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October 30, 2018

### MAYERTHORPE FIRE DEPARTMENT NOW RECRUITING

Submitted by Town of Mayerthorpe

Mayerthorpe Fire Department is recruiting. Our Station is a proud Station serving your community and surrounding area since 1940. Paid-on-call \$25.44/hr.

Who is eligible to become a firefighter?

Adult firefighters must be over eighteen (18) and be in reasonable physical condition in order to perform firefighting duties. Applicants for the Cadet firefighting program must be between the

ages of fifteen (15) and eighteen (18) years old and eligible to attend or be attending school, a minimum of 152 cm (5 ft.) in height and be in reasonable physical condition in order to perform firefighting duties.

**Continued on Page 13** 



# WICKED WELDING COMPETITION

Submitted by Wanda Pederson | Onoway Junior Senior High School

On Saturday, October 20th, OJSH Fabrication teacher Mr. Van Camp took four senior high students to the third annual Wicked Welding event at the **CLAC Welding Training Centre**  in Edmonton. Wicked Welding, as the name suggests, is a Halloween-themed welding competition at the CLAC welding training facility. The competition is a joint partnership between CLAC, the CWA Foundation, and high schools.

Continued on Page 4





# MAYERTHORPE KINETTE CLUB SPONSORSHIP—CULTURE DAY



#### Submitted by Town of Mayerthorpe

Mayerthorpe Kinette Club Tracy Christman presents a cheque to Mayor Patrick in the amount of \$700.00 for Mayerthorpe's 2018 Culture Day that was held on September 29, 2018!









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#### Keeping You and Your Community Informed

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

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# WHITECOURT TOWN COUNCIL UPDATE

Submitted by Tara Gallant, Legislative Manager | Town of Whitecourt

October 24, 2018

Council held its annual Organizational Meeting, and has appointed Council representatives to internal and external Council Committees. To find out which Council Committee each member serves on, visit our website and search "Council Profiles."

Whitecourt received a \$286,000 grant from the Forest Resource Improvement Association of Alberta (FRIAA) to conduct FireSmart vegetation management activities on approximately 31 hectares of land. Council awarded the contract to complete this work to Wide Open Slashing Ltd. Work will be completed in the following areas:

- north of the Forest Interpretive Centre between Highway 43 and Ravine Drive; and,
- north of Eastlink Park between the CN railway and the

utility right of way.

Council awarded a 3-year contract for Curbside Collection of Residential Recycling Material to GFL Environmental Inc.

Council has rejected all tenders received for the West Whitecourt Industrial Road Project. The project was forecasted for construction at \$700,000; however, all submissions received were over budget. Administration for the Town of Whitecourt will be working on a plan to present to Council at a future meeting which would see the project completed in phases.

Council has authorized a change to the 2019 Power Franchise Fee. The franchise fee is paid to the municipality in exchange for giving FortisAlberta the exclusive right to supply power distribution in Whitecourt. The approved 2019 fee of 2.42% will result in the average residential customer experiencing an increase of \$0.02/month on their power bill.

The Town of Whitecourt has entered into a development agreement with Life Medical Clinic to allow the business to landscape within the Town boulevard.

The Town of Whitecourt has entered into a development agreement with Associate Medical Clinic to allow the business to landscape within the Town boulevard.

The Town of Whitecourt has completed its annual review of the Policy Manual. The Policy Manual serves as an operational guide for Council, staff and the public, and is available for viewing on the Town's website at www.whitecourt.ca.

Whitecourt will be hosting a delegation from our Twin Town of Yubetsu, Japan October 30 through November 7. This year marks the 20th anniversary of our Twin Town relationship, and events hosted throughout the week will commemorate this special milestone.



ROSS, Darlene Lorraine Born October 2nd, 1941 in Edmonton Alberta passed away Monday October 22nd at the Westview Health Centre in Stony Plain. Darlene will be remembered forever by her husband of fifty one year's Lorne of Darwell, son David (Holly) of St. Albert, daughter Tracy of Kelowna, grandchildren Laurel and Erica Ross and Rylan Gamble, her sister Sharon (Dale) Irving of Edmonton, her brother Ken (Jeannette) Bowman of Onoway, sister-in-law Barb Bowman of Kelowna, brother-in-law Don Kallusky of Victoria, a large extended family including 3 aunts and one uncle, plus several nieces, nephews and cousins.



Darlene was predeceased by her parents Bernhard and Marjorie (Hofferd), her brother Don Bowman and her sister Betty Bowman.

Darlene grew up on the family farm and graduated from Beaupre High School in 1959. Upon graduation Darlene started her banking career prior to becoming a flight attendant for Air Canada. After her marriage Darlene returned to banking and enjoyed a long successful career.

She was an avid supporter of her family's activities. Over the years Darlene was a committed volunteer for a variety of organizations including her church. Darlene could often be seen Wednesdays and Saturdays working at the United Church Thrift Shop in Onoway. She will be dearly missed.

A Celebration of her life will be held Friday, November 2nd at the Darwell Centennial Hall, Darwell AB at 1:00. Memorial donations may be made in her memory to the Canadian Cancer Society.



