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**October 16, 2018**

# THE ALBERTA RCMP HOSTS CANNABIS STATE OF READINESS EVENT AT “K” DIVISION HEADQUARTERS



Submitted by Alberta RCMP

and Traffic Services discussed the impact of cannabis on police service delivery and provided an interactive drug-impaired driv-

ing Checkstop demonstration.

Edmonton – On Friday, October 12, 2018, the Alberta RCMP

Continued on Page 3

# NOMINATE A TEACHER!

Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, is pleased to invite local residents to nominate a teacher for the Prime Minister’s Awards for Teaching Excellence. These awards honour outstanding and innovative elementary and secondary school teachers for their remarkable educational achievements and for their commitment to preparing their students for a digital and innovation based economy.

There are two streams:

The Prime Minister’s Awards for Teaching Excellence in STEM - These awards recognize inspirational Science, Technology, Engineering, and Mathe-

tics (STEM) teachers at the elementary or secondary school level who keep students engaged in STEM learning and who help develop the culture of innovation that Canada needs today, and in the future.

The Prime Minister’s Awards for Excellence in Early Childhood Education - These awards honor outstanding and innovative early childhood educators for their leadership, exemplary early childhood education practices, and their commitment to help build the foundation children need to make the best possible start in life.

Award recipients and their schools could receive cash awards worth up to \$5,000 and national recognition for their contribution to excellence in ed-

ucation in Canada.

The deadline to submit a nomination is January 14, 2019.

“Teachers invest so much into our children and our communities. I encourage local residents to nominate an outstanding educator from their community who has made a real difference in their life, or the life of one of their children,” concluded MP Eglinski.

For more information for the STEM stream: [https://www.ic.gc.ca/eic/site/pmate-ppmee.nsf/eng/h\\_wz00010.html](https://www.ic.gc.ca/eic/site/pmate-ppmee.nsf/eng/h_wz00010.html)

For more information for the Early Childhood Education stream: [https://www.ic.gc.ca/eic/site/pmaece-ppmepe.nsf/eng/h\\_wy00012.html](https://www.ic.gc.ca/eic/site/pmaece-ppmepe.nsf/eng/h_wy00012.html)

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# PARLIAMENT UPDATE – WEEK OF OCTOBER 1, 2018

Submitted by **Jim Eglinski, MP – Yellowhead**

The following was debated in the House:

- Bill C-77 – An Act to amend the National Defence Act and to make related and consequential amendments to other Acts (Second Reading)
- Bill C-78 – An Act to amend the Divorce Act, the Family Orders and Agreements Enforcement Assistance Act and the Garnishment, Attachment and Pension Diversion Act and to make consequential amendments to another (Second Reading)
- Bill C-79 – Comprehensive and Progressive Agreement for Trans-Pacific Partnership Implementation Act (Report Stage and Third Reading)
- Bill C-376 – Sikh Heritage Month Act (Second Reading)
- Motion No. 155 – Filipino Heritage Month

ipino Heritage Month

- Motion No. 190 – Construction Labour Shortages in Toronto
- Motion No. 192 – Episodic Disabilities
- Conservative Motion – Justice for Tori Stafford

I remained in the riding on Monday and Tuesday in order to express my support of a local retired farmer who was the victim of a brutal assault on his property last year, and to attend his assaulter’s court proceedings during the victim testimony portion.

On Thursday, I participated in debate on Bill C-78, which modernizes the Divorce Act, by asking a number of questions on the legislation. You can read comments and questions from Debates on the House Publications page at [www.ourcommons.ca/en](http://www.ourcommons.ca/en).

In the Standing Committee on Public Safety and National Security (SECU), we continued

the study on Motion No. 124, which explores the availability of automated external defibrillators (AEDs) in first responder vehicles. For more information on these meetings, visit: [www.ourcommons.ca/Committees/en/SECU](http://www.ourcommons.ca/Committees/en/SECU).

In the Standing Joint Committee on the Library of Parliament (BILL), we met the newly appointed Parliamentary Librarian, Ms. Heather Lank. For more information on these meetings, visit: [www.parl.ca/Committees/en/BILL](http://www.parl.ca/Committees/en/BILL).

This week, I attended six meetings and one event. I will be in the riding over the weekend to attend events. Next week, I will be sailing on the HMCS Vancouver as part of the Canadian Armed Forces and Department of National Defence Parliamentary Program. Look for my update next Friday on my travels throughout the riding and beyond.



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**Darwell Jr. Ag Society**  
**TRUNK OR TREAT & HAUNTED CARNIVAL**  
**Saturday, October 27<sup>th</sup>, 2018**  
2:00 TO 4:00PM at the Darwell Fair Grounds  
*This is a free Event and Everyone is welcome!!*  
**Bring your kids to a safe and warm place to kick off Halloween!!**  
**HAUNTED CARNIVAL**  
The Jr. Ag will host a haunted carnival in the Darwell Hall. Games and prizes!  
We will park vehicles inside Cow palace in the case of inclement weather. Come and decorate your vehicle and hand out goodies to all the little ghosts and goblins! All surrounding communities are invited to come and participate!  
**DarwellAG.com**  
For more info call Deb at (780) 892-2468

# The Alberta RCMP Hosts Cannabis State of Readiness Event at “K” Division Headquarters

Continued From Page 1

In preparation for the legalization of cannabis, the RCMP has increased its capacity in the areas of prevention and engagement, intelligence, security screening, and training. The Alberta RCMP is on track to reach its target goal to train one third of members in Standard Field Sobriety Test (SFST) by 2020.

“While the laws surrounding cannabis in Canada are evolving, little has changed for the RCMP when it comes to how to test for drug-impaired driving,” Chief Superintendent Brad Mueller, Deputy CROPS Officer, Core Services.

“Police have used various investigative techniques to determine sobriety since the 1920s,” said Inspector Steve Daley, “K” Division Traffic Services. “Keeping roads and highways

safe for all Albertans has always been a vital part of the Provincial Policing mandate.”

As new cannabis legislation comes into force next week, the Alberta RCMP would like

to remind the public that impaired driving, of any kind, is illegal. When motorists follow safe driving practices, such as planning ahead and appointing a designated driver, the risks of

death and injury, to themselves and others are reduced. For more tips on preventing drug-impaired driving follow us on Facebook @RCMPinAlberta and Twitter @RCMPAlberta.

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# ENERGIZE YOUR COMMUTE

Submitted by Alberta Health Services

It's not always easy to maintain a physically active lifestyle. That's why Alberta Health Services (AHS) What's Your Balance? wellness initiative is encouraging Albertans to increase their physical activity and find a healthy balance in their daily lives.

"With the busy lifestyles we cur-

rently lead, it can be a challenge for people to feel like they can make healthy lifestyle choices. But, it's really not as hard as it may seem. There are small changes you can make to fit into your daily routine," says Graham Matsalla, AHS Health Promotion Facilitator.

As part of AHS' commitment to healthy communities, AHS is encouraging Albertans to learn about active transportation and change

up their daily commute. Active transportation refers to any form of human-powered transportation including walking, running, cycling, snowshoeing, skateboarding and using manual wheelchairs.

"By changing how you commute to and from work, you're increasing your chances of meeting the recommended 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week," Matsal-

la adds.

Parking further away from the office, getting off a transit stop earlier, or walking to work can make a difference on your overall health and wellness. Regularly meeting the Canadian Physical Activity Guidelines and reducing time spent sitting has great health benefits, including reducing the risk of cardiovascular disease, type 2 diabetes, obesity and some forms of cancer.

# SHIFT WORK SLEEP TIPS

Submitted by Alberta Health Services

Sleep and safety go hand in hand. Maintaining healthy sleep and bedtime routines can help you to mitigate the challenges of a variable sleep pattern due to shift work.

