club, which offers care and community services to seniors, falls are the most common accidents affecting seniors. One out of every three seniors aged 65 and older falls at least once a year.

In addition to working with doctors to improve mobility and modify medications that may cause unsteadiness, changes around the home can help. Grab bars placed in bathrooms and high-traffic areas can help seniors get stay more stable when changing from sitting to standing positions.

Potential tripping hazards should be assessed. Area rugs without non-skid backings, clutter on floors, extension cords that extend into walking areas, and uneven flooring pose tripping hazards. Anti-slip coatings can be added to floors to reduce the risk of tripping.

Poorly lit staircases and entryways also can contribute to falls. Consider the installation of motion-activated lighting so that dim areas can be automatically brightened when necessary. A nightlight or LED lights placed near molding can help guide seniors to the bathroom during midnight visits.

Physical limitations

Arthritis can impede seniors' ability to turn on and off appliances, water faucets or handle certain kitchen tools. Kitchen and bathroom modifications can include the installation of ergonomic and user-friendly handles and spigots.

Task lighting can make it easier to prepare meals, and appliances that automatically turn off after a certain period of time can be a safety feature for forgetful individuals.

Reorganize kitchen cabinets to make commonly used items as accessible as possible.

Smart Homes

Friends or family members can have greater control over seniors' homes by installing smart home systems. This way they can remotely adjust thermostats, control lights, view cameras, engage locks or alarm systems, and much more without having to be at the home. This can seniors allow seniors to maintain their independence while offering peace of mind to their loved ones.

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# HomeRENO

## CREATE A TEEN-FRIENDLY SPACE AT HOME

Teenagers are busier than ever before. But even the busiest teens need places to unwind and relax with friends. Many parents aspire to create that type of environment in their homes but don't know where to begin.

Having teens close by and interacting with them on a regular basis can benefit families. Data from the National Center for Education Statistics notes that parental involvement correlates to higher grade point averages. Research from the National Highway Traffic Safety Administration says certain parenting styles, including those that set rules and monitor teens in supportive ways, develop kids who are more likely to wear seat belts while driving, while such support also lowers crash risk. Involved parents also may reduce the chances of teen drug use and promiscuous behav-

ior. Parents who want to keep teens nearby can create hangout spaces at home that make it easy for teens to feel comfortable with their friends. These "teen caves" can be private but permit supervision when necessary. With a few modifications, it's possible to transform a room in a home into a teen-friendly hangout space.

- Talk to your children. Involve teens in the process of renovating a home to create a spot in which they would like to congregate. Talk about elements they would like to see in the space, whether it be a particular design style, technology or activity.
- Establish a shared budget. Paint is inexpensive and can transform just about any room in a single afternoon. If the room being renovated is the teen's own

bedroom, allow him or her to choose the color palette and other accents. Even if it isn't to your taste, he or she will be proud of the results and may want to share it with friends.

- Have a snack station. Some teenagers always seem to be hungry, and hanging out with friends while enjoying food is a popular pastime. When renovating a room into a teen cave, find a way to make food a focus. Install a mini-refrigerator and non-alcoholic bar where kids can serve snacks to friends. Think about a space you would like as an adult and modify it to be more accommodating to teenagers.
- Add more seating. Having friends over means having enough seating to handle a small crowd. Beanbags, cushioned benches, a daybed, modular seating, and more can ensure

- everyone has a place to sit.
- Make a private outdoor spot. Teen spaces do not need to be restricted to the indoors. Design advice site Houzz says an outdoor escape zone that includes comfortable seating in a private area - particularly a spot that can also be enjoyed into the evening - will be a coveted spot.
- Invest in "indestructible" materials. Teenagers are bound to make messes, and having other people over means contending with a certain measure of damage. Design the space with indoor-outdoor carpeting, water-resistant fabrics, distressed wood, and other durable materials.
- Adolescents are always looking for spaces to gather without overbearing adult interference. Homeowners can create such spaces for their children in their own homes.

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# HomeRENO

## WHAT IS THE TINY HOUSE MOVEMENT?

The tiny house movement has transformed the way many people look at housing and how it can help them downsize not only their residences, but also their lives.