# TOWN OF MAYERTHORPE: OUR CONNECTION

### Submitted by Town of Mayerthorpe

Compost Closing Date

The last operational day for the Compost Facility will be October 30, 2018. In May, Council amended Compost Policy V-014 to allow for a day in early November to dispose of Halloween Pumpkins and a day in January to dis-pose of Christmas Trees. These dates will be advertised two consecutive weeks prior to the date.

Pumpkin Disposal - November 5, 2018 at the Compost Facility—10:00 a.m.—6:00 p.m. Pumpkins Only

2019 Business License Renewal shall be accepted beginning December 1, 2018

Business Licenses are due to be renewed by January 31, 2019. As per the Town of Mayerthorpe Bylaw 965 amending Bylaw 610 Business License Bylaw states: "Applications for renewal of an existing Business License shall be made no later than the 31st day of January each year, and shall be accompanied by the appropriate fee; and a penalty of TEN (\$10.00) DOLLARS shall be imposed monthly for any license renewed where the application for renewal is received after the 1st day of February

each year. There shall be no penalty charged upon renewal if the applicant has not operated a business within the Town of May-erthorpe during the time period that the business license was expired."

2019 Dog License Renewals shall be accepted beginning December 14, 2018 at 10:00 am

Licenses are \$5.00 for a neutered or spayed dog and \$30.00

for an unneutered or non-spayed dog. Please note that the Town of Mayerthorpe Dog Control Bylaw #956, states that failure to obtain a Dog License may result in a \$200.00 fine.

Dog Licenses are due by January 31, 2019. Please contact the Town Office for a current copy of the bylaw or visit www.mayerthorpe.ca.

# MISSING FEMALE LOCATED

Submitted by Stony Plain/ Spruce Grove/Enoch RCMP

Enoch, Alberta - RCMP have located Megan CAWTHORPE,

she is safe and unharmed. The Police would like to thank the public and media for their assistance.

# A witch notices her pet werewolf looks ill so she takes him to the vet. The vet looks at the werewolf and says that he'll have to take him to the examining room. In the examining room, he takes a black cat out of a cage and lets the black cat walk all over the werewolf, but the werewolf doesn't do anything. The doctor comes out and says "I'm sorry but your werewolf is dead."

The now sad witch goes out to the receptionist and asks for her bill. "That'll be \$666" says the receptionist. "What! \$666? How's that possible?" asked the witch.

"It's \$66 for the consultation, and \$600 for the Cat Scan."

# Fundraising Opportunity

for local community groups

Community groups in the Onoway/ Alberta Beach area are invited to partner with the Onoway 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, Legior please call us!

Contact Joanne at 780-960-4160 or gorm03@yahoo.com for details.

### COME WORK WITH US

We're seeking to expand our growing team with a **medical office** assistant. This position is casual, but there is potential for internal opportunities for Part-Time/Full-Time advancement.

You're the first person a patient sees and speaks to within one of our clinics. Your empathetic, patient and understanding disposition will put our patients at ease that they have come to the right place, and you'll be able to guide them through their clinic experience.



Visit **OnowayMedical.ca/Assistant** to review this opportunity in detail. Please note that only those selected for interviews will be contacted.



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### **WICKED WELDING** COMPETITION

**Continued From Page 1** 

Teams from nine Edmonton and area high schools participated in this year's welding event. The OJSH team was composed of Grade 11 students Zakk Goertzen, Brennan Borle, Gavin Sandsbraaten, and Koryn Kor-

This was OJSH's first time attending the welding competition. Each four-member school team had only 6 hours to create a metallic, Halloween-themed sculpture to compete for the top prize. Mr. Van Camp said: "Our students worked incredibly hard the entire day to produce a very vivid sculpture". The students and their teacher were very proud of their work, especially considering the students that were on the team are first-year fabricators and they only started learning to weld a week before the competition.

Mr. Van Camp said the compe-

tition was very well organized, and every participating student came away from the competition with some amazing gifts and souvenirs: each student received gloves and a welding cap and some students even came away with a high quality welding helmet and jacket. CLAC also donated several pallets of welding consumables to any school that wanted it. All materials used in the event were donated by local Edmonton and area businesses.

Global TV was in attendance at the event and their reporter got a quote from Zakk: "It teaches you a new skill, and it's a really good skill to have in life because you never know when you're going to need it, and there are a lot of things you're going to need it for."

The team's creation is being put on display in the school's main foyer once the sculpture has been cleaned up.



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KNM Sales & Service



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# Stay connected at home like never before.

# TELUS High Speed Internet with Smart Hub, is an ideal at-home Internet solution



The Smart Hub uses the TELUS LTE Network to provide High Speed Internet Access in rural communities.

