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January 29, 2019

OJSH STUDENTS TO ATTEND ENCOUNTERS WITH CANADA



Isobel Bourassa

Submitted by Wanda Pederson | Onoway Junior Senior High School

Encounters with Canada is a



Kaitilin Harrison

unique opportunity for Canadian teenagers to meet other young people from across the country. Teens spend an educational and adventure-filled week in Ottawa,



Trumaine Alexis

sightseeing, exploring, learning, sharing and meeting other students from all across our nation.

Continued on Page 2

BREAK & ENTER AT CALMAR FIRE HALL

Submitted by Leduc RCMP

On January 26th, 2019 at approximately 08:00 a.m. Leduc RCMP responded to a break and enter at the Fire Hall located in

Calmar, Alberta. Investigation revealed two suspects forced their way into the Fire Hall and once inside stole over \$100,000 in property.

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CANADA SUMMER JOBS 2019 APPLICATION PERIOD EXTENDED

Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, is pleased to advise that the ap-

plication to apply for funding under the Canada Summer Jobs program has been extended.

The deadline to apply is now February 3, 2019.

The Canada Summer Jobs ini-

tiative helps employers create summer job opportunities for those between the ages of 15 and 30," concluded MP Eglinski.

Continued on Page 6

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OJSH Students to Attend Encounters with Canada

Continued from Page 1

For thirty-six years, Encounters with Canada has offered their exceptional programs and to date, more than 112,000 youth have experienced Encounters with Canada.

Encounters with Canada is held at the Terry Fox Canadian Youth Centre. The Centre acts as the students' classroom and residence for the week long experience. Surrounding the Centre is over 2 1/2 acres of landscaped property. Although it is located in a safe residential neighbourhood, the facility is just minutes away from downtown Ottawa.

Every week of the school year, 120 to 150 teens from across Canada, aged 14 to 17 years, come to Ottawa to experience Encounters with Canada (EWC). Onway Junior Senior High School has been sponsoring students who have wished to participate in EWC for many

years. Round-trip air travel to the Terry Fox Canadian Youth Centre is provided free of charge by Canadian Heritage. The package cost for week-long experience - supplies, activities, visits and tours, and travel within Ottawa - is paid for by OJSH. All that the OJSH students need to bring is their own pocket money for souvenirs and incidentals.

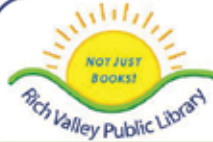
Participants take part in exciting activities and excursions: there is a tour of the nation's capital, a visit to Parliament where students attend a Question Period, tours of the many museums, a stop at Rideau Hall and perhaps a meet and greet with the Governor General. Teens take part in discussions about important issues in our country, and they discover more about Canada's history, culture and heritage. They explore future career options related to the theme of the week that they have chosen. For example, there

is Arts & Culture Week or Science & Ecology Week - in total, 15 career-orientated themes are offered.

The one highlight that the majority of our OJSH students have mentioned is making friends with a variety of teens from a variety of backgrounds and cultures from all across Canada.

This year, three OJSH students have been accepted into Encounters with Canada. Grade 10 student, Caitilin Harrison, is excited to be attending the February 3rd to February 9th Medicine and Health week. Two other Grade 10 students, Trumaine Alexis and Isobel Bourassa are scheduled to attend the Arts and Culture week from March 31st to April 6th.

If you are a high school student, 14 to 17 years old, and are interested in this educational trip of a lifetime, please see one of the OJSH counsellors for more information and to apply.



AGM

ANNUAL GENERAL MEETING

**The Rich Valley Public Library Society
will be holding our Annual General
Meeting on February 19, 2019 at 7:00 pm
at the Rich Valley Public Library.
*Everyone is welcome to attend.***

We will be holding elections and we always welcome new board members. If you are interested in the library and wish to volunteer your time we hold only 4 meetings a year.



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JOKE OF THE WEEK

A blonde driving a car became lost in a snowstorm. She didn't panic however, because she remembered what her dad had once told her. "If you ever get stuck in a snowstorm, just wait for a snow plow to come by and follow it." Sure enough, pretty soon a snow plow came by, and she started to follow it. She followed the plow for about forty-five minutes. Finally the driver of the truck got out and asked her what she was doing. And she explained that her dad had told her if she ever got stuck in a snow storm, to follow a plow. The driver nodded and said, "Well, I'm done with the Wal-Mart parking lot, do you want to follow me over to Best Buy now?"

HORIZON STAGE

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**Ticket Centre: 315 Jespersen Ave. Theatre: 1001 Calahoo Road
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BUSINESS BUILT ON TRUST.

Kathleen Fedorek sells Chico's Vacuum Service Ltd. to Lisa and Ken Standeven, formerly of Standstone Enviro-Waste Services Ltd. The Standstone name will live on as Standstone Vacuum Services Ltd. and will continue to carry on the legacy created by Chico's Vacuum Service Ltd.

A new company. A new friendship. A new era.



Image shows, from left to right, Ken Standeven, Lisa Standeven, Kathleen Fedorek, Krista Dornbusch (Kathleen's daughter). Missing, Dani Dornbusch (Kathleen's daughter). Photo Credit: Spencer Standeven

Chico's Vacuum Service Ltd. was founded in 1999 by Dave Dornbusch and Kathleen Fedorek, partners in life and then in business. In their 19 years of business, the operation grew to five trucks and 5 regular staff. Chico's served a large portion of the County of Lac Ste. Anne, including Alberta Beach, Onoway, Sangudo, Mayerthorpe and many summer villages, in and around Lac Ste. Anne County. Chico's Vacuum was known for prompt, high-quality service at competitive rates, while building respectful relationships with customers.

