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**February 5, 2019**

## COMING SOON SNOMO DAYS 2019

**Submitted by Kimberly Scheiris | Alberta Beach & District Lions Club**

SnoMo Days is just around the corner and Wow!! This year marks the 40th year for this won-

derful winter festival. Enjoy all the great activities you've come to expect plus lots of great food.

For a full list of events, look for our posters and brochures in the stores or go to [snomoday.com](http://snomoday.com).

Don't forget to bring a non-perishable food item or cash for the freeze hunger campaign.

See you at SnoMo Days February 16-18, 2019 Alberta Beach Lions.

## SANGUDO HORTICULTURAL CLUB SUMMARY OF EVENTS

**Submitted by Brenda Ogden | Sangudo Horticultural Club**

Roxanne Lewchuck A WALK IN MY GARDEN Jan 21/2019 - Roxanne gave the Sangudo Horticultural Club an informative presentation relating to her rural property. She felt Structure and Balance are the most important aspects for eye appeal. She was a fan of using wood chips, and said if you have gravel you will have weeds. The grade called "Hog" chips are scaly and don't blow away in the wind. She likes to have the wood chips 5-6 feet thick; except for the areas where you want your plants to grow up through in the spring. Then 2 inches deep over that area is ideal. She doesn't put landscape fabric under the wood chips, as she felt the weed seeds stick to the fabric. Plants that like to have their roots hot don't grow well in wood chips. She also talked about swells for capturing rain water. Trees that grow in swells don't need to be watered.

Plant your plants thickly, so they can act as a ground cover. Moisture is retained, and weeds can't grow through them.

**GARDENERS DAY** Jan 26/2019--Again we were overjoyed to see the tremendous support our club gets from the people who come out to our Gardeners Day event. Our first presenter of the day was Kevin Napora. He talked about creating an enjoyable outdoor space that will be used. To have a destination area planned out, with something to see when you get there. And how to extend the season by using heaters and lights. He also spoke about the different activities to perform in a month to month system. And he gave a couple of tips about keeping insect pests down. During his talk, he talked about trees.

Here is some information about them:

- Trees: Train your tree as soon as you buy it, but don't prune before 5 years time.
- Get a good quality pruner.
- All trees grow up or out.

- For shrub training: pinch 1 inch off the top branches, to create side branches. Repeat the next year with 1 inch off all top branches, to create thicker shrubs.

- Do this in the trees dormant period. For older shrubs pinch 4-6 inches off the tops.

- Trees that drip sap like Birch or Maple; you don't prune in April or May. Can prune after June.

- Follow this for less insect trouble in your yard, as ants and aphids are attracted to the juicy sap.

- Prune fruit trees and shrubs in April.

- You can prune to get rid of suckers, but it is a yearly choir. The amount of suckers a tree puts out will lessen over time with this interference.

- For spring flowering trees like lilacs, don't prune or pinch the buds after June 15th, as they are making the buds now for next year.

**Continued on Page 9**

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# FEBRUARY UPDATE FROM THE ONOWAY GOLDEN CLUB

**Submitted by Onoway  
Golden Club**

Onoway Golden Club will be celebrating Valentine's this year with a Social Tea at the Center on Wednesday, February 13th from 2:00 until 4:00pm. Everyone is welcome. Some fun things are in the planning so come along and bring your sweethearts and maybe a friend as well.

Tuesdays continue to be fun days for card players where there is some

friendly competitions! The games begin at 1:00pm or when you get there. Parker's Pegs is also a popular game to several seniors.

We have a pool table and shuffleboard, puzzles, walking videos, limitless "You Tube" activities and lots of additional things available for seniors to enjoy. Lunch is served at 4:30 and is prepared by teams from the members as they are able. The cost is \$4.00.

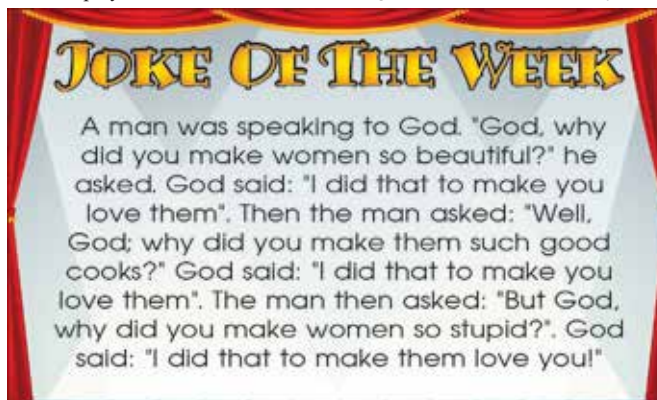
We will be having our next Music Night at the Center on Friday, Feb-

ruary 15th at 7:00pm. Live music. \$5.00 includes a snack lunch. Bring along your dancin' shoes and join in the fun. For more information please call 780-967-2082.

A class of Onoway Elementary Grade 5 students recently visited the Center for a week of Intergenerational Interaction. This was enhanced by a grant from Equus and was well received by the students and the seniors. Our events are posted on Facebook so please feel free to "Friend" Onoway Golden Club on Facebook.

2019 memberships are due and are available at all events or they can be mailed to Onoway Golden Club Box 524, Onoway or call Elsie 780-967-2345 to arrange payment. New memberships welcome. Memberships are available to 55 and over or younger if a spouse is 55 or older.

Hopefully we have seen the last of the cold spell and Mr. Groundhog has forecasted an early spring. When was he ever wrong? Be sure to come out to the Seniors and join in the fun and friendship.





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# NOTES FROM THE ONOWAY LEGION

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

Experience Bacon-wrapped Meat!

On Friday, February 15 it's a meal with a difference. Scott Sadler and crew will prepare veal

brds (veal wrapped in bacon). Watch for more details.