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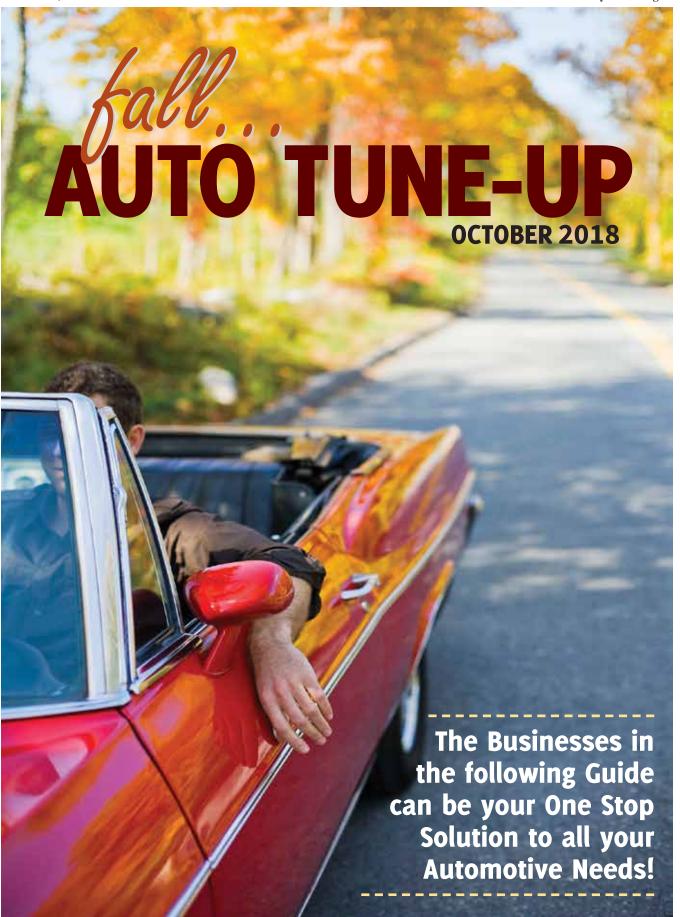
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Thursday Saturday 8:30am - 6:00pm

8:30am - 8:00pm

9:00am - 4:00pm

780-963-9463



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# AutoTUNE-UP

### **HOW TO RECOGNIZE POTENTIAL BRAKE PROBLEMS**

Maintaining a vehicle is more than just a way to protect one's financial investment. Vehicle maintenence can protect against accidents and make the road safer for drivers and their passengers as well as their fellow motorists.

Fully functioning brakes are an important component of automotive safety. In its 2015 Crash Stats report, the National Highway Traffic Safety Administration said that brake-related problems accounted for 22 percent of

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crashes where vehicular failure was cited as the cause of the collision. Bad brakes are particularly notorious for rear-end collisions. Faulty, worn brake lines, antilock brake system malfunctions and worn brake pads and discs are some potential brake problems.

It is important that motorists learn to recognize the first symptoms of brake trouble so they can address issues before they put drivers, their passengers and other motorists at risk of accident or injury.

• Unusual noises: Screeching, grinding, rubbing, and high-pitched sounds are common indicators that brake pads, rotors and other parts of the braking system need attention. Worn pads can cause damage to other vehicle parts, resulting in more expensive repairs if they're not addressed promptly.

- Pulling: If the car pulls to one side when applying the brakes, this may indicate brake pad linings are wearing down unevenly. A brake adjustment may be necessary. Pulling also may be indicative of an object or debris caught in the brake fluid.
- Less responsive: If when pressing on the brake pedal the brakes just do not seem to be as effective as they once were, or it is necessary to press the pedal harder for the brakes to engage, there may be a brake fluid leak or an air leak. Check under the vehicle to see if any fluids are pooling.
- Pungent odors: Firestone Tire Company says a burning smell may be indicative of worn out brake pads and friction on the tires. Each of these issues require immediate attention.
- Vibrations: Certain vibrations may indicate brake issues. Rotors can become warped from metal-on-metal rubbing, potentially leading to a failure of the vehicle to brake properly. Vibrations also may indicate tires are misaligned. These problems can be properly assessed by a trained mechanic.

Do not let potential brake problems go unchecked. Keeping brakes in good working order helps drivers stop more readily and avoid collisions.







# Auto TUNE-UP

## **HOW TO NAVIGATE TRAFFIC JAMS**

Many drivers have found themselves traveling down the highway at a good speed when, seemingly out of nowhere, vehicles begin to slow down. In such instances, drivers assume there must be an accident ahead, only to ultimately see nothing before traffic once again begins to move. What just happened?

If this situation sounds familiar, it may be comforting to know you are not alone. Traffic is a big problem in many cities, and is one of the leading causes of commuter anxiety. A 2012 study from researchers at Washington University in St. Louis noted that long commutes cut into exercise time, which has the trickle-down effect of high blood pressure, greater body weight and lower fitness levels. The study also stated that being exposed to the

daily hassle of traffic can lead to chronic stress. Furthermore, traffic can expose drivers to air pollution, which the World Health Organization says contributes to 3.2 million preventable deaths worldwide each year.

Traffic jams occur because of accidents, distractions on the side of the road, vehicle breakdowns, roads in disrepair, and other obstacles. But "phantom accidents" also contribute to their share of slow downs. According to Berthold Horn, an MIT computer scientist, all it takes is one driver to create a traffic jam. It is similar to the ripples of tossing a stone into a lake, and the science of nonlinear dynamics refers to this as "emergent phenomenon."

But Horn notes there may be a way to prevent phantom accidents. Horn says trying to maintain a distance halfway between the car ahead and the car behind you can ease traffic somewhat and produce improvements in commuting time, though everyone on the road needs to do his part for this to work.

Other ways to reduce traffic revolve around being a more observant and considerate driver.