In January 2018, Dave (Chico) and Kathleen, began to plan a major life change. The couple were preparing to sell the vacuum service and retire due to Dave's health concerns. "Based on the tragic circumstances surrounding Dave's passing, I felt compelled and obligated to carry out the plans Dave and I started together. Chico's Vacuum is not the same without my lifelong partner." Bravely, Kathleen marshalled her support network and soldiered on, with the knowledge that so many were relying on her. With barely an interruption, Kathleen continued to run Chico's with skill, integrity and commitment. Her reliable staff and loyal customers remained true during Kathleen's most difficult months, bolstering

her and supporting her all the while. "It has been a very emotional and difficult journey," she confesses.

The tragic loss of Dave, led to the connection between Chico's and Standstone...and negotiations began. Remarks Kathleen, "I feel that Lisa and Ken Standeven of Standstone Vacuum Services are a perfect fit and have the same values and work ethic that Chico's Vacuum Service is built upon. They have been extremely understanding and respectful and it has been an absolute pleasure getting to know them throughout this process." Negotiations began in the fall, facilitated by Kathleen's brother Larry Fedorek, with the expectation of completion in January, 2019.

Standstone Vacuum Services Ltd. was founded by Ken and Lisa Standeven, former owners of Standstone Enviro-Waste Services Ltd. "We were looking for a way to get back into a business that we could grow and benefit from, as our children get older. We know trucks and we aren't afraid of hard work," claims Ken. "Lisa and I make a great team. We enjoy the challenge of business and we saw an opportunity to help Kathleen, while continuing to foster sustainable employment in our community. Kathleen and Dave built a fantastic company and we are so

excited to learn from Kathleen and grow with Standstone Vacuum. It's a win/win. My only wish is that we could have connected sooner and offered Dave some hope."

Lisa adds, "Ken and I want every happiness for Kathleen, in her retirement. That said, we also really want to foster a legacy to Dave." She goes on to comment, "Mental health is important for all people. However, I think we sometimes forget about stress related issues for men, because traditionally, they have been expected to be pillars of strength. Chico's death was a stark reminder that we need to be aware of and support men's mental health as much as anyone's." That is why all five of Chico's trucks will carry the Highwayman logo in support of Men's Mental Health. "It feels like the right thing to do for Dave. He was a good man and so proud of his business."

Chico's driving staff are excited to make the transition to their new work home in Onoway and Standstone is pleased to welcome them into the fold. Meanwhile, Ken and Lisa have built a strong friendship with Kathleen, over the past months and now she has the freedom that she and Dave were seeking. It comes as a relief to the Standevens that Kathleen has committed to staying on with

Standstone for the first few months, to make sure her customers continue to receive the great service they appreciated with Chico's.

Ken, Lisa and Kathleen look forward to connecting with customers and community members at a free Open House, Pancake Breakfast and Grand Opening on March 2nd, at our new office (4304-Industrial Ave, Onoway). Join us from 9-noon, to share in our celebration and our efforts to spread awareness for Men's Mental Health. In honour of Chico, AvengApparel will be there promoting this cause.

Kathleen offers these words about her business and life partner, "Dave and I worked hard and valued our customers highly. We made many great friends along the way. Dave bent over backwards for our customers and went well over and above the call of duty. We prided ourselves on excellent Customer Service and he loved what he did." Kathleen and her daughters, Krista and Dani, wish to thank their customers and friends for their loyalty, support and kindness over the past 19 years of business with Chico's Vacuum Service Ltd. With gratitude and trust, Chico's torch is passed.

ALBERTA PARTY CANDIDATE - DON MCCARGAR

Submitted by Don McCargar, Alberta Party Candidate | Lac St. Anne - Parkland

My name is Don McCargar and I am running as an Indigenous candidate for the Alberta Party in the 2019 Provincial elections in the Lac Ste Anne-Parkland riding.

I would like to acknowledge my home riding of Parkland County. It is on the traditional territory of the Confederacy of Treaty Six First Nations and the historical territory of the Métis Nation.

One of the first questions I am asked is why I am running for the Alberta Party as an MLA.

I have resided in the Edmonton, St Albert, Onoway, Lac Ste Anne and Parkland County areas for the past 58 years. I still live in Parkland County as of this date.

I had chosen to vote and support the Conservative Party all my life, sadly, expecting different results over the decades, I finally concluded that the Conservative party would not and does not meet my family's needs. Hence, I supported the re-

moval of the Conservative government in the last election. I believe many people in Alberta felt the same as I did.

With the forming of the new Alberta Party, I saw an opportunity for the people of Alberta to help form a party that would address the needs of our communities and of our families.

In the up and coming 2019 election, I believe our experienced leader, Steven Mandel, and his dedicated, responsible and caring candidates running to represent the people of Alberta will form the next government.

As candidates, we bring to Alberta's political landscape a deep and mature understanding of the social concerns, health needs, employment management and economic strategies required to bring Alberta back to its rightful place as a viable, strong, prosperous global partner.

As a candidate, my track record falls into several social and economic areas that have been part of my life and which I will draw upon to provide the experience that will

be needed to be a leader in the 2019 election. Some of my key strengths include:

- Being raised in Edmonton and Lac Ste Anne areas/ Parkland over the last 60 years. I have personally witnessed and been part of the transformation of our communities over this time period.

- My secondary education would consist of a 4-year NAIT program to become a certified Journeymen Carpenter from the age of 17 to 21 years of age.

- I raised my children in Lac Ste Anne/ Onoway area while running a cow and calf operation for 14 years, representing my agricultural background.

- In addition to establishing my own construction and land development business from the age of twenty-one to the present time.

