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**October 23, 2018**

## ANNUAL OJSH AWARDS NIGHT 2018



**Submitted by Wanda Pederson | Onoway Junior Senior High School**

On Friday, October 12th, students, parents and teachers gathered to recognize the achievements of the 2017/2018

school year at Onoway Junior Senior High School. The Annual Awards Night recognized school volunteers, student academic achievement and excellence in sports. Although the weather was snowy and blustery, a good-sized crowd gathered to ac-

knowledge the best of our school community for the last year. Science and Phys. Ed teacher Rick Stoltz did an admirable job as emcee for the evening, keeping the flow of award presentations steady.

**Continued on Page 5**

## ALBERTA PREPARED FOR CANNABIS LEGALIZATION

**Submitted by Mike Brown, Press Secretary, Treasury Board and Finance | Government of Alberta**

With cannabis set to be legalized across the country on October 17, the health and safety of Albertans remains a top priority for the provincial government.

Albertans can be confident the province is ready for legal

cannabis following more than 18 months of preparation. After one of the largest public consultations in Alberta's history, the government has built a legal cannabis system that keeps the drug out of the hands of children and keeps profits away from criminals. The system will also protect Albertans on our roads and in workplaces and public spaces.

The Alberta Gaming, Liquor and Cannabis Commission (AGLC) is the agency responsible for overseeing this new industry. Together with the Government of Alberta, AGLC is committed to a responsible, secure rollout of legal cannabis in the province.

"This is a big shift for our province and country, but it's one that Alberta has prepared for over the last 18 months, and we are ready. We are managing and mitigating risks around cannabis legalization in our province, and all Albertans should have confidence that public health and safety remain a top priority." - Joe Ceci, President of Treasury Board and Minister of Finance

**Continued on Page 2**

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# Alberta Prepared for Cannabis Legalization

Continued from Page 1

The AGLC has signed agreements with 15 licensed producers to supply cannabis products to the AGLC which will then provide it to retailers. On Oct. 17, an AGLC call centre will go live where Albertans can get more information on legal cannabis. The albertacannabis.org website will also be live and allow Albertans to purchase cannabis products online.

“We take our role as the regulator of liquor and gaming seriously.

The safety of all Albertans is at the forefront of our work as we provide oversight to these industries, and that remains our focus as we add legal cannabis to our portfolio. We work every day to provide Albertans with choices they can trust.” - Alain Maisonneuve, president & CEO, AGLC

The province’s latest step in preparing for cannabis legalization is to provide new funding to Alberta municipalities. This money will be used to address legalization-related enforcement and other imple-

mentation costs at the local level.

“Our cities and towns are the front lines when dealing with many aspects of cannabis legalization. This funding will help offset some of the costs they’re facing. I look forward to continue working with local leaders to understand the real-world effects of legalization.” - Shaye Anderson, Minister of Municipal Affairs

While the province expects a net loss from legal cannabis this year and next, the government recognizes municipalities have costs related to the federal decision to legalize cannabis. In total, the province will provide \$11.2 million over two years through the Municipal Cannabis Transition Program. Grants will be available for municipalities that have a population of more than 5,000 residents and are responsible for their own policing. The grants will help offset enforcement and other implementation costs at the local level.

The province will continue to work with municipalities to determine next steps and better understand the impacts during the first two years of legalization.



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**Darwell Jr. Ag Society**

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**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

# IMPORTANT NOTICE!

The Rich Valley Agricultural Society regrets to inform our community that we have suffered a major set back with the breakdown of our ice plant and this has delayed are start up indefinitely. The chiller component; which cools the brine that is pumped through the floor to maintain the ice surface, has failed and will need to be replaced. At this time, we are actively investigating our options and attempting to secure funding in order to complete this extremely costly repair. We ask that you be patient with us as we try to find a solution to our current situation. We will make every effort to update everyone as more information becomes available.

The Rich Valley Agricultural Society is an important staple in our community and to many other surrounding communities. The facility is where we come together as a community and where our children learn to skate, play baseball and kick a soccer ball. We are fortunate to be able to teach them in the same building, and on the same grounds, that generations before them learned, and grew to enjoy sports. This is where our children begin to learn to socialize and co-operate with others and to become community minded individuals who know the value of volunteering. These services provided cannot be measured in dollars and cents, they are truly priceless.

If asked to quantify the value of this facility it could easily be measured by the number of community members it provides for. We serve families from Barrhead, Busby, Dunstable, Ross Haven, Gunn, Alberta Beach, Glenevis, Alexis Nakota Sioux First Nation, Cherhill, Onoway and more. They come to take part in our Fun Hockey, Figure Skating, baseball and soccer

programs. This past summer we had enough children to have a team in every age group (except U18) of baseball; which hasn't happened in several years. In addition, this winter season would have had one of the largest number of participants in our hockey programs. Not only do we provide structured programs we offer free public skating once a week, which has the highest attendance of any public skating program of all the arenas in the area, including Spruce Grove and Stony Plain. In addition to youth sport in our community, we have eight adult teams who rent weekly ice slots from our facility, and five ice slots a week that the Alexis Nakota Sioux First Nation have requested. The regular rentals are also supplemented as we are the overflow arena for Barrhead, Stony Plain, Spruce Grove and St. Albert, with both Spruce Grove Minor Hockey and Can West (St. Albert) renting regular slots with us this year. With all of these rentals, we are fully booked most nights of the week. All in all, for a small arena we are very busy and every year our Board of Directors works very hard in order to secure new ice rentals.