It's important to get adequate sleep while adapting to night shifts or rotating shifts. Here are some tips to improve your quality of sleep and alertness:

Getting ready for bed:

- Include relaxation into your daily routine and make it a priority.

- Avoid using light-emitting devices (e.g. tablets, smartphones) for at least one hour before bedtime.

- If you're a light sleeper, try using earplugs, a white noise machine, an eye mask or blackout curtains.

- Keep your bedroom comfortable, quiet, dark and cool, ideally between 17-20 degrees Celsius.

At work:

- When it's time to be alert, maximize your exposure to daylight or another bright light source to give your body the cue it needs.

- Where possible, keep your work area brightly lit.

- Get some exercise and eat light, healthy meals and snacks during your shift.

- Ask for rotating shifts to be scheduled so that new shifts start later than your previous ones.

After work:

- After a night shift, wear sunglasses to help keep your body from getting further cues to be alert because of being exposed to daylight.

- To reduce the risk of drowsy driving (especially after a night shift), find alternate ways of getting home; get a ride, take a cab or public transit or use a ridesharing service.

- Avoid running errands or doing chores after your evening or night shift. These types of activities keep you more alert and are best done after you've met your daily need for sleep.

- Avoid caffeine or other stimulants when you're preparing for sleep.

Discover the routine that works for you and stick to it, even on your days off work. If you have questions or concerns about your sleep health, please discuss them with your healthcare practitioner.

**Wildwood Agricultural Society**  
**Awards Night Dinner**

**October 20, 2018**  
**6:00PM at Wildwood Community Hall**

**LARGE VEGETABLE CONTEST**  
**SUNFLOWER CONTEST**  
**GRAIN CONTEST**  
**DOOR PRIZES**

Admission: Adults \$10,  
 Children 6-12 \$5, Five and Under free  
**RSVP by October 15, 2018**  
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**JOKE OF THE WEEK**

It was mid-October and I was waiting for my wife, Julie, at the checkout at Walmart supermarket, I noticed that someone had left behind their broom. When no one came to claim it, I went outside to search for a couple I remembered seeing at the cashier's desk. I spotted them getting into their truck and hurried over. 'Excuse me,' I said to the young woman, 'but did you by any chance leave your broom inside?' 'No,' she retorted quickly and with a smile, 'we came by truck.'



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# RCMP REQUEST ASSISTANCE TO LOCATE MISSING FEMALE

Submitted by **Stony Plain/Spruce Grove/Enoch RCMP**

way 60.

**BACKGROUND:**

RCMP are requesting the public's assistance in locating 30-year-old Megan CAWTHORPE. Megan was last seen at a gas station on Highway 60 at 4:45 a.m. on October 9, 2018. There is a general concern for her health, safety and well-being.

Megan is described as:

- Caucasian
- 5'4" and 135 lbs
- Blonde hair and blue eyes
- Wearing a Green Army Fatigue sweatshirt and Black sweatpants

If you have any information on Megan's whereabouts, you are asked to contact the Stony Plain RCMP at 780-968-7200 or your local police.

## HEALTHY HALLOWEEN

Submitted by **Alberta Health Services**

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

For your family:

- Work out a plan with your children and discuss how to enjoy their candy and decide what

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

- Limit the amount of candy your children collect by limiting the number of houses they visit, or the amount of time they spend Trick-or-Treating.

- Always keep safety in mind. Only keep items that are unopened and in their original packaging.

- Trade candy for non-food

items like bouncy balls and pencils.

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

- Use Halloween candy for craft projects.

For others:

- Hand out stickers or Halloween themed pencils.

- Offer healthier food options like small bags of flavoured rice

cakes or pretzels, boxes of lower sugar cereal, pre-packaged cheese sticks, higher fibre granola bars, or bottles of water.

- Avoid bringing leftover candy to school.

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

For more ideas on healthy eating please visit: [www.healthy-eatingstarthere.ca](http://www.healthy-eatingstarthere.ca).

**EDMONTON – Capital Region**  
**GUN SHOW**  
 October 20 & 21, 2018  
 Located at "The Pavilion at Heritage Park"  
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 PUBLIC WELCOME ADMISSION: \$8.00  
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# RCMP INVESTIGATE DEATHS

**Submitted by Stony Plain/  
Spruce Grove/Enoch RCMP**

On September 24, 2018 the RCMP responded to a 9-1-1-complaint of a severely injured female inside a residence. Responding RCMP members attended with Emergency Medical Services, who determined that

the 70-year-old female was deceased. A 74-year-old male was also located deceased in the residence.

The two subjects resided together in the residence.

The Stony Plain General Investigation Section took carriage of this investigation with assistance from the Edmonton Major

Crimes Unit and the Forensic Identification Section.

The Office of the Chief Medical Examiner in Edmonton conducted an autopsy and findings indicate that one of the deceased persons died as a result of a homicide.

There will be no charges as a result of this investigation, and

consequently no further information will be provided in relation to the deceased person's identities.

As a courtesy to grieving family, no further details will be provided in relation to this incident.

# RIDING UPDATE - WEEK OF OCTOBER 8, 2018

**Submitted by Jim Eglinski, MP - Yellowhead**

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*"We're recommended the MOST as the company that knows the MOST"*

I spent the week sailing on the HMCS Vancouver as part of the Canadian Armed Forces and Department of National Defence Parliamentary Program.

This amazing experience gave me the opportunity to experience life aboard one of Canada's major warships, living among and interacting with its sailors to gain a deeper understanding of their mission in service to Canada. I gained a perspective of what life is like at sea and I better understand the training that each sailor receives in addition to their actual job. There is a lot of complexity and moving pieces to each sub-team and it was incredible to see how each team interacts with the others in order to run an operational warship.

Thank you to all of our sailors, past and present, who spend months at a time away from family in the service of our country.

I returned to the riding on Friday. That evening, I attended the Edson Business Awards Gala. Congratulations to all of the nominees and winners!

On Saturday, I toured the Weyerhaeuser mill in Edson as part of their 35th Anniversary celebration. Later that day, I drove to the seniors' centre in Alberta Beach to attend an event celebrating the approval of a \$25,000 grant from the New Horizons for Seniors Program. The funds will be used for their adult exercise and garden areas.

I will be back in Ottawa next week as the House resumes. Look for my update next week on the happenings of Parliament.

# RCMP TO LOCATE OWNER OF WOMEN'S GOLD BRACELET

Submitted by **Stony Plain/Spruce Grove/Enoch RCMP**

On October 10, 2018 a woman's gold bracelet was found in Stony Plain on 45 Street.

RCMP are looking for the owner of this bracelet, if it is yours please attend the Stony

Plain RCMP Detachment with proof of ownership and description.

# AHS INFLUENZA IMMUNIZATION PROGRAM BEGINS MONDAY OCTOBER 15

Submitted by **Alberta Health Services**

Starting Monday (Oct. 15), Albertans have the opportunity to protect themselves and others against influenza through Alberta's annual influenza immunization program.

The vaccine will be available free of charge to all Albertans six months of age and older at hundreds of Alberta Health Services (AHS) public influenza immunization clinics, as well as at many pharmacists and physician offices around the province that can provide immunization to Albertans five years of age

and older. "All of us have a role in reducing the spread of influenza," says Sarah Hoffman, Minister of Health. "I encourage all Albertans to do their part and get immunized this season to help protect themselves, their families and communities from influenza."

"It is important to get immunized early in the season," adds Dr. Christopher Sikora, Acting Senior Medical Officer of Health for AHS. "You may be healthy now but, without immunization, everyone is at risk. Prevention is your only protection."

Immunization is the most ef-

fective means of protecting against the strains of influenza virus circulating each season. Because influenza strains change season to season, Albertans cannot rely on having been immunized in years past.

"Last season, influenza immunization cut Albertans' risk for influenza by just over 40 per cent," says Dr. Sikora. "That's great but last year's immunization won't protect you this season. You need this season's immunization to be protected this season."

