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February 26, 2019

A BIG HORN RESPONSE

Submitted by MLA Mark Smith | Drayton Valley – Devon Constituency

Sometimes it is hard to know where to start when trying to respectfully respond to an individual or a political party that you disagree with on any issue but especially on the most recent NDP fiasco – the Big Horn Proposal.

Perhaps you start by addressing the trust issue and the actions of the Minister of Environment and Parks when she created the Castle Wildland Provincial Park when she promised to continue to permit off highway vehicle use on existing designated trails and then backtracked on that promise shutting down almost all OHV use in the Castle region.

Will this be the same fate for the West Country Public Land Use Zone? The documents provided by Alberta Environment and Parks that address the Big Horn Proposal say that OHV use will continue on all designated trails and designated areas giving the impression nothing is going to change. When I asked how many of the existing trails in the West Country PLUZ are designated trails the answer I was given was that there were no designated trails in the West Country PLUZ. In light of the actions in the Castle region one has to seriously wonder what the real situation will be regarding OHV use or any industrial activity once the government begins applying regulatory policy to the Big Horn Proposal.

The consultation process has

been deeply flawed with the Minister claiming that the process had become dangerous. Now any intimidation, threats, or harassment is completely unacceptable. I would of course condemn any documented incidents – but, to date, there appear to be no such documented incidents. This then leads a person to wonder if disagreement over government policy and the exercise of our free speech is the new standard for deciding that the government will not meet with Alberta stakeholders. Environmental groups like Y2Y and CPAWS are two of the groups pushing the Bighorn park plan and both are recipients of foreign-funding from the Tides Foundation, an anti-oil and gas group.

Continued on Page 2

RCMP ARREST MALE FOR THEFT OF VEHICLE AND BREAK AND ENTER

Submitted by Stony Plain/Spruce Grove/Enoch RCMP

On Feb. 15, 2019 RCMP members were dispatched to a location in Acheson where it was reported a truck had been stolen. The truck was distinctive in colour and the complainant was able to provide a direction of travel. RCMP

members made patrols and located the truck at a rural residence. The suspect was standing in front of an open garage door and it appeared he was loading property from inside the garage. The suspect was apprehended and arrested without incident.

Jaycee Michel (26) of Duffield, Alta. was charged with:

- Theft of truck
- Breaking and entering with intent
- Other theft under \$5000
- Fail to comply with condition of undertaking

Jaycee Michel was remanded into custody and appeared in Stony Plain Provincial Court on Feb. 20, 2019.

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A Big Horn Response

Continued from Page 1

Many conclude that the real reason for this Big Horn Proposal is that foreign money and environmentalist want to shut down the West Country to economic opportunity and recreational activity. This would appear to fall in line with this government supported trend of using the environment as the excuse for piling regulation and taxes upon an already struggling oil and gas industry.

Clearly, serious consideration should be given by this government into removing the Minister of the Environment from this file and starting over. Good public policy needs to have the support of the people, do no harm and where possible increase economic activity. This proposal misses the mark and the government should hit a reset button on this issue. A real and respectful consultation process must be initiated that listens to and at the end of the day results in a land use proposal that has the support of Albertans in general and with the users and stakeholder groups of the West Country in particular.

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CANADA'S BALLET JÖRGEN PRESENTS COPPÉLIA, A COMEDY WITH LOVE

Toy Story-esque Ballet That Brings A Life-Sized Doll to Life Will Amuse and Delight Audiences of All Ages on March 2

Submitted by Kerri Gibson Loranger, Theatre Marketing Coordinator | Horizon Stage & City of Spruce Grove

Coppélia is one of the world's oldest surviving ballets and one of the most performed comedic ballets. It is a daring, bold, playful story about a beautiful life-sized doll who comes to life and the men who fall in love with her. Touring British Columbia, Alberta, and Manitoba this winter, Canada's Ballet Jörgen (CBJ) bring their contemporary retelling of this classic fairytale to Horizon Stage on Saturday, March 2 at 7:30 p.m.

Coppélia takes audiences into the mysterious mind of Dr. Coppélius, a lonely and disillusioned toy maker who wishes he could bring a perfect doll to life to become his perfect wife. He creates Coppélia, a life-sized dancing doll so gorgeous that Nathanael, one of the local villagers, falls madly in love with her. Nathaniel's spurned sweetheart, Klara, enacts revenge by dressing as the doll and pretending to come to life to punish him.

Emotional and captivating, Coppélia is one of the best balletic representations of fantastical storytelling the world over and is one of CBJ's most popular family ballets. Told through vibrant choreography, it features a set of large interlocking geometric shapes which are integrated into the production through intricate scene changes.

Choreographed by the award-winning Bengt Jörgen, CBJ's Artistic Director and CEO, and set to the original score by Leo Delibes, Coppélia is an international co-production with The Hong Kong Ballet. It originally premiered in 2001 and audience members young and old have been thoroughly captivated and delighted by it ever since.

Canada's Ballet Jörgen is a classical ballet company based in Toronto that aims to make ballet accessible and relevant to 21st century audiences. CBJ likes to tell Canadian stories and always reflect a Canadian identity in their programming. As an added bonus, the company's local participant program will bring local young dancers from

Spruce Grove and surrounding areas to join their professional dancers on stage. The local participant program allows the students (age 14+) the opportunity to experience being part of a professional production while also allowing the company to support the local dance community.

Bring your family to see Cop-

pélia, a real life Toy Story told through dance, at Horizon Stage on Saturday, March 2 at 7:30 p.m. Tickets are \$35 for Adults and \$30 for Students and Seniors and may be purchased at the City Hall Ticket Centre (315 Jespersen Ave), by phone at 780-962-8995 or 1-888-655-9090, and online by visiting and clicking on the 'Tickets' link.

R.S.V.P. for the EQUUS Annual General Meeting

EQUUS REA LTD. is holding their 2019 Annual General Meetings over three sessions on the following dates and locations, with voting occurring at all three locations. Connect with your Board and EQUUS Staff - 3 pm to 5 pm

Monday, March 25	Tuesday, March 26	Wednesday, March 27
The Coast Lethbridge Hotel & Conference Centre, 526 Mayor Magrath Drive South, Lethbridge	Radisson Red Deer Hotel, 6500 67 St, Red Deer	Best Western Sunrise Inn & Suites, 3101 - 43rd Avenue, Stony Plain

Arrive early for the information booths and complete your Passport to the AGM for a chance to spin the prize wheel and win great prizes including a weekend stay at your choice of one of the Charming Inns of Alberta.

The Board of Directors and EQUUS staff members who will be on hand to answer members' questions on:

- Member Services and Billing
- EQUUS App/Web Portal
- Construction and Maintenance
- EQUUS Community and Member Relations
- Automated Metering Infrastructure
- Micro-generation
- Safety
- Vegetation Management

3:00- 5:00pm	Registration & Information Booths
5:00- 6:30pm	Annual General Meeting
6:30- 8:00pm	Dinner

Members are required to R.S.V.P. on or before March 15 by calling 1.888.211.4011.