- I furthered my career in other areas as a consultant and expert witness in Construction and Land Development.

- I helped to create Case Law in Canada to protect the rights of landowners.

- I worked with Municipal, Provincial and Federal Governments in all areas of Land Development and Indigenous relations.

- I am currently representing a group of Trappers north of Fort McKay and south of Fort Chipewyan in relation to the Frontier proposed mine site by Teck, the largest proposed open mine site in the history of the Alberta Oilsands. I also represent these trappers regarding a proposed Wildland Provincial Park by the Alberta Government Land – Use Secretariat. The Wildland Provincial Park will be used as a buffer for the United Nations proposed Natural Park World Heritage Site of Wood Buffalo National Park.

- I have been involved in Indigenous relations over the last 12 years, advancing Métis inherent rights under Section 35 of the Constitution and creating case law to support Métis People in Canada, which includes honouring the international commitments under the Jay Treaty Agreement.

Continued on Page 6

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Alberta Party Candidate - Don McCargar

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- I am the President of a non-profit organization called the Canadian Metis Harvesters Association.

- I have provided written submissions to the Federal Government of Canada regarding protecting Canada from being assimilated by foreign interests.

- I have traveled the world in relation to providing medical, education and other missionary supplies in such places as Canada, USA, Africa, China and Hong Kong. I have travelled through areas such as Israel, Jordan, Vietnam, Cambo-

dia, Central America (Costa Rica, Panama, Honduras), the United Kingdom (England, Ireland, Scotland, Wales) and Europe (Holland, Germany, Italy, Switzerland, France, down to Greece, through the Mediterranean Sea and all the islands within, including Turkey).

- These places have opened my eyes to the experiences of the world and provided me with first-hand knowledge and understanding of the importance of true leadership in advancing the well-being of all peoples.

I trust the information I provided today tells you why I believe

strongly in the Alberta Party and the important role it will play in the 2019 elections and why I would like to be the next MLA for Lac Ste Anne-Parkland.

As an Albertan, I believe the individuality of the person and their valued time, treasure and talents are an important asset to any political party.

As the elected MLA, I would use all of my experience in representing each person within the riding. My voice will become your voice.

In closing, thank you to all who have taken the time to read my presentation. I know each of you have

thoughts on the right direction you believe is best for all Albertans. I ask that you consider me the right choice for you and place your "X" next to my name and make Don McCargar your MLA for Lac Ste Anne-Parkland.

I would like to thank you in advance for your support. I look forward to speaking with you in the very near future. If you would like to be supportive in any other way, prior to the election day, please email me at don.mccargar@albertaparty.ca.

Thank you for your time.

Canada Summer Jobs 2019 Application Period Extended

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To ensure timely receipt of your CSJ application, please submit your application by going to: <https://srv212.services.gc.ca/ihst/Questionnaire.aspx?sid=9ae0c0ff-04ec-40d1-8cf4-4a270740803f&1-c=eng&iffappid=ECC-CSJ&iffssid=562f599e-f6ed-4f3b-91a3-1e7fdd2ea707>

For more information on CSJ, including the eligibility criteria and application guide, please go to: https://www.canada.ca/en/employment-social-development/services/funding/canada-summer-jobs.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca-canada-summer-jobs

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AND SEW IT WAS!



Pink was fashionable then and it still is now!

Submitted by Yvonne Slemko | Onoway and District Historical Guild

Many different objects of the Onoway Museum collection were showcased during a recent presentation.

A group of grade 5/6 students from Onoway Elementary School had been doing a week-long CTF (Career and Technology Foundations) study of sewing, and had been experiencing sewing by hand and by machine in class. Now they heard, saw, and held in their hands various components of how sewing has evolved over the past century. Museum volunteer Lucy Strobl introduced students to different sewing machines, from hand-cranked to treadle to electric. Students then saw samples of hand-made pieces of clothing from a satin wedding dress to a circle skirt and pencil skirt, to a quilted vest made from salvaged denim work shirts. The many sewing notions (zippers, buttons, pinking shears, hooks-and-eyes, etc.) and patterns were laid out for the touching. Then by flipping pages in catalogues from different years, one could see how styles changed.

Of special interest was the tanned hide jacket made by Mrs. Grey, whose hand-made beaded jackets were highly sought after. Of Métis heritage, Mrs. Grey lived where the bottle depot is today in Onoway.

The teacher, Kerry Fegyverneki, smiled as she watched the students become totally absorbed by the information and the hands-on experience. These will, hopefully, result in ideas – perhaps turning something old into something new and, up the road, a career working with clothing and fabric. The very positive co-operative efforts between OES and Onoway Museum resulted in a great learning experience and ... more visits to the museum!



This Singer treadle machine was a 1920 wedding gift to Flora Tomlinson that came with her when she and George moved west.



"I love that jacket!" was one response when asked which garment of those shown he liked best.



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CFIB RANKS COUNTY AMONG TOP 20 MUNICIPALITIES

Submitted by Lac Ste. Anne County | www.LSAC.ca

The Canadian Federation of Independent Business has released its ninth edition of the Alberta Municipal Spending Watch Report which examines 182 municipalities in Alberta.

The CFIB report examines 182 municipalities in Alberta, with a focus on the province's most populated regions. Lac Ste. Anne County was among the top 20 of Alberta's best performing municipalities (with populations of 1,000 or larger). Click Here to view the full report.