Singles Fun Pool

The next 8-Ball Pool Tournament is on Saturday, February 16. Play begins at 9:30 a.m. and will end no later than 5 pm, with the number of games & rounds depending on how many players

register. If there are more than 20 people, players will be arbitrarily matched for double play.

Registration is from 8:30 to 9:15 a.m., with no exceptions unless you advance register. That can be done by emailing your name and telephone number to ltv336@gamil.com. Fees will be due at

registration on tournament day.

The entry fee is \$10 per person. First, second, third and fourth place winners will be awarded 75% of registration fees. Break-fast, lunch and refreshments will be available for purchase. Inquiries? Call Larry Villneff at 780-945-0600 or ltv336@gmail.com

## SPEND AN AFTERNOON WITH THE KINGS OF ALBERTA'S POLKA AND WALTZ SCENE

**Limited Seats Available for The Emeralds Weekday Matinee at Horizon Stage on Thursday, February 7**

**Submitted by Horizon Stage**

Back by popular demand, The Emeralds are looking forward to 'polkaing up a storm' at Horizon Stage on Thursday, February 7 at 2 p.m. As one of our province's best-known and beloved bands, their music has been a staple at weddings, hall parties, and school dances for many years. This will be The Emeralds 7th concert at Horizon Stage since 1999 and Spruce Grove loves them!

Since their formation in 1970, The Emeralds have recorded 29 albums

- six went gold, two went platinum, and one went double platinum! They have been nominated for four Junos, won an Alberta Achievement Award, and were inducted into the City of Edmonton's Cultural Hall of Fame in 1997. The band has toured the world - but they always enjoy performing for their home audiences the most.

Currently, the Emeralds' five members are Allan Broder on tenor saxophone and vocals, Wallis Petruk on tenor saxophone, violin, flute, clarinet and vocals, Don Remeika on drums and vocals, Terry Kole on rhythm guitar, banjo, vocals, and

voice impressions and Rick Morgenstern on keyboards, bass, vocals and voice impressions. Together, these talented musicians will get your toes tapping, your hands clapping, and your whole body moving.

Always fun and full of pep and energy, an Emeralds concert features favourites like "Blue Hawaii", "Cotton Eyed Joe", "In The Mood", "Amazing Grace", "Clarinet Polka" and "Waltz Across Texas". But it's their biggest hit, "The Bird Dance", that was featured on the Hollywood movie sound track for Jimmy Neutron: Boy Genius that gets the most recognition. Fans of all ages love to

shake their tail feathers when they hear that iconic "na na na na na na na".

So be prepared to dance in your chair, or take a spin around the front of the stage (we encourage it), and spend a wonderful afternoon with The Emeralds at Horizon Stage on Thursday, February 7 at 2 p.m. Tickets are just \$25 for all ages and may be purchased at the City Hall Ticket Centre (315 Jaspersen Ave), by phone at 780-962-8995 or 1-888-655-9090, and online by visiting and clicking on the 'Tickets' link. There are less than 40 tickets left so don't wait too long to get yours!

 **Alberta Beach**  
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Email: [aboffice@albertabeach.com](mailto:aboffice@albertabeach.com)

### NOTICE OF PUBLIC HEARING FOR ALBERTA BEACH LAND USE BYLAW 252-17 AMENDMENTS - "HEIGHT OF DETACHED GARAGES (ACCESSORY STRUCTURES)" ALBERTA BEACH LAND USE BYLAW NO. 263-18

Alberta Beach is preparing an amendment to Land Use Bylaw 252-17 to clarify the allowed height of Accessory Structures - specifically detached garages - as currently regulated by its Land Use Bylaw. The proposed amendment (Bylaw 263-18) to Land Use Bylaw (Bylaw 252-17) may be viewed or downloaded through the Village's website at [www.albertabeach.com](http://www.albertabeach.com), or is available through the Village's Development Officer at [development@albertabeach.com](mailto:development@albertabeach.com) or (780) 994-1883.

A formal public hearing as required under Part 17 of the Municipal Government Act (Sections 632, 639 and 692), will be held Tuesday, February 19, 2019 to hear any written or oral submissions on the proposed Land Use Bylaw amendment governing detached garages as accessory structures. Written submissions will be heard first; oral submissions will be heard as time permits during the Public Hearing.

Place: Alberta Beach Public Works Building  
4000 Museum Road - Unit 5A  
Alberta Beach, Alberta T0E 0A0

Date: Tuesday, February 19<sup>th</sup>, 2019 Time: 6:30 p.m.

Should you have any comments regarding this amendment or the proposed Bylaw, please submit them to the Village of Alberta Beach during office hours, Tuesday to Friday, 9:00 a.m. to 4:00 p.m. or to Paul Hanlan RPP MCIP CMML, Development Officer for Alberta Beach, at [development@albertabeach.com](mailto:development@albertabeach.com) or (780) 994-1883.



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# LAC STE. ANNE COUNTY PARENT LINK/ EARLY CHILDHOOD DEVELOPMENT INITIATIVE FREE PROGRAMS FOR FEBRUARY 2019

Submitted by Lac Ste. Anne County | [www.LSAC.ca](http://www.LSAC.ca)

**Valentine's Party**  
Tues., February 12 from 11:00 a.m. – 12:00 Noon in the Sangudo Early Childhood Room, Sangudo Arena & Wed. & Thurs. February 13 & 14 from 9:00 – 11:30 a.m. in the Parent Link Room, Onoway Heritage Centre Baby Network  
Thursdays, Feb. 21 – Mar. 28 10:45 a.m. – 12:15 p.m. in the Parent Link Room, Onoway Heritage Centre. Pre-registration is required (call 780-967-4440), Childcare for older siblings is

available but MUST be requested at time of registration.