Our community hall is booked regularly year-round with weddings, reunions, birthday parties, meetings, fundraisers. The AG also supports our community families by hosting funerals, for which we organize and serve the funeral luncheon.

Along with our indoor facilities we have a large grounds that hosts, gymkhanas, horse shows and sales, driving shows, baseball tournaments, camping rallies, and much more. We have recently secured a five-day rental from the Alberta Provincial Good Sam Association that will bring in around seven hun-

dred people to our facility for a camping rally where they use all local vendors and entertainment during their stay.

Even though most of our income comes from the rentals the Rich Valley Agricultural Society also hosts a number of events within the community to encourage community involvement and advertise our facility such as our Annual Steak Supper, Family Dance, Halloween Bash, Skate with Santa event and an annual fair; which we were unable to host this year but are hoping to reestablish this event going forward.

As you can see, without this facility operating within our community and within Lac Ste. Anne County, the immediate area families and surrounding communities as a whole, will definitely suffer. Individuals and families will be required to travel to the larger centers for sports and recreation which will lead to less community involvement, division within our community and possible isolation. It is our fear that if people leave and join other groups it will be difficult to entice them to return in the future.

Over the recent years, as the building continues to age, we have focused on repair and completing the required upgrades in order to keep us operating.

We have undertaken the following actions:

- Upgraded our fire alarm as required by the fire marshal
- Upgraded fire suppressant system in kitchen
- Upgraded lights in lobby
- Refurbished our compressor and motor on ice plant
- Replaced brine pump and motor on ice plant
- Added new lighting over the ice surface
- Replaced concrete slab at main entrance
- Replaced doors damaged by vandalism

- Upgraded the ball diamond

Rich Valley Agricultural Society gains its yearly monetary resources to cover costs through rentals, fundraising, Lac Ste. Anne County Grant and Alberta Association of Agricultural Societies Grant. With the exception of the ball diamond in which we did receive an additional grant all these repairs and upgrades have been paid for out of the aforementioned finances. Although we have been canvassing for corporate donations to fund further repairs and upgrades, currently we have been unable to secure support. The reality is that we are in an obscure location where the larger surrounding centers have arenas within their community boundaries, and most corporate donors are already supporting. We have also had very little success when applying for grants with both the CFEP large stream and CIP grant applications having been denied and although we have applied for the ability to run a casino to help with funding we will not have the opportunity to do so until April-June of 2019.

Unfortunately, this latest crisis has put a presently unsurmountable strain on our finances which we cannot quickly recover from or support with our available funds and has now left a huge gap in our community. We are looking to our community members and those of the surrounding areas to hear our story and understand our urgent need.

**Any donations would be greatly appreciated at this time.**

Thank you to our community for the ongoing support. We remain hopeful that we will be able to resolve this situation in the near future.

# MAYERTHORPE INTRODUCES CANNABIS BYLAWS

Submitted by Town of Mayerthorpe

Legalization of cannabis across Canada will come into effect October 17, 2018. The Town of Mayerthorpe launched a comprehensive Cannabis Survey this past summer. Feedback received from the Cannabis Survey provided key input which formed the basis for amendments to the Town's Land Use Bylaw and enactment of the Cannabis Consumption Bylaw. Additional feedback

was given during the Public Hearing for Bylaw No. 1094 amending the Town's Land Use Bylaw held on October 9, 2018.

Bylaw No. 1094 amending the Town's Land Use Bylaw provides for the establishment of regulations on Cannabis Cultivation, Manufacture and Sale Requirements, establishes a building setback of no less than 100 meters from a school, playground and a provincial health care facility, and outlines that Commercial Retail Sales businesses

shall be located at street level in buildings with primary street access onto 50th Street and buildings with primary street access one (1) block east or west of 50th Street north of Highway No. 43 and south of 51st Avenue.

Bylaw No. 1095 being the Cannabis Consumption Bylaw prohibits a person in that they must not smoke, attempt to smoke, vape or consume what appears to be cannabis in any public place within town limits, that a person who owns or occupies a

property must ensure the cannabis plants are contained on the property away from public access in a secure structure or in a secure fence, and that no person may transport what appears to be cannabis in a vehicle unless it is contained in closed packaging that is out of reach of the driver and other occupants of the vehicle.

Bylaw No. 1094 and Bylaw No. 1095 can be viewed here: <http://www.mayerthorpe.ca/engage/bylaw-enforcement/bylaws/>

# WHITECOURT PREPARES FOR LEGALIZATION OF CANNABIS

Submitted by Tara Galant, Legislative Manager | Town of Whitecourt

The legalization of cannabis across Canada came into effect on Wednesday, October 17.

The Town of Whitecourt has been working over the last several months to amend its Land Use Bylaw and Community Standards

Bylaw to prepare for this upcoming legislative change.