Please note dinner and meetings are open to EQUUS Member and EQUUS Board of Director invited guests only.



DELIVERING MORE THAN POWER

JOKE OF THE WEEK

An eccentric philosophy professor gave a one question final exam after a semester dealing with a broad array of topics. The class was already seated and ready to go when the professor picked up his chair, plopped it on his desk and wrote on the board: "Using everything we have learned this semester, prove that this chair does not exist." Fingers flew, erasers erased, notebooks were filled in furious fashion. Some students wrote over 30 pages in one hour attempting to refute the existence of the chair. One member of the class however, was up and finished in less than a minute. Weeks later when the grades were posted, the rest of the group wondered how he could have gotten an "A" when he had barely written anything at all. His answer consisted of two words: "What chair?"

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RURAL & NORTHERN IMMIGRATION PILOT

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

OTTAWA: Jim Eglinski, Member of Parliament for Yellowhead, wishes to inform constituents that Immigration, Refugees and Citizenship Canada (IRCC) launched the Rural and Northern Immigration Pilot, a five-year pilot program aimed at attracting and retaining skilled immigrants in Canada's rural and northern communities experiencing labour gaps.

As many newcomers to Canada tend to settle in big cities such as Toronto, Montreal and Vancouver, the pilot program will encourage skilled workers and their families to put down roots in communities that need them most – northern rural areas. The aim of this pilot is to address the diverse labour market needs of small communities.

Immigrants will be chosen for the pilot based on matching their skills to the local needs of their

communities and could come from professions such as truck drivers to teachers to lab technicians.

Interested communities must work with a local economic development organization to submit an application, demonstrating how they meet the eligibility criteria and how immigration will promote economic development in their community.

Communities have until March 1st to apply. Those selected can begin picking candidates for permanent residence this summer.

"I encourage communities in the Yellowhead, especially in areas that have labour gaps, to submit an application to be part of the Rural and Northern Immigration Pilot," concluded MP Eglinski.

For information on how to meet the eligibility criteria, please see: <https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada/rural-northern-immigration-pilot-eligibility.html>



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RIDING UPDATE – WEEK OF FEBRUARY 11, 2019

Submitted by Jim Eglinski, MP – Yellowhead

As mentioned last week in my Parliamentary Update, I attended the Yellowhead EDA’s AGM in Edson on February 9th.

On Monday, I met with constituents in the Edson office and caught up on phone calls.

On Wednesday morning, I met with grade six & seven students at Niton Central School about my role in government. That afternoon I attended the 6th annual ‘Grandparents Tea’ in Wildwood. Later that day, I attended the Goal Zero Program at Thorsby Senior Centre. This program is a community engagement ini-

tiative that challenges residents to reuse 100% of their treated wastewater. In fact, Thorsby is the first community in Alberta to sign on to this program.

On Thursday, I spent the morning in Drayton Valley and returned to Edson in the afternoon, meeting with constituents.

On Friday, I was in Edmonton.

I will be back in Ottawa on Monday, February 18th to get ready for the return of Parliament on the 19th.

Look for my update next Friday on the happenings of Parliament.

REQUESTED -- YOUR INPUT FOR CANADA’S HOMELESSNESS STRATEGY

Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, is pleased to advise that Employment and Social Development Canada is seeking your input to expand the Designated Communities stream of Reaching Home: Canada’s Homelessness Strategy.

Reaching Home will replace the existing Homelessness Partnering Strategy and will officially launch April 1, 2019.

Under Reaching Home, the Designated Communities will be expanded up to six new communities outside of Quebec and the territories with a population size of 25,000 and over who demonstrate a need for long-term stable federal homelessness funding. Eligible communities are encouraged to submit one concept per community that demonstrates a need for this funding.


An application process has been outlined to assist eligible communities to complete their submissions. Completed submissions with attachments are to be sent via email to hkd-dci@hrsdc-rhdcc.gc.ca.

The deadline for applications is March 8, 2019, at 11:59 p.m. Pacific Time.

“I encourage communities in the Yellowhead riding who meet the criteria and are experiencing homelessness in their community to apply,” concluded MP Eglinski.

For further information please go to: [https://www.canada.ca/en/employment-social-develop-](https://www.canada.ca/en/employment-social-develop-ment/services/funding/homeless/)

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PARKLAND COUNTY COUNCIL APPROVES 2019 BUDGET

Submitted by Parkland County

Parkland County Council has approved the 2019 interim operational and capital budgets.

“With careful consideration, Council has adopted a budget that recognizes significant budget cuts across all departments, while ensuring service levels are maintained and future growth opportunities are realized,” said Mayor Rod Shaigec. “As in

years past, we strive to ensure tax increases for our residents and business community remain as low as possible.”

“Administration has put together a budget that will allow for sustained service delivery and investments into projects and initiatives that will support the needs of our residents, while acknowledging the tough economic climate we face due to the accelerated phase out of coal-fired power generation,”

said Mike Heck, Chief Administrative Officer. “I am encouraged by the diligent work put forward by Council and Administration to ensure the needs of our community are met.”

The municipal tax increase is 3.76%, which for residential property owners equates to an average of \$74 per year. Non-residential owners will see an increase of 3.8%, or an average of \$1,503 per year.

The 2019 interim municipi-

pal operating budget includes \$99,984,700 in expenditures (including amortization and other levies), \$23,188,900 in revenues (other than taxation); and a municipal tax requirement of \$59,616,000.

The 2019 interim municipal capital budget includes \$39,773,700 in expenditures, \$38,992,700 in revenues (other than taxation); and a municipal tax requirement of \$781,000.

Council also passed amending motions to the budget to maintain operations at the Cholla and Keephills waste transfer stations and re-establish program levels in Agricultural Services. These added expenses will be offset by a reduction in transfers to the Long Term Sustainability Restricted Surplus.

The final municipal tax rate will be approved in April 2019. Parkland County tax notices include items beyond the municipal requirement reflected in the budget presented to Council. These items include costs associated with the TransAlta Tri-Leisure Centre, the Seniors’ Foundation, the Edmonton Metropolitan Region Board (formerly the Capital Region Board), and the school portion of the taxes the County collects on behalf of the province.

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GYPSED FEBRUARY SCHOOL NEWS

Submitted by Nikki Gilks, Manager, Communications Services | Grande Yellowhead Public School Division

EVANSVIEW SCHOOL

We have been busy getting back into the swing of things this January. We started with two schoolwide practices in physical education. In gymnastics, students explored body awareness and their abilities when using balance beams, spring boards, crash mats, ropes, skipping ropes, and hula hoops. The students enjoyed pushing themselves

and advancing their gymnastics skills. Next we set up a 'Mission Impossible' unit which was a great alternative activity to extend our gymnastics unit. Participants strategized, utilized teamwork, creatively used different forms of movement at different levels, and then had to plan ahead on how they would improve in the future. Our Evansview students showed great teamwork, perseverance, self-regulation, and determination during these activities - especially when competing on the obstacle course! To end the month, the school will be heading to the community arena

for skating. A sincere thank you to the community members coming to tie skates and get students ready for this fun activity.