Living small has been embraced as an eco-friendly way to cut costs and simplify life. According to the tiny house resource The Tiny Life, the typical American home is 2,600 square feet, while the typical tiny house is between 100 and 400 square feet. Many tiny homes are smaller than the average urban apartment. Proponents of the small house movement say that living the tiny life isn't really a sacrifice, but a way to experience a simpler, fuller life that frees them from expensive mortgage payments and unnecessary clutter.

One of the advantages of tiny house living is that buyers are often able to buy their homes (whether stationary or mobile) outright, eliminating

the need to finance their purchases. Tiny homes also boast much lower utility bills than more traditional homes. Outfitting tiny homes with wood-burning appliances can keep heating costs to a minimum. In some instances, tiny homes are completely off the grid, harvesting electricity through solar panels and employing rain-capturing technology to supply water.

According to the resource Living Big in a Tiny House, the tiny house movement is eco-friendly. Small homes create much smaller carbon footprints than large homes. In addition, the resources needed to build and sustain such homes pales in comparison to those needed to build and maintain more traditional homes. Furthermore, with less interior space, residents of tiny homes are less likely to acquire items they don't necessarily need, reducing clutter and saving

money.

The following statistics, courtesy of The Tiny Life, paint a picture of the tiny home lifestyle:

- Sixty-eight percent of tiny house people have no mortgage, and 78 percent own their home.
- The average cost to build a tiny house is \$23,000 for do-it-yourselfers.
- Eighty-nine percent of tiny house dwellers have less credit card debt than the average person.
- Tiny house owners earn an average of \$42,038 each year.
- Many tiny home owners are age 50 or older.

Those interested in the tiny house lifestyle can find many companies that now specialize in these dwellings. Empty-nesters looking to downsize may find tiny homes are an affordable way to simplify their lives.

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## HOW TO HANG PHOTOS AND ARTWORK WITH EASE

Personal touches turn a house into a home. Hanging pictures, whether they're personal photographs or artwork, can really change the character of a room.

Unfortunately, some people may not know the proper ways to display pictures on a wall. Design maven Martha Stewart advises that the first step is to gather all of the pictures that are in consideration for hanging. This will enable a person to see what is available and edit their selection based on the space available, theme or color scheme. Having the artwork there enables a person to move it around like a puzzle until the placement feels just right.

Next, plan on hanging artwork at 57 inches on center, according to the renovation experts at Apartment Therapy. "On center" means

the middle of the photograph or painting will always be at 57", as this measurement represents the average human eye height. This height is regularly used as a standard in many galleries and museums.

When the goal is to hang multiple pictures, treat the entire grouping as a single unit. This means creating the layout and finding the center of the middle piece of the grouping. To make picture grouping easier, use paper templates with arrows to indicate whether the artwork will be hung horizontally or vertically. These templates can then be easily taped to the wall and rearranged until the grouping is ideal.

There are no hard and fast rules concerning frames, meaning they do not all have to match. But plac-

ing framed artwork side by side can give a person a feel for whether the images and the frames work together in the space. Some people like to use frames of similar colors and sizes. Others want the eclectic mix-and-match appeal. It's ultimately up to the homeowner.

Measuring is key to hanging a picture correctly on the wall. Take into consideration the type of attachment, whether it's D-rings, sawtooth hangers, wire, or other fasteners on the back. Measure from the top of the frame to the hanger. Measure the wall to achieve the 57" on center location, and then calculate where this falls within the height of the artwork and frame top. Adjust accordingly and mark. Then measure the distance from the frame top to the hanger location on the wall.

Be sure to take the weight of the picture into consideration when selecting hanging hardware. Wall anchors may be needed if measurements determine a wall stud will not help secure the artwork - to keep the frame sturdy in the dry-wall. Home improvement resource Today's Homeowner also suggests using self-adhesive rubber bumpers to the bottom corners on the back of the frame before hanging so that the picture will not damage the wall and will help it hang level.

It can take a few attempts to hang pictures correctly, but with practice it should come with greater ease. The good news is there are new products constantly being evolved to make picture hanging easier, including those that enable removal and relocation of artwork without damaging walls.