On October 17, Town of Whitecourt Bylaw 1475-1 will come into effect which amends Community Standards Bylaw 1475 to regulate the recreational use of cannabis.

• Bylaw 1475-1 prohibits recreational consumption of cannabis in all public areas. Public areas include: parks, recreation facilities,

municipal roads, sidewalks, and pedestrian walkways.

• Recreational use of cannabis will be limited to residences and private property (with owner's consent) within the Town of Whitecourt.

• Town of Whitecourt Peace Officers and the RCMP may issue a violation ticket for a fine of \$300.00 (for first offences) to those who fail to follow the regulations outlined in

Community Standards Bylaw 1475-1.

• The bylaw does not apply to those with a medical cannabis licence. These individuals must provide proof of licence upon request by an officer. Those with medical cannabis licences will still have to follow provincial consumption regulations.

Continued on Page 9

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**JOKE OF THE WEEK**

A zombie was roaming through the woods looking for something to eat. He came across two men. One was sitting under a tree and reading a book and the other was typing away on his typewriter. The zombie quickly pounced on the man reading the book and started to devour him. Because even a brain dead zombie knows that readers digest and writers cramp.

**Fundraising Opportunity**  
 for local community groups

**Community groups in the Oneway/ Alberta Beach area are invited to partner with the Oneway Legion for an evening of fundraising.**

- ◆ Your group will plan, cook, and serve a Friday night meal using your volunteers. Younger members can help serve, or clear tables.
- ◆ The Legion will provide a well-equipped kitchen and the hall, plus donate part of the profits to your group!

**If this seems like a way for you to help raise money for your group's activities, please call us!**

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 Oneway Branch 122

Contact Joanne at 780-960-4160 or [gorm03@yahoo.com](mailto:gorm03@yahoo.com) for details.



# Annual OJSH Awards Night 2018



Continued From Page 1

The evening started with two musical selections: “April” by Aaron Perrine and “The Incredibles” by Michael Giacchino. Music teacher Mrs. Anderson said: “The High School Band started our performance season off strong with their performances at Awards Night! The audience enjoyed hearing the familiar “Incredibles” theme and based on audience reviews that (selection) seemed to be the favorite!”

The awards portion of the evening then began with acknowledging the accomplishments of our volunteers. Many parents actively and enthusiastically support School Council, Onoway Music Parents Association and the Grad Parent Committee. Other parents and community members volunteer their time and efforts on coaching our sport teams, chaperoning school events, and volunteering their time in the Learning Commons. Still more volunteer by demonstrating to our students how to make bread, soup, pierogis, and jams. Some volunteers do poetry readings to classes from their own school lessons learned long ago. As each volunteer was acknowledged, they were presented with an OJSH thank you card that contained a gift form – the volunteers could choose from four different gifts. Mrs. McNalley’s Leadership class created each Thank You card and Mr. Chiuimento’s CTS Computer classes will produce each customized gift. Our volunteers contribute to the success of our students, adding an extra level of learning, care and concern that is most appreciated and valued.

Once the volunteers had been recognized and applauded for their efforts, student success was celebrated. Outstanding effort, academic achievement, citizenship, music and CTS success, as well as sportsmanship and ability were recognized. Awards were presented by

a variety of people: the principal, assistant principal, teacher or an honoured guest. Honoured guests included Ms. Tanis Fitzgerald, ATB Onoway Branch; Councillor Judy

Tracy representing the Town of Onoway; Chairperson Judy Muir from the NGPS Board of Trustees; and the Hon. Oneil Carlier, MLA Whitecourt-Ste. Anne.

To access the Awards Night program and a list of all award recipients, go to [onowayhigh.ca](http://onowayhigh.ca).

**Community Christmas Fair**

**Saturday November 17<sup>th</sup>, 2018**  
**10:00AM – 3:00PM ONOWAY HERITAGE CENTER**  
*Presented by the Onoway Public Library*

- Sleigh Rides 11:00AM – 3:00PM (sponsored by Onoway Legion Branch #132)
- Photo's with Santa by Amanda Patricia Photography 11:00AM – 2:00PM
- Bubber-Fly Face Painting – 12:00PM – 3:00PM
- Old Fashioned Games 11:00AM – 2:00PM (sponsored by Onoway Historical Guild)
- Craft tables and Onoway Farmer's market with over 50 vendors (baking, knitting, wood crafts, glass ware, wreaths and much more!)
- Children's Craft and Cookie Decorating
- Make a bird feeder ornament (sponsored by Onoway Historical Guild)
- Free hot dogs and refreshments (sponsored by Bigway Foods)

**Light Up the Town**

to be held on main street at the Centennial Park gazebo.  
*Presented by the Onoway Beautification committee.*

- Sleigh Rides 5:00PM – 6:30PM • Free hot dogs and refreshments
- Gazebo Christmas Light Up at 6:00PM
- Decorating the Living Trees (bring your bird feeder ornament)

\*\*\*Admission is FREE, but we will be collecting donations (cash or toy) for our local Santa's Helpers.\*\*\*

For more information contact the Onoway Public Library  
 at 780-967-2445 or email: [onowaylibrary@yrl.ab.ca](mailto:onowaylibrary@yrl.ab.ca)

*Fun for the whole family!*

# CENOTAPH RE-DEDICATION



*Dane Lloyd, MP for Sturgeon River—Parkland, talks with Onoway Legion President, Neil Gorman after the ceremony.*

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

Re-dedication of the cenotaph at the Onoway Legion was well attended in spite of the cool weather. President Neil Gorman opened the ceremonies, followed by scripture readings from Pastor Chris White. Comrade Dave Roberts and President Neil Gorman unveiled the cenotaph, with a base now listing the Boer War, WW1, WW2, Korea, Peacekeeping and Afghanistan.