Last influenza season, more than 3,000 Albertans with influenza were hospitalized and

92 Albertans died with influenza. Influenza causes more emergency department visits than heart attacks and strokes, not to mention significant downtime from work and leisure activities.

"Influenza does not discriminate," says Dr. Sikora. "Though some Albertans are at greater risk of severe complications, no one is naturally immune to influenza. Please don't take the risk. Influenza can be one less thing we battle this winter. For yourself, and your loved ones, get immunized."

For more information, including local clinic schedules, visit [www.ahs.ca/influenza](http://www.ahs.ca/influenza) or call Health Link at 811.

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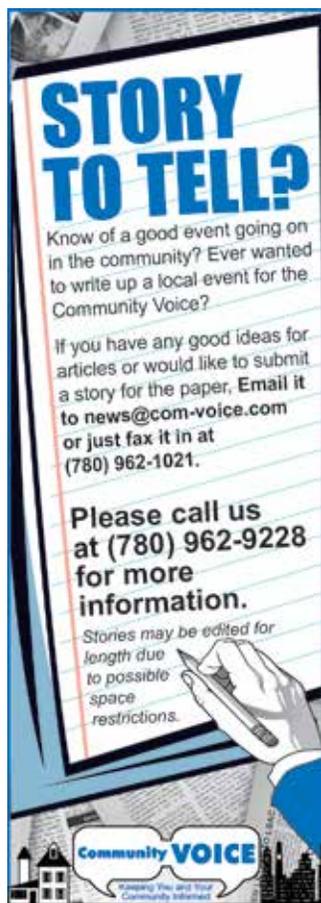


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# NEW & IMPROVED 511 ALBERTA SYSTEM NOW LAUNCHED!

Submitted by John Archer, Press Secretary, Transportation | Government of Alberta

The upgrades to 511 Alberta will allow users to customize their experience to meet their needs, including being able to choose specific highway routes to display alerts of traffic closures, traffic cameras and setting up advance voice alerts for selected routes.

A new phone system that uses voice recognition, allowing hands-free operation, is also available.

“Our government is focused on making life better for Albertans. That’s what these important changes to 511 do. Albertans will have a new way to check traffic and get home to their families faster. Companies will be better able to ensure the timely delivery of their goods and prod-

ucts. We know this is an important service – that’s why we are investing in making 511 even better.” - Brian Mason, Minister of Transportation

“We are very excited about the relaunch of an upgraded 511 Alberta. The new system is state-of-the-art and the RCMP is collaborating with the 511 team to explore ways in which it can leverage this technology to better inform the public, both for traffic safety purposes and in emerging events such as floods and wildfires.” - Supt. Gary Graham, officer in charge, Alberta RCMP Traffic Services

The new suite of 511 services is supported by a new app that is now available for free download – in iTunes and the Google Play Store. Current users will need to delete the existing app from their device and download the new one.

511 facts

- 511 Alberta was launched in 2013 and is widely used by commercial drivers, visitors to the province and the general public.

- The 511 phone service is accessed approximately 100,000 times each year.

- 511 Alberta had 1.7 million unique visitors last year to its website, [www.511.alberta.ca](http://www.511.alberta.ca).

- 511 Alberta was the first system in Canada to display the real-time location of active snowplows contracted by the province, as well as the first provincial system to recruit citizen reporters to submit highway condition reports to its platforms.

- The new 511 Alberta displays more than 400 images from 251 cameras across the province, including from the City of Calgary, the Town of Banff and Parks Canada.

## NOTICE OF PUBLIC HEARING

In accordance with the requirements of Section 606 of the Municipal Government Act, as amended, the Council of Parkland County has scheduled a Public Hearing regarding the proposed adoption of the following Bylaw:

Date: <b>October 23, 2018</b>	Time: <b>10:30 am</b>	Location: <b>Parkland County Council Chambers 53109A Hwy 779, Parkland County, Alberta</b>
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**Proposed Bylaw 2018-19 Parkland County and Lac Ste. Anne County Intermunicipal Development Plan**  
An Intermunicipal Development Plan (IDP) is a statutory document prepared with two (or more) municipalities that share a common border, and where at least one member is not a part of a growth management region. An IDP ensures future development and land use policy are coordinated between municipalities. Parkland County and Lac Ste. Anne County, under the direction of Section 631 of the Modernized Municipal Government Act, have agreed to jointly engage in an IDP. This plan has been developed to reduce the possibility of any potential conflicts between Counties and to ensure the relationship remains strong, transparent and collaborative in the future.

### Hearing Procedure

This is a formal Public Hearing and Council is prepared to hear and receive formal submissions and presentations (verbal or written) from those who wish to speak to the proposed Bylaw. Written submissions or presentations may either be submitted to Planning & Development by 4:00 P.M. on October 16, 2018, or submitted at the commencement of the Public Hearing.

Anyone wishing to make a verbal presentation to Council must notify Planning & Development Services by 4:00 P.M., on October 16, 2018. Verbal presentations at the Public Hearing will be limited to a maximum of 10 minutes. Anyone wishing to make a verbal presentation who has not made prior arrangements may be allocated a time at the commencement of the Public Hearing. Council advises that this is your last opportunity to comment on the proposed Bylaw as Council is unable to receive further submissions after the Public Hearing is closed.

### Copies of Proposed Bylaw

Copies of the proposed Bylaw are available free of charge during regular business hours (8:30 A.M. to 4:30 P.M., Monday to Friday) from Planning & Development Services at Parkland County Centre. They are also available on the County’s website at <https://www.parklandcounty.com/en/county-office/inter-municipal-planning.aspx>. If you have any questions or wish to present a written or verbal submission, please contact Rachelle Trovato, Planner at Planning and Development Services at 780-968-8443.

# ALBERTA RCMP'S CRIME MAP A NEW TOOL FOR ALBERTANS

Submitted by Alberta RCMP

St. Albert, Alta. On October 10, 2018, the RCMP in Alberta provided a demonstration of Alberta RCMP's new Crime Map tool. The online tool enables the Alberta RCMP to directly engage with citizens on what they care about most: their own neighbourhoods.

"Through the Crime Map, we hope to raise Albertans awareness level about criminal activities in their backyards so they can report suspicious activity and help us make their neighbourhoods safer." -Superintendent Mike Good, Operations Strategy Branch, Alberta RCMP

The Crime Map enables Albertans to access current and verified information regarding criminal incidents in their neighbourhoods. Equipped with accurate information, Alberta RCMP

hopes citizens will use the map to develop sound crime prevention habits for their families and their communities, and encourage citizens to report suspicious activities.

"The Crime Map helps the RCMP respond more quickly and accurately to community concerns. If there's a rash of break-ins, that's an opportunity for us to go out and talk to residents, educate them on how to proactively safeguard their property and give them resources to protect themselves." -Inspector Pamela Robinson, Detachment Commander, St. Albert RCMP

The map citizens have access to is a small indication of the analytical work the RCMP does in locating the individuals that harm communities the most. Through an internal version of the application and combined with other technologies, Alberta RCMP can develop geographi-

cal crime hotspots to guide targeted enforcement initiatives.

How does the Crime Map Work?

- The RCMP crime map displays reports of criminal incidents as received by the RCMP within the last 14 days.
- Crime types presented on the map include: theft from motor vehicle, theft of motor vehicle, break and enter, theft over/under \$5,000, mischief and missing persons reports.
- These crime types were selected as information on these crime types can inform local crime prevention strategies.
- In the interest of privacy, the exact location of each crime occurrence is not plotted. Locations are estimated to a nearby road.