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## POTENTIAL INDICATORS OF ROOF TROUBLE

With regard to home repairs, homeowners may be able to delay some projects until the weather permits or they find room in their budgets. But other areas, including the roof, may demand immediate action.

Few homeowners give the roofs

of their homes much thought until a problem arises. But learning to recognize potential indicators of roof trouble can help homeowners prevent potentially drastic situations down the road.

• **Light:** Homeowners with attics in their homes can in-

spect the ceilings inside the attic for signs of holes or leaks. Light peering through the top of the house indicates a hole or leak, as does stains or streaks on the ceiling.

• **Worn shingles:** Shingles should lie flat against the roof, so any that appear to be buckling or turning up are damaged and in need of repair. A single damaged shingle does not require a full roof replacement, but inspect all the shingles nonetheless. Another indicator of shingle problems can be found when cleaning downspouts or gutters. If the gutters and downspouts contain lots of shingle granules, the roof may soon need to be replaced.

• **Moss:** Moss on a rooftop may give a home character, but that added character is costly. Shady areas of a roof can be susceptible to the growth of moss and fungi because moisture can be trapped in such areas. If possible, remove moss or fungi from a roof with a

stiff brush or hire a professional to do the job instead. Moss may come back even after brushing it off, so homeowners should keep an eye on areas of their roofs that get little sunlight. In addition, trapped moisture can be very harmful to a roof, so it may be wise to exercise caution and have roofs with mold or fungi growths inspected.

• **Age:** Another indicator of roof trouble may be the age of the roof. Even if there are no visible signs of damage, homeowners whose roofs have some years under their belt may want to consider replacing them. Asphalt shingle roofs typically have life expectancies of 20 to 25 years, while roofs installed over existing layers of shingles may need to be replaced after 20 years.

Recognizing minor roof damage before it escalates into a larger problem can save homeowners substantial amounts of money.

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## Obituaries



(John) Gary Joseph Langford passed away on Saturday April 7, 2018 at the Sturgeon Community Hospital in St. Albert, surrounded by his family.

Gary is survived by his wife, Ruth, their eight children, twelve grandchildren and four great-grandchildren. He is also survived by his sister Margaret Philip and her family. Gary was predeceased by his parents Eanos and Iola (O'Reilly), and by brothers-in-law Willard

Leskow and Bill Philip. Born in Edmonton on July 16, 1936, Gary attended St. Joseph High School and the University of Alberta, receiving a Bachelor of Science (Pharmacy) degree in 1964. Gary practised pharmacy in Edmonton, Wabasca and Alberta Beach, retiring at the age of seventy-five.

A funeral mass will be held at the Lac Ste Anne Catholic Church on Friday, April 20 at 11:00 AM. A celebration of life will be held on Saturday, April 21 from 1:00 PM to 4:00 PM at Citadel Mews West, 15 Erin Ridge Road, St. Albert.

In lieu of flowers, memorial donations may be directed to support the Sturgeon Hospital Foundation (Medicine Unit) or the University Hospital Foundation (Urology). (1) 17-04