The Grade 1 class is working hard on a cross-curricular penguins unit. Using penguins as a comparison, they apply that knowledge to other classroom subjects, creating interesting connections for students. They are turning into little penguin experts!

The Grade 4 class has been demonstrating great community outreach by heading to the nearby senior's center to read with some of our local senior citizens. We are

so proud of the Grade 4's and their community leadership initiatives.

Other grades continue regular classes of learning and growing. Mini-basketball sign up has started and we are excited to offer the program for the second year. We offer a huge thank you to the community coaches who have stepped up to lead our teams.

We are also excited to start the 'Grab and Go' breakfast program at the end of the month. Thank you to Grande Yellowhead Public School Division for the funding supports to help our students get a great healthy start to their days. We are also beginning the 'Seeing Red Anger Management' program which guides students in making good choices and learning self-regulation techniques. Another big thank you to Yellowhead County for your support and bringing this successful program back to Evansview!

GRAND TRUNK HIGH SCHOOL (GTHS)

Prior to the commencement of the first day back, GTHS staff checked in with each other and to renew our relationships as a team. Once the bell rang and the students started their first day back, staff took time to renew their relationships with the students. As a school we are working with the 'Significant 72' model to build and foster relationships throughout our school. On January 7th, our staff and students hit the ground running, getting ready for exams and the upcoming semester change. January was busy, scheduled with basketball, clubs, and renewing relationships with staff, students, and the rest of our school family.

Our tourism and agriculture classes went on a field trip to the Telus World of Science to see the 'Body Worlds Animals Inside Out' display. For some of our students, this was their first visit to the Telus World of Science. Students in these classes had fun learning about the anatomy of animals in an interesting way.

Our Grade 7's made and raced CO2 cars for their final project in industrial arts, and our senior high construction students completed and took home their finals projects. Also as a WE School, we had a bake sale which supported our local food bank.

Our junior and senior high bas-

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GYPSD February School News

ketball teams started off with practices and games as soon as they returned from their holidays. Our senior girls are currently ranked at 5th in the province and our senior boys are ranked at 10th. Our junior high girls and boys are also doing very well. Students continue to attend our weekly art, and 'Dungeons and Dragons' clubs which provides them with some important social outlets.

In semester two we are proud to be offering some new options. For our Grade 8 students, we have outdoor education, combined with photography. For this program, the Forest School at Evansview has offered to team up with us for some activities. A sports enrichment option is new to our high school program, as well as a Leadership and Community Volunteerism option. The Leadership and Community Volunteerism course will get our students out in the community – volunteering and building lasting relationships with the businesses and community of Evansburg. Our school team is looking forward to moving into the second semester with new courses that will promote citizenship in the school and local community. Our basketball teams and clubs will continue working at their skills in their perspective extracurricular events.

WILDWOOD SCHOOL

February is a short month but is packed full of activities for the Wildwood School. Our junior boys basketball program is going to wrap up this month with the boys attending the GYAC Basketball Championships in Hinton. The boys have worked very hard this season and were disappointed to have to miss a couple games because of the cold weather and icy highways, but are working hard to prepare for the upcoming championships.

We are very fortunate to have two teachers in our school who are passionate about archery and continue to run the National Archery in the Schools Program (NASP). Ms. Gunderman and Mr. Heaslip coach this team and encourage students in Grades 4 - 9 to participate. They are coordinating dates and hoping to take students to some competitions throughout the season.

Our kindergarten to Grade 3 students recently spent a few days at the skating rink, and are planning

a couple more days to make up for the days they missed because of the cold weather bus cancellations. The students enjoyed hot chocolate and snacks after their skating, and we would like to thank all of the parents who contributed. We had numerous parents lacing and tying skates, preparing the hot chocolate and snacks, and walking with the classes.

After an initial set back, we are happy to announce that we are starting the Wildwood School Breakfast program. This program will supply students with a 'Grab and Go' breakfast that is healthy

and is meant to be in addition to the breakfast our students eat at home. Many of our students have long bus rides and it is our hope this program will help fill some tummies after the bus ride and before beginning classes.

Wildwood School would like to extend a thank you to our school council. The council sponsored a Valentine's Day Candy-Gram for each of our students to enjoy on February 14th. Each of the students received a chocolate treat to help celebrate the day. Happy Valentine's Day to all of our families!

THE LEARNING CONNEC-

TION (TLC)

TLC Evansburg Update: TLC Evansburg is offering a standard first aid course in February, helping students earn their HCS 2020 credential. Staff and students continue our focus on mental health awareness as we support Random Acts of Kindness Week and Pink Shirt Day on February 27th. The staff at TLC Evansburg have created a 'Wellness Wall' mural inspired by the Wellness Way at Sanford Health. The idea is to encourage body movement as a way to combat feelings of anxiety and stress.

NOTICE OF PUBLIC HEARING

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

Bylaw: 2018-29	Date: March 12, 2019	Time: 9:30 am	Location: Parkland County Council Chambers 53109A Hwy 779, Parkland County, AB
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Proposed Bylaw 2018-29 Parkland County and Summer Village of Betula Beach Intermunicipal Development Plan

An Intermunicipal Development Plan (IDP) is a statutory document prepared with two (or more) municipalities that share a common border, and where at least one member is not a part of a growth management region. An IDP ensures future development and land use policy are coordinated between municipalities. Parkland County and the Summer Village of Betula Beach, under the direction of Section 631 of the Modernized Municipal Government Act, have agreed to jointly engage in an IDP. This plan has been developed to reduce the possibility of any potential conflicts between the municipalities and to ensure the relationship remains strong, transparent and collaborative in the future.

Hearing Procedure

This is a formal Public Hearing and Council is prepared to hear and receive formal submissions and presentations (verbal or written) from those who wish to speak to the proposed Bylaw. Written submissions or presentations may either be submitted in advance to Planning & Development by 4:00 P.M. on March 1, 2019, or submitted at the commencement of the Public Hearing on March 12, 2019.

Anyone wishing to make a verbal presentation to Council must notify Planning & Development Services in advance of the Public Hearing by 4:00 P.M., on March 1, 2019. Verbal presentations at the Public Hearing will be limited to a maximum of 10 minutes. Anyone wishing to make a verbal presentation who has not made prior arrangements may be allocated a time at the commencement of the Public Hearing. Council advises that this is your last opportunity to comment on the proposed Bylaw as Council is unable to receive further submissions after the Public Hearing is closed.

Copies of Proposed Intermunicipal Development Plan

Copies of the proposed IDP are available free of charge during regular business hours (8:30 A.M. to 4:30 P.M., Monday to Friday) from Planning & Development Services at Parkland County Centre. They are also available on the County's website at <https://www.parklandcounty.com/en/county-office/inter-municipal-planning.aspx>. If you have any questions please call 780-968-8888 and dial extension 8795 for Trina Lamanes or extension 8636 for Thomas Lippiatt, Planners at Planning and Development Services.