"This tool gives our residents access to local and accurate crime-related information. Providing up-to-date information,

which has been vetted by an authoritative source, is essential to ensuring that citizens have a clear picture of crime-related issues in our community." -Councillor Sheena Hughes, City of St. Albert

- Where can I find it?
- Albertans can access the map through a participating municipality's website.
- As website configurations are unique to each municipality, we ask citizens to visit their participating municipality's website to access the map.



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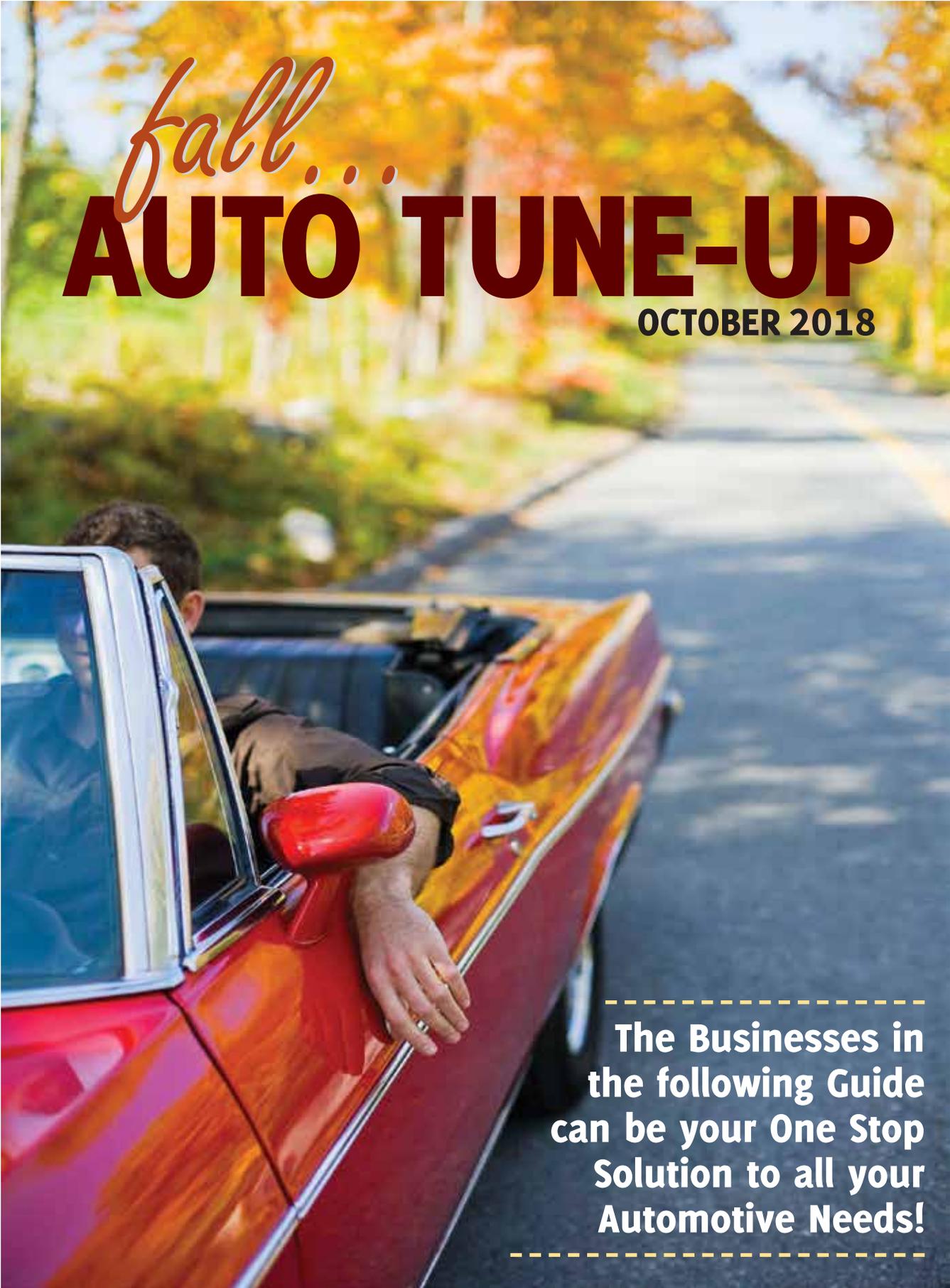
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# Auto TUNE-UP

## WHY DO BRAKE ROTORS WARP?

Braking systems are comprised of various components, including rotors. Rotors are large metal discs that can be seen behind the wheels of the car. Rotors can sometimes appear to warp, and many drivers may question why this occurs or if this is a significant problem.

Rotors cannot really warp. Automotive experts note that rotors are metal discs that are cast under extreme heat conditions. It would take a similar application of heat by the braking system for rotors to actually bend, which is impossible. Other factors make rotors appear to be warped, so describing such rotors as "warped" is an easy way to explain the problem to

vehicle owners.

For brakes to work correctly, brake pads must be applied squarely and evenly against the rotor. But friction can cause some brake pad materials to form residue on certain areas of the rotor, eventually contributing to uneven rotor surface levels. Some spots become thicker, while others may thin out.

Drivers' own habits, including their braking tendencies, can contribute to uneven rotors. The automotive advice resource Your Mechanic says that riding the brakes for prolonged periods of time can cause hot brake pads to "paint" the rotors. So constant braking should be avoided.

Drivers also can shift into a

lower gear when driving downhill so that prolonged breaking is unnecessary. Also, avoiding frequent hard breaking may help. People who live in an area where they're hard on the brakes either because of hilly terrain or traffic may find such environments can take a toll on the performance of their vehicles' brake systems.

Brake system issues, such as front brakes having to work harder than rear brakes, or over-torquing when wheels are installed, also may cause rotors to warp, advise automotive experts at Kal Tires. Moss Motoring also states that new pads and brake pads need to be fitted correctly and properly "bedded." Bedding is the

initial transfer of friction material from pad to the disc to form a smooth, uniform layer. Break-in instructions should be included with new brake installation.

Warped rotors can cause symptoms such as squeaky sounds and lead to jittery feelings in the car when brakes are applied. Such rotors also can cause the vehicle to vibrate when coming to a stop.

If warped rotors seem to be an issue, mechanics may be able to put thicker rotors into a lathe to smooth out the residue and restore an even surface - but the problem can come back. It is usually best to replace rotors if they are causing severe vibrations or issues when braking.

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# Auto TUNE-UP

## FLUIDS TO CHECK BEFORE YOUR NEXT ROAD TRIP

For many traveling enthusiasts, few things are more enticing than the open road. Road trips have long been popular, and that popularity appears to be on the rise.

According to a report from MMGY Global, a travel and hospitality marketing firm, road trips represented 39 percent of vacations taken by United States travelers in 2016. Road trips also remain popular in Canada, where vast, rugged terrain makes for idyllic trips.

Before embarking on road trips, motorists would be wise to inspect their vehicles to ensure their getaways are not derailed by car troubles.

• **Brake fluid:** Squeaky brakes are not the only potential indicator of brake problems. Brake fluid, which should always be topped off before be-

ginning a road trip, also might shed light on potentially serious problems. According to the National Motorists Association, brake fluid looks honey-like and translucent when fresh. A puddle beneath a vehicle that is clear to brown and slick indicates a brake fluid leak, which can ultimately lead to a complete failure of the brakes. The NMA recommends brake fluid be changed at least once every three to four years.

• **Transmission fluid:** When fresh, transmission fluid is red, darkening over time. However, transmission fluid should never appear brown or black, which indicates potential internal damage to the transmission. To determine if there are any issues with the transmission fluid, the NMA recommends drivers wipe a cool dipstick between

their thumb and index finger. If even the slightest bit of grit is felt when wiping the dipstick, the transmission is likely in need of work.