**Tumble Tots**  
Wednesday afternoons, Feb. 6, 13, 20 & 27 from 1:00 – 2:30 p.m. at the Alliance Activity Centre (Museum Gym), Onoway Heritage Centre. FREE drop-in program – no pre-registration is required

We are pleased to join Cherished Memories Parents & Tots for TUMBLE TOTS on Friday, Feb. 15 from 10:00 a.m. – 12:00 noon at the Alberta Beach Agplex. FREE drop-in program – no pre-registration is required  
**Stay & Play**

• Onoway: Feb. 6, 7, 13, 14, 20 & 27 from 9:00 – 11:30 a.m. & Feb. 21 & 28 from 12:30 – 3:00 p.m. in the Parent Link Room, Onoway Heritage Centre.

• Sangudo: Each Tuesday Feb. 5, 12 (Valentine's Party), 19 & 26 from 11:00 a.m. – 12:00 noon in the Sangudo Early Childhood Room (Arena).

FREE drop-in program – no pre-registration is required. For families with kids aged newborn and up!

Be sure to watch for:

• Mindfulness: What is it and how can it help manage stress, anger and anxiety?

• Messy Play  
• Emotion Coaching  
• Triple P – Positive Parenting Program  
- Dealing with Disobedience  
- Managing Fighting & Aggression  
- Developing Good Bedtime Routines

For more information, or to register, please contact: Cathy Steeves, Parent Link/Early Childhood Development Coordinator, Lac Ste. Anne County, 780-785-3411 ext. 3682, 1-866-880-5722, or [csteeves@LSAC.ca](mailto:csteeves@LSAC.ca)

## NEW ACTIVITY REPORT FORMAT County to publish quarterly updates to the community.

Submitted by Lac Ste. Anne County | [www.LSAC.ca](http://www.LSAC.ca)

Lac Ste. Anne County's Winter Activity Report is hot off the press! The inaugural winter

edition of the new-format report will be mailed to households in the coming weeks. Can't wait for your print copy? Check out the digital version online at [LSAC.ca/Activity-Report](http://LSAC.ca/Activity-Report).

By breaking up the formerly annual Activity Report into quarterly segments, the County seeks to deliver more seasonally-relevant news content and related resources to readers.

This new publication format is the latest in a series of initiatives designed to facilitate communications with County ratepayers.



**LAC STE. ANNE COUNTY**

Lac Ste. Anne County | P.O. Box 219 | Sangudo, Alberta | T0E 2A0 | 1.866.880.5722 | [www.LSAC.ca](http://www.LSAC.ca)

## COUNTY SEEKS HOME SUPPORT WORKER



The Home Support Initiative is a light housekeeping service offered to County seniors. This program helps seniors stay independent in their own safe, clean, and comfortable homes. Services are tailored to client needs through the provision of our professional staff who can offer light housekeeping duties such as dishes, laundry, vacuuming, light snow shovelling, light weeding, etc.

**As this program continues to grow, the County is looking for an additional home support worker to help local seniors. Hours to be determined based on client need. If you feel you would be a great fit, apply today!**

To submit your resume or for further information please contact Lac Ste. Anne Community Services Coordinator, Taryn Monteith at 1.866.880.5722 / 780.785.3411 ext. 281 or via email at [tmonteith@LSAC.ca](mailto:tmonteith@LSAC.ca).



**LAC STE. ANNE COUNTY**

Lac Ste. Anne County | P.O. Box 219 | Sangudo, Alberta | T0E 2A0 | 1.866.880.5722 | [www.LSAC.ca](http://www.LSAC.ca)

### 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](mailto: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-D0242	NE 12-54-02 W5M	Temporary Asphalt Plant	February 18, 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.



# Letter to the **EDITOR**

## ALBERTA OMBUDSMAN INVESTIGATING LAC STE ANNE COUNTY

Submitted by Roy Jensen

A complaint filed against Lac Ste Anne County (LSAC) is being investigated by the Alberta Ombudsman's Office. The complaint stems from LSAC Planning and Development's last-minute switch from fully supportive to aggressively opposed to a proposed campground development, and then refusing to communicate with the developer. The Ombudsman's Office is investigating

1. why Planning and Development changed their position on the proposal.

2. why LSAC refused to provide an explanation for rejecting the proposal.

3. why Planning and Development and the Chief Administrative Officer failed to respond to inquiries on how to get the proposed development back on track.

4. bias by LSAC, and collusion

between LSAC and their consultant.

The proposal is for a back-to-nature campground on Nakamun Lake. Independent technical and scientific studies found the land suitable for the campground. The proposal received accolades for its innovative design and received the support of Alberta Tourism, of Alberta Environment and Parks, of camping associations, and of camping and RV enthusiasts. Some residents did raise NIMBY concerns, but the technical reports and/or changes to the proposal addressed their concerns. Details on the proposal, the concerns raised and how they were addressed, and LSAC's support-then-rejection of the proposal are available at [www.NakamunOasis.ca](http://www.NakamunOasis.ca)

Before being rejected, the developer and LSAC had been working on this project for over a year.

"My relationship with the County was generally positive. The County

wanted every technical report possible, which I thought was excessive for a back-to-nature campground, but I obtained the reports. All of the reports supported the campground proposal — no red flags. The County acknowledges this in correspondence and in their Briefing Notes.

Both the rezoning and campground development proposal were submitted at the same time. The County rezoned the land in September, but then rejected the development proposal in November. Now they won't explain why or how to get it back on track."

At the time the proposal was rejected, the only outstanding concern was from a last-minute study commissioned by LSAC using their preferred consultant. The conclusions of that study went against every other scientific study of Nakamun Lake, including another study by the same consultant! However, the

developer was prepared to adjust the proposal, obtain approval, and then addressed the questionable study — but LSAC suddenly rejected the proposal. Since then, further investigation has resulted in a Professional Misconduct complaint against the consultant, civil action against the consultant, and the Ombudsman's Office investigating LSAC's involvement in obtaining and using this study to reject the proposal.