- Avoid being a rubbernecker, looking at things on the side of the road for too long.
- Pay attention to cars entering the roadway and give them the space they need to flow into traffic effectively.
- If you're entering a roadway, get to highway speed as soon as possible.
- Be an observant driver to avoid collisions or near-misses.
  - Do not cut off other

drivers, which can lead to road rage or tailgating.

- Maintain a safe speed while driving and avoid reckless maneuvers.
- Service your car on a schedule so it is less prone to breakdowns.
- Check a GPS or map app on your mobile phone to see which roads have the most congestion, and consider taking an alternate route.

Each of these suggestions can help reduce, but not always prevent, traffic. Accepting that traffic can occur, leaving extra time to reach destinations, having relaxing or your favorite music at the ready, and realizing that the traffic wave will end eventually can help motorists cope with traffic.









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# Auto NE-UP

### HOW TO APPROACH BUYING A PREOWNED VEHICLE

Vehicles are considerable investments. According to Kelley Blue Book, the estimated

average transaction price for \$36,270.

light vehicles in early 2018 was

Perhaps because of that price tag, many people in the market for cars and trucks shop for preowned vehicles, which statistics indicate are considerably less expensive than new automobiles. Edmunds.com notes that the average transaction price for a used vehicle purchased in the first quarter of 2018 was \$19.700.

Of course, preowned vehicles carry more risk than new cars. That said, car buyers in the market for preowned vehicles can take steps to protect themselves against the risks associated with buying used cars.

Shop for certified preowned vehicles. Certified preowned vehicles, or CPOs, typically come with an inspection and extended warranty. That can ease the concerns of buyers worried about buying a lemon. Many CPOs are recently returned off-lease vehicles that tend to have low mileage. Lessees are obligated to return leased vehicles in good condition or suffer financial penalties, meaning most off-lease vehicles will be well-maintained.

Recognize "certified"

and "CPO" are not the same thing. Edmunds.com notes that there's sometimes a difference between vehicles that are characterized as "certified" and "certified preowned." The CPO designation typically means the vehicle manufacturer stands behind the vehicle and its warrantv. A vehicle described as "certified" many only be backed by the dealership itself. That's an important distinction for buyers who may travel a lot or those who plan to move, as a manufacturer-backed warranty should allow them to take the vehicle to any of the manufacturer's dealerships for repairs, regardless of where those dealerships are located. Drivers of vehicles that are only certified by a dealership may only be able to take their cars in for repairs at that particular dealership.

Get a vehicle history report. Some sellers, whether it's dealerships or private citizens, may provide vehicle history reports. But even if they don't, the cost of such reports is negligible compared to the value of the information they provide. These reports indicate if a vehicle has been in any serious accidents and indicate mileage that can alert buyers to illegal odometer adjustments, and some may even indicate if maintenance was performed at manufacturer-recommended intervals. If sellers are reluctant to provide reports or the VIN numbers of a vehicle necessary to order them, then walk away.

Take a long test drive. A long test drive through various conditions (hills, curvy roads, highways, etc.) can give buyers a feel of how a preowned vehicle handles. Don't succumb to pressure to cut test drives short, and be wary of sellers who want to keep test drives to a minimum.

Preowned vehicles can be great investments, especially when buyers take steps to make the most informed decisions possible.



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# PARLIAMENT UPDATE – WEEK OF OCTOBER 22, 2018

Submitted by Jim Eglinski, MP – Yellowhead

The following was debated in the House:

- Bill C-76 Elections Modernization Act (Report Stage)
- Bill C-83 An Act to amend the Corrections and Conditional Release Act and another Act (Second Reading)
- Bill S-234 An Act to amend the Parliament of Canada Act

(Parliamentary Visual Artist Laureate) (Second Reading)

- M-155 Filipino Heritage Month
- M-161 Record Suspension Program
- M-166 Postal Banking System
- M-170 Officers of Parliament
- Conservative Motion Terrorism

On Thursday, the Prime Min-

ister of the Netherlands gave an official address to the House of Commons. You can read speeches and questions from Debates on the House Publications page at www.ourcommons. ca/en.

In the Standing Committee on Public Safety and National Security (SECU), we continued the study on M-167, which deals with rural crime. A local constituent appeared as a witness on

Tuesday. For more information on these meetings, visit: www. ourcommons.ca/Committees/en/SECU.

This week, I attended six meetings and four events, as well as recorded a message. I will fly back to the riding over the weekend to attend local events. Look for my update next Friday on the happenings of Parliament as it will continue to sit for another week

### **Mayerthorpe Fire Department Now Recruiting**

#### **Continued From Page 1**

If I have no training or experience, can I still apply?

ABSOLUTELY!! All necessary training is provided to new members. New members are expected to attend and complete courses in First Aid/ CPR. and Entry Level Firefighting. Subsequently, members are encouraged to take more advanced courses for structure fires, vehicle extrication, liquid fuel fires, dangerous goods, pump operations, appa-ratus driving, wildland fires, urban interface fires. Most of the courses are held within the county and are free of charge to members.

How much time does it take to be a member?

Members are expected to attend weekly training sessions.

Members are expected to attend as many incidents as possible.

What benefits do "YOU" get out of this?