The report shows that from 2006 to 2016, the vast majority of Alberta municipalities grew operating spending well above the sustainable benchmark of inflation and population growth. Lac Ste. Anne County was one

of only 19 municipalities have kept real operating spending increases at or below population growth. Excessively high municipal operating spending ultimately leads to a combination of lower infrastructure spending and/or increased taxation, both of which dampen economic development and job creation within the economy. In its report, CFIB has made a number of recommendations to municipal governments seeking to curb spending:

- Limit spending to inflation and population growth.
- Review core services. Core services (snow removal, road maintenance, etc.) must be identified and reviewed to ensure effective service delivery within a framework of fiscal restraint.
- Contracted services to the private sector, where cost efficient.

Municipalities will be able to offer the same quality of services to residents at a lower cost to the taxpayer if private firms are able to compete for contracts.

- Implement a sustainable wage policy for public sector wage, compensation, and hiring. Municipal governments should implement compensation systems and wage growth policies for employees that are sustainable and align closely with those of private sector workers. Additionally, a cap on the number of full-time municipal employees should be considered so that real operating spending will be more in line with population growth and inflation.

- Put in place appropriate contingency funds in case of natural disasters. Special circumstances that require an increase in operating spending for a particu-

lar year should be funded by a reasonable level of emergency or reserve funds. Emergency flood and fire funds for affected regions should be assessed regularly to ensure that built-up funds will allow municipalities to avoid drastic spikes in spending due to natural disasters.

About CFIB

The Canadian Federation of Independent Business (CFIB) is Canada's largest association of small and medium-sized businesses with 110,000 members across every industry and region, including 10,000 in Alberta. CFIB is dedicated to increasing business owners' chances of success by driving policy change at all levels of government, providing expert advice and tools, and negotiating exclusive savings. Learn more at cfib.ca.

BREAK & ENTER AT CALMAR FIRE HALL



LAC STE. ANNE COUNTY

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PLANNING & DEVELOPMENT

NOTICE OF DEVELOPMENT PERMIT APPROVALS

The following Development Permits have been approved or conditionally approved under the provisions of the Land Use Bylaw. This list does not include Permitted Uses.

Interested parties are encouraged to contact the Planning & Development Department at **1.866.880.5722** or devassistant@LSAC.ca, Monday to Friday from 8:30am until 4:30pm to request additional information on a permit.

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL DATE DEADLINE
18-D0196	Lot 1, Plan 912 2803 within NW 19-56-03 WSM	Renew Development Permit 193193-08-D0146 for a Class 1 Gravel Pit for the extraction and processing of aggregates.	February 11, 2019

Anyone who claims to be affected and who wishes to lodge an appeal against any of the above developments must do so in writing on the applicable form on or before 4:30pm on the above noted date(s).

Secretary of the Subdivision and Development Appeal Board,
c/o Lac Ste. Anne County, Planning & Development Department, Box 219 Sangudo, Alberta T0E 2A0.

PLEASE NOTE: Lac Ste. Anne County requires that a non-refundable fee of \$250.00 be paid for every appeal served on the Subdivision and Development Appeal Board. The fee may be paid by cheque, Visa, MasterCard, Interac or cash.



Continued on Page 1

Video surveillance from the premise shows two masked suspects in what is believed to be a dark grey Mitsubishi Eclipse breaking in and removing emergency equipment and medical supplies from inside the Fire Hall. Police have determined the licence plate on the vehicle was stolen out of Mayerthorpe, Alta. on Jan. 20, 2019.

Suspect #1 was wearing black coveralls, black sweater and a black balaclava with long dark hair.

Suspect #2 was wearing blue jeans, black jacket and a black balaclava.

Several items were stolen in-

cluding a red hydraulic generator, jaws of life, three air lifting bags and three medical kits.

Leduc RCMP and RCMP Forensic Identification Specialists are continuing to investigate this break and enter and are seeking the public's assistance.

If you have any information about this occurrence, please contact the Leduc RCMP Detachment at 780-980-7267. If you want to remain anonymous, you can contact Crime Stoppers by phone at 1-800-222-8477 (TIPS), by internet at www.tip-submit.com, or by SMS (check your local Crime Stoppers www.crimestoppers.ab.ca for instructions).

FREQUENTLY ASKED QUESTIONS ABOUT LOST AND FOUND DOGS IN LSAC

Submitted by Lac Ste. Anne County | www.LSAC.ca

There have been many questions brought forward about lost and found dogs within Lac Ste. Anne County so we would like to help answer those by publishing this simple FAQ Sheet.

How is an animal picked up?

Our Enforcement Officers monitor all complaints lodged to the County. If a complaint is received by an Officer of a dog or dogs roaming or causing a nuisance, the Officers will respond. If you would like to make a complaint you can reach an Officer at (780) 785-3411, there is a 24-Hour Answering Service available to contact or leave a message for an Officer.

Does LSAC pick up cats?

No, the only animal that is picked-up by our Officers are dogs.

What happens to the dog(s) when they are picked-up?

LSAC believes in the humanely treating animals and we are governed by many laws to do so. When a dog is picked up by our Officers the first thing they do for the animal when it comes into our care is thoroughly check the dog for any injuries, markings, tattoos, etc. If the animal is injured the Officers take the animal to the nearest vet to be assessed. If the animal is fine, it is scanned for a microchip with a handheld scanner that can read the registration number and phone number of the registry for the brand of chips. With this information and any tattoo information, all the local vets are contacted to see if they have any leads on the owners.

How long is a dog held by LSAC for?

As per specific legislation, LSAC is bound to hold all dogs as follows: NON-PUREBRED dogs for three (3) days, PURE-BRED dogs for ten (10) days

Where do the dogs go when

they are picked-up?

Once a dog is picked-up by our Officers and they have been assessed, the animal is taken to a privately contracted facility (Dogs Paradise Resort www.pets368.com) for the allotted legislated time. This is just a holding facility for the animals where they are treated with love, care and attention for the allotted legislated time. Please check out their website or Facebook page to see the facility for yourself. However, please note that Dogs Paradise Resort staff are unable to release any of the found animals without an Enforcement Officer from LSAC being involved, so please contact LSAC first at (780) 785-3411.