From a broader perspective, camping spaces are desperately needed in Alberta, especially those a few hours of major centers like Edmonton. This project would have created construction jobs, created permanent jobs, supported local businesses, diversified Alberta's economy, provided camping spaces, and brought much needed revenue to a destitute County. All this has been killed, and Lac Ste Anne County won't explain why.



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# JANUARY 2019 REEVE'S MESSAGE

Submitted by Lac Ste. Anne County | [www.LSAC.ca](http://www.LSAC.ca)

The 2019 New Year is off to a busy and exciting start here in Lac Ste. Anne County. How is this for exciting news? In late December, the Canadian Federation of Independent Business (CFIB) released a report which examined 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). The report showed 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 that have kept real operating spending increases at or below population growth. This recognition is something that we should all be proud of and reinforce that we are on the right track. Keep up the great work!

After a successful 2018 year with Council and Administration bringing awareness and raising funds for certain initiatives, we would like to once again work together to raise awareness and support in 2019. To start the year off, a motion was made at the County Council meeting held on January 25, 2019, for Council and Administration to work at bringing awareness and potential fundraising to the following initiatives:

- Mental Health Awareness - Bell Let's Talk Day: January 30, 2019;
- Heart and Stroke Awareness - February 1, 2019: Wear a red shirt day;
- Anti-Bullying Day - February 27, 2019: Wear a pink shirt day;
- National Agriculture Day - March 19, 2019: Wear a green shirt day; and
- Canadian Cancer Society - April is Daffodil Month: We will be selling and purchasing daffodils.

Based on the recent changes in the Municipal Government Act, municipalities are required to enter into Inter-municipal Collaboration Frameworks (ICF's) and Inter-municipal Development Plans (IDP's) with all adjacent municipalities. The purpose of these inter-municipal relations is

to maximize taxpayer resources and minimize duplication of process. At the January 10th, 2019, County Council meeting, Council members were appointed to various ICF Committees which will allow Lac Ste. Anne County to move forward with these important collaboration initiatives.

The Agriculture Services Convention was hosted this past week in Calgary, A.B. by the South Region of the Alberta Association of Agricultural Fieldman (AAAF). In attendance were some members of Council, the Agriculture Services Board and Administration to network with members of all

counties throughout the province. Highlights of the convention were some of the many presentations ranging from plant-based proteins and soil health, classroom agriculture and the bright future of beef. Most importantly, considering the province-wide poor harvest conditions and feed shortages, farmers are feeling especially stressed and in need of support. Lac Ste. Anne County sponsored and moved a resolution to the Agriculture Services Boards for the creation of a Mental Health Crisis Line that would be available free of charge, agriculture-specific and operated 24 hours a day. This

resolution was seconded, and the resolution was accepted. It was very well received, and we are hopeful more steps will be taken for implementation.

In closing, I would like to remind everyone of the old saying that with all the hoar-frosts on the trees there will be plenty of rain in six months time, we shall see! If you and yours are kicking around on the long weekend in February, I'd like to remind you to come on down to the SnoMo Days in Alberta Beach, A.B., It is a jam-packed, family-friendly event with plenty of things for everyone to do.



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# SCHEDULE OF EVENTS

## Saturday

SnoMo Breakfast	Agliplex	8:30 am - 11 am
Snowmobile Poker Rally - Registration	Agliplex	9 am - 11 am
Snowmobile Poker Rally - Event	Designated Trail Route	9 am - 5 pm
Freeze Hunger	Van near Beachside Market	10 am - 6 pm
Snow Sculptures - Carving	Across from Lion's Park	All Day
Lake Ice Skating	On the Ice	All Day
Over the Line Snowball - Event	Next to Heritage Centre	11 am
Beachside Market BBQ	Beachside Market	11 am - 7 pm
Skate Hut & Concession	Beachwave Park	12 noon - 9 pm
Public Skating	Beachwave Park	12 noon - 2 pm
Horse-Drawn Wagon Rides	Beachwave Park	1 pm - 3 pm
Ice Capers	Beachwave Park	2 pm - 3 pm
Family & Friends Skate	Beachwave Park	3 pm - 9 pm
SnoMo BBQ	Beachwave Park	4 pm - 5 pm
All You Can Eat - Roast Beef Dinner	Heritage Centre	4:30 pm - 7:30 pm
Ice Breaker Party (18+)	On the Ice	5 pm - 11 pm
SnoMo Prize Draw	Beachwave Park	6 pm
Couples Skate Contest	Beachwave Park	7 pm - 7:30 pm
SnoMo Bonfire	Beachwave Park	7 pm - 9 pm
Snowmobile & ATV Parade	Boat Launch	7 pm
Fireworks	Boat Launch	9 pm

## Sunday

SnoMo Breakfast	Agliplex	8:30 am - 11 am
Snowmobile Drag Races - Registration	Agliplex	9 am - 11 am
Lake Ice Skating	On the Ice	All Day
Ice Park & Kidz Zone	Ice Park	All Day
OHV Novelty Challenge - Registration	Agliplex	9 am - 10:30 am
Freeze Hunger	Lake Admin. Gate	10 am - 3 pm
Skate Hut & Concession	Beachwave Park	10 am - 9 pm
Broomball Tournament	Beachwave Park	10 am - 3 pm
SnoMo Concession	On the Ice	11 am - 5 pm
Snow Dig	CN Ice Park	11 am
Beachside Market BBQ	Beachside Market	11 am - 7 pm
OHV Novelty Challenge - Event	On the Ice	11:15 am - 1:15 pm
Snowmobile Drag Race - Event	On the Ice	12 noon - 5 pm
Vintage Show and Shine	On the Ice	12 noon - 5 pm
5 km Walk/Run	Starts on the Ice	1 pm
Vehicle Extrication Demo	Boat Launch	1:30 pm
Family & Friends Skate	Beachwave Park	3 pm - 9 pm