- \* Training and Knowledge \*
  Develop important skills \* Confidence \* Pride \* Self Assurance
  \* \* Sense of accomplishment \*
- Being part of a bigger team \*
  Learn to stay cool in situations \*
- \*\*That GOOD FEELING of a job well done \*\*

The training you receive is the same standard of training that is provided to firefighters across Canada and is interna-tionally recognized. Please contact Mayerthorpe Town Office for inquiries 780-786-2416 or Fire Chief Schroeder at 780-608-3392 or firechief@mayerthorpe.ca



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### RCMP INVESTIGATE THREATS

Submitted by Morinville RCMP

On October 26, 2018 at 9:46 a.m., Morinville RCMP responded to a complaint of uttering threats, alleged to involve a firearm, towards Sturgeon Composite High School. This initial complaint involved two males; one a student of the school and one not a student.

Administration at the school, in collaboration with the RCMP and the Sturgeon Public School Division initiated a hold and secure at 10:00 a.m. Students in the school remained in class. This procedure is a precautionary measure to ensure

the safety of students, and parents were notified.

The RCMP investigated, and while there was no initial threat directed towards the school, or students in the school, a subsequent threat was uttered. As a result of the ongoing investigation, one male youth from Sturgeon County has been arrested and is facing charges.

The hold and secure was lifted at the school at 11:45 a.m with no further concern.

The investigation is continuing. RCMP are confident that there is no ongoing cause for alarm and no further information will be provided about this incident.

## MALE ARRESTED FOR PUBLIC MISCHIEF

Submitted by Stony Plain/ Spruce Grove/Enoch RCMP

Lac Ste. Anne, Alberta- On June 10, 2018 RCMP entered into a Robbery Investigation. A male reported that he had picked up two male hitchhikers who assaulted him and

stole his vehicle. After a thorough investigation involving General Duty members, Forensic Investigation Section (FIS) and a Composite sketch artist it was determined that the complainant had fabricated the occurrence in an attempt to mislead investigators in a collision investi-

gation

A 25-year-old from the Alberta Beach area, was arrested and charged with:

- Section 140 (1) of the Criminal Code- Public Mischief
- Section 252 of the Criminal Code-Fail to Stop or Remain at the

Scene of an Accident

Public mischief charges are considered when evidence determines the story to be false.

He has been released from custody and will appear in Stony Plain Provincial Court November 21, 2018.

### THREE ARRESTED WITH STOLEN VEHICLE

Submitted by Stony Plain/ Spruce Grove/Enoch RCMP

On October 23, 2018 at approximately 2:00 a.m. Spruce Grove RCMP were called to assist Edmonton Police Service and Air One, with a stolen vehicle that had been involved in a criminal flight from

police. The stolen Ford F-150 was located by Air One parked behind a gas station in Spruce Grove. When RCMP attended, the three male occupants fled from police. All three were located and arrested.

Ronald PEEBLES, Cody LETEN-DRE, and Colton SALOPREE were all charged with: • Sec. 354 Criminal Code- Possession of Property Obtained by Crime over \$5000

- Sec. 354 Criminal Code- Possession of Property Obtained by Crime Under \$5000
- Sec. 351 Criminal Code-Possession of Break in Instruments

PEEBLES, LETENDRE and SA-

LOPREE are to attend Stony Plain Provincial Court on November 7, 2018.

Criminals have no borders. By sharing resources with other jurisdictions and partner agencies, we are able to seamlessly locate and track criminals as they move throughout the province.



For The Latest Technology In Hearing Aids & Assisted Living Device Stop By & See Dawn #220-70 McLeod Ave - Westland Market Mall. Spruce Grove

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# Classified Ads - Call 962-9228

#### **Classified Policy**

CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00: Subsequent insertion = \$3.00 each. (Eg: 2 insertions = \$9.00; 3 insertions = \$12.00; 4 insertions = \$15.00; etc) Each additional word is 20 cents per word, per insertion. BOLD/CAPITAL text available for an additional \$1/line. Lost & Found and To Give Away (up to a max. of 25 words) are free of charge. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. No Refunds Allowed on Classified Ads. DEADLINE: is Thurs. 4:00 pm (Wed. 4:00 pm on long weekends). Classified ads may be called in to the COMMUNITY VOICE office at (780) 962-9228, emailed classifieds@com-voice.com, dropped off at Onoway Registries, or mailed with your ad and payment to: COMMUNITY VOICE, BAG 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at www.com-voice. com/classified.htm

#### **Hall Rentals**

Alberta Beach Agliplex, Susan 780-996-2960.

Alberta Beach & District Seniors 50+ Club. Air conditioning! Space Available! Jeanne 780-913-4494. Chere Myers 780-924-3242 or cell 780-951-3242 call/text.

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-

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

Magnolia Hall, 727-2015

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

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Onoway Community Hall, 967-4749.

