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March 19, 2019

READY FOR A GARAGE SALE?

Submitted by Yvonne Slemko | Onoway and District Historical Guild

Are you downsizing? Doing some de-cluttering? Cleaning out the garage? The shop?

Onoway Heritage Centre's latest undertaking is there to help you!

Throughout spring and summer, the Heritage Centre will be hosting community garage sales which will enable local residents to rent a table in the Alliance

Activity Centre (gym) where they can display and sell those no-longer-necessary items. The garage sales will be open from 10 a.m. until 3:00 p.m. and will run one Saturday each month, beginning April 13 with the final sale on September 14. The Saturdays vary (May 4, July 13, August 17) so be sure to mark your calendar. The June 8 sale is special; it will follow the Heritage Day parade and run noon until 5:00 p.m. – a perfect way to add something new

to the day.

Michelle Bourke, the initiator of this venture, remembers the years that similar garage sales were held in the arena – what a busy place it was for locals who were interested in buying and selling!

Anyone interested in booking a table should contact Mitch at 780.905.9704 or email admin@onowaymuseum.ca.

Start the spring clean-up now and book your table!

GUNN HALL'S MARCH 9TH CRIB TOURNAMENT

Submitted by Marlaine Janke, Hall Representative | Gunn Hall

We had 46 teams come out to enjoy 12 games of cards at our tournament. We know that an important part of the tournament for our players is to enjoy a delicious lunch at half time. Our kitchen volunteers strive for this and pleased everyone with a meal of chicken pieces, rice, vegy's & salad plus all the extras. They did an amazing job and were complimented by many.

Our prize allocations are as follows. The 1st place team had 1432 points. Don Gibbs & Madeleine

Bull of Evansburg received the amount of \$350.00. Second place had 1429 points. They received \$250.00 - Lisa & Steven Desjarolis of Stony Plain. Third place for \$150.00 was won by Merna & Allan Strawson of Barrhead. They had 1427 points. Fourth place for \$75.00 was won by Bill Hunter of Barrhead & Terry Veenstra of Gunn. They had 1419 points. We paid a \$20.00 prize to the last place team which had 1253 points. We won't disclose their names. No one wants to know that anyway – haha!! They still had a great day and if the cards aren't in your favor there is not much you can do.

We also paid out \$60.00 to the 6 players that had 24 point hands.

The jackpot was not won this time and will be carried forward to our next tournament. This can be won by getting the highest score possible of a 29 point hand. If anyone achieves a 28 point hand we also will pay a prize of a lesser amount than the jackpot.

Two 50/50 draws were held. The first being \$250.50 won by Allan Strawson of Barrhead & the second being \$262.50 won by Joan Dean of Darwell & Larry Borle of Rich Valley. (They split the amount).

Continued on Page 3

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WHITECOURT TOWN COUNCIL UPDATE

Submitted by Tara Galant, Legislative Manager | Town of Whitecourt

MARCH 12, 2019

Congratulations to Tammy Knitter and Brooklyn Galliot for being selected as this year's winners of the Mayor For A Day Initiative. Sixteen submissions were received for this year's

program from Grade 6 students of Ecole St. Joseph School and Percy Baxter School. The initiative promotes leadership opportunities in our community, and creates a greater understanding of local government for local youth. Both Tammy and Brooklyn will be shadowing Mayor Maryann Chichak for part of the day on Monday, March 25.

As part of the year end process, Administration has updated the 2018 Project List with project status and costs. The 2018 Project List includes 160 projects, and is available for viewing on www.whitecourt.ca. The 2019 Project List will be published for Council's information once the final budget is approved in April 2019.

Council hosted a successful 2019 Budget Open House on March 6. Thank you to those that attended and provided feedback for the 2019 Budget. If you were unable to attend, the information displayed at the event is available on our website at www.whitecourt.ca (click on the "Government" heading).

Town Council has approved a street closure request for the Canada Day Parade. This year's parade will be held on Monday, July 1 starting at 11:00 a.m. in downtown Whitecourt.

JOKE OF THE WEEK

A Texas rancher was visiting a farmer in Israel. The proud Israeli showed him around. "Here is where I grow tomatoes, cucumbers, and squash. Over there I built a play set for my kids, next to the doghouse," the farmer said. The land was tiny, and the Texan was surprised by its small size. "Is this all your land?" he asked. "Yes," the Israeli said proudly. "This is all mine!" "You mean this is it? This is all of it?" the Texan said incredulously. "Yes, yes, this is really all mine!" "Well, son," said the Texan, "back home I'd get in my car before the sun'd come up and I'd drive and drive and drive, and when the sun set, why, I'd only be halfway across my land!" "Oh, yes," replied the Israeli farmer wistfully, "I used to have a car like that."

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Darwell FUN SOCCER

2019 Registration at Darwell School
March 19th 4:00-6:30pm
March 21st 5:30-8:00pm

Play Monday and Wednesday at Darwell School
Ages 4-8 years @ 5-5:45pm | Ages 9 years+ @ 6-7pm
**tentative- how the field gets divided depends on number of registrants*

Fees: \$20/player (cash or e-transfer Darwellrep@gmail.com)
Runs from April 22- June 10, 2019
Please bring Alberta Health Care number.
Players must be 4 years of age by April 1, 2019.
Players **MUST** wear soccer shin guards and running shoes or rubber cleats.

**Still in need of coaches/ parent volunteers please contact at Darwellrep@gmail.com or Darwell Athletic Association FB page*

RAMP link for Baseball Registration
<http://darwellminorsports.rampregistrations.com/>
****unfortunately only ball registration is online, soccer is still paper****

ONOWAY AND LAC STE. ANNE COUNTY PARTNERSHIP CREATES ECONOMIC DEVELOPMENT ROADMAP

On Our Way to Endless Opportunity Report a Result of Collaborative Approach to Economic Development

Submitted by Mr. Nick Gelych Chairperson, Onoway and Lac Ste. Anne County Partnership | Deputy Reeve, Lac Ste. Anne County

The Town of Onoway and Lac Ste. Anne County have adopted a regional economic development roadmap called On Our Way to Endless Opportunity, designed to guide the municipalities' business development and entrepreneurship efforts over the coming three years.