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# Church Directory

<p><b>Rich Valley Community Church</b></p> <p>Sunday School 10:00a.m.</p> <p>Worship Service 11:00a.m.</p>	<p><b>Catholic Parish of Lac Ste. Anne</b></p> <p>Sunday 10:00a.m.</p>	<p><b>St. John's Anglican Church</b></p> <p>Onoway</p> <p>Sunday Service 10:00a.m.</p> <p><i>Everyone Welcome</i></p>	<p><b>Mayerthorpe Baptist Church</b></p> <p>Worship Service Sunday 10:30a.m.</p> <p>Children's Church 10:30a.m.</p> <p>4606-54 St. Mayerthorpe (780) 786-2677</p>
<p><b>St. John's Lutheran Church</b></p> <p>Alberta Beach</p> <p>Sunday Service 11:00a.m.</p> <p>Sunday School</p>	<p><b>Zion United Church</b></p> <p>Sunday Service 10:00a.m.</p> <p>Sunday School</p> <p><i>Serving Alberta Beach, Wabamun, Darwell &amp; Lake Isle, Onoway &amp; Area (780) 924-3351</i></p>	<p><b>Sangudo United Church</b></p> <p>4907-50 Ave, Sangudo, AB</p> <p><b>United Church Services</b></p> <p>Sunday Services 1<sup>st</sup> &amp; 3<sup>rd</sup> Sunday</p> <p><b>St Mary United Anglican Services</b></p> <p>Sunday Services: 2<sup>nd</sup> &amp; 4<sup>th</sup> Sunday</p> <p>All Services Begin at 1:30p.m.</p> <p><i>Reverend Barry Rose Officiating</i></p>	
<p><b>Trinity Lutheran Church (LC-C)</b></p> <p><i>The Church of the Lutheran Home - Rockyfort Bridge</i></p> <p><b>Pastor Dan Hansard Church (780) 778-2055</b></p> <p>Sunday Worship 9:00a.m.</p> <p><i>Senior's Service &amp; Cottage Bible Study - Phone for locations</i></p>	<p><b>Mayerthorpe Pentecostal Assembly</b></p> <p><b>P.A.O.C. Rev. Arnold Lothoiz</b></p> <p>Sunday 10:30a.m.</p> <p>Morning Service Tuesday 7:30p.m.</p> <p>Ministry Training (780) 786-2141</p>	<p><b>St. Michael Lutheran Church</b></p> <p>Sunday Services 1<sup>st</sup> &amp; 3<sup>rd</sup> Sunday at 2:00p.m.</p> <p><i>Pastor Rick Chappell (780) 674-2618</i></p> <p><i>Mystery Lake</i></p>	<p><b>Onoway Baptist Church</b></p> <p>Sunday Service 10:00a.m.</p> <p>Youth Group Friday 7:00p.m.</p> <p>(780) 967-2266</p>
<p><b>Alberta Beach Alliance Church</b></p> <p>Sunday Worship Service &amp; Kid's Church 11:00a.m.</p> <p>Sunday School 10:00a.m.</p> <p>(780) 924-3282</p>	<p><b>Cherhill Community Church</b></p> <p>Sunday School 10:00a.m. - 11:00a.m.</p> <p>Worship Service Sunday 11:00a.m.</p>	<p><b>Roman Catholic Church</b></p> <p>St. Agnes' Parish, Mayerthorpe</p> <p>Sunday 9:00a.m.</p> <p>St. Elizabeth Parish, Evansburg</p> <p>Saturday 7:00p.m.</p> <p>(780) 786-2032</p>	<p><b>Calahoo Alliance Church</b></p> <p>Family Worship Service Sunday 10:00a.m.</p> <p><i>For Info Call Jerry (780) 974-7734</i></p>

# COMMUNITY EVENTS 2018

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					

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 event listings must be limited to 200 characters or less (including spaces). DEADLINE: 12 noon Friday prior to publication (Thursdays on long weekends).

**APR 23 - SANGUDO HORTICULTURAL CLUB PRESENTS: GROWING FRUIT TREES** with Orchardist Mel Kirsch. 7:00pm at the Sangudo Golden Age Club (4927-50ave Sangudo). Public welcome. (\$5 drop in fee).

**MAY 3, 4 & 5 - HORIZON PLAYERS PRESENTS "LEAVING IOWA"** @ 7:30pm at the Horizon Stage - Spruce Grove. Tickets \$22.50, horizonstage.ticketpro.ca. More info - Horizonplayers.org

**MAY 21 - SCOTTWOOD & BAND FIDDLING UP A STORM**, 7pm at Barrhead United Church. Tickets available at 4321-52 Ave. Barrhead or at Scottwood Band's office at 1-855-726-8896.

**MAY 26 - SANGUDO COMMUNITY HALL COMMUNITY GARAGE SALE**, 10:00am to 3:00pm. To book a table for \$10, call Donna @ 780-204-1652. Alternatively, saleable items can be donated for the Community Hall table.

**JUN 2 - HORSEBACK RIDE-A-THON** at Brightwood Ranch near Entwistle, AB. Ride your horse or ours. Help send underprivileged kids to camp. To donate or for info on riding, contact the ranch at 1-780-727-3840.

**FARMERS MARKETS**

**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 1<sup>st</sup>. 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.