The personal information you provide will be used for the purpose of the items described above and is collected under the authority of Section 33 (c) of the Freedom of Information and Protection of Privacy (FOIP) Act. If you have any questions about the collection, use, and disclosure of this information, please contact the FOIP Coordinator at Parkland County, 53109A HWY 779, Parkland County, Alberta T7Z 1R1 (780-968-3229) or email foip@parklandcounty.com



FEBRUARY 2019

Bridal Guide

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GET SCHOOLED ON WEDDING TERMINOLOGY

Couples about to embark on their wedding journeys will likely learn a thing or two about party planning once their engagements are over and they are newly married. Wedding planning can seem overwhelming and a tad confusing at times, but a crash course in wedding terminology can help couples make more informed choices along the way.

- Blusher: A short, single-layer veil that covers the bride's face before the ceremony.
- Boutonnière: A single flower bud worn by the men in the bridal party.
- Canapés: Bite-sized appetizers served during the cocktail hour of a reception.
- Civil ceremony: A marriage ceremony conducted by a council official or justice of the peace at a municipal location rather than in a house of worship.
- Cocktail hour: Typically an hour-long interlude between the wedding ceremony and the main dinner of the reception. Guests have time to arrive and mingle before being seated.
- Corkage fee: A fee some establishments charge to allow guests to bring their own wine.
- Dais: A podium or platform raised from the floor where the bride and groom are seated.
- Deposit: A percentage of the total cost of service given to a vendor to secure a date for their services.
- Dragées: Round, small edible balls of sugar that appear on wedding cakes.
- Escort (seating) cards: Printed cards that direct reception guests to their seats.
- Fondant: A sweet, pliable product used to decoratively cover layered cakes. It can be used in lieu of straight buttercream.
- Handle wrap: Ribbon or fabric that wraps around the stems of a bouquet the bride and wedding party carries.
- Maid/matron of honor: The title given to the woman who assists the bride and stands closest to her at the altar. "Maids" are those who are unmarried, while "matrons" are women who are.
- Master of ceremonies: An individual who will work with the DJ or

band to announce the various components of the wedding reception.

- Nosegay: A small bouquet or flower arrangement typically given to the mothers of the bride and groom before the ceremony.
- Processional/Recessional: Musical pieces that mark the entrance

and exit from the wedding ceremony.

- Receiving line: A line of the key people in the wedding who welcome and greet guests.
- Stationery: All of the paper products used at the wedding, including invitations, programs and enclousures.

• Tablescape: A word that describes the multiple components of centerpiece designs.

Learning some basic wedding terminology can simplify wedding planning.

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WEDDING REGISTRY TIPS

Building a wedding registry is a task unlike any other couples may encounter during their lifetimes. Wedding registries are invaluable resources that provide engaged couples' loved ones with gift suggestions. In spite of that value, couples may find it daunting and even a little uncomfortable to build their wedding registries.

Building a wedding registry can feel like walking a tightrope. Couples likely won't want to ask for too much or for gifts that are too expensive, but a poorly built registry can be a major inconvenience for guests. The following tips can help couples build adequate registries that benefit them without asking too much of their guests.

- Register with more than one store. It's important to register

with more than one store. Doing so makes things as convenient as possible for guests and increases the chances they will be able to shop at stores they're familiar with. Unless your guest list is predominantly local, try to register with at least one national chain so guests who live in different regions can shop for gifts in-person if they prefer to do so.

- Make a large list. Some couples are hesitant to make large wedding registries, feeling that doing so gives the impression that they're asking for too much. But large registries simply give guests more options to choose from. Many industry insiders advise registering for two to three gifts per guest. That might seem like a lot, but guests will appreciate having all of those options.

- Don't hesitate to include expensive items on your registry. Couples also may be hesitant to include especially expensive items on their wedding registries. However, the couples' parents and other close relatives may be honored to purchase more expensive items, so couples should not feel embarrassed to include them on their lists. It's also important to note that many retailers, after couples' wedding days have come and gone, discount registry items that weren't purchased. So even if no one purchases the more expensive items, including them on a registry may significantly reduce their cost for couples who want to buy such items themselves after tying the knot.

- Vary the prices of items on the

list. In addition to including more expensive items on the registry, make sure to include moderately priced and inexpensive items. This gives guests more options and ensures guests who might be spending a lot to travel to and from the wedding can still purchase gifts without digging too much deeper into their pockets.


- Periodically update the registries. Periodically update your registries to remove items you have already received and to add items if many of the less expensive ones have already been purchased. This also makes things more convenient for guests.

Building a wedding registry is a unique task that couples can embrace as their wedding day draws near.

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MAKE HEALTHY HABITS A PART OF WEDDING PREP

After the big question is popped and loving partners decide to spend their lives together as a married couple, a whirlwind of activity will ensue. Although wedding planning is exciting, some couples may feel overwhelmed with all the decisions that need to be made before they can tie the knot. In this state of increased pressure, stress may build and health could falter. According to a Cornell University study, more than 70 percent of brides-to-be have weight loss on the brain, but shedding pounds shouldn't be the only health factor to consider. Here are some easy ways to stay mentally and physically fit in advance of a happy wedding day.

- Get daily exercise. Exercise is important for maintaining a healthy body weight and keeping stress levels in check. Exercise also can boost mood. The Department of Health and Human Services recommends getting at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week. Strength training exercises performed at least twice a week complete a well-balanced exercise regimen.

- Slow down and relax. Those who go full-throttle with all of their responsibilities - including wedding planning - may burn out. Stress can weaken the immune system and make people vulnerable to illness. Schedule some time for date nights with your fiancé, and don't overlook the benefits of hanging out with friends and getting away from wedding planning for a bit.

- Eat body-boosting foods. The foods we eat can impact everything from energy levels to skin radiance. Foods like berries, sweet potatoes, broccoli, greens, green tea, and dark chocolate all contain antioxidants that boost the immune system, states The Food Network. Avoid drastic diets that can do more harm than good. Simply cutting 500 calories a day can help the average person

lose a pound per week if weight loss is a goal. Simple ways to trim calories are to choose skim milk over whole milk and choose low-calorie snacks.

- Cut down on alcohol consumption. Toasting to the future with a glass of wine may become

rote in the months leading up to the wedding, but alcohol is a diuretic and a source of liquid calories. Alcoholic beverages dehydrate the body and cause it to hold onto water. When imbibing, stick to low-calorie cocktails like a vodka spritzer (60 to 80 calo-

ries) instead of a calorie-laden frozen margarita (300 calories). Feeling and looking one's best starts long before the wedding day. By making health a priority, couples can start their new lives together on healthy footing.

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7 WEDDING TRICKS TO MAKE THE BIG DAY EASIER

Wedding planning is no small task. From sending out engagement announcements to gifting guests with take-home favors, a couple will pour over scores of details as they plan their weddings.

As if selecting a photographer or choosing the right passed appetizers isn't challenging enough, some unknown variables are sure to pop up on the big day as well. Couples can take their cues from others who have walked the aisle before them with these tricks of the trade, which may help couples' wedding days go smoothly.

1. Host everything at a single location. Couples who want to simplify their wedding day can select a site that can host the

ceremony and reception and also house guests. The cost of such facilities may be more affordable than couples think, as transportation costs will be minimal and the venue may offer discounts on group packages.