Onoway Heritage Center - Gym/ Classrooms, 967-1015

Onoway Legion, 967-4980

Park Court Community Hall, 727-4476

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

Ravine Community Hall, 325-2240

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

Rosenthal Community Hall, 963-7984

Sandy Beach Rec Hall, 967-2873

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

Stettin Nakumun Comm. Hall, 967-9198

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leave your pet with me! There is a wrap around deck in court yard! I will provide tender loving care, with walks every day. Best of all, I'm cheaper than a kennel! Daily drop in's or overnight stays welcome. If interested call 780-920-4166 (4) 30-10 OG

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# PRE-CHRISTMAS GIFT & COLLECTABLE SALE AND REGULAR CONSIGNMENTS

Saturday, November 10, 2018 at 11:00AM

Directions: Rainbow's Stony Plain Consignment Centre 52529 Range Road 11 Stony Plain, AB

Complete retirement sale for Joe & Inga Hiesinger of Stony Plain whom have moved. Everything will be sold!

HIGHLIGHTS Cars. Trucks. Trailers. ATV. & RV's: • 1998 Winnebago Motorhome 26.5 ft • 1977 Itasca Motorhome (GMC) 22 ft • 4x4 Polaris Quad 440 • 2012 6'x12' Enclosed Trailer (as new) • 16' Enclosed Trailer - home built TM Welding Tools and Accessories: • Assortment of acetylene hoses & accessories • Assorted galvanized buckets, welding helmets, chipping hammers • Assortment of tools – electrode dryers, step ladders Tools and Equipment: • Industrial heater • Large selection of industrial tarps and straps • DEF cases • Drill press • Industrial dust collector • Table saw • Engine hoist • Industrial air compressor • Shop and garage air compressor • Selection of rubber hose rolls Yard and Garden: • Chain link fencing • Basketball hoop Collector Coins: • Received from avid collector Wall Hangings: • A large selection of Western art in frames • Carved Jade wall hangings • Red wood with "mother of pearl" inserts wall hangings Christmas Decorations; • A variety of large & small Christmas ornaments (both indoors and outdoors) • Christmas trees in boxes – large and small • Lights of various kinds and colors • Tree decorations new and antiques • Christmas village (larger buildings) c/w lights • Selection of Christmas Angels • Animated Christmas Santa • Christmas tableware • Santa cookie jar

#### \*\*WATCH FOR UPCOMING ESTATE & ON SITE SALES\*\*

Terms and conditions: Cash, Visa, MasterCard, Debit, Interac. Nothing to be removed until paid for. Subject to additions and deletions. A 10% handling fee, plus GST will be charged where applicable. Please be conscious of the handling fees and factor them into your bidding. Owner Rainbow Auctions & Liquidators or it's employees shall not be responsible for accidents.

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# Classified Ads - Call 962-9228

Nasty's Tree Removal. Stump Grinding, Pruning & Firewood for sale. Licensed & insured. Roger @ 780-720-2207 (13) 07-08 OG

#### Cleaning

Ceiling & Wall Cleaning - Stipple, Wood, All Types. Ceramic Tile Cleaning, Cig. Smoke Removal, Biodegradable non toxic cleaner. We travel to acreages and farms! Seniors Discount, Call Nano Cleaning Today! 780-914-0323 (5) 02-10 OG

#### Computers

Free Computer Check-ups, save, parts, screens, repairs NOT over \$50. Available: LIKE NEW Laptop or Desktop, your world or family access, clean, refurbished, upgraded, net, games, music, pictures and introduction lession. ONLY \$100. Free repairs for single

Two Suites in

Alberta Beach

parents. Call or leave message. 780-892-4993 (15) 28-08

#### **Firewood**

FIREWOOD FOR SALE - Birch. Tamarack & Spruce Pine mix. 4x4x8 cords and 1/2 cords. Quality seasoned wood, Delivery or Pick up. Woodchuck Firewood, 780-288-7247 (28) 30-10 OG

His Helping Hands Firewood - CLOSING OUT SALE. Birch \$375/cord, Tamarack \$300/ cord. All profits go to charity. 780-218-4177 (4) 23-10 OG

#### **Vehicles**

2006 Dodge 2500. Reg Cab, Long Box. 185000kms, Call 780-778-6956 (2) 30-10

#### Miscellaneous

Top Soil, Peat Moss, and Utility Trailers for sale - some have VIN#'s. 780-967-2779 (7) 02-10

4 Winter Tires \$195, as new, 205-55-R16-94T, steel belted Toyo Tires, for Toyota, or most compact cars, Senior selling. Call 780-892-2110 Darwell (1)



Cannabidiol (CBD) is just one of over 85 cannabinoids that is identified in the cannabis plant. CBD is becoming increasingly popular amongst the masses for having a wide scope of medicinal benefits - due to clinical reports and mounds of test data showing little to no side effects and a lack of psychpactivity (typically associated with manifuana products and high THC).



Our CBD products are made with certified organic hemp grown in Colorado & Kentucky and we are 100% free of any synthetic or artificial ingredients. We have a very potent and high purity level in our products. Everything is tested in an FDA Approved facility and our products contain 0.3% THE contain 0.3% THC.

#### Benefits of CBD Oil

- · Reduce Nausea & Vomiting
- Suppress Muscle Spasms
- · Reduce Seizures & Convulsions
- Promotes Health
- Fibromyalgia Pain
- Reduces Blood Sugar Levels
- · Promotes Brain Tissue & Bone Growth
- Antibacterial
- Anxiety & Depression
- Reduces Nicotine Cravings
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One faces east and one west. Comes with 6 appliances, AC, window coverings, garbage pickup, water and detached garage (640 sq. ft.). Two bedrooms and two bathrooms. In just like new condition. Definitely worth a look. A one year lease is required.