## Monday

Freeze Hunger	On Ice, by Fishing Derby	8 am - 1 pm
SnoMo Breakfast	Agliplex	8:30 am - 11 am
Lake Ice Skating	On the Ice	All Day
ATV Poker Rally - Registration	Agliplex	9 am - 11 am
Family Fishing Day	On the Ice	9 am - 2 pm
ATV Poker Rally - Event	Designated Trail Route	9 am - 4 pm
Public Skate	Beachwave Park	12 noon - 8 pm
Skate Hut & Concession	Beachwave Park	12 noon - 8 pm

Sno-Mo Days is a FREE spectator weekend, with the exception of events happening "on the ice", on **Sunday Feb. 17<sup>th</sup>**. A one-time gate admission fee of \$10 is required to access these events. (Kids 12 and under are FREE).



# WHITECOURT TOWN COUNCIL UPDATE

**Submitted by Tara Gallant, Legislative Manager | Town of Whitecourt**

The Town of Whitecourt has made a formal application to the Municipal Government Board (MGB) to

annex the area between Flats Road and the Athabasca River. This area is currently located in Woodlands County, and the County has provided its endorsement of the annexation. The MGB is currently reviewing the application. To review the

annexation report, visit [www.whitecourt.ca](http://www.whitecourt.ca) and search "Annexation".

Each year, the Whitecourt Youth Advisory Committee hosts Town Hall Meetings at local schools. The events provide local students the chance to meet and ask questions

of Council, and the opportunity to learn about municipal government and the impact it has on their daily lives. The 2019 Town Hall Meetings will be held at Percy Baxter Middle School and Ecole St. Joseph School on Thursday, February 21.

## Sangudo Horticultural Club Summary of Events

**Continued from Page 1**

- Water trees heavily in October and protect their bottom bark from mice.

- In all plants, the middle roots are used for storage. So water the outer feeder roots.

The next speaker was Michelle Bourke. Her company's name is Mitch's Makes. Michelle gave us a pictorial tour. She has created special spaces in the large landscape of their family farm. It was a colorful show with many mass flower plantings. Thank-you as well for the poppy seeds that everyone in attendance received.

And our final speaker of the day was Denise O'Reilly. Her company's name is A'Bunadh Seeds.

Her presentation was how to start seeds. You need a good potting mix to start plants in. #4 or #7 are good choices. Fungus can snap off young plants at the stem, so good ventilation is important. Sand sprinkled on the dirt surface, once the plant has risen through the soil, works well. Within one week of its emergence, it is time to repot the plant. Straight knitting needles can be used to break apart the tiny seedlings without tearing their roots.

We also would like to thank Cookhouse on Main for the catered lunch. And our club members for the muffins and fruit provided for snacks. Thanks to all the club members, for doing the many other jobs performed to put on an event such as this.

We have had some of our vendors

coming to enhance this event for years, but this year we had many new ones. A lot of variety thank-you to all.

- Lac Ste. Anne county had a booth.- Lorraine Taylor

- Marc Lallier Apiaries Inc- Melanie Lallier-- from Sangudo

- Twist and Wrap Studios- Dianne Johansson- Paverpol instructor from the Cosmos area

- Aspen Gardens- Lucie Heins--Alberta Beach

- J.B. Condiments and Fine Cheese- Janice Beaton

- Estate of Bliss Essentials- Vanessa Johansson Witt--from Wildwood

- DeHerd Garden Center and Eleineke's Bake Shop- Koen, Inge and Eleineke DeHerd-- from Barhead

- Mitch's Makes- Michelle Bourke-- from Onoway

- A'Bunadh Seeds- Denise O'Reilly-- from Cherhill

- Al's Woodworking- Allan Hanson-- from Mayerthorpe

- Michele Sneddon -quilting and fabrics-- from Mayerthorpe

At our next meeting on February 25/2019 a representative from the Big Greenhouse in Spruce Grove will be informing us of WHAT'S NEW for 2019.

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FEBRUARY 2019

# Bridal Guide

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# Bridal Guide



## TYPES OF WEDDING OFFICIANTS

Many people play a role in a wedding. The bride and groom, bridesmaids, groomsmen, ring bearers, and flower girls are front and center on the day a couple ties the knot.

Another central, and very important, figure on a couple's wedding day is the officiant. Officiants perform the wedding ceremony and are the first to introduce the newlyweds to their guests as an officially married couple.

Various types of officiants can officiate a wedding, and understanding each type can help couples find the right one for them.

### Religious officiant

Couples who want traditional religious ceremonies often choose a religious officiant, such as a parish priest or rabbi, with whom they're familiar. For example, couples who grew up attending a particular church might choose the priest who's been preaching to them since they were children, while others might choose the priest at their current place of worship.

Religious officiants may be governed by certain rules that restrict them to performing ceremonies in a house of worship, which might rule them out for couples who want outdoor or destination weddings. Couples should inquire about such restrictions as early as possible in the planning process so they aren't caught off guard.

### Civil officiant

Civil officiants are officers of the court, such as a judge or justice of the peace. Many couples who are planning destination weddings abroad still choose to have a civil officiant perform a wedding ceremony at home. This is because some overseas officiants may not be authorized to marry couples in their home countries, meaning their marriages won't be recognized once they return home. Civil officiants make sure marriages are legal, and they also make great options for couples who just want to get hitched without a grand ceremony.

### Professional officiant

Professional officiants are not affiliated with a particular religious organization. That makes

them great choices for couples who aren't religious as well as those who come from different religious backgrounds and won't be converting to the same faith. Professional officiants typically meet with a couple once or twice to get to know them before writing the speech they will give during the ceremony. Many will share the speech with the couple in ad-

vance of the big day, and some even allow couples to write the speech.