The ceremony also recognized Onoway Town Council for re-naming 50 Street to Veterans Way. The new name has been added to street signs already.

Representatives from different levels of government laid wreaths: Federal MP Dane Lloyd, Provincial MLA Oneil Carlier and Town of Onoway Mayor Judy Tracy. Laying a wreath for the Legion was Deputy District Commander Bob Peterson, and Comrade Ed Gallagher presented a donation toward the cenotaph re-dedication from the Onoway and District Chamber of Commerce. Master Corporal Kolstad and Master Corporal Lander stood guard on each side of the Cenotaph while Corporal Ealden helped the dignitaries with their wreaths.

We would like to thank all who attended this ceremony including Morinville Legion President Ira Austin and Onoway Deputy Mayor Pat St. Hilaire. Thanks as well to the kitchen volunteers for providing hot coffee and a delicious lunch for all the cold, hungry participants and spectators.




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



Submitted by Alberta RCMP Edmonton – On Friday, October 12, 2018, the Alberta RCMP and Traffic Services discussed the impact of cannabis on police service

delivery and provided an interactive drug-impaired driving Check-stop demonstration.

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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# SCOTT SAFETY CENTRE RENOVATIONS

Submitted by Tara Galant, Legislative Manager | Town of Whitecourt

The Whitecourt Wolverines and Town of Whitecourt are proud to announce that they will be partnering to build a 3,000 square foot extension to the Scott Safety Centre.

The extension, budgeted at \$650,000, will include the following components:

- A dressing room for exclusive use by the Whitecourt Wolverines Junior A Hockey Team;
- Reception Area;

- Offices;
- Washrooms/Showers;
- Laundry Room.

“I’ve said it before, but in order to have a successful junior hockey program in a rural community such as ours, it is important to have these strong partnerships between the team and community,” stated Whitecourt Wolverine owner Brent Stark. “Our Club has needed dedicated space to call our own since day one; and the new dressing rooms and additional offices and other amenities will help us meet our long and short term goals as an organization. The

enhancements to the facility will showcase our community not only to AJHL fans, but to all facility users who happen to cross through the Scott Safety Centre doors.”

Having an exclusive area for the Junior A team further cements the presence of the Wolverines in our region, and will allow for other community groups to make use of the space currently allocated to the Whitecourt Wolverines.

“I’m thrilled to be announcing this partnership and moving forward with the facility enhancements. For some time, we’ve acknowledged that the Whitecourt

Wolverines are the only AJHL team without exclusive and dedicated dressing room space, and this partnership will provide our Whitecourt team that benefit,” remarked Whitecourt Mayor Maryann Chichak. “This really is a win-win for the Town, Whitecourt Wolverines and other facility user groups. Building this extension for the Wolverines will free up space at the Scott Safety Centre for other user groups, and allow for better flow of events at the facility.”

For information on the Whitecourt Wolverines visit [www.whitecourtwolverines.ca](http://www.whitecourtwolverines.ca).

## Whitecourt Prepares For Legalization Of Cannabis

Continued From Page 4

Although the Government of Alberta has provided regulations regarding consumption of cannabis provincially, municipalities have a responsibility to regulate local consumption in a way that best fits their own community. Whitecourt’s decision to prohibit recreational use of cannabis in

all public places was based on comments and feedback received through public consultation initiatives. Further details on Bylaw 1475-1 can be found on our website at:

- [www.whitecourt.ca/Government/Cannabis-Legalization](http://www.whitecourt.ca/Government/Cannabis-Legalization)

The Land Use Bylaw has been amended to allow for retail cannabis stores to develop in certain

land use districts. Information on the guidelines for cannabis retail stores and permit requirements can be found on [www.whitecourt.ca](http://www.whitecourt.ca). All cannabis retail stores are required to be licenced by the Alberta Liquor, Gaming and Cannabis (AGLC).

The Town of Whitecourt is preparing information, educational material and advertisements for

residents and business owners detailing how this legislation may impact them. Community members are encouraged to visit our website for information on local regulations and links to other sites with information on federal and provincial cannabis-related legislation.