"We understand the value of working together," said County Reeve Joe Blakeman, "and a part-

nered approach to economic development is only going to reduce costs while improving the plan's effectiveness." The Onoway and Lac Ste. Anne County Partnership is a steering committee made up of three elected officials from each municipality, supported by their respective administrations, that is looking to build a foundation for future collaborative economic development.

"This roadmap lays out specific goals and actions we can take together," said Town of Onoway Mayor Judy Tracy, "to support the businesses we have, while at-

tracting new investment into the region." The roadmap was built on extensive engagement with business owners and residents, and contains 14 goals that include supporting entrepreneurs, diversifying the economy, and improving access to broadband internet.

"We knew from the beginning we wanted a strategy that reflected the needs of our businesses and residents," said steering committee chairperson Nick Gelych. "We spent a lot of time surveying and interviewing people because we wanted to know what was important to them and ultimately to

get a strategy that was realistically achievable."

In the coming months the steering committee will be begin implementing the roadmap and provide regular communication on its progress. "We appreciate all of the feedback we received during the development of the On Our Way to Endless Opportunity report," continued Gelych, "and we're committed to keeping that dialogue with our business community open."

For a copy of On Our Way to Endless Opportunity please visit: www.lsac.ca or www.onoway.ca

Gunn Hall's March 9th Crib Tournament

Continued from Page 1

The 19 pot in the first 6 games came to \$27.25 won by Marie

Bierworth of Edmonton and the afternoons was \$31.50 won by Barb Chalinor of Gunn. Even by winning these small pots, the days entry fee cost is covered.

This was our organizations 7th crib tournament and we all appreciate the support from the surrounding communities. Congratulations to all the winners

and we hope your day was enjoyable. Also a special thanks to all the volunteers who contribute to making this event run smoothly.



March 12th, 2019

NOTICE TO ALBERTA BEACH RESIDENTS
(FLOODING, ROAD RESTRICTIONS / ROAD BANS, ROAD WORK)

FLOODING:
Due to the heavy amount of snowfall this winter, we are strongly suggesting that all residents especially in low-lying areas of the municipality take flood precautions by:

- moving significant items to higher points on your property;
- ensuring your drainage ditch is free & clear of debris;
- notifying us if you notice your culvert is not allowing the flow of water.


The Alberta Beach Public Works Department will be clearing snow from main drainage areas and will be doing their best to help prevent flooding; however, this will be dependent on how quickly the thaw comes. Natural water runoff and water ponding on private land is the responsibility of the property owner. Please ensure your property is draining to the ditch (usually in the front) and not to the alley or to neighboring properties.

ROAD RESTRICTIONS/ROAD BANS:
Please be advised that Alberta Beach has a permanent 75% road ban in effect however during the spring thaw the road ban may increase to 50%. The reduced load period typically occurs between March to the end of May dependant on weather and road conditions. Reduced load restrictions help protect our roads during the spring thaw, when road damage is most likely to occur. During the spring thaw frost boils may occur. In our road work project we are working to repair these areas and we may have to close portions of the road ways. Please check the Alberta Beach Website www.albertabeach.com for updates.

ROAD WORK:
During 2018 our road work project began to rebuild a number of roads in the village which have been problems areas in past years. This project began late in 2018 and will continue in 2019. It will be necessary to close various roads due to this project we apologize for any inconvenience this may cause. Please check the Alberta Beach Website www.albertabeach.com for updates.

If there are any questions or further concerns in regards to the above or to notify public works of a blocked culvert, please contact the Alberta Beach Village Office at 780-924-3181 or email aboffice@albertabeach.com.

Your assistance and cooperation is appreciated.
Alberta Beach



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UPCOMING ADULT EDUCATION PROGRAMS

Note that subsidy may be available to eligible participants for registration fees, transportation needs and/or childcare for any program offered by Whitecourt Lac Ste. Anne Adult Learning. Inquire at the time of your registration.

FREE ENGLISH LANGUAGE (ESL) CONVERSATION GROUPS - WHITECOURT

Have fun practicing your English skills and meet others in your community! No need to sign up, just drop in.

FREE Tuesdays, Jan 8 - April 30 (Except April 2)
6:30 – 8:00 pm | Whitecourt & District Public Library | 5201 49 Street

MONEY MANAGEMENT - WHITECOURT

Money makes the world go around. Do you have a plan for how to spend but not to save? Do you know the difference between a need and want? Learn the skills required to complete simple financial tasks.

FREE Tuesday, Mar 26 | 9:00 - 10:30 am
Tennille's Hope Kommunity Kitchen | 5020-50 Ave

FOOD SAFE - WHITECOURT

Learn the four key elements of safe food practices, from preparation to storage and service. Participants will learn how to handle food at home and in different establishments. Upon successful completion of this course, participants will receive a certificate in food sanitation and hygiene, required by Alberta's Food Regulation.

Tuesday, April 2 | 8:30 am - 5:30pm (bring your own lunch) | NorQuest College | 5020-50 Ave \$50.00

Registration deadline is Tuesday, March 26.

BUILDING SELF-ESTEEM - WHITECOURT

Low self-esteem can affect relationships, your health and your job. This workshop will offer you tips on how to improve your self-esteem. Learn key elements that you can focus on and use every day.

FREE Tuesday, April 2 | 10:00 am - 12:00 noon
Tennille's Hope Kommunity Kitchen | 5020-50 Ave

PROBLEM SOLVING SOLUTION BUILDING - WHITECOURT

Learn to recognize what the problem is and then find a solution by using creative tools. Learn how to apply solutions using a step by step plan. Recognize key elements that will help you stay focused on the task.

FREE Tuesday, April 9 | 10:00 am - 12:00 noon
Tennille's Hope Kommunity Kitchen | 5020-50 Ave

ASSERTIVENESS TRAINING - WHITECOURT

Learn some techniques to use when you are dealing with a challenging situation or a difficult person. Discover ways to communicate so you are not taken advantage of. Respectfully agree to disagree.