### Loved ones

Many couples ask a friend or family member to officiate their weddings, which can add a fun and very personal component to the ceremony. Couples who want to take this route should research local laws to determine the steps

loved ones must take to become ordained ministers who will be recognized by the state or country where the ceremony will take place.

Officiants play a significant role during a wedding, and couples can choose one who best fits their personalities and ceremony preferences.

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# Bridal Guide

## GUIDE TO A SUCCESSFUL DESTINATION WEDDING

Imagine reciting vows along the Mediterranean coast or amid pastel-hued homes and swaying palm trees. For the travel-inclined, destination weddings present the perfect opportunity to meld wedding and honeymoon all into one — with family and friends around to enjoy the magic.

Couples are increasingly leaning on entertainment and personalization to create memorable experiences for their guests, and destination weddings are great ways to create those unique experiences.

While planning a wedding inevitably involves some obstacles and even some stress, planning a destination wedding presents a unique set of obstacles. Before couples commit to a destination wedding, it's important to

first consider a few factors to ensure knots get tied without a hitch.

- **Pick a meaningful location (but one that works for guests, too).** Exchanging vows at a favorite hiking spot can give guests an inside view into what makes you tick as a couple, but the location of the ceremony should not come at the expense of practicality. Choose a locale that speaks to you but will also offer the convenience and amenities that work for the guests who will be traveling.

- **See the place in person.** If budget allows, book a trip to the intended destination to see the facilities and location, advise the experts at Brides magazine. Working with vendors in person also can simplify sorting out certain details.



- **Send save-the-date cards promptly.** Unlike traditional weddings in which reminders can be sent roughly six months before the wedding, save-the-date cards for destination weddings should be mailed at least nine months to a year in advance of the big day.

- **Hire a professional.** Professional wedding planners may prove invaluable when it comes to desti-

nation weddings. Rather than organizing everything on your own, you can hire a wedding planner to take care of itineraries, obtain information about necessary travel documents, coordinate with local vendors, and much more.

- **Consider tourist seasons.** Weather tends to be best during tourist seasons. Therefore, make sure to reserve hotel room blocks and venues promptly. Slightly before or after

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# Bridal Guide

## Guide to a Successful Destination Wedding

peak season may still be fine, but ensure that vendors will be available and look into weather trends carefully before choosing a date.

• **Research the legality.** According to The Knot, many countries have residency requirements, which means you must live in that country for a certain period of time before the ceremony. Factor this into budget and availability.

• **Scale back on DIY.** Handling many of the details while getting married close to home can be challenging, but doing so for a destination wedding can be difficult to organize. Scale back on DIY, leaving many of the details to the professionals.

Destination weddings require extra planning, but they can be memorable ways for couples to start their new life together.

## Popular destination wedding locales

Couples are increasingly tying the knot in exotic locales. According to The Knot 2017 Real Weddings Study, a survey of nearly 13,000 U.S. brides and grooms who married in 2017, 25 percent of weddings were destination weddings. While the survey did not ask participants who opted for destination weddings where they got hitched, The Knot notes that the following locales are some stunning places for couples to say their "I dos."

**Dominican Republic:** Home to 800 miles of sandy beaches, the Dominican Republic features a host of all-inclusive resorts, many of which offer wedding packages. Couples who want to tie the knot under the warm sun need look no further than the Dominican Republic, which boasts average temperatures in the 70s and 80s year-round.

**Costa Rica:** A popular honeymoon destination, Costa Rica also makes a great place to host a tropical wedding. Couples can take advantage of stunning mountaintop views or enjoy their weddings on any of Costa Rica's many white sand beaches. Dense rain forests, numerous nature preserves and national parks make Costa Rica a great place for guests to explore, especially during the dry season between December and April (rain falls throughout the year on the Caribbean coast of Costa Rica).

**Maine:** Couples who want waterfront weddings with a little something different may want to consider Maine. Lighthouses might provide the perfect backdrop for couples' nuptials, and guests can indulge in fresh lobster and various outdoor activities. Maine's tourist season is July and August, but Maine's famous fall foliage can be used to create a beautiful look for couples who tie the knot in September.

**Jackson Hole, Wyoming:** Another destination that won't require couples or their guests to dust off their passports, Jackson Hole is nestled in the awe-inspiring Teton mountain range. Summer and early fall are the best times to tie the knot in Jackson Hole, which is home to numerous rustic ranches that can make for ideal wedding settings.

**Ireland:** Couples who don't mind a rain shower here or there may want to tie the knot in Ireland, where weather is usually most welcoming between May and September. Idyllic seaside villages dot the Irish landscape, as do rolling green hills and towering cliffs that can make for beautiful backdrops for wedding ceremonies. Castles can be found throughout Ireland, giving couples unique spaces to host their weddings and receptions.

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# Bridal Guide



## WEDDING DRESS FITTING GUIDE

Because fashion preferences were once ornate and dependent on precise fits, ready-to-wear clothing really did not become widely available until the early 20th century. Such attire is now available in just about any retail store.

Because ready-to-wear clothing is so readily available, the

average person may be unfamiliar with custom-made or tailored items. In fact, a couple's wedding may be the only instance in their lives when they require the services of a seamstress or tailor.

Fittings are a part of wedding planning, and here's how brides-to-be can navigate the

process of finding and being fitted for a dress.

- Try on sample gowns. The first step is to make your rounds to various gown shops and try on the samples they have available. Most sample sizes will not be the size you wear every day, so expect them to be ill-fitting. Do not be discouraged. Once a

gown is chosen, the dress shop will take your measurements and order the gown according to the manufacturer's sizing guide. Again, this can be shocking, since the size will likely be larger than what you wear in street clothes. Some shops will also order a little larger to allow for adequate tailoring.