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

**CHERRILL 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 March 7 & 21, April 4 & 18.

**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 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.

**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.

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

**JR. SCRAPBOOKING** Wed 4-6PM. Pre-register by Tues evng. 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. 1<sup>st</sup> Tuesday: Pot Luck Supper, Last Friday: Soup & Sandwich. 5023 49 Ave. 780-967-3436.

**ONOWAY HAVE FUN & GET FIT!** Exercise Class with Video La Blast. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH: 780-967-2056.

**PANCAKE/BREAKFAST SOCIAL:** 3<sup>rd</sup> 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 Loraine 286-5040.

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

**SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS** at PERC Building (5413-51 St). 2<sup>nd</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> Sunday of month. Meditation 10AM, inspirational sharing 10:30AM. PH 780-940-3032

**WRITERS PROGRAM:** Mayerthorpe Library, 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays 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.755aircadets.com.

**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. \*MEETINGS SUSPENDED FOR JANUARY - APRIL INCLUSIVELY

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

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

**ALBERTA BEACH & DIST LIONS CLUB** meets every 4<sup>th</sup> Tues 7:00PM, Alberta Beach Agplex. **ALBERTA BEACH AG SOCIETY** meets on the 4<sup>th</sup>

Thurs of month, 7:00PM, Alberta Beach Agplex. **ALBERTA BEACH MUSEUM** meets on the 2<sup>nd</sup> Wed, 7:00PM at Heritage House 924-3167.

**BARRHEAD ROYAL CANADIAN LEGION,** meeting every 2<sup>nd</sup> Thurs, 7PM at the Legion Hall. **CHERRILL COMMUNITY ASSOC.** Monthly Meeting 1<sup>st</sup> Wednesday, 8PM at the Hall. 785-2825 \*Except Jan, July, Aug, Sept.

**CHERRILL MEMORIES, PARENTS & TOTS** Wed & Fri, 10-12PM, Alberta Beach Agplex. Info call 780-902-4879 or 780-999-7622. \*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, 1<sup>st</sup> Monday, Darwell

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

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

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

**KINETTE CLUB OF MAYERTHORPE,** 7:30PM at Kinsmen Hall, 1<sup>st</sup> 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:** 3<sup>rd</sup> Fri, 7PM, Alberta Beach Council Chambers.

**LAKE ISLE HALL COMMUNITY HALL BOARD:** 3<sup>rd</sup> Thurs of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RR55) Ph # 780-892-3121

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

**MEN FOR SOBRIETY:** Wednesdays at 7:30PM, FCSB 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:** 2<sup>nd</sup> Wed of each month, 7:30PM, Chateau Lac Ste Anne

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

**ONOWAY & DISTRICT QUILT GUILD:** Every 2<sup>nd</sup> Thurs, 10AM-4PM, @ the Lac Ste. Anne Chateau Activity Room. Info, Ph Dixie @ 780 967 0528.

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

**RICH VALLEY AG SOCIETY BOARD MEETINGS:** at the Agplex on the 2<sup>nd</sup> 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:** 1<sup>st</sup> & 3<sup>rd</sup> 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 Agplex - Mondays, weigh in 6:30PM. Meeting at 7PM.

# SUDOKU OF THE WEEK

## Fun By The Numbers

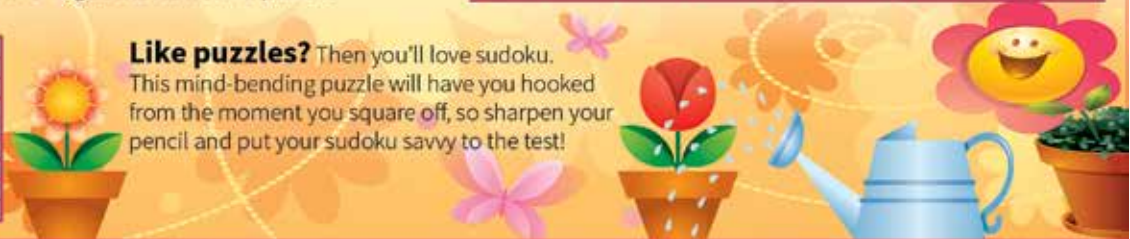
**Here's How It Works:** Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear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

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

**ANSWER:**

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

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



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