FREE Tuesday, April 16 | 10:00 am - 12:00 noon
Tennille's Hope Kommunity Kitchen | 5020-50 Ave

EMOTIONAL SPENDING - WHITECOURT

Are you buying something you don't need and, in some cases, don't even really want, as a result of fear, guilt, jealousy, boredom? Recognize the signs and learn how to get your emotional spending under control.

FREE Tuesday, April 23 | 10:00 am - 12:00 noon
Tennille's Hope Kommunity Kitchen | 5020-50 Ave

FREE TUTORING PROGRAM - WHITECOURT, ANSELMO, BLUE RIDGE AND LAC STE. ANNE COUNTY.

WE OFFER FREE ONE-ON-ONE TUTORING!

If you know someone who needs help with reading/writing, English language (ESL), basic computer skills or numeracy (math) refer them to our program!

We also need volunteers for our program to be successful.

- Help another adult with any of the skills listed above
- Hours are flexible
- Training and resources are provided
- Tutoring takes place in a public place, like the local library



Providing programs & services in Adult Literacy and Adult Learning.

For more details about our programming, please visit www.wlsa-adultlearning.ca. To inquire about any of our programs, please contact Carla at 780-554-2940 or literacy@wlsa-adultlearning.ca.

AGE-WELL NATIONAL INNOVATION HUB

Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, is pleased to advise constituents that Western Economic Diversification has invested \$3.5 million in the new AGE-WELL National Innovation Hub: Digital Health Circle.

The funding will assist in bringing innovative health technologies to market by sharing resources and addressing industry gaps by facilitating networking events, create custom training programs and provide business consultations to target audiences.

By helping commercialize preventative health technologies

related to aging, Digital Health Circle will help create jobs, reduce healthcare costs and support increased independence and quality of life for our seniors. AGE-WELL network will impact the lives of seniors and caregivers.

“I encourage local industry and non-profit organizations to partner with AGE-WELL by con-

tacting partnerships@agewell-nce.ca.

As our population ages, the Digital Health Circle, will help our seniors live well with independence, dignity and good health,” concluded MP Eglinski.

For more information please visit the following two links: <https://agewell-nce.ca> and <https://www.digitalhealthcircle.ca>

PUBLIC ACCESS TO CLINICAL INFORMATION ON DRUGS AND MEDICAL DEVICES

Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, wishes to inform constituents that Health Canada will publish on March 20, 2019, the final regulations allowing for the public release of clinical information on drugs and medical devices. This will give Canadians greater access to reliable information that will enable them to make well-informed decisions about their health and that of their families. The data that com-

panies provide when requesting authorization of these products will include study reports and clinical trial results. These regulations are one of key transparency measures introduced under Vanessa’s Law. The Department will consult manufacturers to ensure that confidential and personal information is removed before it releases any data.

Clinical information will be made available to Canadians through Health Canada’s new Clinical Information Portal as of March 13, 2019 and will include

clinical information on a small number of products provided by volunteer companies in advance of the final regulations.

Proactive disclosure for medical devices will start in 2021, to coincide with steps the European Union is taking to increase the transparency of clinical information for medical devices, and to reduce the burden on stakeholders by aligning approaches. Health Canada will also make information about drugs and medical devices already on the market available upon request and add this

information to the portal. Health Canada consulted extensively with academic researchers, health care professionals, patient groups and industry on this approach to determine what information should be shared and in what form.

“This will help researchers tap into and use to benefit the health and safety of Canadians,” concluded MP Eglinski.

For more information please go to: <https://www.canada.ca/en/health-canada/services/publications/drugs-health-products/medical-devices-action-plan.html>

LAC STE. ANNE COUNTY



Lac Ste. Anne County | Box 219, Sangudo Alberta T0E 2A0 | 1.866.880.5722 | www.LSAC.ca | facebook.com/LSACounty

PLANNING & DEVELOPMENT

NOTICE OF DEVELOPMENT PERMIT APPROVALS

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

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

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL DATE DEADLINE
19-D0027	Lot 1, Block 1, Plan 0825897 Country View Estates within SE 15-54-01 W5M	Shipping Container 8.0' x 40.0' (320.0 sq. ft.)	April 8, 2019
19-D0025	Lot 89, Block 6, Plan 7920624 Golden Glen Estates within SE 12-54-03 W5M	Homemade preservative free dog & cat treats, cakes, large baked bones	March 29, 2019
19-D0024	Lot 3, Block 1, Plan 1320002 on SE 27-56-2 W5M	Detached garage with storage loft 30.0' x 50.0' (1500.0 sq ft)	March 29, 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.