Who do I call if I see my dog(s) has been picked up?

If you are looking for your lost dog, contacting one of our Enforcement Officers at (780) 785-3411 is the first step. They will be able to assist you in the process

of getting your lost dog home. Dogs Paradise Resort are unable to release any of the found animals without an Enforcement Officer from LSAC being involved, so please contact an Officer.

What happens to the dogs after the three (3) or ten (10) day hold?

Once the time has lapsed, and the owner has not come forward for the dog, the Officers will make arrangements for the animal(s) to be transported to WHARF – Whitecourt Homeless Animal Rescue Foundation here the dogs are kept and put up for adoption and re-homing.

How do I know where to look for my missing dog?

When dogs are picked-up by our Officers, we try to communicate the information to the public as soon as possible on our Facebook page and our Website. When the dog(s) are no longer in our care, we take the posting down from both sites.

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Lac Ste. Anne County | P.O Box 219 | Sangudo, Alberta | T0E 2A0 | 1.866.880.5722 | www.LSAC.ca

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Qualifications

Applicants for these positions must be adaptable and versatile; possess good communication skill; be able to follow instructions and work independently and efficiently; have a sound knowledge and commitment to all aspects of a safe work environment; and be willing to take direction.

Experience with small engine equipment and tools is an asset. Must possess valid Class 5 driver's license and provide own transportation to County Shop, which is located approximately 6.5 km. east of the Hamlet of Sangudo and 0.8 km south on Rge. Rd. 62.

CSA-approved steel toed boots are required for these positions.

Term: 16 weeks, 44 hrs/week

Start date: May 6, 2019



Premier Notley and Minister Larivee meet with Great Kids Award recipients during a National Child Day event at the Alberta legislature.

NATIONAL CHILD DAY: MINISTER LARIVEE

Submitted by Government of Alberta

November 20, 2018

Minister of Children's Services Danielle Larivee issued the following statement recognizing National Child Day:

"Our government believes that all young people should be heard

everywhere and every day on issues and decisions that matter to them.

"Today, we celebrate National Child Day and children's right to identity, a right that includes respect for diversity and inclusion. Every child in our province deserves a happy and healthy life, no matter where they are born or where they live – no matter their personal, social or cultural identity.

"Our government is working to help kids reach their full potential by ensuring they have a voice and are supported. Every parent knows that laying the foundation for childhood success doesn't begin in Grade 1. That's why we're improving access to quality, affordable \$25-a-day child care. It's why the Alberta Child Benefit supports access to dance, soccer or music lessons. Because helping parents means helping children have brighter futures.

"A key step in A Stronger, Safer Tomorrow, our plan to protect children and improve supports for Indigenous families, is to establish a Youth Advisory Committee for children involved in the child intervention system, so we can hear from young people directly. Our government is also ensuring school environments respect diversity and foster a sense of belonging, including the ability for students to form gay-straight alliances.

"Today, I was honoured to meet with Great Kids Award winners, who showed once again just how bright the future of our province will be. Alberta is filled with great kids like these whose voices and ideas are building stronger communities throughout our province. This year's nomination deadline for the Great Kids Awards has been extended to Jan. 31. I encourage all Albertans to nominate great kids they know for this award and to celebrate all kids."

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FEBRUARY NEWS FROM THE RICH VALLEY PUBLIC LIBRARY

Submitted by Jennifer Parker, Library Programmer and Communication Coordinator | Rich Valley Public Library

We are so excited! The Rich Valley Public Library is now wheelchair accessible. The Rich Valley Public Library would like to thank the Lac Ste Anne County and all the volunteers who contributed to this project.

The Rich Valley Public Library will be holding our Annual General Meeting on February 19, 2019 at 7:00 pm at the Library. We will be holding elections on this night and are seeking new board members. If you are interested in the Library and wish to volunteer your time on the board, we hold 4 meetings a year. Everyone is welcome and we look forward to seeing you there.

This month we are offering the following programs:

Yoga is every Tuesday from 1:00-2:15 pm. Our winter session will run on Tuesday Janu-

ary 29, February 5 and February 12, 2019 from 1:00- 2:15 pm. The cost will be \$12.00 drop in fee. Please contact the library at (780) 967-3525 to register.

Story time is every Wednesday from 11:00-11:45 am. Bring your toddlers in on Wednesdays from 11:00 to 11:45 am for stories, activities and crafts. All children ages 0-5 are welcome to join us at this free program. Every third Wednesday of the month we will alternate between Tents and Tunnels, Play Doh Fun and Lego Building. This program is funded by FCSS.

Parents and Tots is every Wednesday from 9:45-10:45 am. Parents, guardians and caregivers are invited to bring your toddlers to play, discover and make friends at this free drop-in program held at the Rich Valley Public Library. All children ages 0-5 are welcome. Snacks, juice and coffee will be provided. This program is funded by FCSS.

Adult Whist is every 2nd & 4th Friday of the month at 7:30

pm. If you like cards join us for a night of fun and laughs. The cost is only \$2.00 per person and is held in the Yellow Room.

Join us for Free Movie Night at the Rich Valley Public Library. The Rich Valley Public Library will be showing "Disney Christopher Robin" (Rated PG) on February 23, 2019. Doors open at 5:00 pm and the movie will start at 6:00 pm in the Yellow Room. Admission is free. Popcorn, licorice, candy, pop and water plus juice will be available for sale. Please feel free to bring pillows or blankets to sit on.