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# PARLIAMENT UPDATE – WEEK OF OCTOBER 15, 2018

Submitted by Jim Eglinski, MP – Yellowhead

The following was debated in the House:

- Bill C-65 – An act to amend the Canada Labour Code (harassment and violence), the Parliamentary Employment and Staff Relations Act and the Budget Implementation Act, 2017, No. 1.(Consideration of Senate Amendments)
- 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-82 – An Act to implement a multilateral convention to implement tax treaty related measures to prevent base erosion and profit shifting (Second Reading)
- Bill C-83 – An act to amend the Corrections and Conditional Release Act and another act (Second Reading)
- Bill C-281 – National Local Food Day Act (Report

stage)

- Bill C-405 – An Act to amend the Pension Benefits Standards Act, 1985 and the Companies’ Creditors Arrangement Act (pension plans) (Second Reading)
- Bill S-245 – An Act to declare the Trans Mountain Pipeline Project and related works to be for the general advantage of Canada (Second Reading)
- M-177 – Flight Training Schools
- Emergency debate – Global Warming

On Monday, I took part in debate on Motion No. 177, which instructs the Standing Committee on Transport, Infrastructure and Communities to study issues faced by flight training schools in Canada.

On Friday, I took part in debate on Bill C-83, which would end solitary confinement in federal prisons. Also on Friday, I gave a statement on my experience sailing on board the HMCS Vancouver last week. 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 began the study on M-167, which deals with rural crime. For more information on these meetings, visit: [www.ourcommons.ca/Committees/en/SECU](http://www.ourcommons.ca/Committees/en/SECU).

This week, I attended 12 meetings and three events, as well as recorded a message. I will remain in Ottawa over the weekend to attend a rally with the Conservative Party to mark the one year countdown to the next election. Look for my update next Friday on the happenings of Parliament as it will continue to sit for the next two weeks.



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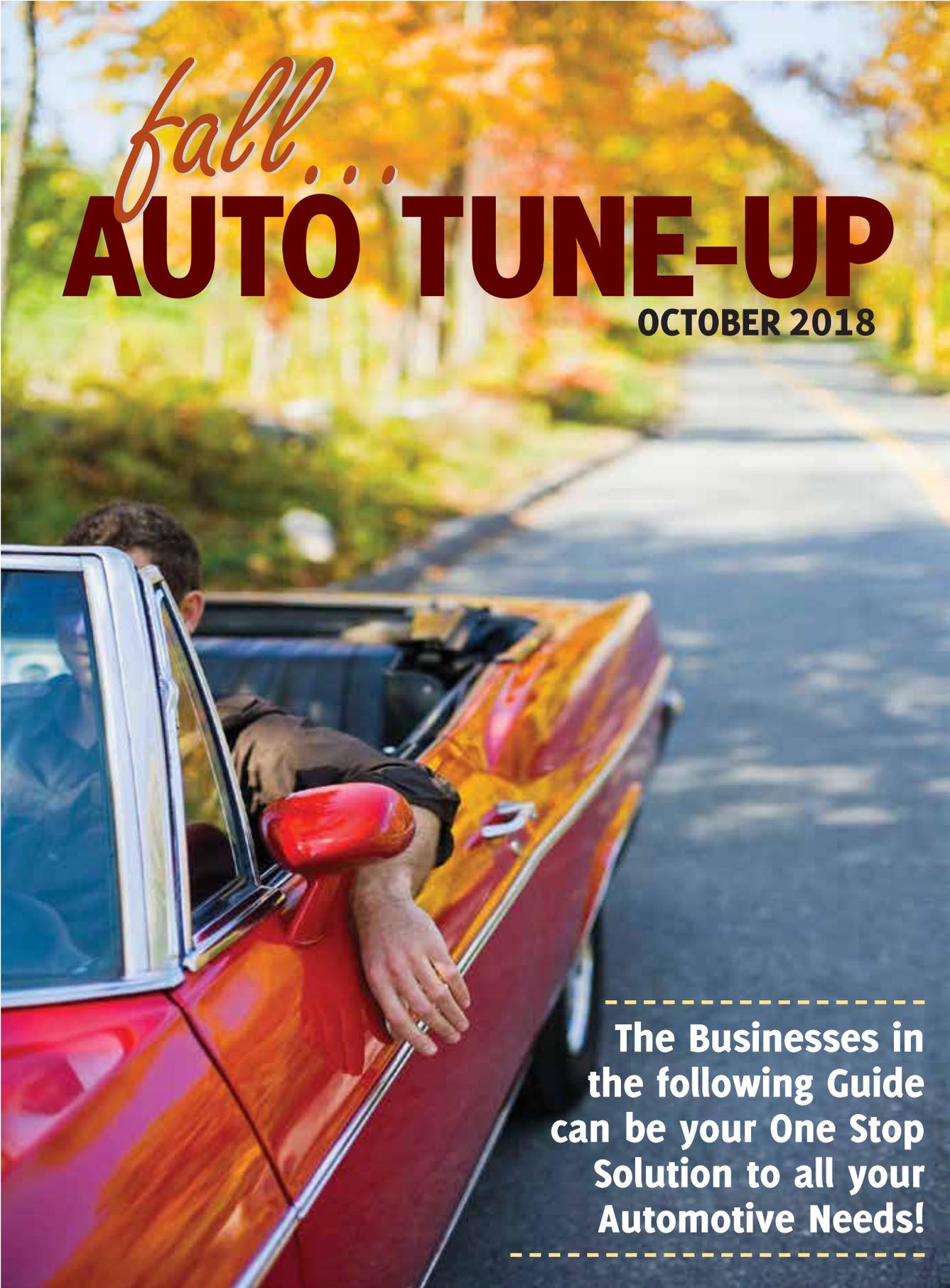
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**OCTOBER 2018**

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# Auto TUNE-UP

## HOW TO PREPARE FOR AN OUT-OF-TOWN BREAKDOWN

Road trips make for excellent get-aways. Whether you're embarking on a weekend excursion or a lengthy vacation, driving yourself to your destination is a great way to travel, especially for families looking to save money.