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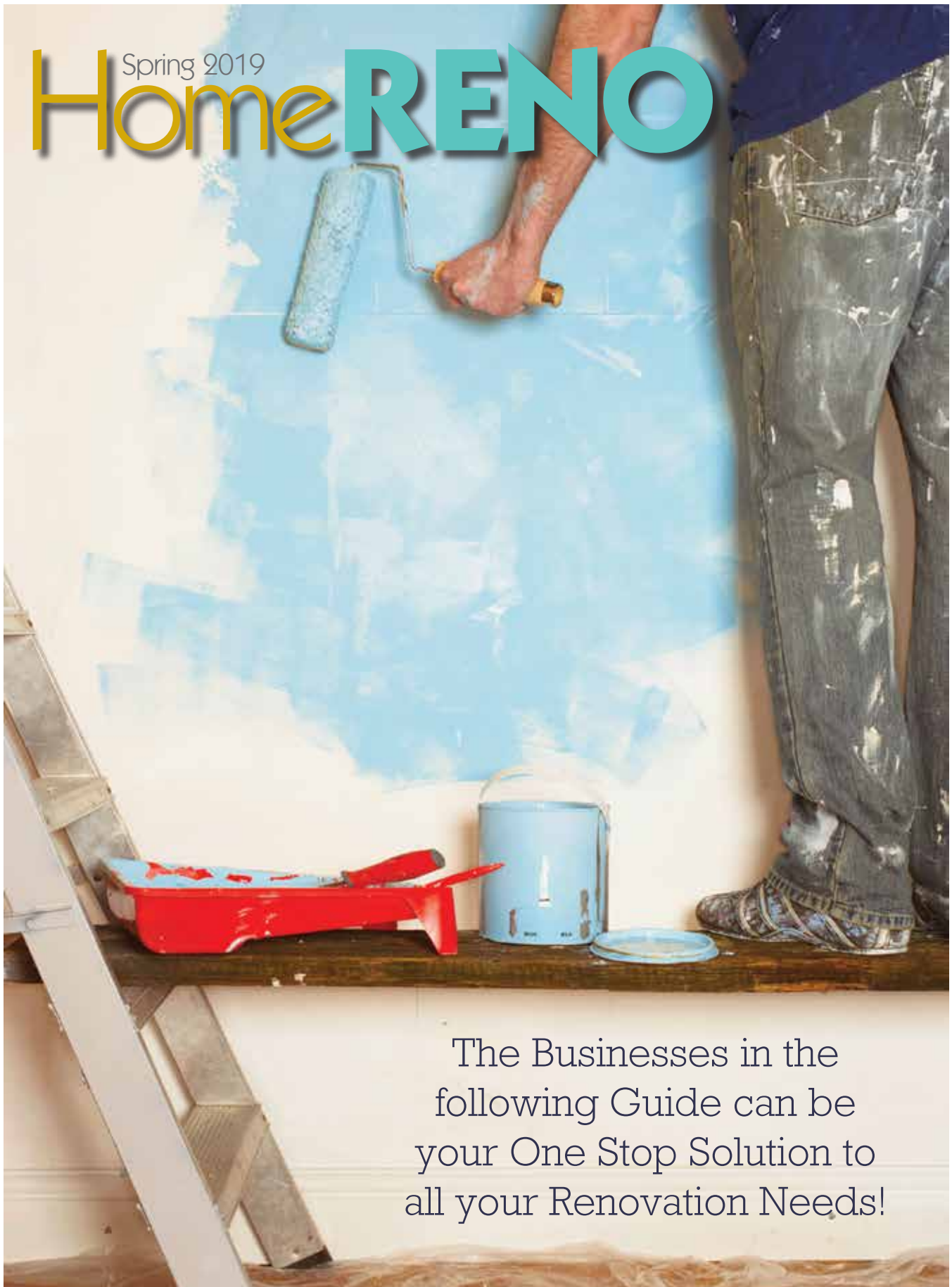
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Spring 2019 HomeRENO



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TIME TO REPLACE OLD WIRING?

Old homes can be charming and contain architectural elements not often seen in many modern housing developments. But what older homes may have in design appeal, they may lack in updated features.

While cosmetic changes are not necessarily difficult, one area of

concern in historic homes - and sometimes even in houses built 40 or 50 years ago - is archaic wiring. Wiring provides power to every room of the home. In today's electronics-driven society, electricity that works is an essential component of daily life. Over time, wiring can be

compromised through simple aging, pest infiltration, weather, or other conditions. Deteriorated wiring can present a shock hazard and also a serious fire hazard, warn the home renovation experts at The Spruce. Furthermore, the home improvement site This Old House advises that

the amperage of old wiring may not be able to meet the needs of the devices used in homes - overpowering the circuits. This can cause breaker blowouts and other problems, such as overheated wires that may spark and cause fires from within the wall.

Wiring often falls into the "out of sight, out of mind" category. Homeowners may make allowances for inadequate electrical systems, such as running extension cords or using multiplug connectors to increase their wiring capacity. However, they may not be diligently keeping on top of upgrades needed to stay safe. Confirming that a home's electrical system is safe is a necessary part of home maintenance.

For those who haven't already done so, schedule an inspection with a licensed electrician to go over the home's wiring. He or she can determine if any areas pose a safety risk and/or do not conform to local code requirements and the National Electrical Code. Failure to meet code can lead to difficulty obtaining permits to make other home renovations, or difficulty selling a home later on.

The electrician can also go over improvements that can improve safety and function. Additional outlets, including GFCI outlets in kitchens and bathrooms, may be part of the plan, as well as rewiring a fuse box or circuit panel to allow for better flow of power around the house. Frayed wiring or underinsulated wiring also may need to be replaced.

Owners of old homes should recognize possible electrical system dangers that require attention. Plus, considering electrical codes change quite frequently, it is always in a homeowner's best interest to work with a qualified electrician to keep wiring inspected and up to date.

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ITEMS TO GET YOU STARTED ON CREATING YOUR SMART HOME

Technology has changed the way people live in the 21st century. Once ubiquitous, land lines anchored to kitchen walls have now given way to smartphones that can be taken anywhere. Bulky television sets that required at least two people to move have been replaced with high-definition offerings so light and thin they can be mounted on living room walls.

It's no great surprise that technology also is changing the physical places we call home. Smart homes are a rapidly growing trend. In a typical smart home, devices such as the thermostat, television and even the refrigerator can be controlled remotely through the internet.

Converting an existing home into a smart home can seem intimidating, especially for people who don't consider themselves tech savvy. But

today's user-friendly technology makes it relatively easy for anyone to turn his or her home into a smart-home.

Before you get started, recognize that there are certain must-have items to turn a home into a smart home.

Hub

The hub refers to software or hardware that connects all of your devices and gets them to work together. Think of the various devices you have and then think of their manufacturers. Chances are strong you have devices manufactured by various companies, and enabling those to work together might seem impossible. A hub does that work for you. And because they can be connected to your smartphone, hubs also make it possible to control devices while you're away from

home.

WiFi router

Some people rent their routers from their internet/cable providers, while others buy their own routers. Regardless of which category you fall into, you're going to need a good WiFi router to get your smart home up and running. Determine which type of WiFi your home currently has and then find a router that's compatible with that WiFi. Request a list of routers that are compatible with your WiFi from your service provider, as not all routers will necessarily work with your internet connection. If possible, upgrade to the fastest WiFi your internet provider offers, as that will make your smart home that much more enjoyable and frustration-free.