Join us for Alberta Health Services Advance Care Planning program on February 7, 2019 from 2:30- 4:00 pm. We invite you to join Alberta Health Services in this session to discuss Advance Care Planning. Advance Care Planning is a way to help you think about, talk about and document wishes for health care in the event that you become incapable of consenting to or refusing treatment or other

care. You may never need your advance care plan but if you do, you'll be glad that it's there and that you have had these conversations, to make sure that your voice is heard when you cannot speak for yourself. Goals of Care Designation is a medical order used to describe and communicate the general aim or focus of care including the preferred location of that care. Everyone is invited to attend this session. We will be holding our program in the Rich Valley Public Library's Yellow Room.

We are located in the basement of the Rich Valley Community Hall.

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

Please check out our website at www.richvalleylibrary.ab.ca and Facebook for all our programs and news.

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Sculpture by Marjene Matsunaga Turnbull. Assorted masks by Miya Turnbull

MOTHER AND DAUGHTER ARTISTS: MARJENE MATSUNAGA TURNBULL/ MIYA TURNBULL

Submitted by Marjene
Turnbull

Marjene Matsunaga Turnbull (Onoway, AB) and daughter Miya Turnbull (Halifax, NS), are celebrating art openings the same weekend, in Toronto at 2

different galleries.

Marjene Matsunaga Turnbull is one of eight artists in "Being Japanese Canadian: reflections on a broken world" at the Royal Ontario Museum (ROM) in the Sigmund Samuel Gallery of Canada. The exhibit is from February 2, to August 5, 2019 and explores the exile, dispossession, and internment of Canadian citizens of Japanese descent during the 1940s.

Miya Turnbull's two person exhibit "Blended" at the Japanese Canadian Cultural Centre (JCCC) Gallery in Toronto, had started on January 13 and runs until March 31, 2019. She has over 60 self-portrait masks exploring her mixed identity as Hapa (half Japanese). Her work is shown alongside Norman Takeuchi (Ottawa, ON) whose paintings often incorporate images from traditional Japanese woodblock prints and the JC internment. He also happens to be one of the artists in the ROM exhibit, alongside Marjene.

The ROM opens their exhibit to the public Feb. 2nd and Miya and Norman's opening and artist talk is on Feb. 3 at 2:00pm, which make it perfect timing for both mother and daughter and their families to meet in Toronto to celebrate together.

10 years ago, Miya and Marjene had an exhibit together at the Multicultural Centre Are Gallery in Stony Plain, AB called "Nikkei (Japanese Canadian) Masks and Dolls". Marjene is now retired from her pottery and clay work, making this a special mother/daughter artistic reunion.

For more information about the ROM exhibit: <https://www.rom.on.ca/en/exhibitions-galleries/exhibitions/being-japanese-canadian>

For more information about the JCCC exhibit: <http://jccc.on.ca/event/gallery-miya-turnbull-and-norman-takeuchi-exhibit/>



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NOTES FROM THE ONOWAY LEGION

Submitted by Richard Moses | Onoway Royal Canadian Legion

Buon appetito -- it's Italian!

On Friday, February 8, bring out your inner Italian for lasagna, garlic bread, and Caesar salad, with Tiramisu for dessert. It'll be prepared by

MLA O'Neil Carlier and his volunteers. There'll also be a door prize awarded, with live music after dinner by the Carlier staff.

Jan. 19 Pool Tournament Results

Eighteen players vied in a very competitive round-robin tournament, resulting in tie for second place. Those teams had a "one game

playoff" to determine payout for the last two payouts.

Special thanks goes to Louise Bambrick and Kim Menzel for their wonderful support throughout the day. Mark and Holly prepared and delivered a fantastic special Eggs and Pita breakfast that quickly disappeared. Thank you both for being

so considerate.

Don't Miss the Superbowl

Cheer your favourite Superbowl team on, while watching it on the big screen at the Legion on Sunday, February 3. The excitement begins at 3 p.m., with a potluck meal. Bring a dish, or pay \$10 toward it.

ANOTHER RECORD YEAR FOR ALBERTA CAMPGROUNDS

It was the best year of the decade for Alberta Parks' online reservation system.

Submitted by Government of Alberta

With nearly 171,000 reservations, the provincial reservation system exceeded all nine previous annual totals.

Introduced in 2009, Reserve.AlbertaParks.ca (RAP) helps bolster tourism and helps Albertans connect with nature and experience the provincial parks system.

From the quiet tranquility of lake-front comfort cabins to large family-style group camping to full-amenity park settings, RAP helps visitors explore a wide range

of opportunities, many of which have been bolstered by the government's ongoing investment to improve and upgrade campgrounds.

The province is investing \$38 million this year in Alberta's provincial park upgrades, expansions and modernizations throughout the system.

In 2018, the RAP system processed 164,101 regular campsites, 3,251 group sites and 3,638 comfort camping units. The 2018 total exceeded last year's online reservation tally of 163,780.

Although the system is only in place between February and November, Albertans can still winter

camp at a number of provincial parks listed at Albertaparks.ca.

Quick facts

- Alberta's RAP system has nearly 600,000 account users.

- There are about 250 provincial campgrounds with more than 14,000 campsites in the Alberta provincial parks system.

- The RAP system allows online booking for 88 provincial campgrounds (the remaining provincial campgrounds are first come, first served), 162 group campsites and 64 comfort camping units.

- The online system is mobile-friendly so people can book

campsites on their mobile devices.

- To make an online reservation, set up an account or update your existing account in advance of the reservation days, visit Reserve.AlbertaParks.ca.

- Reserve.AlbertaParks.ca campsite opening dates for 2019 are:

- Feb. 4 - group camping
- Feb. 11 - comfort camping
- Feb. 19 - regular camping
- Feb. 25 - backcountry camping

- Revenues generated from camping fees are invested back into Alberta Parks.