- Schedule the first fitting. The first fitting should be anywhere from eight to 12 weeks before the wedding date, according to experts at WeddingWire, an online wedding information provider. This is the time it takes to complete most standard alterations. Complex customizations can take even longer. Brides should also budget a minimum of \$500 for alterations, which may or may not be included in the price of the dress.

- Bring shoes and undergarments. Remember to bring along the exact shoes and undergarments you will wear with your gown. A change in shoes or bra/corset can result in the alterations fitting poorly the next time. Bring these items along to all subsequent fittings.

- Speak up. Martha Stewart Weddings suggests speaking up at fittings if anything is uncomfortable or needs tweaking. Seamstresses are masters at their crafts, but only if they understand the desires of the bride.

- Check the details. The second fitting is designed to check that all issues from the first fitting have been addressed, the gown is comfortable and you can move freely. At the last fitting, ask the maid of honor to come along so that she understands how to bustle or help you handle complicated straps or closures.

Open communication with a seamstress and bridal shop can ensure brides-to-be get a dress that fits like a glove.



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# RIDING UPDATE – WINTER BREAK

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

January 25, 2019

I always look forward to returning to the Yellowhead riding and this winter break is no exception. I had the opportunity to spend some time with family and getting caught up with meetings, phone calls, correspondence and attending events.

Upon my return to the riding on December 15th, I spent most of the month in meetings with constituents and organizations to discuss various issues such as the Trans Mountain Pipeline, CN, Mountain Pine Beetle...

On the 17th I was in the riding office and on the 18th I met with constituents in Rocky Mountain House.

On the 19th I drove to Edmonton to attend an oil and gas rally with our Conservative leader, Andrew Scheer and the next day I met with Westmoreland Coal before returning to Edson.

On December 21st I hosted an Open House – Christmas gathering in my Edson office.

Thanks to everyone who took the time to come in. It was quite a turn-out. Later that evening I attended a Christmas party in Jasper.

On the 22nd, I attended 'Save the Pipeline Rally in Edson. I was proud to see and participate in this well attended gathering.

From December 23rd to 26th I was at home and from December 27th to January 4th, I toured Vancouver Island to view the massive damage done due to the strong winds.

From January 7th to 9th, I was in Edson, the 10th in Hinton and the 11th back in Edson.

On January 12th, as part of the Canada Parliamentary 2019 Delegation, I flew to Vancouver to meet with the Vancouver Consul General for Taiwan where we discussed trade and other relations before flying that evening to Taipei where we attended a

briefing at the Canadian Trade Office. While in Taipei we had numerous meetings with legislators, senior officials and Canadian diplomats stationed there. Our experience in Taipei gave us a better understanding of the dynamics of Canada's relationship with Taiwan. We returned on January 20th.

On the 22nd I headed to Edmonton for an open house with stakeholders regarding labour issues and returned to Edson on the 23rd.

On January 25th, I was proud to be a torch bearer in the MNP Canada Winter Games Torch Relay in Leduc. Immediately following the event, I headed to the airport for a flight back to Ottawa for the Conservative Winter Caucus Retreat. We spent the week-end in meetings, bringing forward and discussing a wide range of issues as we prepared for the reopening of Parliament on Monday, January 28th.

Look for my update next Fri-

day on the happenings of Parliament.

To my constituents:

Just a reminder that winter weather can be unforgiving especially for those of us that have to drive. On the 21st of December, I witnessed a vehicle lose control and roll into a ditch. As the elderly gentleman was injured, I assisted him, along with others, until the ambulance arrived.

On the 23rd of January I once again, witnessed an east bound vehicle on Highway 16 roll and go into a ditch. I stopped and thankfully he was not injured. On both days, I did not realize the roads were bad or icy but when I went to assist in both situations, they were!

Complacency is dangerous to all! Folks you take care out there and drive according to the weather conditions. Be safe!

P.S. The Canada Winter Games start on February 15th in Red Deer.

## PARLIAMENT UPDATE – WEEK OF JANUARY 28, 2019

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

February 1, 2019

This week Parliament reconvened for the spring session.

The following was debated in the House:

- Bill C-57 – An Act to amend the Federal Sustainable Development Act (Motion for concurrence (non-concurrence) in Senate Amendments)
- Bill C-64 – Senate Amendments – Wrecked, Abandoned or Hazardous Vessels Act (Second Reading)
- Bill C-78 – Divorce Act (Report Stage)
- Bill C-278 – Foreign Lobbyist Transparency Act (Second Reading)
- Bill C-419 – Credit Card Fairness Act (Second Reading)
- Bill C-420 – An Act to amend the Canada Labour Code,

the Official Languages Act and the Canada Business Corporations Act (Second Reading)

- Bill C-421 – An Act to amend the Citizenship Act (adequate knowledge of French in Quebec (Vote on the Designation of an Item))
- Bill C-424 – Criminal Code (First Reading)
- Bill C-425 – Post-Traumatic Stress Disorder Awareness Day Act (First Reading)
- Bill C-426 – National Defence Act (First Reading)
- Bill C-427 – Department of Agriculture and Agri-Food Act (First Reading)
- M-207 – Dutch Heritage Day (Private Members' Motion)
- CPC Opposition Motion – Federal Deficit
- NDP Opposition Motion – Affordable Housing
- Bill S-6 – Cana-

da-Madagascar Tax Convention Act, 2018 (First Reading)

- Bill S-203 -- An Act to Ending the Captivity of Whales and Dolphins Act (Second Reading)

• Bill S-248 – National Physician's Day (First Reading)

On Monday, the Honourable Andrew Scheer introduced our new Conservative Member of Parliament, Michael Barrett, who won the federal byelection for Leeds-Grenville-Thousand Islands and Rideau Lakes.