Devices

You won't necessarily need to

upgrade your devices to get a smart home. In fact, if you control or can control any device in your home with a smartphone, you are already on your way to having a smart home. Upgrading to a programmable thermostat that's compatible with your smartphone might be a great idea if your current thermostat is old and not internet-compatible. With a programmable thermostat, you can control the temperature in your home remotely. That ensures the home is a comfortable temperature when you arrive home and allows you to turn off costly heating and cooling units when no one is home.

Smart homes may seem futuristic. But chances are strong your home only needs some simple, inexpensive upgrades to join the smart home revolution.

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HOW TREE SERVICES CAN PROTECT YOUR PROPERTY

Cold weather can take its toll on a property, especially in regions of the world where winters are harsh. Most parts of the landscape are vulnerable to damage from winter storms, but trees may be especially susceptible. By the end of winter, many homeowners wonder if their trees would benefit from some professional TLC.

Tree services provide a host of services. While fall is a popular time to remove trees from a property, doing so in spring is not unheard of, especially if trees were affected by winter storms and now pose a threat to a home and the people who live inside it.

Homeowners considering tree services can explore the following ways that some professional arbor attention can protect them and their homes.

- Tree services can help protect a home's foundation. Old trees that stretch well into the sky can be captivating, but they also can pose a threat to a home's foundation. Such trees may have especially large root zones that may extend beneath walkways and even a home. In the latter instance, foundations may crack as roots try to stake their claim to the ground beneath a home. According to the home improvement resource HomeAdvisor, homeowners pay an average of just over \$4,000 to repair foundation issues, though major problems can cost considerably more than that. A professional tree service can remove aging trees that might be beautiful and awe-inspiring but still pose a threat to a home and the areas surrounding it.

- Tree services can improve vis-

ibility. Trees that have aged a bit since their last trimming might affect the view of a property from inside a home. Overgrown branches can compromise residents' ability to see and experience the natural beauty just outside their windows. The average homeowner may be able to trim short trees on his or her own, but if views from the second floor of a home or higher have been compromised, it's much safer to call a professional tree service. Such services have the right tools and experienced personnel necessary to safely trim high branches on tall trees.

- Tree services can help prevent future damage. Even if trees made it through a recent winter unscathed, that's no guarantee next winter or even the coming seasons of spring, summer and fall won't ultimately

prove their undoing. Travelers Insurance notes that weather-related roof damage, including damage resulting from falling limbs and branches weighed down by snow during the winter months, accounted for more than half of all Travelers property loss claims between 2009 and 2016. According to BNC Insurance and Risk Advisors, homeowners may be liable if a tree they knew posed a threat falls onto a passerby or a neighbor's property and causes damage or injury. Having all trees properly trimmed each year, but especially those that can fall on your home and your neighbors' homes, may prevent future damage and legal issues.

Tree services can ensure trees maintain their awe-inspiring beauty and help homeowners protect their homes and their belongings.



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VETERANS AFFAIRS CANADA ACCEPTING 2019 APPLICATIONS FOR THE VETERAN AND FAMILY WELL-BEING FUND

Submitted by Jim Eglinski, MP – Yellowhead

Jim Eglinski, Member of Parliament for Yellowhead, wishes to inform constituents that Veterans Affairs Canada is now accepting 2019 applications for the Veteran and Family Well-Being Fund.

This is the second call for applications for the Veteran and Family Well-Being Fund which supports innovative initiatives and projects through grants and contributions to private, public or academic organizations to conduct research and implement initiatives and projects that support the well-being of Veterans and their families.

Organizations are invited to share their innovative ideas and encouraged to submit their applications online as early as possible. The deadline to apply for the 2019 year is March 31, 2019. "I encourage all interested organizations to share their ideas and

apply for this funding. This will allow Veterans and their families to access more support," concluded MP Eglinski. For more information please see: <https://veterans.gc.ca/eng/about-vac/research/well-being-fund>

RIDING UPDATE – WEEKS OF MARCH 4 & 11, 2019

Submitted by Jim Eglinski, MP – Yellowhead

During the week of March 4th, I took some time off to visit friends I haven't seen in quite a while.

On Saturday, March 9th, I met with constituents in Wildwood and had a very enjoyable supper with them.

On Monday, March 11, I spent the day in my riding office, getting caught up on my emails, phone calls and scheduling events for the rest of the week.

On Tuesday, I met with constituents in Edson and on Wednesday, I met and toured the new expansion at Acreage Pharms in Peers. That afternoon, I visited Parkland Composite High School in Edson where I met with grade 11 Social Studies students. It is always a pleasure to meet with students in the riding to get their perspective on what is happening federally and answer any questions they may have.

On Thursday, I spent the day in the riding office and on Friday afternoon, my wife, Nancy, and

I, along with many community friends and neighbours, attended the afternoon prayer at the local mosque in Edson. I was pleased to see the community so united. That evening Nancy and I attended the 75th Annual Chamber Banquet and Awards event at Lou Soppit Community Centre in Rocky Mountain House.

On Saturday, I drove to Edmonton and on the way, stopped to see some constituents just west of Sylvan Lake. Then I continued to Edmonton for my flight back

to Ottawa the next morning as the House will be reconvening on March 18th.

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

P.S. I want to wish all my constituents a Happy St. Patrick's Day!

Two Irish blessings that will certainly bring a smile to your face:

As you slide down the banister of life, may the splinters never point in the wrong direction.

May your troubles be less, your blessings be more and nothing, but happiness come through your door.

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FIRST NATIONS GETTING NEW WATER SYSTEMS

Submitted by Government of Alberta

In 2017, Premier Rachel Notley committed \$100 million to deliver clean drinking water to the boundaries of First Nations. Ten projects are now underway that will benefit 14 First Nations across the province.

Alberta's First Nations Regional Drinking Water Tie-In Program is a collaboration between First Nations, the Alberta government, municipalities or water commissions and the federal government.