JENNIFER PANTELUK RHAP, BC-HIS

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TRINUS HELPS YOUNG CANCER PATIENT THROUGH MAKE-A-WISH

Submitted by TRINUS

I don't like to talk-up the activities of TRINUS in these weekly articles; I'm sure you receive enough corporate advertisements, self-promotion, and flag-waving during your day. But we were honoured to be part of a special event that we held in our office last week - and I want to make an exception and tell you about it.

Through happenstance, we were put in touch with the Make-A-Wish Foundation of Northern Alberta. I'm sure most of you know that Make-A-Wish grants "wishes" to children with serious ailments, who are receiving treatment. Some of their stories are heart-wrenching; often involving invasive surgeries and years of treatments with chemotherapy and radiation. If anyone deserves a break from this nightmare, it's these kids - and their parents. Make-A-Wish are very diligent in discovering the true desires of these young patients and go out

of their way to grant them.

One of their recipients - Logan - wanted a gaming computer and Make-a-Wish contacted us to see if we could help. Logan is an unassuming, quiet 17-year-old, who loves snowboarding, drawing, and computer gaming. But according to his mom Lisa, he's also a fighter and is determined that cancer will not get the better of him. He is coming to the end of his 2-year treatment ordeal.

What an opportunity for us. Without delving into the technical details, we were able to evaluate Logan's Tech specifications, add a little expertise of our own, and gather together all of the required parts. It would have been a simple matter to assemble the components and test the computer; delivering a finished product to Logan with a handshake and a brief photo-op. DONE DEAL.

But, some minds at TRINUS thought we could do more. Our Marketing Supervisor Chris - working with the Directors - put together a full TRINUS Day for

Logan. We thought we could have Logan assist with building the computer from the various components, install the software and his favourite games, and optimize the computer for maximum performance; a true Gaming Powerhouse. The proof would be in playing some computer games.

We wanted to add some special touches, so we had Sheri from NWT Promotions - our promotional products' supplier - arrange for a special graphic design based on Logan's favourite game, Overwatch. Darrel and Cheryl from Fine Line Industries - who wrap our vans - agreed to wrap the case with the graphic. Finally, we alerted Robert Bailey from Stony Plain about the project. For those not familiar with Robert, he is a world-class artist, who has worked with George Lucas and Disney on Star Wars, and is licensed by Marvel to draw their characters. Specializing in pencil drawings, Robert would do a specially-commissioned artwork for Logan. Devon and Andrew from SAVIAN - our website developers and social media consultants - arranged to record the event in time-lapse video, and Emily - a former marketing employee - agreed to take some pictures of the event.

Well, it all came together last Wednesday, when Logan and his mom Lisa, accompanied by Jen and Aissa from Make-a-Wish, visited TRINUS. Kevin - our Director of Operations - spent the day with Logan, leading him through the computer-building process; Kevin is a long-time

gaming computer Guru. All of our staff had pizza with Logan and we were able to make a few special presentations of Steam gift cards (to download his favourite games) and personally-branded TRINUS shirts. Robert's pencil drawing of Batman (Logan's favourite comic-book character) and the Joker was a huge hit. My wife Lena was at the office and she spent time with Lisa, Jen, and Aissa.

It's not often that we find an opportunity to make an impact in someone's life that doesn't involve a corporate computer network or someone engaging our professional services for a fee. Like most companies, we make charitable donations when and where we can. But aside from handing over some money or a gift, we're often detached from the event and not sure if we actually made a difference. Make-a-Wish afforded us the opportunity to gather together the expertise from our staff and valued vendor-partners, to provide something to Logan that he wished for. We hope he has years of enjoyment from it, especially knowing he had a hand in building it. There were certainly some smiles when he started playing Overwatch on his new computer.

And we did take a few pictures. I'll break one of my rules and provide a link to our Facebook page so you can see for yourself.

Why am I telling you all this? Twenty three years ago, Kevin was a recipient from Make-a-Wish. Lena and I know what a difference it made to our family.



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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!

ANSWER:

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

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

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COMMUNITY EVENTS 2019

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) 962-9228. 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).

FEB 2 - JAMBOREE at Sangudo Community Hall, starts at 7pm. \$12/person (Entertainers free). Late lunch will be served. Everyone is welcome. Info call 785-4105 or 305-5088.

MAR 16 - CRIB TOURNAMENT at Rich Valley Hall. Doors 10am, Play at 11am. \$20/person. Lunch served. Info 780-967-5710.

FARMERS MARKETS

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

ONOWAY FARMERS' MARKET: Thursdays, 5-8pm at Onoway Community Hall. Starts May 1st. 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

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 January 9 & 23, February 6 & 20.

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

STONY PLAIN ROYAL CANADIAN LEGION BR# 256: Saturdays @ 3:00PM. Meat Draw & 50/50.

WHITECOURT LEGION: Saturdays 4:00PM. Located downtown behind the CIBC.

MEALS ON WHEELS

ALBERTA BEACH & AREA: Diane 780-924-2348.

DARWELL & AREA: Tracey, 780-915-2621.

ONOWAY & DIST: Call 967-2338.

JAMBOREES

CARVEL: 2nd Sunday of month. \$6 lunch served. Info 780-991-3001

SANGUDO: Sangudo Community Hall, 1st Sat of month 7PM. 785-4105 or 305-5088. *October - May.

SPRUCE GROVE: at Sandhills Community Hall, 3rd 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 2nd & 4th Thurs of month, 7PM, \$2. PH: 587-989-7214 or 963-7920.