2. Think about a day coordinator. Couples who cannot afford a wedding planner to handle all of the details often find that a day-of-service provider is within their budget. This person can handle all of the details of the wedding day so brides and grooms can fully immerse themselves in the festivities.

3. Bring extra cash. Unexpected expenses may pop up. Couples may have to feed an extra member of the band or a guest who was able to get

a babysitter at the last minute. Brides and grooms may want to offer a bigger tip than anticipated to the waitstaff or deejay who went above and beyond.

4. Learn how to bustle. Walking around with a free-flowing train all day can become tiring for brides. Brides should make sure that one person practices how to bustle the train and will step in to do so for the reception. Also, it may not be the height of fashion, but having a garbage bag on hand can keep the train clean during inclement weather, or if the bride has to trek across grass or soil for photo opportunities.

5. Give an outgoing person a job. Enlist a boisterous friend or family member to wrangle

guests for photo opportunities. He or she can be the photographer's helper and give the happy couple one less thing to do.

6. Stock the bathroom. Some venues will have courtesy items for their guests, but couples also should bring their own necessities, such as breath mints, toothpaste, extra pantyhose, hairspray, lip gloss, and/or sanitary pads.

7. Be all smiles. Couples can't predict everything that will happen on their wedding day, but they can help create the mood. Smiling couples can make things better for everyone, even when zippers break or someone gets the chicken instead of the salmon.

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PARLIAMENT UPDATE



Submitted by Jim Eglinski, MP – Yellowhead

Week of February 18, 2019
What a short, explosive week!

Parliament was a buzz about ex-Minister of Justice, Jody Wilson-Raybould being able to speak on what transpired regarding SNC-Lavalin. Then the resignation

on the 18th of the Prime Minister's principal secretary, Gerald Butts'. Very interesting!

The following was debated in the House:

• C-77 – An Act to Amend the National Defence Act and to make related and consequential Amendments to other Acts (Third Reading)

• C-83 – Corrections and Conditional Release Act (Report Stage)

• C-91 – Indigenous Languages Act (Second Reading and Referred to a Committee)

• C-391 – Aboriginal Cultural Property Repatriation Act (Third Reading)

• C-406 – Canada Elections Act (Second Reading)

• C-429 – Zero Waste Packaging Act (First Reading)

• C-430 – Income Tax Act (First Reading)

• M-194 – Precarious Employment in Canada


• S-6 – Canada-Madagascar Tax Convention Implementation Act, 2018 (Second Reading)

• S-238 -- Ban on Shark Fin Importation and Exportation Act (First Reading)

• NDP Opposition Motion – Transparency and Accountability

On Tuesday and Wednesday, hundreds of trucks under the banner of "United We Roll" arrived in Ottawa to let this Liberal government know that our oil and gas sector is suffering and that pipelines must be built. See my Facebook page video on this at: www.facebook.com/jimeglinski.mp It was an honour to speak at this event and mingle among the participants. Later I wandered down the line of trucks on Wellington Street and met with some of the drivers.

On Wednesday afternoon, in the Standing Committee on Public Safety and National Security (SECU), we continued hearing from witnesses on Cybersecurity in the Financial Sector. For more information on these meetings, visit the SECU Committee website at www.ourcommons.ca/Committees/en/SECU



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FAMILY SIZE	TOTAL FAMILY INCOME
1 Person	\$35,000
2 Persons	\$45,000
3 Persons	\$47,500
4 Persons	\$50,000
5 Persons	\$52,500
5 + Persons	\$52,500 plus \$2,500 for each additional person

(The CVITP is a partnership between the Canada Revenue Agency and Community Organizations which host tax preparation clinics and arrange for volunteers to prepare income tax and benefit returns for eligible individuals).

Volunteers are ready to assist you in preparing your 2018 income tax returns. Returns will be completed between March 1 and April 15.

Returns **CANNOT** be completed by our Volunteers if any of the following situations apply:

- are self-employed or have employment expenses
- have rental income and expenses
- have interest income over \$1,000
- have capital gains or losses
- are completing a tax return for a deceased person
- filed for bankruptcy
- have business income and expenses (unless income is in box 048 on a T4A slip and less than \$1,000 with no related expenses)
- are foreign workers

We require the following information in order to complete your return:

- Personal information (address, birthdate, Social Insurance Number, marital status)
- Dependents' information (spouse/children's names, birth dates)
- All forms, schedules and labels you have received from Revenue Canada
- Receipts for any expenses, such as medical, moving, tuition, sporting activities, etc.
- Previous year's tax return, if available
- All "T" slips (T4, T4A, OAS, etc)

To book an appointment, arrange for document pickup (weekly pickups are planned for Onoway and Alberta Beach areas, details to be determined), or for more information, please contact:

Taryn Monteith, Community Services Coordinator

780.785.3411 or 1.866.880.5722

DEMOCRACY

Submitted by MLA Mark Smith | Drayton Valley – Devon Constituency

As a member of the United Conservative Party our party along with all of the other parties has begun announcing some of its platform policies for the upcoming election.

Perhaps the announcement I will be most proud of is the roll out of the UCP policy on grassroots, democratic governance.

The UCP recently announced that should it become government it would bring forth the following slate of democratic initiatives that would make our democracy more responsive to Albertans.

Recall, Free Votes, By-elections for MLA's that want to cross over to another party and the renewal of the Senatorial election act will all

enhance Alberta democracy. A democracy is only as responsive to the people as the people have the ability to control their representative.

Recall should not be easy but Albertans should have the capacity to dismiss an elected representative if he or she consistently refuses to represent his constituent's point of view or is not found to be doing their job.

Recall would allow constituents to sign a petition asking for a by-election to see if the constituency still wanted the MLA to continue to represent them.

Free Votes are votes in which the MLA is free from party discipline and is therefore free to represent constituents and or conscience. The UCP support free votes on all bills that are not budgetary or bills that a party has campaigned on.

An MLA is usually elected repre-

senting a particular political party and constituents elected that person to represent not only them but that party's platform.

Should an MLA desire to switch parties then the UCP believes that they should have to call a by-election and make sure that their constituents support that decision.

Lastly, one of the low points in this past four years for democracy was when the NDP disenfranchised Albertans by refusing to renew the Senatorial Election Act.

As far as I know this was the only time in Canadian history where the right to vote, in this case the right for Albertans to vote for who they would like to represent them in the Senate, has been taken away.

With all the tension between East and West today, with Albertans questioning their place in confederation the Senate is and should be a

place of second sober thought capable of defending Albertan interests from a Federal government dominated by Ontario and Quebec.

It is for that reason that renewing the right for Albertans to elect a Senator is important.

Only when a Senator is elected do they have the full moral and political right to stand up and vote against a bill like C-69 which is injurious to Alberta and Canada as a whole.

It is not uncommon for people to express that voting doesn't matter and that our democracy is broken.

That is why these measures are so important.

In a democracy we get the government that we choose but let us ensure that we have a set of checks and balances that enable us to say that in Alberta our democracy truly is about rule by and for the people.