The program supports the elimination of long-term drinking water advisories, while making sure there is sustainable drinking water on reserves.

Grants are given to local water

commissions or water supply municipalities to extend their service to First Nations.

"As Alberta continues on the journey of reconciliation, it is of the utmost importance that Indigenous people have access to safe, clean and reliable drinking water. Building up capability and ensuring water sovereignty for First Nations is my top priority." - Richard Feehan, Minister of Indigenous Relations

"We're very pleased to have concluded an agreement with Alberta in December of 2018 that both respects and protects our treaty rights and self-government and, at the same time, is a key part of securing an abundant, safe and reliable water supply for decades to come. We are hopeful the agreement will also

serve as a model for resolving future water disputes between Alberta and other First Nations. This is a positive development." - Chief Craig Makinaw, Ermineskin First Nation

"I want to commend the province on the work they've completed over the past four years - and specifically their commitment to making a positive impact in Indigenous communities. Our members have experienced the direct benefits of provincial programs that are aimed at improving the community's overall safety, health and well-being, and the First Nations Regional Drinking Water Tie-In Program is one such example." - Chief Bernice Martial, Cold Lake First Nation

"Projects that create the ability for First Nation communities to access

potable water and wastewater infrastructure, which helps to build capacity to serve their communities, are truth and reconciliation in action. I applaud the efforts Alberta and the federal government are taking, by providing funds directly earmarked to insure full inclusion and full partnership at the decision-making table." - Lorne Olsvik, West Interlake Water Commission

QUICK FACTS

The First Nations Regional Drinking Water Tie-In Program invests roughly \$100 million over six years:

- 2017-18: \$14.5 million
- 2018-19: \$24.4 million
- 2019-20: \$24.4 million
- 2020-21: \$12.8 million
- 2021-22: \$12.2 million
- 2022-23: \$9.6 million

Current funded projects:

- Alexis Nakota Sioux Nation
- Paul First Nation
- Whitefish (Goodfish) Lake First Nation
- Cold Lake First Nations
- Frog Lake First Nation
- Dene Tha' First Nation
- Alexander First Nation
- Beaver Lake Cree Nation
- Ermineskin Cree Nation
- Mikisew Cree First Nation



Minister Feehan, First Nations leaders and members of West Interlake Water Commission celebrate progress on First Nations Regional Drinking Water Tie-in Program.

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ENJOY A NIGHT FILLED WITH CLASSIC MOTOWN FAVOURITES

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

Known for her smoky voice and infectious warmth, Krystle Dos Santos' concerts are intimate and otherworldly. Taking new music and mixing it with the old, she creates something undefined and magnificent. An accomplished singer-songwriter and performer, Krystle brings her eclectic style, powerful vocal prowess, and magnetic charm to every performance. In Motown Re-
vue, she pairs original soul music with beloved Motown classics made

famous by Nina Simone, Stevie Wonder, Aretha Franklin, and the Supremes. Krystle and her band will have the audience grooving in their seats at Horizon Stage on Saturday, March 30 at 7:30 p.m.

A graduate of the Canadian College of Performing Arts, Krystle Dos Santos released her self-titled debut, award-winning album in 2008. She was instantly recognized as a force by the Western Canadian Music Awards, winning the Urban Recording of the Year. That same album charted for six weeks on CJSR FM88's Urban chart and was top ten on 92.5 The X in BC. One of the singles from the album even appeared in an Episode of ABC's Samantha

Who?

Krystle completed her second album in 2011. *Femme Fatale*, as it was aptly titled, again revealed Dos Santos' versatility and her ability to capture the audience with an eclectic mix of dance and funk, but always with the soulful jazz vocals for which she was becoming renowned.

With key performances at the Edmonton International Jazz Festival, Whistler International Film Festival, and the Honey Jam Showcase in Toronto, Krystle has had many opportunities to put her live shows on full display. She has performed on stage with Stevie Wonder, in the musical *Dreamgirls*, and in her own original productions. These days

Krystle can be seen performing regularly on stages in Vancouver with *The Lovemakers*, in Edmonton with the *The Black Mambas*, and all across Canada. She last performed in Spruce Grove as part of the City's 2017 Canada Day Celebration in Jubilee Park.

Groove to your favourite Motown songs from the 60s and 70s with Krystle Dos Santos, at Horizon Stage on Saturday, March 30 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.

CULTURE AWARENESS AND SHARING AT OJSH

Submitted by Wanda Pederson | Onoway Junior Senior High School

Over the past year, OJSH has had many guests coming into our school to speak to our students about a variety of topics. March 12th and 13th, however, were especially interesting and valuable for students at OJSH because of two guest speakers. Mrs. Tracey Noyes, OJSH Indigenous Liaison, contacted and made the arrangements for the guests to present to students, classes and staff.

On March 12th, Francis Alexis, an Elder from Nakota Sioux Nation, explained to Mrs. Elliott's Math 10 how math, science and the Medicine Wheel are intertwined. The number '9' is a significant number to First Nations people. First, Francis related the Medicine Wheel and its components to our traditional directions of north, south, east and west and showed that this was 360 degrees of a circle. Then he explained how the circle was divisible by 90, by 45 and all the way down to 9 through the components of the Wheel. He also discussed the additional two directions - the Creator and Mother Earth - and explained how the Medicine Wheel was a concept in 3D. Francis discussed other shapes found in the Medicine Wheel - the triangle and the square - and then explained how these shapes within the Wheel related to a Cartesian plane.

Throughout the lesson, Mr. Alex-
is showed what a great storyteller

he was. He shared some of his own personal stories from his childhood, and what life was like for him. He related legends from the Medicine Wheel such as the creation of man, and how lightning and thunder were from the Thunderbird as well as other stories passed down from generation to generation.