Though no one wants to think about the possibility of a vehicle breakdown while out of town, such things do happen. How prepared drivers are can go a long way toward determining how affected they and their passengers will be if this happens.

- Get a checkup before skipping town. It sounds simple, but many drivers may overlook the importance of vehicle checkups before departing on weekend get-aways or longer trips. A full check-up (including an oil change if the recommended interval has passed or is approaching) can uncover any

problems that might derail a trip.

- Examine your options in regard to emergency roadside assistance. Insurance providers typically offer emergency roadside assistance to policy holders for a nominal fee, and memberships in clubs such as AAA also are inexpensive. That's especially true when drivers compare the cost of extra coverage or AAA membership to the potential price tag of a tow truck and out-of-town repairs. Drivers should note that out-of-town repairs may require costly overnight shipping of parts so travelers can get back on the road as quickly as possible. Roadside assistance offered through an insurance company or motor club may include tow trucks free of charge up to a certain number of miles, allowing travelers to get their cars back home without breaking the bank.

- Inspect tires, including

your spare. Many a road trip has been derailed or thrown off schedule due to a flat tire or tires. Before departing, check the condition of your existing tires, including the spare, as well as the air pressure in each one. Firestone notes that many vehicle manufacturers recommend replacing tires at six years, regardless of tread wear. Tires that get heavy usage should be replaced even more frequently. To determine if tread wear is something to worry about, Firestone recommends the penny test, which involves placing a penny head first into several tread grooves across the tire. If the top of Abraham Lincoln's head is always visible, then your tires are shallow and worn and need to be replaced. But if part of Lincoln's head is always covered, your tires can probably withstand the trip. Worn tire treads can make it hard for tires to safely navigate

roads in inclement weather, so don't discount the importance of this simple step.

- Bring along some basic tools. Pack some basic tools, such as screw drivers, wrenches, pliers, a trolley jack, a battery charger, and, of course, duct tape, which may help you temporarily solve some issues on your own. This is especially important for drivers who intend to visit remote locations where mobile phone networks may be inaccessible and the nearest tow truck might be far away. Hone your tire-changing skills before hitting the road and make sure tools are still capable of performing the kind of basic maintenance that might help your vehicle safely return to civilization.

Vehicle breakdowns happen, even while on vacation. Some advance preparation can help drivers avert out-of-town disasters.

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# Auto TUNE-UP

## HOW SENIORS CAN SAFELY STAY BEHIND THE WHEEL

A greater sense of independence is often cited as the reason so many young people anxiously await the day they earn their drivers' licenses. But the connection between driving and independence is not lost on seniors, either.

Aging can take its toll on drivers, prompting such drivers' families to feel as if their loved ones' ability to safely operate motor vehicles has been compromised. However, many seniors can still safely operate motor vehicles, and those who do can take steps to ensure they're as safe as possible behind the wheel.

- Avoid driving on days when aches and pains are strong. Aches and pains are common side effects of aging, and seniors know that some days are better than others. Seniors' ability to control their

vehicles may be compromised on days when stiffness, aches or pains seem particularly strong, so it's best to avoid driving during these times. Fatigue may set in on days when aches and pains require extra effort to perform relatively simple tasks, and drivers of all ages should avoid driving while tired.

- Don't skip medical checkups. Few seniors may look forward to their medical checkups, but visits to the doctor can reveal issues that can help seniors be safer on the road. Schedule routine vision exams so eyeglass prescriptions are always up-to-date. In addition, seniors should discuss hearing screenings with their physicians so they can ensure they can always hear sirens and other motorists while on the road. Great strides have been

made in regard to helping people with fading hearing hear better, and seniors would be wise to take advantage of such advancements, which include hearing aids that can be connected to smartphones.

- Familiarize yourself with medication side effects. Whether they do so temporarily or permanently, many seniors take medications, and every medication comes with side effects. When filling a new prescription, carefully read the dosage and description label to ensure that it's safe to drive while taking the medicine. Make note of how you feel when taking a new prescription, avoiding driving if the medication makes you feel fatigued or drowsy or affects your motor functions. If the side effects of a new prescription are making it

difficult to safely operate a vehicle, discuss potential alternatives with your physician.

- Avoid driving in certain conditions. Driving in inclement weather, during rush hour and at night makes many drivers uncomfortable, regardless of their age. But such conditions can be especially dangerous for aging drivers whose vision and reaction times might be fading. Seniors who avoid driving in harsh conditions and heavy traffic may be more comfortable behind the wheel, thereby reducing their risk of accident or injury.

Seniors need not give up their drivers' licenses at the first signs of aging. But adjusting certain behaviors and exercising extra caution can help these men and women stay safe behind the wheel.



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# MAINTENANCE KEY TO FUNCTIONING FARMS

The family automobile is not the only piece of equipment that requires routine upkeep to ensure it is operating properly.