Parliament Update

Continued from Page 16

To my constituents: please put blockers on your computer software program, etc. Our systems are not

safe from unwanted intruders.

On Thursday, during debate on S-6, I asked my Conservative colleague to explain to the House the importance of working with other governments from other countries.

Later that day, I participated in the debate on C-83. You can read comments and questions from Debates on the House Publications page at www.ourcommons.ca/en

On Friday I was required to be

in Ottawa for house duty and other commitments. I have chosen to stay 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

Darwell Hall, 780-721-2690

Darwell Seniors, Phone Debra 780-785-2907

Duffield Hall, 892-2425 or 963-6887

Entwistle Hall, Contact Tracey at 780-898-2317 or Cheryl at 780-515-1755

Entwistle Senior's Drop In Centre, Barb 727-2108 or Glennis 727-4367 Mon-Fri

Evansburg Senior's Heritage House, Dennis 727-4186

Evansburg Legion, upper hall 250 people, lower hall 80-100 people, 727-3879

Fallis Community Hall, 892-3150

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

Keephills Hall, 731-3761

Lake Isle Community Hall, PH: 780-892-3121 or Email: lakeislehall@mail.com

Lake Romeo PeaVine Hall, 785-2700

Magnolia Hall, 727-2015

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

Mayerthorpe Diamond Centre, 786-4044

Moon Lake Community Hall, Nikki Berg 780-898-1390

Park Court Hall, call or text Karyn 780-712-3918

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

Ravine Community Hall, 325-2391

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

Rosenthal Community Hall, 963-7984

Smithfield Community Hall, 892-2390

Tomahawk & District Sports Agra, Bookings: Kathy 780-339-3773.

Wabamun Jubilee Hall, 892-2699.

Wildwood Community Hall, 325-2180 or 780-514-6105

Wildwood Rec Complex 325-2077 or 514-8944

Wildwood Senior's Hall, 325-3787 or

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Obituaries

JOACHIM "Jack" WOLFGANG DIETMAR HASCHICK - It is with great sadness the family and friends announce the death of "Jack" on February 9, 2019, at his home, at the age of 80 years. Jack will be lovingly remembered by his family in Germany and friends in Costa Rica and Alberta. Jack was pre-deceased by his parents Karl and Edith of Germany. In Honour of his wishes, no funeral service will be held. Cremation has taken place on February 15, 2019. (1) 26-02



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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:

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

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

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!



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Events

Backyard Birds & Bees are offering beginning Beekeeper courses, March 2nd & April 7th, 2019 at the Pioneer Center in Spruce Grove. Please email backyardbirdsandbees@outlook.com or call 780-446-4579. Cost is \$100 per person or \$150 per couple. Please pre register. No deposit required, payment at door. (4) 05-02

Lost & Found

FOUND: Gold Ring with diamonds, around the hospital area. Size 6 1/2 with inscription. Please call to identify, 780-906-1949 (2) 26-02

Employment Opportunities

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(4) 05-02
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KEY BENEFITS
PAIN RELIEF: Known to reduce vomiting & nausea; suppress muscle spasms; reduce seizures & convulsions.
PROMOTES HEALTH: Helps to promote relaxation and overall health.
WELL-BEING: Helps to relieve anxiety, aid in digestion, supports optimal immune function and the regeneration of healthy cells.

Therapeutic Uses For Pure Hemp CBD
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Anti-Aging Uses For Pure Hemp CBD
Promotes more youthful skin, provides hydration, enhances radiance, lessens age lines as well as the appearance of dark spots.

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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.

ORAL SPRAYS & DROPS
KEY BENEFITS
MANAGES PAIN: Helps to treat inflammation, arthritis and joint pain.
TREATS DIGESTIONAL ISSUES: Helps with loss of appetite, nausea, IBS and gastrointestinal swelling.
GENERAL HEALTH: Helps to manage mood, anxiety and general joint pain. For healthy, happy pets.
CONVENIENT: Can be sprayed into pet's mouth or on food.

For more information, Call (780) 907-8642
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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).

MAR 5 - SHOVE TUESDAY PANCAKE SUPPER, 5:00pm-6:30pm at Peace Evangelical Lutheran Church, (303 Church Rd, Spruce Grove). Free Will Offering. Please plan to join us and bring your friends & family.

MAR 9 - EVANSBURG ART CLUB PRESENTS: COLOURED PENCIL with Susan Cassault, 10am-4pm at the Heritage House Evansburg. For info 780-723-4119

MAR 16 - ST. PATRICKS DINNER & DANCE at Duffield Hall. Cocktails 5pm, Jiggs Dinner 6pm, 7pm Blue Northern Dancers Performance. Dance to follow by Singing Sawyer & Comrades Band. Advance Tickets \$20. PH: 780-717-6291, 780-963-9664

MAR 20 - ANNUAL GENERAL MEETING for Lake Isle Community Hall @ 7pm. Location: Lake Isle Hall, (RR 55 & HWY 633). Refreshments & Light Snack Provided

FARMERS MARKETS

DRAYTON VALLEY: Evergreen Farmers' Market, Wednesdays at the Mackenzie Center of the Omniplex from 10:30AM-1:30PM. *Ends Dec. 19

EVANSBURG: Sat, 10AM-2PM, Tipple Park Museum. Call 727-2240 for tables.

SPRUCE GROVE: at the Elevator, Sat 9:30-1:30PM, tables (780)240-5821

STONY PLAIN: Sat, 9AM-1PM, Downtown, Stony Plain. Phone Nancy 780-962-3993.

BINGO

ENTWISTLE COMM. LEAGUE BINGO: Every Wednesday, Doors Open 6PM.

STONY PLAIN SENIOR'S DROP-IN CENTRE: public bingo every Tues, 7PM. All ages welcome. Phone (780) 963-6685

TOMAHAWK: every Mon at Agra Centre, doors 6pm, Bingo 7:30PM. Info 339-2423 or 339-3747

WILDWOOD: Mon night, 6:30PM, bingo starts 7:30PM, Early Birds & Lucky 7.

MEAT DRAWS

Darwell: Put on by Alberta Beach & District Lions Club, 4:00PM, bi-weekly, Darwell Lounge & Restaurant

Evansburg: Evansburg Legion, Friday 8-10PM & Saturday 3-5PM

Wildwood: Wildwood Legion, Saturday 3-5PM

JAMBOREES

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

CHIP LAKE: Ravine Comm Hall, 1st Sat 325-2119 or 325-2391

DUFFIELD: 4th Sat, Duffield Community Hall. Supper 6PM. *Sept - May.

DRAYTON VALLEY: Last Sunday of month. Upstairs @ the "55 Rec. Center" Doors at 12PM, Starts at 1PM. 780-542-3768

ENTWISTLE: at Entwistle Community Hall, 3rd Saturday. For more info call Diann at 780-514-0045. *Starting Oct - May.

MAGNOLIA: at Magnolia Hall. Every 2nd Saturday, Supper at 6PM. 727-2015 or www.magnoliacomunityclub.ca, Call to confirm. *October - May

RAVINE COMMUNITY ASSOCIATION: 1st Sat of each month. Info 780-325-2391 *Sept - May.