On March 13th, traditional dancer, story teller and role model, Adrian LaChance spent the entire day at OJSH talking and interacting with as many students and classes as possible. All students from Grade 8 to Grade 12 had, at one point during the day, the opportunity to hear Mr. LaChance speak. Although the day was long, Adrian wore his traditional warrior regalia, headgear and face paint for each of his presentations. Adrian noted that much of the intricate sewing on his regalia, he did himself - a skill passed down to him from his mother.

Adrian is a Plains Cree originally from James Smith Cree Nation located near Prince Albert, Saskatchewan. He now makes his home in Edmonton. Adrian has travelled across Canada, the US and overseas talking about and sharing the Cree culture. He uses traditional teachings and customs to bring about spiritual awareness and to build positive relationships among all peoples.

Adrian Lachance was exposed to all types of abuse at an early age and he often ended up in foster care or group care. His time in care was not a positive experience as he experienced beatings and verbal, rac-

ist abuse. As he grew older, Adrian became involved with crime, gangs, drugs and alcohol. Living life on the streets, he became a junkie at the age of 14. He was eventually arrested for drug possession and trafficking cocaine and a new cycle began - in and out of jail. However, it was in jail that Adrian was introduced to native culture and he began to listen to the words from the elders. After close to ten years in the federal system, Adrian began to work with the elders, truly trying to understand the gift of forgiveness and to begin his healing journey.

At age 47, Adrian has been drug and alcohol free for 23 and a half years. He has made it his mission to talk to youth about forgiveness and sharing, and he uses humour and cultural awareness as a way to bring people together. Adrian also credits traditional dancing as saving his life. For him, dancing and drumming has helped him to heal. He has been a Grand Champion dancer since 2002.

As Adrian spoke to OJSH students, he told how and why the residential school system had such a detrimental effect on First Nations people. He explained that the historical trauma of residential school continues to have generational repercussions. Adrian talked of reconciliation and explained that the process will take many, many years but that we will be much better for it. He talked of the disrespect of cultural appropriation and the necessity of showing respect and appreciation for other cultures. Throughout the



Francis Alexis



Adrian LaChance

day, Adrian spoke with humour and kindness, respect and acceptance. He challenged students by saying: "What can you do to make a better place? Each one of you has an opportunity to make Canada a more kind and loving place. It starts with dialogue." At the end of the school day, Adrian talked to students in the gym instead of a classroom. Finally, he brought his day at OJSH to a close by performing for students one of his traditional dances.

Principal Lobo commenting on the visits said, "It's fantastic to have members of the First Nations community share their experiences and cultures with our staff and students



Auto TUNE-UP

KEEP TIRES ROAD-WORTHY FOR SAFER DRIVING

Making driving more safe can come down to ensuring that the vehicle is in good working order - starting from the ground up.

The National Highway Traffic Safety Administration warns that an average of 200 people die each year in tire-related crashes. In 2016, 733 people across the United States lost their lives in accidents in which tire malfunction was a contributing factor. Roughly 70 percent of single vehicle accidents are tire-related. Taking tire maintenance seriously can greatly

reduce the chances of blowouts, accidents and fatalities.

Maintain the right pressure
Caring for tires not only improves safety, but also it extends the life of the tires, saving drivers money as a result. Michelin Tires says that simply checking the tires' inflation pressure can make a significant difference in how long tires last. For example, a tire that is consistently 20 percent under-inflated may see its life expectancy reduced by 20 percent.

Tires that are not properly inflated also can have a high rolling resistance. In such instance, the engine must expend more effort to move the vehicle - thus eating up fuel.

Pressure should be checked at ambient temperature before driving, states AAA. The rec-

ommended inflation pressure can be found in the drivers manual or on the tire.

Check tire tread

Tires rely on good tread depth to maintain traction and shed water during wet conditions. AAA recommends checking tread with a visual inspection and with the "quarter test." Insert a quarter into a tread groove with the top of Washington's head facing down. If the top of his head is not visible, the tires have at least 4/32" of tread and are acceptable for continued use. If the top of Washington's head shows, tires need to be replaced.

Learn about tire aging

Check the owner's manual for specific recommendations concerning replacing the spare tire for the vehicle. Some manufac-

turers state after six years, while others say 10 years is the maximum service life for tires. While most tire centers will use newly manufactured tires when replacing tires, you can double check the age of any tire by looking at the sidewall for the tire identification number (TIN), offers NHTSA. The last four digits are the week and year of manufacture.

Keep up on maintenance

Wheel alignment, tire rotation and tire balancing are all key to minimizing wear and extending the life and safety of tires. Each vehicle has specific recommendations, and drivers should consult their manuals to find those specifics.

Tire function is an important part of maintaining vehicle safety and performance.

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Auto TUNE-UP

TOP TIPS FOR BUYING TEENS THEIR FIRST CARS

Selecting a first car for a teenage son or daughter can be challenging. Newly licensed drivers probably want something sporty that also looks cool, while their parents no doubt want them behind the wheel of something sturdy, safe and reliable.

According to the experts at Edmunds.com, an automotive research and advice group, involving teens in the process of selecting a car helps teach them responsibility and learn lessons about money that may help them make smart choices in the future.

- Manage expectations. Cars are generous gifts and not something teenagers have a right to. Teenagers may not realize the expenses involved in acquiring, running and insuring a vehicle. Parents can explain all of these factors. Unless the teen has enough money to buy his or her own car, the final call is up to the parents on how much to spend

and which vehicle to choose.

- Note that bigger isn't always better. Some parents think their teens will be safer in a truck or SUV. While large vehicles may fare slightly better in a crash, they can be more cumbersome to park and drive, especially for novices. A large vehicle may tempt teens to pile in friends for a Saturday night, but research indicates the risk of a crash increases with multiple teens in a car.

- Choose safety over looks. Safety should be the top priority. According to the Centers for Disease Control and Prevention, teen drivers between the ages of 16 and 19 are four times more likely to crash than older drivers. Choose a vehicle with a high safety rating over one that looks stylish or comes equipped with distracting bells and whistles.