• **Oil:** Drivers should change their vehicles' oil before embarking on road trips, especially if such trips will be lengthy. The NMA notes that fresh oil is light to dark amber and translucent, and that is how oil typically looks immediately after an oil change. Oil darkens over time, and that is natural (black oil indicates it's time for an oil change). However, oil that appears cloudy or milky indicates that coolant is getting into the oil, perhaps due to gasket problems. Drivers who are not getting their vehicles' oil changed before a road trip should at least check their oil before leaving to inspect the color

of the oil and ensure the vehicle has enough oil.

• **Windshield washer fluid:** The unknown of the open road is part of what makes it so appealing. While many road trippers plan their trips during the summer and fall when the weather tends to be both pleasant and predictable, there's no guarantee inclement weather won't rear its ugly head. Filling the windshield washer fluid reservoir before embarking on a trip ensures drivers' visibility won't be adversely affected by unforeseen issues that can soil windshields.

Checking fluids before embarking on a road trip can help drivers avoid breakdowns and ensure a safe, fun trip.

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### DID YOU KNOW?



The most popular electric car model of 2018 is the BAIC EC-Series. Manufactured in China, the BAIC EC-Series sold more than 15,000 units in January and February of 2018, unseating the Nissan Leaf as the most popular electric car across the globe. However, the Leaf remains popular, as electric car buyers made it the second most popular electric car model in the world in the first few months of 2018. The Leaf also remains the best-selling electric

car in the world since it was first introduced in 2010, a function of its performance as well as its widespread availability. For electric car buyers with some money to spend, the third most popular model of 2018, the Tesla Model S, might do the job. Starting at around \$75,000, the Model S can accelerate from zero to 60 miles per hour in less than three seconds and its 100 kWh battery allows it to run 315 miles before needing to be recharged.

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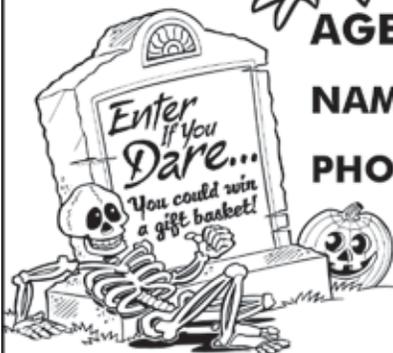
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**PHONE: \_\_\_\_\_ TOWN: \_\_\_\_\_**

**Entries must be recieved by October 26, 2018.**

**Mail to: Jack O'Lanterns, c/o Community Voice  
 Box 3595 Spruce Grove, AB T7X 3A8**



# YELLOWHEAD COUNTY COUNCIL HIGHLIGHTS

**Submitted by Dan Ivanov, Communications Coordinator | Yellowhead County**

October 9, 2018

**Public Hearing for Wildwood ASP Amendment** – A Public Hearing was held for Bylaw 16.18, to amend Bylaw 9.05, the Wildwood Area Structure Plan (ASP), in regards to a landowner’s request to amend the ASP to accommodate an Overhead Door Manufacturing Facility (within a parcel located at the west end of

Wildwood). The company anticipates the employment of some 30 people when fully operational.

**Land Use Bylaw Amendment** – A Public Hearing was held for Bylaw 17.18, to amend Land Use Bylaw 16.13 from Hamlet Commercial (HC) to Hamlet Industrial (HI) in support of an Overhead Door Manufacturing Facility (as referenced above).

**Pine Beetle Federal Funding Request** – Council is endorsing a letter of support in seeking ad-

ditional Federal funding for the province in its fight against the Mountain Pine Beetle. Alberta is preparing a five-year, \$100 million federal funding request to help manage the spread and destruction of the beetle. The spread of the MPB has a significant impact on local economic drivers and increases the risk of wildfire in the region.

**Bridge Maintenance Contract** – Council accepted a \$458,200 tender from Formula Alberta for bridgework to be done at several

tributaries along the Lobstick, McLeod, and Pembina rivers. The work includes concrete repairs, pile realignment, wing and back wall repairs, pile banding, strutting and erosion control.

**County Transfer Stations Contract** – Council awarded the tender for the County’s transfer station’s operations and sewer lagoon supervision to GFL. The tender is a five year contract in the amount of \$105,231 per month for transfer site operations and \$92.50 per load for sewage lagoon supervision.

**Clubroot of Brassicaciae Policy** – A revised Clubroot policy adopted by Council lowers the time restriction from four years to three years for re-seeding a Brassicaceae species (Canola) after a notice has been issued. The changes to the County’s policy now reflect Alberta’s Best Management Practice for dealing with Clubroot of Brassicaciae.

**Parkland IDP Bylaw 18.18 First Reading** – Municipalities in Alberta are required to complete Intermunicipal Development Plans (IDP) where two municipalities share a border. The Yellowhead/Parkland IDP covers an area 800m from the top of the bank of the Pembina River and extends into the two hamlets of Evansburg and Entwistle. The IDP includes: Land Use Policies; Hamlet Service Area Policies; Transportation and Infrastructure Policies; Economic and Social Developments Policies; and Environmental Policies.

The next Council Meeting is on October 23, 2018. The next Governance & Priorities Committee Meeting is on October 16, 2018. All meetings start at 9:30 a.m. in the Council Chambers.

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# AFSC UNVEILS NEW LENDING PROGRAMS

**Submitted by Renato Gandia, Press Secretary, Agriculture and Forestry | Government of Alberta**

Agriculture Financial Services Corporation (AFSC) is expanding its lending program to offer more assistance to spur on Alberta's growing agricultural industry.

Under the new program, agricultural producers can now access up to \$15 million to invest in their farms and operations. This increase to the lending limit – up from \$5 million – ensures AFSC is able to meet the needs of the evolving market and its stakeholders and support rural economic development.

AFSC's new lending programs are designed to help young or new agricultural producers access capital. Current producers will also benefit from AFSC's revised lending programs to expand or increase their own operations. Entrepreneurs in the agri-food and agribusiness sectors will also have access to new lending programs.

This investment is an important step towards diversifying Alberta's economy and creating new job opportunities throughout the province.

The changes to AFSC's lending programs are effective immediately.

"The role of AFSC in a long-lasting economic recovery is crucial to our plan. Increasing the lending limit to assist agriculture producers, agribusinesses and food processors expand their operations is another important step towards economic growth, diversification and job creation." - Oneil Carlier, Minister of Agriculture and Forestry

"Redefining our lending programs and increasing the lending limit allows AFSC to continue to play a crucial role in building a strong, growing and diversified agriculture and agri-food sector in Alberta." - Jennifer Wood, board chair, AFSC

"This program has opened a wide range of opportunities for BioNeutra to move up, whether it is research we are doing on products to acquiring additional machinery. Better than that, the new lending programs encour-

age more investment from the private sector." - Bill Smith, senior vice-president & chairman of the board, BioNeutra

"I am a very strong supporter of AFSC and believe that the new program offers even better opportunities than the previous program. Without AFSC support we would never have become one of the largest food processors in Alberta." - Jerry Bigam, CEO and president, Kinnikinn-

ick Foods & board member, Alberta Food Processors Association

More information on AFSC's new lending programs can be found by visiting AFSC.ca, contacting a lending specialist at an AFSC branch office, calling 1.877.899.2372 or emailing info@afsc.ca.

About AFSC  
Agriculture Financial Services Corporation (AFSC) is a provin-

cial Crown corporation that provides producers, agribusinesses and other small businesses loans, crop insurance and farm income disaster assistance. AFSC has provided Alberta farmers with hail insurance for 80 years, and has grown into a diverse corporation with several core business areas, including crop insurance, livestock price insurance, farm loans, commercial loans and farm income disaster assistance.