SEBA BEACH: 2nd Friday 7PM, Seba Senior's Centre, Toni 797-4233

SPRUCE GROVE: at Sandhills Community Hall, 3rd Sunday, 1-5PM. Info Florence 780-962-3104 Margaret 780-962-3051 *Sept - 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.

TOMAHAWK: Tomahawk Agriplex, 3rd Friday of month. 7PM. PH: 780-339-3755. *Starts Oct 2nd.

WILDWOOD: Wildwood Community Hall, 3rd Wed Each Month, 7PM. 325-3749 *Oct - June.

TOPS (Take Off Pounds Sensibly)

ENTWISTLE: Wed 5:35pm weigh-in, 5:30-6:30PM meeting, food bank building, South entrance. 780-932-2695.

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

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

WILDWOOD: Thurs at Wildwood School,

5PM. Connie (780) 325-2420

YOUR COMMUNITY

ALBERTA PARENTING FOR THE FUTURE ASSOC: Call 963-0549 or visit www.apfa.ca to register. All programs are confidential & free.

FREE HOME MEAL DELIVERY PROGRAM, for Wabamun Seniors & Wabamun Lions. Arrange for meal preparation through a local restaurant. Call Darlene, 892-2551.

PEMBINA SKATING CLUB (Evansburg Arena), offers Learn-to-Skate, CanSkate & STARSskate. All ages. Call Lisa 727-2729. *RUNS Sept-March

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

LIBRARY EVENTS

AFTERNOON BOOK CLUB at Keephills Library. 2nd Tues of every month, 1:30-3:00PM. Visit www.pclibraries.ca for info.

FAMILY GAMES NIGHT: 3rd Wed of every month, 6-8PM. Located at Entwistle Library, Duffield Library and Tomahawk Library. In partnership with Parkland School Division. Visit www.pclibraries.ca for more info.

HATCHET CITY READERS at Tomahawk Library. 3rd Tues of every month, 10-11AM. For what we're reading next, visit our website, www.pclibraries.ca.

INVESTORS CLUB: 2nd Thurs of every month, 3:30-5:00PM at Entwistle Library. 4th Thurs of every month, 3:30-5:00PM at Tomahawk Library. Ages 8-13. To register: Call the library at 780-339-3935.

SEBA BEACH PUBLIC LIBRARY BOOK CLUB - meets the 4th Tuesday of the month in the library at 10:30AM. For info call 780-797-3940 or E-mail us at sebaeachlibrary@yrl.ab.ca.

EVANSBURG PUBLIC LIBRARY BOOK CLUB: 4th Thurs, 7:00PM Grand Trunk High 727-2030.

SOCIAL EVENTS

50+ YOUNG AT HEART LUNCHEON for Parkland County Seniors. 12PM at Stony Plain United Church Basement, \$8/plate. 3rd Wed of Month. Call Barb 780-952-0882. *Sept-June

AEROBICS: Low impact, Mon/Wed, 11AM-12PM, Wildwood Senior's Centre, \$1/session.

BREAKFAST SOCIAL: 9:30AM-NOON, Parkland Village Community Centre - 3rd Sunday. PH: 780.298.9155 Social Media: PCCCentre.

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/hon-members. Contact Cindy 780-963-7170.

EVANSBURG ART CLUB: meet & paint Thurs 1-4PM Rec Plex. 727-4340 or 727-4098

EVANSBURG GUIDES & PATHFINDERS: Mon 6PM, Camp Evansburg.

EVANSBURG SENIOR'S HERITAGE HOUSE: Floor Curling Mon & Thurs, 1pm. Court Whist Thurs, 7PM.

EVANSBURG TIPPLE PARK HISTORICAL BUILDING TOURS: Wed - Sat, 10:00-5:00PM. **HEALTHY AGING NURSE & FOOT CARE PERSON,** Wabamun Seniors Centre, 2nd Thurs of month, 9AM.

OPEN HOUSE for socializing, Crib & card playing at Entwistle Senior Center, Thursdays at 6:45PM, Dan 780-982-0353

PARENT & TOT PLAYTIME: PERC Building Stony Plain Wed 10-11AM; Holborn Community Hall Thurs 9:30-11AM; Parkland Village Tues 9:30-11:30AM.

POT LUCK every Tues 12:00PM, Wabamun Seniors Centre. Come on down!

SEBA BEACH SENIORS CENTER: Yoga, mon, 9:30AM, \$10/session. Bridge thurs, 1PM. Jams every Wed night, 7PM. Thrift Shop every Wed & Sat 10-3PM.

SEBA BEACH QUILTERS & FIBER ARTS: Wednesdays 9:30AM, Seniors Centre.

SENIORS 50+ LUNCHEON: 3rd Wed, 12PM at Stony Plain United Church basement hall. Call Audrey (780) 963-7582

SENIORS WEDNESDAY* AFTERNOON 1-4PM at Parkland Village Community Centre. Games, Crafts & more! Call Sheryl 780.695.7032 *exceptions incl. Weather.

SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS at PERC Building (5413-51 St). 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

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

STONY PLAIN'S 5TH MERIDIAN GOOD SAMS RV CHAPTER: Ecole Meridian Heights School. 3rd Tues of Month, 7PM. Call Pat at 780-963-6976 or Ruth at 780-288-9829.

MEETINGS

2nd TIMERS: A support & confidential group for Grandparents Parenting. 1st Thurs of month, 6:30PM. Grand Trunk High School (meet in Lobstick Literacy & Learning room). Child care provided at the Evansburg Public Library. *Starts October.

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

755 PARKLAND AIR CADETS Thurs, 6:30-9:30PM Muir Lake School, ages 12-18. Info call 405-6585 or www.aircadet.com/755.

AA: Friday at 8PM, Evansburg. Call 325-2204, 727-2466 or 727-6652.

AHS: Addiction Services provides assessment and counseling for alcohol, other drugs, tobacco and gambling in Breton on court day Wednesdays. To make an appointment, please call 780-542-3140.

AL-ANON: Wed 8PM. Spruce Grove United Church, 1A Fieldstone Drive. 962-5205

CHAMBER OF COMMERCE (Evans/Ent): 7:30PM 3rd Thurs, Heritage House.

C.H.I.L.D. (Citizens Helping in Life's Defence) Please join our Pro-Life meetings once a month in Stony Plain. For info call Chris 963-6997.

CITIZENS ON PATROL: The Pembina Community Watch Patrol Meets 2nd Thurs of each month at 7:30PM, at the West Central Forage Association Office 5009 45th Avenue, Entwistle. Contact 780-727-2000

COMMUNITY QUILTERS & CRAFTERS: 3rd Tues, Evansburg, Liz 727-3872 Brenda 727-4476

DARWELL & DISTRICT AG SOCIETY: 8PM, 1st Mon, Community Hall.