- Pass down the family roadster. Teenagers may anticipate being handed the keys to a brand-new or

previously owned vehicle off of a dealership lot. But giving him or her a set of keys to a car already in the driveway may be more practical. Everyone involved already knows the history, driving capabilities, safety statistics, and potential quirks of cars that have been in

the family for years. It may not be flashy, but cars already in the driveway will get teenagers from point A to point B just as effectively as those currently sitting idle on the dealership lot.

Outfitting a new teen driver with a car requires careful research.

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Fun By The Numbers

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ANSWER:

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

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!



					2			
2	6	8				5		7
5			6	2		8	1	3
		6		3	4		5	
				6			9	2
9		1			5			
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6	5			9				1
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I buy Guns/Gun Collections & WW2 Collectables. Please call Jay at 780-686-1350 (24) 19-03

For Rent

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

House For Rent in Cherhill, 3 bedrooms, 1.5 bathrooms, attached garage, covered veranda off dining room, recently renovated, fridge, stove, dishwasher, washer/dryer, N/S, N/P, References required, available immediately, \$1000/month + DD same. Beautiful home on a double lot in quiet community, 15 mins West of Onoway on Hwy 43. Call 780-305-7077 or email: dismoole@hotmail.com (4) 05-03

Downtown Onoway House with 2 Suites, two bedroom apt. whole house \$1200. Separate entrances and shared laundry. Contact Cheryl at 780-906-1675 (2) 19-03

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

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PAIN RELIEF: Known to reduce vomiting & nausea; suppress muscle spasms; reduce seizures & convulsions.
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WELL-BEING: Helps to relieve anxiety, aid in digestion, supports optimal immune function and the regeneration of healthy cells.

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

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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 25 - SANGUDO HORTICULTURAL CLUB PRESENTS: NATIVE PLANTS FOR GARDENS. Members from the Edmonton Native Plant Group will be at the Sangudo Golden Age Club - 7:00pm. Public welcome. \$5 drop in fee.

APR 7 - ST. PETER'S CWL ANNUAL HAM BINGO & BONANZA, 1:00pm at Villeneuve Hall (wheelchair accessible). \$5/Cost, donuts available for purchase, Free Juice & coffee.

APR 14 - ANNUAL EASTER HAM BINGO & BONANZA, 1:00pm at Calahoo Community Hall. Games start at 2pm. Cost: \$5. Hotdogs, popcorn and pop available for purchase. All proceeds go directly to the operational/maintenance costs of St. Catherine's Catholic Church of Calahoo.

JUN 8 - ONOWAY QUILT GROUP'S QUILT SHOW in the Onoway Community Hall. Joan Grierson 780.967.4485

FARMERS MARKETS

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

ONOWAY FARMERS' MARKET: Thursdays, 5-8pm at Onoway Community Hall. Starts May 1st. 780-667-6327 or onowayfarmersmarket@gmail.com.

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

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

WESTLOCK: 11-3PM, Bargain Shop Mall, Dave 780-954-2437

BINGO

BARRHEAD ROYAL CANADIAN LEGION: Doors 5:30pm, games start 7PM. Games: #7, Jack Pot, Mini Jack Pot, Loonie #1 & #2. **CHERRILL BINGO:** Tuesdays at Cherrill Community Association. Doors @ 6:30PM, Games @ 7:30PM.

CHERRILL LEGION: First Sunday of Month. Doors Open 12:00PM
MAYERTHORPE ROYAL CANADIAN LEGION: Tues, doors 6:30PM, bingo 7:30PM

RICH VALLEY COMMUNITY HALL BINGO: 7:30PM. Loonie Pots. Next bingos March 6 & 20, April 3 & 17.

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 hbourke@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 ABBOTSFIELD VARIETY MUSIC JAM: at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3rd Friday of month, 7PM. PH: 780-918-8545, Adm: Donations Only.

TOPS (Take Off Pounds Sensibly)

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

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

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

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

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

YOUR COMMUNITY

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

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

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

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

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

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

SOCIAL EVENTS

ALBERTA BEACH & DISTRICT ACTIVE 50+ CLUB ACTIVITIES: Mon 7PM Darts; Tues 7:30PM Crib; Wed 1PM Bridge. Thurs 7:30PM Euchre; Mon, Wed, Fri 8:30AM Aerobics/Fitness. Everyone Welcome.

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

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

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

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

ONOWAY GOLDEN CLUB: Cards Tuesdays, 1PM. 1st Tuesday: Pot Luck Supper. 5023 49 Ave. 780-967-3436.

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

PANCAKE/BREAKFAST SOCIAL: 3rd

Sunday 9:00-11:30AM, Parkland Village Community Centre. *except June, July, August

RIVER TALKERS TOAST MASTERS CLUB, Thursdays, 7-9PM. 32 Whitecourt Ave. Hilltop Community Church. Info 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 & AREA CANCER SUPPORT GROUP: 4th Thurs. 6:30-8:00PM at Barrhead United Church.

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

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

CHERRILL SILVER & GOLD SENIORS CLUB Regular Meetings 1st Tuesday of month, Cherrill 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, 7:00PM, Onoway Legion

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

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

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

RICH VALLEY AG SOCIETY BOARD MEETINGS: at the Agplex on the 2nd Wed of the month, 7:00PM.

RIVER TALKERS TOASTMASTERS CLUB Build confidence, speaking, leadership & listening skills. Thursdays 7-9PM at Eagle River Casino. Call Melinda Tarcan, (780)778-1180.

SANGUDO PAINTING GROUP: Every Wed, 9AM-12PM at Sangudo Community School. Info, call 780-785-2112.

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

WEIGHT WATCHERS Alberta Beach Agplex - Mondays, weigh in 6:30PM. Meeting at 7PM.

WESTLOCK & AREA CANCER SUPPORT GROUP: 3rd Wed. 6:30-8:00PM at Westlock Library.

Church Directory

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

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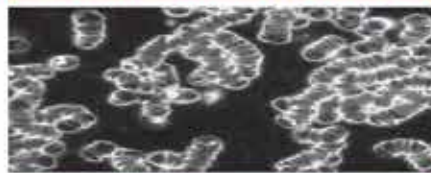
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