**Minister Carlier discusses changes to AFSC lending limit with industry partners.**

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Entwistle Hall, Contact Tracey at 780-898-2317 or Cheryl at 780-515-1755  
Entwistle Senior's Drop In Centre, Barb 727-2108 or Glennis 727-4367 Mon-Fri  
Evansburg Senior's Heritage House, Dennis 727-4186  
Evansburg Legion, upper hall 250 people, lower hall 80-100 people, 727-3879  
Fallis Community Hall, 892-3150  
Gunn Hall (G.A.R.S.) 780-951-9452  
Keephills Hall, 731-3761  
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Park Court Hall, call or text Karyn 780-712-3918  
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Rosenthal Community Hall, 963-7984  
Seba Beach Heritage Pavilion, 797-3863  
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Wildwood Rec Complex 325-2077 or 514-8944  
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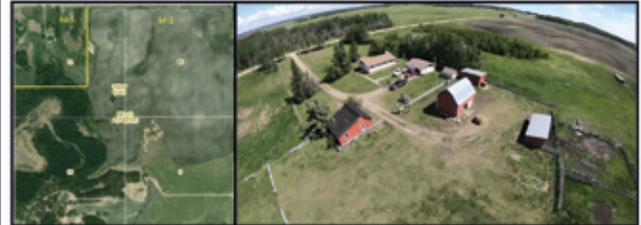
2 parcels on choice - House & Yard / Quarter of farm land

**M1:** Plan 1525356 Block 1 Lot 1: (18.68± acres)

**M2:** NE19-57-6-W5 (142.32± acres)

**Directions to Property:** From Junction of Hwy 43 & SH 757 just west of Sangudo, go north on SH 757 to Twp Rd 574, turn east 0.8 km. Properties located on the south side of the road. West on Hwy 18 property on west side and marked with signs. OR From Barrhead go on Hwy 18 to SH 757, turn south and go to Twp Rd 574, turn east 0.8 km. Properties located on the south side of the road and marked with signs.

**Directions to Auction Site:** 3351- 50th Street Drayton Valley, AB



### Kim & Theresa Holbein - Wildwood, AB

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**H2:** NW15-55-9-W5 (144± acres) Subject to final registration

**Directions to Property:** 55220 RR93 From the Junction of Hwy 22/ Hwy 16 west of Entwistle, go north 13.3 km on Hwy 22 to Twp Rd 550, then west 7.8± km to curve in road. Turn off paved road onto gravel road TWP Rd 550. Road angles to north & west. Continue to RR 92, then north 2.6 kms on RR92 to Twp Rd 552. Then west 1.8 km on Twp Rd 552 to RR93. North 1 km to Property

**Directions to Auction Site:** 3351- 50th Street Drayton Valley, AB



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**Church Directory**

<p><b>Seba Beach Christian Fellowship</b>                  Sunday School 10:00a.m.                  Worship Service 11:00a.m.                  Weekdays Bible Study &amp; Prayer                  (780) 305-3594</p>	<p><b>Advent Lutheran Church</b>                  Sunday Worship &amp; Sunday School 11:00a.m.                  Evansburg                  O: 727-3594</p>	<p><b>Roman Catholic Church</b>                  St. Agnes' Parish, Mayerthorpe                  Sunday 9:00a.m.                  St. Elizabeth Parish, Evansburg                  Saturday 7:00p.m.                  (780) 786-2032</p>	<p><b>St. Joseph's Catholic Church</b>                  Sunday Mass 11:30a.m.                  Tuesday Mass 7:00p.m.                  Wabamun, AB</p>
<p><b>St. Augustine's - Parkland Anglican Church</b>                  131 Church Rd. Spruce Grove                  Sunday Service 10:00a.m.                  Eucharist with Sunday School &amp; Nursery                  All are Welcome                  Office 780-962-5131                  www.staugustinesparkland.org</p>	<p><b>Parkland Baptist Church</b>                  Sunday Worship Service 10:30a.m.                  All Welcome                  121 Brookwood Drive                  (780) 962-4101                  www.parklandbaptist.ca</p>	<p><b>Word Church Apocalyptic Era</b>                  Border Parking Athletic Centre, 9 Tri Leisure Way, Spruce Grove upstairs in the Wild Rose room.                  Ph: 780-962-7579                  Service starts at 10:00 a.m. every Sunday morning, <b>come all &amp; be bless.</b></p>	<p><b>St. Saviour Mission (Anglican Diocese of Edmonton)</b>                  Service every Sunday at 10:00a.m.                  Rev Coleen Lynch                  5117-51 Avenue (Wabamun Seniors Center)                  Ph: 780-949-4733                  www.stsaviourmission.ca</p>
<p><b>Stony Plain United Church</b>                  Sunday Service 10:30a.m.                  5012-51 Ave. Stony Plain  <b>Mewassin United Church</b>                  Sunday Service 9:00a.m.                  Rev. Sally Boyle                  Hwy 627 - Rg Rd 30                  Ph: 780-963-4745</p>	<p><b>Immanuel Lutheran Church of Rosenthal</b>                  Traditional Service Sunday 9:30a.m.                  Contemporary Service 10:15a.m.                  Christian Counselling Services                  Rg Rd 13, Twp Rd 524                  Ph: 780-963-4048                  www.lhc.ca email: office@lhc.ca</p>	<p><b>Emmaus Lutheran Church</b>                  Sunday Worship Service 11:30a.m.                  Rev. Robert Marshall                  4604-50<sup>th</sup> Ave, Drayton Valley                  Ph: 780-542-5101                  emmauslutheranchurch.wordpress.com</p>	<p><b>Church of God</b>                  Worship Service Sun. 11:00a.m.                  Please contact for activities                  5004-49 Street, Drayton Valley                  Ph: 780-542-5091</p>
<p><b>Calvary Baptist Church</b>                  Pastoral Team: Kenton Penner                  Sunday Worship 10:30a.m.                  Youth &amp; Ministries Info - calvbapt@telus.net                  4401-50<sup>th</sup> Ave, Drayton Valley                  780-542-4774                  www.calvarybaptist.ca</p>	<p><b>All Saints' Anglican Church</b>                  Sunday Morning Worship @ BCP                  10:30 BAS with Sunday School &amp; Nursery                  5212-47 Ave, Drayton Valley                  (780) 542-5048</p>	<p><b>St. Anthony Catholic Church</b>                  WEEKEND MASS SCHEDULE:                  Saturday 5:00p.m.                  Sunday 12:00p.m.                  4708-50 Ave, Drayton Valley                  Parish Office: 542-5254</p>	<p><b>Drayton Valley Alliance Church</b>                  Pastor John Haazen                  Join us for Sunday Service at 10:30a.m.                  Aurora School 3901-55 Ave.                  Programs for all ages                  Office at                  4901-55 St. Drayton Valley                  Ph: 542-6501 dvalliance.ca</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	31			

If you are a LICENSED, NON-PROFIT ORGANIZATION, you are welcome to submit your announcement FREE of charge, space permitting. You are required to submit your non-profit number. Call (780) 962-9229. Please note that all submitted event listings must be limited to 200 characters or less (including spaces). DEADLINE: 12 noon Friday prior to publication (Thursdays on long weekends).

**OCT 20 - MOVIE NIGHT: CASPER**, Doors 6:30pm, Show 7pm. \$2/ person at Woodbend Hall on Winterburn Rd (215 St) & Woodbend Rd (9 Ave SW). Popcorn & Snacks for sale.

**OCT 28 - HARVEST DINNER** at Park Court Hall, 12:30-2:00pm. Everyone is invited, quilt raffle and 50/25/25 draw. Call 780 727-4476 or 780 727-2138 for info.

**NOV 3 - COMMUNITY WIDE GARAGE SALE + BBQ**, 9am-5pm @ Lake Isle Hall (Hwy 633 & RR55). \$10/table, Contact: 780-892-0115

**NOV 4 - SUNDAY CRIB TOURNAMENT** at Gunn Community Hall. Registration 10am, Play 11am, \$40/team, Info 780-951-9452

**NOV 16 - VILLAGE MARKET**, 5-9pm at Parkland Village Community Centre. Vendor Tables available for \$15. Contact Betty Gamble at morningdove@shaw.ca

**NOV 24 - MURDER MYSTERY NIGHT** at Parkland Village Community Centre. Doors open: 6:30pm; Show starts: 7pm. Dinner is provided by State and Main. \$45/ticket, \$40/members.