To View, call Angie 780-863-5621

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# Classified Ads - Call 962-9228

Microwave Tester \$700 OBO. It also can be used to test anything that emits radiation, as, computers, cell phones, some electrical equipment. It could also be used to detect ground radiation for building projects. The tester has been used as a lucrative money

maker. Years ago I paid \$1700 for it, it's in a handy carrying case. Senior selling 780-892-2110 (1) 30-10

#### For Sale

Rotational Plastic Hunting Blinds, with windows and doors for \$450.00. Also selling 500 Gallon Propane Tank for \$600.00. Call 780-621-9166. (4) 16-10

Stacked Washer / Dryer Combo. Sears Model 970-C90802-00. Good condition, minimal wear. \$400 OBO, Call 780-860-5402 for details. (S) OG

#### **For Rent**

Suite for Rent, with shower & bed, All inclusive. \$900/month, North of Evansburg on Hwy 22. Call 780-239-0553 (5) 02-10

Available Immediately, Large 2 Bedroom in Adults ONLY building in Entwistle. Includes Heat, Water & Parking. Rent \$795/month + DD \$300. Cats allowed, Must have good credit. Call Ivka 780-554-5493, jakovljevicivka@yahoo.ca or 780-807-1300 (2) 30-10 OG

FOR RENT - 3 Bedroom, 1 bathroom, attached garage, double lot in quiet community, N/S, N/P, references required. \$1000/month + DD Same. Contact 780-305-7077, Available Immediately. (4) 30-10





# COMMUNI **ENTS 2018**

5 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 3 - JAMBOREE at Sangudo Community Hall, 7pm. \$12/person (Entertainers free). Late lunch will be served. Everyone is welcome. Info call 785-4105 or 305-5088.

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 - FALL SUPPER at Zion United Church, Doors 4:30pm, Supper 5pm. Tickets: \$15/adult, \$5/children 6 & under. Silent Auction. For tickets call 780-924-3351.

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 Joeanne 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 1starts May 1st. 780-667-6327 or onowayfarmersmarket@ ONOWAY

gmail.com.
SPRUCE GROVE: at the Elevator, Sat 9:301:30PM, tables (780)240-5821
STONY PLAIN: Sat, 9AM-1PM, Downtown, Stony
Plain. Nancy 780-962-3993.
WESTLOCK: 11-3PM, Bargain Shop Mall, Dave
790.054-345.

780-954-2437 **WHITECOURT:** Legion, Tuesdays from 11AM - 2PM, May - Oct. 779-7002.

BARRHEAD ROYAL CANADIAN LEGION: Doors

ранкпеди коуац CANADIAN LEGION: Doors 5:30pm, games start 7PM. Games: #7, Jack Pot, Mini Jack Pot, Loonie #1 & #2. CHERHILL BINGO: Tuesdays at Cherhill Community Association. Doors @ 6:30PM, Games @ 7:30PM.

CHERHILL LEGION: First Sunday of Month.

MAYERTHORPE ROYAL CANADIAN LEGION: Tues, doors 6:30pm, bingo 7:30pm
RICH VALLEY COMMUNITY HALL BINGO:
7:30pm. Loonie Pots, Next bingos September 5 &

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,

STONY PLAIN ROYAL CANADIAN LEGION BR# 256: Saturdays @ 3:00рм. Meat Draw & 50/50. WHITECOURT LEGION: Saturdays 4:00рм. Located downtown behind the CIBC.

#### **MEALS ON WHEELS**

ALBERTA BEACH & AREA: Diane 780-924-2348. **DARWELL & AREA:** Tracey, 780-915-2621. **ONOWAY & DIST:** Call 967-2338.

#### **JAMBOREES**

MAGNOLIA: at Magnolia Hall. Every 2<sup>nd</sup> Saturday, Supper at 6PM. 727-2015 or www. magnoliacommunityclub.ca \*October - May. SANGUDO: Sangudo Community Hall, 1<sup>st</sup> Sat of month 7PM. 785-4105 or 305-5088. \*October

SPRUCE GROVE: at Sandhills Community Ha Art Stroke Grove: at Satistinis Colliminity Halt, 37d 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>nd</sup> Thurs of month, 7PM, \$2. PH: 587-989-7214 or 963-7920. THE ABBOTTSFIELD VARIETY MUSIC JAM: at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3rd Friday of month, 7PM. PH: 780-

#### TOPS (Take Off Pounds Sensibly)

918-8545, Adm: Donations Only.

ALBERTA BEACH: Tuesdays, Weigh-in 6:00-6:45PM. Meeting 7:00PM. Alberta Beach Lutheran Church, Hwy 633. 967-5009. EDMONTON: Thurs 8:30-10AM at Annex of Grace

United Church (6215-104 Ave). 57/month

SANGUDO: Tues, United Church, 6:00pm.
Sharon 785-2095 or Marlane 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-10:00рм. Friday's Family Friendly Dinner, 5:30рм

(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 UNITED CHURCH THRIFT SHOP: NORTH END CURING 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.