On Friday, I commented and asked a question during debate on Bill C-64, Wrecked, Abandoned or Hazardous Vessels Act. I stressed the importance of strengthening laws to protect these historic sites and ocean war graves. Later, on the same subject, I asked my Conservative colleague to "...elaborate on the need for us to now start to recognize these historically sig-

nificant spots in Canada where things happened, tragedies happened, during World War II, on our east or west coasts or in the Arctic?"

Also, on Friday, I asked a question on carbon pricing as to when the Prime Minister will stop making Canadians pay for his mistakes?

To read my comments on any of the above, visit the corresponding day's Hansard on the House Publications page at [www.ourcommons.ca/en](http://www.ourcommons.ca/en).

In the Standing Committee on Public Safety and National Security (SECU), as a national economic security issue, we heard from witnesses on Cybersecurity in the financial sector.

This week, I attended seven meetings and one event. I will remain in Ottawa over the week-end. Look for my update next Friday on the happenings of Parliament.



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

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# SUDOKU OF THE WEEK

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### ANSWER:

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

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

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**Alberta Beach & Surrounding Areas, thinking of a Summer Getaway? Worried about leaving your dog in a kennel?** Don't worry anymore, you can 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) 05-02 OG

## Computers

**FREE COMPUTER REPAIRS** (or computers as available) for single parents, lonely seniors or low income. FREE check up while you wait. Repairs for NOT over \$50. Laptop win 7 or 10 like

new refurbished only \$100. Donate your computers, tabs, cells or program disks for single parents (will be erased/cleared refurbished or used for parts). Call or leave clear message, 780-892-4993 (14) 11-12-18

## Firewood

**FIREWOOD FOR SALE** - Birch, Tamarack & Spruce Pine mix. Poplar \$300/cord. 4x4x8 cords and 1/2 cords. Quality seasoned wood, Delivery or Pick up. Woodchuck Firewood, 780-288-7247 (28) 30-10-18 OG

**Seasoned Firewood: Birch, Spruce/Pine, Tamarack & Poplar - 4x4x8 cord.** Delivery or pick up at wood yard. Call 780-967-5835 (14) 20-11-18

## Miscellaneous

For Sale - Electric Hospital Bed in new condition, \$900. Call 780-727-4433 (4) 29-01

## For Rent

**SUITES FOR RENT** - Onway 1 and 2 Bedroom Suites. Clean, quiet & secure building. Reasonable rent. Call 780-967-2055 or 780-504-2880. (10) 27-11-18

Alberta Beach Inn & Suites - Nightly, weekly and monthly rentals available, reasonable rates. Call 587-763-0351 (13) 18-12-18

Alberta Beach Hotel rooms for rent. Upgraded, very clean & well maintained, shaw cable tv included. \$60.00 per night or \$500.00 per month. Damage deposit is required. Call 780-924-3005 for more information (50) 08-01

Available Immediately: Large 2 Bedroom in 12 Unit Apartment building in Entwistle. Includes Heat, Water & Parking. Rent \$785/month + DD \$300. Please Call Ivka 780-807-1300 or email: jakovljevicivka@yahoo.ca (4) 22-01 OG

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Promotes more youthful skin, provides hydration, enhances radiance, lessens age lines as well as the appearance of dark spots.

**KEY BENEFITS**

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**WELL-BEING:** Helps to relieve anxiety, aid in digestion, supports optimal immune function and the regeneration of healthy cells.

**CBD PET PRODUCTS**

**PET CHEW TREATS**

**KEY BENEFITS**

**SYNERGISTIC BENEFITS:** Can be used in conjunction with regular medications with no side effects.

**NO SIDE EFFECTS:** Does not damage the liver, kidney or GI Tract like OTC medication.

**DIETARY SUPPLEMENT:** Can be administered daily as part of your pet's diet.

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**MANAGES PAIN:** Helps to treat inflammation, arthritis and joint pain.

**TREATS DIGESTIONAL ISSUES:** Helps with loss of appetite, nausea, IBS and gastrointestinal swelling.

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**CONVENIENT:** Can be sprayed into pet's mouth or on food.

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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 19 - ANNUAL GENERAL MEETING**, 7:00pm at Sangudo Community Hall. Regular meeting to follow elections. New members welcome.

**FEB 25 - SANGUDO HORTICULTURAL CLUB PRESENTS: What's New for 2019.** A representative from the Big Greenhouse in Spruce Grove will be at the Sangudo Golden Age Club, 7pm. Public welcome. \$5 drop in fee.

**MAR 16 - CRIB TOURNAMENT** at Rich Valley Hall. Doors open at 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.

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

**CHERHILL 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 & DISTRICT:** Coordinator - Diane 780.924.2348

**DARWELL & AREA:** Coordinators - Tracey: 780.915.2621 or Edie: 780.892.2457

**ONOWAY:** LSAC Div 1 & 2, East of Hwy 43. Hazel Bourke: 780.967.2338 or bbourke@icloud.com

**WEST END:** Sangudo, Mayerthorpe & west end of LSAC. Jill: 780.785.2924 or Donna: 780.785.3118 or email: westendmow@outlook.com

## 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 ABBOTTSFIELD 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 Lorainne 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.

**CHERHILL COMMUNITY ASSOC.** Monthly Meeting 1st Wednesday, 8PM

at the Hall. 785-2825 \*Except Jan, July, Aug, Sept.

**CHERHILL 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 Agriplex 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 Tarcen, (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 Agriplex - Mondays, weigh in 6:30PM. Meeting at 7PM.

# Church Directory

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

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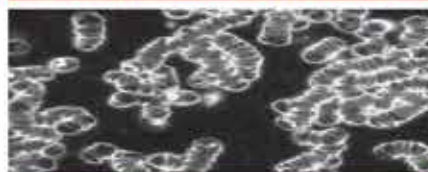
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