## FARMERS MARKETS

**DRAYTON VALLEY:** Evergreen Farmers' Market, Wednesdays at the Mackenzie Center of the Omniplex from 10:30AM-1:30PM. \*Ends Dec. 19  
**EVANSBURG:** Sat, 10AM-2PM, Tipple Park Museum. Call 727-2240 for tables.  
**SPRUCE GROVE:** at the Elevator, Sat 9:30-1:30PM, tables (780)240-5821  
**STONY PLAIN:** Sat, 9AM-1PM, Downtown, Stony Plain. Phone Nancy 780-962-3993.

## BINGO

**ENTWISTLE COMM. LEAGUE BINGO:** Every Wednesday, Doors Open 6PM.  
**STONY PLAIN SENIOR'S DROP-IN CENTRE:** public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685

**TOMAHAWK:** every Mon at Agra Centre, doors 6pm, Bingo 7:30PM. Info 339-2423 or 339-3747  
**WILDWOOD:** Mon night. 6:30PM, bingo starts 7:30PM, Early Birds & Lucky 7.

## MEAT DRAWS

**Darwell:** Put on by Alberta Beach & District Lions Club, 4:00PM, bi-weekly, Darwell Lounge & Restaurant  
**Evansburg:** Evansburg Legion, Friday 8-10PM & Saturday 3-5PM

## JAMBOREE

**CHIP LAKE:** Ravine Comm Hall, 1<sup>st</sup> Sat 325-2119 or 325-2391  
**DUFFIELD:** 4<sup>th</sup> Sat, Duffield Community Hall. 6:00PM Supper. \*Sept - May.  
**DRAYTON VALLEY:** Last Sunday of month. Upstairs at the "55 Rec. Center" Doors at 12PM, Starts at 1PM. 780-542-3768  
**ENTWISTLE:** at Entwistle Community Hall, 3<sup>rd</sup> Saturday. For more info call Diann at 780-514-0045. \*Starting Oct - May.  
**MAGNOLIA:** at Magnolia Hall. Every 2<sup>nd</sup> Saturday, Supper at 6PM. 727-2015 or www.magnoliacommunityclub.ca \*October - May.  
**RAVINE COMMUNITY ASSOCIATION:** 1<sup>st</sup> Sat of each month. Info 780-325-2391 \*Sept - May.  
**SEBA BEACH:** 2<sup>nd</sup> Friday 7PM, Seba Senior's Centre, Toni 797-4233  
**SPRUCE GROVE:** at Sandhills Community Hall, 3<sup>rd</sup> Sunday, 1-5PM. Info Florence 780-962-3104 Margarett 780-962-3051 \*Sept - June.  
**STONY PLAIN:** Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2<sup>nd</sup> & 4<sup>th</sup> Thurs of month, 7PM, \$2. PH: 587-989-7214 or 963-7920.  
**TOMAHAWK:** Tomahawk Agriplex, 3<sup>rd</sup> Friday of month. 7PM. PH: 780-339-3755. \*Starts Oct 21<sup>st</sup>.  
**WILDWOOD:** Wildwood Community Hall, 3<sup>rd</sup> Wed Each Month, 7PM. 325-3749 \*Oct - June.

## TOPS (Take Off Pounds Sensibly)

**ENTWISTLE:** Wed 5:15PM weigh-in, 5:30-6:30PM meeting, upper level Lions Hall. 780-932-2695.  
**EVANSBURG:** Thursday Mornings 9:30AM at Evansburg Legion Lodge. 241-0864.  
**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  
**WILDWOOD:** Thurs at Wildwood School, 5PM. Connie (780) 325-2420

## YOUR COMMUNITY

**ALBERTA PARENTING FOR THE FUTURE ASSOC:** Call 963-0549 or visit www.apfa.ca to register. All programs are confidential & free.  
**ALCOHOLICS ANONYMOUS** IF Drinking is a Problem! 780-236-1043  
**FREE HOME MEAL DELIVERY PROGRAM**, for Wabamun Seniors & Wabamun Lions. Arrange for meal preparation through a local restaurant. Call Darlene, 892-2551.  
**PEMBINA SKATING CLUB** (Evansburg Arena), offers Learn-to-Skate, CanSkate & STARSkate. All ages. Call Lisa 727-2729. \*RUNS Sept-March  
**PROBLEMS WITH DRUG OR ALCOHOL ADDICTION** in a loved one? Contact Drug Rehab Resource for a free confidential consultation. 1-866-649-1594 or www.drugrehabresource.net.

## LIBRARY EVENTS

**AFTERNOON BOOK CLUB** at Keephills Library. 2<sup>nd</sup> Tues of every month, 1:30-3:00PM. Visit www.pclibraries.ca for info.  
**FAMILY GAMES NIGHT:** 3<sup>rd</sup> Wed of every month, 6-8PM. Located at Entwistle Library, Duffield Library and Tomahawk Library. In partnership with Parkland School Division. Visit www.pclibraries.ca for more info.  
**HATCHET CITY READERS** at Tomahawk Library. 3<sup>rd</sup> Tues of every month, 10-11AM. For what we're reading next, visit our website, www.pclibraries.ca.  
**INVENTORS CLUB:** 2<sup>nd</sup> Thurs of every month, 3:30-5:00PM at Entwistle Library. 4<sup>th</sup> Thurs of every month, 3:30-5:00PM at Tomahawk Library. Ages 8-13. To register: Call the library at 780-339-3935.  
**SEBA BEACH PUBLIC LIBRARY BOOK CLUB** - meets the 4<sup>th</sup> Tuesday of the month in the library at 10:30AM. For info call 780-797-3940 or E-mail us at seba.beachlibrary@yrlab.ca.  
**EVANSBURG PUBLIC LIBRARY BOOK CLUB:** 4<sup>th</sup> Thurs, 7:00PM Grand Trunk High 727-2030.

## SOCIAL EVENTS

**50+ YOUNG AT HEART LUNCHEON** for Parkland County Seniors. 12PM at Stony Plain United Church Basement, \$8/plate. 3<sup>rd</sup> Wed of Month. Call Audrey 780-963-1782. \*Sept-June  
**AEROBICS:** Low impact, Mon/Wed, 11AM-12PM, Wildwood Senior's Centre, \$1/session.  
**BREAKFAST SOCIAL:** 9:30AM-Noon, Parkland Village Community Centre - 3<sup>rd</sup> Sunday. PH: 780-298.9155 Social Media: PVC Centre. \*NEXT: October 21 & December 16  
**COME PLAY CRIB:** Fridays, 7:30PM at Darwell Seniors Hall; lite lunch is served. All ages!  
**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.  
**EVANSBURG ART CLUB:** meet & paint Thurs 1-4PM Rec Plex. 727-4340 or 727-4098  
**EVANSBURG GUIDES & PATHFINDERS:** Mon 6PM, Camp Evansburg.  
**EVANSBURG SENIOR'S HERITAGE HOUSE:** Floor Curling Mon & Thurs, 1pm. Court Whist Thurs, 7PM.  
**EVANSBURG TIPPLE PARK HISTORICAL BUILDING TOURS:** Wed - Sat, 10:00-5:00PM.  
**HEALTHY AGING NURSE & FOOT CARE PERSON,** Wabamun Seniors Centre, 2<sup>nd</sup> Thurs of month, 9AM.  
**OPEN HOUSE** for socializing & card playing at Entwistle Senior Center, Every Sunday from 1-4pm.  
**PARENT & TOT PLAYTIME:** PERC Building Stony Plain Wed 10-11AM; Holborn Community Hall Thurs 9:30-11AM; Parkland Village Tues 9:30-11:30AM.  
**POT LUCK** every Tues 12:00PM, Wabamun Seniors Centre. Come on down!  
**SEBA BEACH SENIORS CENTER:** Yoga, mon, 9:30AM, \$10/session. Bridge thurs, 1PM. Jams every Wed night, 7PM. Thrift Shop every Wed & Sat at 10-3PM.  
**SEBA BEACH QUILTERS & FIBER ARTS:** Wednesdays 9:30AM, Seniors Centre.  
**SENIORS 50+ LUNCHEON:** 3<sup>rd</sup> Wed, 12PM at Stony Plain United Church basement hall. Call Audrey (780) 963-7582  
**SENIORS WEDNESDAY\* AFTERNOON** 1-4PM at Parkland Village Community Centre. Games, Crafts & more! Call Sheryl 780.695.7032 \*exceptions incl. Weather.  
**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  
**SPRUCE GROVE ELEVATOR TOURS:** Tues-Sat, 9-3PM. 960-4600.  
**STONY PLAIN'S 5TH MERIDIAN GOOD SAMS RV CHAPTER:** Ecole Meridian Heights School. 3<sup>rd</sup> Tues of Month, 7PM. Call Pat at 780-963-6976 or Ruth at 780-288-9829.