Life on a farm can come to a screeching halt if farm equipment is not properly maintained. Farmers invest hundreds of thousands of dollars on agricultural equipment, such as tractors, tillers, hoppers, and dozers. Adhering to maintenance schedules can prevent breakdowns and decrease the need for potentially costly emergency repairs.

Keep it clean

Cleaning the surface of equip-

ment can go a long way toward keeping it operating smoothly. Use a pressure washer to remove caked-on mud and other debris. Titan iron suppliers recommend quickly washing equipment after usage so that substances do not have the chance to harden.

Learn the equipment

Over time, it is possible to employ your senses of sight, sound and even smell to determine if equipment is working properly. Familiarize yourself with the owner's manual so you can troubleshoot minor problems. Any unusual sounds, odors or

responses from the gear should be noted.

Routine maintenance checks

Routinely inspect hoses, fittings, and seals to ensure they are in good working condition. Be sure fluids, such as coolant and oil, are at the proper levels. Check and replace filters as needed. Tires need to be properly inflated, and inspect the battery for corrosion or other signs that it may need to be replaced. Check belts for cracks. Tour the exterior of the equipment looking at signals and lights to ensure they are in proper working order. Hardware should be tightened and any missing pieces replaced.

Heavy farm equipment needs motor oil, hydraulic oil and filters changed more frequently than automobiles. Such equipment also may need more fre-

quent lubrication of chains and cables. Always check and inspect equipment prior to jobs requiring heavy and extended usage.

Expect some welding

Have a knowledgeable welder on call to make repairs as needed, or develop your skills to a point where you feel comfortable making your own spot repairs. The experts at Miller, producers of welding equipment, say cleaning the surface area and removing any paint, oil or corrosion from the metal area that needs repairing can make for smooth, durable welds. Multi-process welding generators and accessories can ensure the right welds for repairs in the field or in the shop.

Maintenance on farm equipment helps keep operations running along and protects expensive investments.



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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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Anselmo Community Hall, Phone

780-786-4280

Bright Bank Hall, 780-968-6813

Cherhill Legion, Mary 780-785-3578.

Cherhill Community Assoc. Hall, Debra 780-785-2907

Darwell Hall, 780-721-2690

Darwell Seniors, Phone Debra 780-785-2907

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

Gunn Hall (G.A.R.S.) 780-951-9452

Hathersage Community Centre, Noreen at 786-2946

Lake Isle Community Hall, PH: 780-892-3121 or Email: [lakeislehall@mail.com](mailto:lakeislehall@mail.com)

Magnolia Hall, 727-2015

Manley Goodwill Community Hall, 963-9165 or 916-0146

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Onway Community Hall, 967-4749.

Onway Heritage Center - Gym/Classrooms, 967-1015

Onway Legion , 967-4980

Park Court Community Hall, 727-4476

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

Ravine Community Hall, 325-2240

Rich Valley Community Hall, 967-5710 or 967-3696

Rosenthal Community Hall, 963-7984

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 780-204-1652 or 780-785-2904

Stettin Nakumun Comm. Hall, 967-9198

## Obituaries

Gerhardt (Jerry) Bartel  
Jerry Bartel was led to his eternal home by his Lord and Saviour with his family at his side on Oct. 16, 2018 at the age of 87.

Jerry was born in Grabuvjets, Poland and immigrated with his family in 1936.

Jerry worked hard all his life farming in Onway. He enjoyed working with cattle, antique cars, and having coffee with his neighbors. Jerry was content with the simple things in life and enjoyed having his family close to him.

A funeral service will be held Friday, October 26, 2018 at 11:00 am at the Onway Baptist Church. (1) 23-10

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## Announcement

Learn Hebrew! Bible Based. Taught by: Messianic Jewish Israeli Instructor Liat Neshet. Oct 30th - Dec 4th, 2018 - 6 Week Course, \$100 + \$20 for Workbook. Tuesdays 7:00pm - 8:00pm at Trinity Christian Centre (10347 - 152 St. Edmonton). For more information: 780-903-2387 or liatstephanie@gmail.com (1) 23-10