DDRA MEETING: 7PM, 2nd Mon, Darwell

Community Hall 892-3099. *Except Jul/Aug/Dec

DRAYTON VALLEY BRANCH OF ALBERTA GENEALOGICAL SOCIETY: meets 7PM at Municipal Library (5120-52 St.) every 3rd Wed of month. Call (780) 542-2787

ENTWISTLE COMMUNITY LEAGUE GENERAL MEETINGS: 2nd Thursday monthly 7:30PM. *Except June, July, August

ENTWISTLE LIONS CLUB: 2nd & 4th Tues, 8PM, Entwistle curling rink. Jim 727-3573

ENTWISTLE SENIORS 55+ CLUB: Tue & Fri, 1:30-4:00PM at Entwistle Hall

EVANSBURG SENIOR'S HERITAGE HOUSE: 2nd Tues of Month, 1:30PM. Dennis, 727-4186.

FALLS COMMUNITY ASSOCIATION: 3rd Tuesday, 7:00PM.

GIRL GUIDES OF CANADA: Poplar Hollow District Guides-Pathfinders, Mon 6-8PM. Sparks-Brownies Tues 4-5:30PM. Meet at Camp Evansburg. Brenda 780-727-4476

LAC STE. ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY: 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

LOBSTICK 4-H BEEF & MULTI CLUB: 1st Mon, Evansburg Arena, 7PM, Shannon 727-2358

LOBSTICK GARDEN CLUB: 1st Mon, 7PM at Tipple Park Museum, Clara (780) 399-2205

MAGNOLIA BOARD MEETINGS: 1st Tuesday of month, 7PM at Magnolia Community Hall.

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

MS SOCIETY DRAYTON VALLEY COMMUNITY GROUP meets 1st Tues of month, 6-8PM at Norquest College. Terra Leslie, 1-403-346-0290. *Sept-June

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

NA MEETING: Tuesdays, 7:00PM. 514-6011

PEMBINA PORCUPINES - JUNIOR FOREST WARDENS: Entwistle Porcupine gathering: 7PM, 1st Tue. Len & Tineke at 727-2020. Porcupines@yellowheadfw.ca

SOLVE: Community Enviro issues discussed at Smithfield Hall (N of Hwy 16 on RR34). 2nd Thursday. Jana 892-0006

STONY PLAIN FISH & GAME ASSOCIATION & WABAMUN GUN CLUB: 2nd Mon, Stony Plain Comm Center, 7:30PM.

SUNDOWNERS TOASTMASTER CLUB: Mon (excl. Holidays) 7:30-9:30PM. St. Matthew's Church, Spruce Grove. Judy 960-5258

TOMAHAWK SENIORS (50+) meets every Thursday from 1-4pm at the Tomahawk Agra.

W.E.E COMMUNITY FOOD BANK: Call (780) 727-4043 for emergency food needs. Monthly Meeting: LAST Monday of month at 7:00PM at the Food Bank (Old fire hall in Entwistle). *Except December

WILDWOOD & DIST AG SOCIETY: 2nd Wed of each month 7:00PM at the Wildwood Complex. Wilma 325-2424

WILDWOOD & DIST ROD & GUN CLUB: 2nd Thursday, 7:30PM at the range clubhouse, wildwoodrodandgun@gmail.com

WILDWOOD SENIORS: 4th Wednesday at 2:00PM. PH: 325-3787 or 325-2391. *No meeting July/Aug/Dec.

Church Directory

<p>Seba Beach Christian Fellowship Sunday School 10:00a.m. Worship Service 11:00a.m. Weekdays Bible Study & Prayer (780) 305-3594</p>	<p>Advent Lutheran Church Sunday Worship & Sunday School 11:00a.m. Evansburg O: 727-3594</p>	<p>Roman Catholic Church St. Agnes' Parish, Mayorburpe Sunday 9:00a.m. St. Elizabeth Parish, Evansburg, Saturday 7:00p.m. (780) 786-2032</p>	<p>St. Joseph's Catholic Church Sunday Mass 11:30a.m. Tuesday Mass 7:00p.m. Wabamun, AB</p>	<p>St. Augustine's - Parkland Anglican Church 131 Church Rd. Spruce Grove Sunday Service 10:00a.m. Eucharist with Sunday School & Nursery All are Welcome Office 780-962-5231 www.staugustinesparkland.org</p>	
<p>Parkland Baptist Church Sunday Worship Service 10:30a.m. All Welcome 121 Brookwood Drive (780) 962-4101 www.parklandbaptist.ca</p>	<p>Word Church Apocalyptic Era Border Crossing Athletic Centre, 9 Tri Leisure Way, Spruce Grove upstairs in the Wild Rose room. Ph: 780-962-7579 Service starts at 10:00 a.m. every Sunday morning, come all & be bless.</p>	<p>St. Saviour Mission (Anglican Diocese of Edmonton) 5117-51 Avenue (Wabamun Seniors Center) Services every Sunday at 10:00a.m. Rev. Aaron Parsall-Myler at St. Augustine's - Parkland 780-962-5131</p>	<p>Stony Plain United Church Sunday Service 10:30a.m. 5012-51 Ave. Stony Plain Mewassin United Church Sunday Service 9:00a.m. Rev. Sally Boyle Hwy 627 - Rg Rd 30 Ph: 780-963-4745</p>	<p>Immanuel Lutheran Church of Rosenthal Traditional Service Sunday 9:30a.m. Contemporary Service 10:15a.m. Christian Counselling Services Rg Rd 13, Twp Rd 524 Ph: 780-963-4048 www.lcr.ca email: ofb@lcr.ca</p>	
<p>Emmaus Lutheran Church Sunday Worship Service 11:30a.m. Rev. Robert Marshall 604-50th Ave, Drayton Valley Ph: 780-542-5101 www.emmauslutheranchurch.worpress.com</p>	<p>Church of God Worship Service Sun. 11:00a.m. Please contact for activities 5004-49 Street, Drayton Valley Ph: 780-542-5091</p>	<p>Calvary Baptist Church Pastoral Team: Kenton Penner Sunday Worship 10:30a.m. Youth & Ministries Info - calvbapt@telus.net 4401-50th Ave, Drayton Valley 780-542-4774 www.calvarybaptistdu.ca</p>	<p>Drayton Valley Alliance Church Pastor John Haazen Join us for Sunday Service at 10:30a.m. 5014-56 Ave. (next to Value Drug Mart) Programs for all ages Ph: 542-6501 dvalliance.ca</p>	<p>All Saints' Anglican Church Sunday Morning Worship 9 BCP 10:30 BAS with Sunday School & Nursery 5212-47 Ave. Drayton Valley (780) 542-5048</p>	<p>St. Anthony Catholic Church WEEKEND MASS SCHEDULE: Saturday 5:00p.m. Sunday 12:00p.m. 4708-50 Ave, Drayton Valley Parish Office: 542-5254</p>

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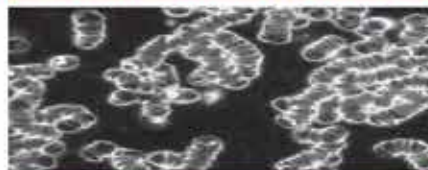
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