(5120-52 St.) every 3<sup>rd</sup> Wed of month. Call (780) 542-2787  
**ENTWISTLE COMMUNITY LEAGUE GENERAL MEETINGS:** 2<sup>nd</sup> Thursday monthly 7:30PM. \*Except June, July, August  
**ENTWISTLE LIONS CLUB:** 2<sup>nd</sup> & 4<sup>th</sup> Tues, 8PM, Entwistle curling rink. Jim 727-3573  
**ENTWISTLE SENIORS:** Ladies: 10AM 2<sup>nd</sup> & 3<sup>rd</sup> Wed, Floor Curling: Tue & Fri, 2PM  
**ENTWISTLE SENIORS 55+ CLUB:** Tue & Fri, 1:30-4:00PM at Entwistle Hall  
**EVANSBURG SENIOR'S HERITAGE HOUSE:** 2<sup>nd</sup> Tues of Month, 1:30PM. Dennis. 727-4186.  
**FALLS COMMUNITY ASSOCIATION:** 3<sup>rd</sup> Tuesday, 7:00PM.  
**GIRL GUIDES OF CANADA:** Poplar Hollow District Guides-Pathfinders, Mon 6-8PM. Sparks-Brownies Tues 4-5:30PM. Meet at Camp Evansburg. Brenda 780-727-4476  
**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 MEETINGS:** 3<sup>rd</sup> Wed of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RR55) Ph # 780-892-3121  
**LOBSTICK 4-H BEEF & MULTI CLUB:** 1<sup>st</sup> Mon, Evansburg Arena, 7PM, Shannon 727-2358  
**LOBSTICK GARDEN CLUB:** 1<sup>st</sup> Mon, Evansburg Baptist Church, Charlottte (780) 325-3787  
**MEN FOR SOBRIETY:** Wednesdays at 7:30PM, FCCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.  
**MS SOCIETY DRAYTON VALLEY COMMUNITY GROUP** meets 1<sup>st</sup> Tues of month, 6-8PM at Norquest College. Terra Leslie, 1-403-346-0290. \*Sept-June  
**MS SOCIETY PARKLAND COMMUNITY SUPPORT GROUP:** Are you diagnosed with MS and have questions? Last Tues of month, 7-9PM, Westview Health Centre. Contact Cassy 780-471-3034  
**NA MEETING:** Tuesdays, 7:00PM. 514-6011  
**PEMBINA AL-ANON FAMILY GROUP:** meets Tuesdays @ 7:30PM. at Evansburg Catholic Church Hall. Call Patty H. (780) 727-4516 or Cheryl (780) 727-6671  
**PEMBINA PORCUPINES - JUNIOR FOREST WARDENS:** Entwistle Porcupine gathering: 7PM, 1<sup>st</sup> Tue. Len & Tineke at 727-2020. Porcupines@yellowhead-jfw.ca  
**SOLVE:** Community Enviro issues discussed at Smithfield Hall (N of Hwy 16 on RR34). 2<sup>nd</sup> Thursday. Jana 892-0006  
**STONY PLAIN FISH & GAME ASSOCIATION & WABAMUN GUN CLUB:** 2<sup>nd</sup> Mon, Stony Plain Comm Center, 7:30PM.  
**SUNDOWNERS TOASTMASTER CLUB:** Mon (excl. Holidays) 7:30-9:30PM. St. Matthew's Church, Spruce Grove. Judy 960-5258  
**TOMAHAWK SENIORS (50+)** meets every Thursday from 1-4pm at the Tomahawk Agra.  
**W.E.E COMMUNITY FOOD BANK:** Call (780) 727-4043 for emergency food needs. Monthly Meeting: LAST Monday of month at 7:00PM at the Food Bank (Old fire hall in Entwistle). \*Except December  
**WILDWOOD & DIST AG SOCIETY:** 2<sup>nd</sup> Wed of each month 7:00PM at the Wildwood Complex. Wilma 325-2424  
**WILDWOOD & DIST ROD & GUN CLUB:** 2<sup>nd</sup> Thursday, 7:30PM at the range clubhouse, wildwoodrodandgun@gmail.com  
**WILDWOOD SENIORS:** 4<sup>th</sup> Wednesday at 2:00PM. PH: 325-3787 or 325-2391. \*No meeting July/Aug/Dec.  
**DRAYTON VALLEY BRANCH OF ALBERTA GENEALOGICAL SOCIETY:** meets 7PM at Municipal Library

# 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!

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

**ANSWER:**

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

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 Serving You and Your Community Intuitively

**THIS SPACE IS RESERVED FOR YOU!**

**Xtreme LEAN NRG**

Xtreme LEAN NRG  
 Advanced Formula helps you:

- Regulates Your Appetite
- Regulates Blood Sugar
- Regulates Fat Absorption
- Improve Energy Levels
- Improve Your Mood
- Increase Mental Focus

"We've unlocked the science of slim!"  
**(780) 907-8642**

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Water well drilling and service  
 Family owned Business Serving Alberta since 1917

Tired of hauling water?  
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Never run out of water again!

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# PREVAIL

CELLULAR HOMEOSTASIS FORMULA

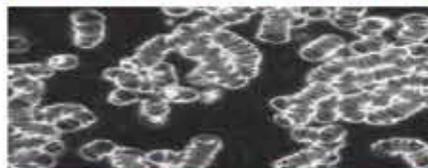
# MAX

A NUTRITIONAL BREAKTHROUGH THAT SUPPORTS YOU  
...RIGHT DOWN TO THE LAST CELL!

How do you want your  
**BLOOD** to look?



**Before PrevailMAX:**



- poor circulation
- low energy
- brain fog
- dehydration
- decreased nutrients
- pH imbalance
- poor endurance

**After PrevailMAX:**



- better circulation
- more vitality
- mental clarity
- cellular movement
- nutrient assimilation
- balanced pH
- optimal endurance

**PrevailMAX™** is a nutritional breakthrough that delivers a rapid increase of internal blood cell pressure to speed absorption, enabling the body to take maximum advantage of the nutrients in foods and supplements. The electrolytes are small enough to penetrate your cell membranes, to bind with your cells, and to be carried wherever they are needed in the body.

At the microscopic level of human cells, **PrevailMAX™** supports healthy cell performance – a nutritional breakthrough for your cells.

When you use **PrevailMAX™**, you will feel more energy and an ability to focus like never before. Take a few sprays today and see just how good you can feel!

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