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-

COME PLAY CRIB: Fridays, 7:30PM at Darwell

COME PLAY CRIB: Fridays, 7:30 PM at Darwell Seniors Hall; lite lunch is served. All ages!
COUNTRY QUILTERS in Stony Plain house a "Sew in Tuesday", 2nd Tuesday of every month, from 10-3 PM. Drop in 55/member, 56/non-members. Contact Cindy 780-963-7170.
JR. SCRAPBOOKING Wed 4-6 PM. Pre-register by Tues evg. Mayerthorpe Public Library www. mayerthorpelibrary.ab.ca (780) 786-2404
ONOWAY GOLDEN CLUB: Cards Tuesdays, 1 PM. Excercise Fridays, 10 AM. 1nd Tuesday: Pot Luck

Supper, Last Friday: Soup & Sandwich. 5023 49 Ave. 780-967-3436. ONOWAY HAVE FUN & GET FIT! Excercise Class

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

PANCAKE/BREAKFAST SOCIAL: 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 Lorainne 286-5040.

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

785-2112.
SPIRITUAL LIVING STONY PLAIN
INSPERATIONAL 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

appreciated. Contact 780-949-3032
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, 1st &

3<sup>rd</sup> Wednesday at 1рм.

#### **MEETINGS**

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

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

0-30PM, YOURIS 12-18, 903-0843 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

786-4902/165-9214/185-3599
AL-ANON: Tues 7pm, Onoway Anglican Church
(4809-50 St.) 780-967-3356 or 1-800-4AL-ANON.
AL-ANON Wednesdays, 8pm. Spruce Grove
United Church, 1A Fieldstone Dr. 780-962-5205
ALBERTA 55 PLUS: Villenvue Hall at 10AM.
Meetings on 2nd Tues of month. Info: Donna 780962-5032

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

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

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

CHERHILL COMMUNITY ASSOC. Monthly Meeting 1th Wednesday, 8th at the Hall. 785-2825 \*Except Jan, July, Jug, Sept.

CHERHILL SILVER & GOLD SENIORS CLUB Regular Meetings 1th Tuesday of month, Cherhill Seniors Hall. Call Rosamy 780-785-2625

CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12PM, Alberta Beach Agliplex. 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, 1st Monday, Darwell DDRA MEETING, 7:00PM, 2nd Mon, Darwell 892-

3099 \*except Jul/Aug/Dec

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

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, 1st Tues of month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-

786-0161.

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

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

LAKE ISLE HALL COMMUNITY HALL BOARD MEETINGS: 3rd Wed of each month @ 7:30PM at the Lake Isle Hall (Hwy 633 and RR55) Ph # 780-

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 \*Sent- lune

NA MEETING, Tuesdays 7:00PM Poplar Valley

ONOWAY & DIST HERITAGE SOCIETY: 2nd Wed of each month, 7:30PM, Chateau Lac Ste Anne
ONOWAY & DISTRICT HISTORICAL GUILD: 3rd Wed 7pm, Onoway Museum. 967-5263 or 967-

ONOWAY & DISTRICT QUILT GUILD: Every 2nd Thurs, 10AM-4PM, @ the Lac Ste. Anne Chateau Activity Room. Info, Ph Dixie @ 780 967 0528. ONOMAY ROYAL CANADIAN LEGION General Meetings, 1st Mon, 7PM. \*Sept-June RICH VALLEY AG SOCIETY BOARD MEETINGS:

at the Agriplex on the 2<sup>nd</sup> Wed of the month.

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.

780-785-2112.
SUNDOWMERS TOASTMASTER CLUB: Mon (excl. Holidays) 7:30-9:30PM. St. Matthew's Church, Spruce Grove. Judy 960-5258
WEIGHT WATCHERS Alberta Beach Agriplex - Mondays, weigh in 6:30PM. Meeting at 7PM.

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# SUDOKU # 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!

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



**Like puzzles?** Then you'll love sudoku.

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Call Gene at (780) 405-2355

Basement Excavation

# **ATB** Financial

#### ALBERTA BEACH AGENCY

4824 - 50 Ave. Alberta Beach Ph/Fax: (780) 924-2211

Mon to Thurs 10:00AM - 4:00PM Friday 10:00AM - 5:00PM

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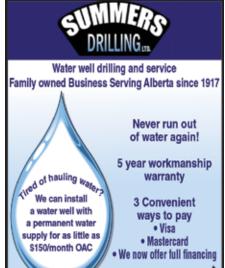
wholeheartmassage@hotmail.com 54013 Range Road 30 #10 Diamond Country Estates Lac Ste. Anne County







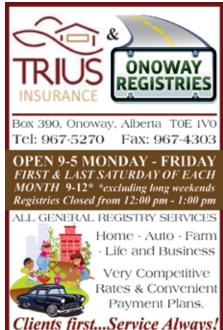




780-963-1282

admin@summersdrilling.com





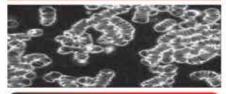
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A NUTRITIONAL BREAKTHROUGH THAT SUPPORTS YOU ...RIGHT DOWN TO THE LAST CELL!

# 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**<sup>TM</sup>, 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!



1.13

Spray in taxal

This product