THE ABBOTSFIELD VARIETY MUSIC JAM: at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3rd 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

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: Mon 7PM Darts; Tues 7:30PM Crib; Wed 1PM Bridge. Thurs 7:30PM Euchre; Mon, Wed, Fri 8:30AM Aerobics/Fitness. Everyone Welcome.

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

COME PLAY CRIB: Fridays, 7:30PM at Darwell Seniors Hall; lite lunch is served. All ages!

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

JR. SCRAPBOOKING Wed 4-6PM. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (780)786-2404

ONOWAY GOLDEN CLUB: Cards

Tuesdays, 1PM. 1st Tuesday: Pot Luck Supper. 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: 3rd Sunday 9:00-11:30AM, Parkland Village Community Centre. *except June, July, August

RIVER TALKERS TOAST MASTERS CLUB, Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info Loraine 286-5040.

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

SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS at PERC Building (5413-51 St). 2nd Friday of month at 7PM. Popcorn provided, donations appreciated. Contact 780-940-3032

SPIRITUAL LIVING STONY PLAIN GATHERING at PERC Building (5413-51 St). Every 2nd & 4th Sunday of month. Meditation 10AM, inspirational sharing 10:30AM, PH 780-940-3032

WRITERS PROGRAM: Mayerthorpe Library, 1st & 3rd Wednesday at 1PM.

MEETINGS

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 - ONOWAY: Meetings are suspended for January thru April inclusively.

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

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

ALBERTA BEACH & DIST LIONS CLUB meets every 4th Tues 7:00PM, Alberta Beach Agplex.

ALBERTA BEACH AG SOCIETY meets on the 4th Thurs of month, 7:00PM, Alberta Beach Agplex.

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

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

CHERRILL COMMUNITY ASSOC. Monthly Meeting 1st Wednesday, 8PM at the Hall. 785-2825 *Except Jan, July, Aug, Sept.

CHERRILL SILVER & GOLD SENIORS CLUB Regular Meetings 1st Tuesday of month, Cherhill Seniors Hall. Call Rosamy 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, 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 2nd Tuesday, monthly at 7:30PM at the hall. Info W. Jager (780) 786-4648.

KINETTE CLUB OF MAYERTHORPE, 7:30PM at Kinsmen Hall, 1st Tues of month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.

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

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

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

MAYERTHORPE HOSPITAL AUXILIARY ASSOC, every 4th Mon, 5PM in Hospital Basement Education Room.

MEN FOR SOBRIETY: Wednesdays at 7:30PM, FCSS Building (#105, 505 Queen Street, Spruce Grove). Mike (780) 965-9991.

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

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

ONOWAY & DIST HERITAGE SOCIETY: 2nd Wed of each month, 7:30PM, Chateau Lac Ste Anne

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

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

ONOWAY ROYAL CANADIAN LEGION General Meetings, 1st Mon, 7PM. *Sept-June

RICH VALLEY AG SOCIETY BOARD MEETINGS: at the Agplex on the 2nd 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 6:30PM. Meeting at 7PM.

Church Directory

Rich Valley Community Church Sunday School 10:00a.m. Worship Service 11:00a.m.	Catholic Parish of Lac Ste. Anne Sunday 10:00a.m.		Mayerthorpe Baptist Church Worship Service Sunday 10:30a.m. Children's Church 10:30a.m. 4606-54 St. Mayerthorpe (780) 786-2677	Alberta Beach Alliance Church Sunday Worship Service & Kid's Church 11:00a.m. Sunday School 10:00a.m. (780) 924-3282	St. John's Anglican Church <i>Oneway</i> Sunday Service 10:00a.m. Everyone Welcome
St. John's Lutheran Church <i>Alberta Beach</i> Sunday Service 11:00a.m. Sunday School	Zion United Church Sunday Service 10:00a.m. Sunday School <i>Serving Alberta Beach, Wabamun, Darnell & Lake Isle, Oneway & Area</i> (780) 924-3351	Sangudo United Church Worship Service 3rd Sunday 11:00a.m. 4907-50 Ave. Sangudo, AB	Infuzed Ministries Worship Service Sunday 3:30p.m. in Alexis Community Hall Pastor Daniel Jackson (780) 719-0240	Cherhill Community Church Sunday School 10:00a.m. - 11:00a.m. Worship Service Sunday 11:00a.m.	St. Michael Lutheran Church Sunday Services 1st & 3rd Sunday at 2:00p.m. Pastor Rick Chappell (780) 674-2618 <i>Mystery Lake</i>
Trinity Lutheran Church (LC-C) <i>The Church of the Lutheran Hour - Rockyfort Bridge</i> Pastor Dan Hansard Church (780) 778-2035 Sunday Worship 9:00a.m. Senior's Service & Cottage Bible Study - Phone for locations	Mayerthorpe Pentecostal Assembly P.A.O.C. Rev. Arnold Lothoiz Sunday 10:30a.m. Morning Service Tuesday 7:30p.m. Ministry Training (780) 786-2141		Oneway Baptist Church Sunday Service 10:30a.m. Pastor Greg Garbutt (780) 967-2266	Roman Catholic Church St. Agnes' Parish, Mayerthorpe Sunday 9:00a.m. St. Elizabeth Parish, Evansburg Saturday 7:00p.m. (780) 786-2032	Calahoo Alliance Church Family Worship Service Sunday 10:00a.m. For Info Call Jerry (780) 974-7734

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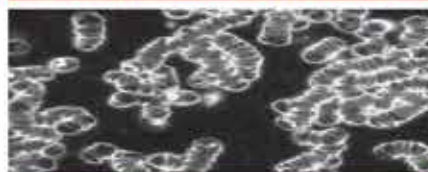
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poor endurance

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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