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# Church Directory

<p><b>Rich Valley Community Church</b></p> <p>Sunday School 10:00a.m. 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> <i>Onoway</i></p> <p>Sunday Service 10:00a.m. <b>Everyone Welcome</b></p>	<p><b>Mayerthorpe Baptist Church</b></p> <p>Worship Service Sunday 10:30a.m. Children's Church 10:30a.m. 4606-54 St. Mayerthorpe (780) 786-2677</p>
<p><b>St. John's Lutheran Church</b> <i>Alberta Beach</i></p> <p>Sunday Service 11:00a.m. Sunday School</p>	<p><b>Zion United Church</b></p> <p>Sunday Service 10:00a.m. Sunday School <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>Worship Service 3<sup>rd</sup> Sunday 11:00a.m. <i>All Services Begin at 1:30p.m. Reverend Barry Rose Officiating 4907-50 Ave. Sangudo, AB</i></p>	<p><b>Infuzed Ministries</b></p> <p>Worship Service Sunday 3:30p.m. in Alexis Community Hall Pastor Daniel Jackson (780) 719-0240</p>
<p><b>Trinity Lutheran Church (LC-C)</b> <i>The Church of the Lutheran Hour - Rockyfort Bridge</i> Pastor Dan Hansard Church (780) 778-2055</p> <p>Sunday Worship 9:00a.m. <i>Senior's Service &amp; Cottage Bible Study - Phone for locations</i></p>	<p><b>Mayerthorpe Pentecostal Assembly</b> P.A.O.C. Rev. Arnold Lothoiz Sunday 10:30a.m. Morning Service Tuesday 7:30p.m. 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. Pastor Rick Chappell (780) 674-2618 <i>Mystery Lake</i></p>	<p><b>Onoway Baptist Church</b></p> <p>Sunday Service 10:30a.m. Pastor Greg Garbutt (780) 967-2266</p>
<p><b>Alberta Beach Alliance Church</b></p> <p>Sunday Worship Service &amp; Kid's Church 11:00a.m. Sunday School 10:00a.m. (780) 924-3282</p>	<p><b>Cherhill Community Church</b></p> <p>Sunday School 10:00a.m. - 11:00a.m. Worship Service Sunday 11:00a.m.</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>Calahoo Alliance Church</b></p> <p>Family Worship Service Sunday 10:00a.m. For Info Call Jerry (780) 974-7734</p>



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# 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).

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

**NOV 3 - "X-MAS IN NOVEMBER"** Cherhill Community association market of various vendors and items, concession, shop early. More info/tables call Dorothy 780-785-2506

**NOV 3 - CHARITY VARIETY TALENT SHOW** 7pm (Doors at 6:30pm) at Horizon Stage, Spruce Grove. Admission: By Donation. This is a fun, family show full of fabulous local entertainers.

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

**NOV 5 - "LIGHT UP YOUR LIFE LUNCHEON"** 11am-2:30pm at Orient Family Restaurant (900 4305 Southpark Dr, Stony Plain). The cost is as per the current Buffet Meal price.

**NOV 11 - CHERHILL LEGION "REMEMBERS"** Service at 11:00am, potluck lunch to follow.

**NOV 14 - "LIGHT UP YOUR LIFE SILENT AUCTION"** 12-7pm at WestView Health Centre, Stony Plain. Over 200 items including hand-crafted creations, quilts, gift baskets, gift certificates, original artwork, limited edition prints, wood-working and collectibles.

## FARMERS MARKETS

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

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

**ONOWAY FARMERS' MARKET:** Thursdays, 5-8pm 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 Cherhill 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 September 5 & 19, October 3, 17 & 31.

**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:** Lac Ste Anne Community Choir & Onoway Minor Hockey Meat Draw - Sundays, 4:00PM at Jungle's 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

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

**STONY PLAIN:** Stony Plain Seniors Drop In Center, 5018 - 51 Ave. Every 2<sup>nd</sup> & 4<sup>th</sup> Thurs of month, 7PM, S2. PH: 587-989-7214 or 963-7920.

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

## TOPS (Take Off Pounds Sensibly)

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

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

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

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

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

## YOUR COMMUNITY

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

**ONOWAY ROYAL CANADIAN LEGION:** Open Tuesdays 7:00PM to 10:00PM for "Games" (pool, shuffleboard, darts, cards, etc.). Fridays 3:00 PM-10:00PM. Friday's Family Friendly Dinner, 5:30PM (open to the public).

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

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

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

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

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

## SOCIAL EVENTS

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

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

**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 Lorraine 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> Wednesday at 1PM.

## MEETINGS

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

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

**3053 (LAC STE ANNE) ROYAL CANADIAN ARMY CADET CORPS,** Onoway Historical Centre, Wed. 6:45-9:30PM. FREE program for youths 12+, Contact 3053army@cadets.gc.ca or 780-886-1586

**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.

**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

**Regular Meetings 1<sup>st</sup> Tuesday** of month, Cherhill Seniors Hall. Call Rosmary 780-785-2625

**CHERISHED 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 hall. 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 MEETINGS:** 3<sup>rd</sup> Wed 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, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.

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

**NA MEETING,** Tuesdays 7:00PM Poplar Valley Church (780)514-6011

**ONOWAY & DIST HERITAGE SOCIETY:** 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, leadership & listening skills. Thursdays 7-9PM at Eagle River Casino. Call Melinda Tarcan, (780)778-1180.

**SANGUDO PAINTING GROUP:** Every Wed, 9AM-12PM 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 at 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!

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

**ANSWER:**

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

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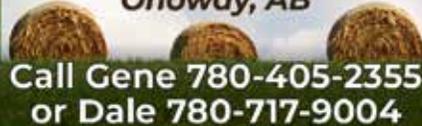
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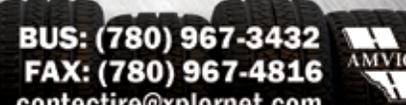
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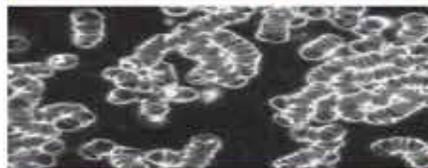
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How do you want your  
**BLOOD** to look?



**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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**VALENTUS**

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