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**September 24, 2019**

## SUSPECT WANTED FOR ATTEMPTED MURDER HAS BEEN ARRESTED

Submitted by Whitecourt RCMP

RCMP advise that wanted suspect Elvis Parker Mustooch has been arrested.

On September 18, 2019, Mayerthorpe RCMP acted on gathered intelligence and attended a residence on the Alexis First Nation where it was believed wanted suspect Elvis Mustooch was staying. With the assistance of the RCMP Emergency Response Team, Mustooch surrendered to police without incident.

Mustooch is facing new charges of:

- Possession of property obtained by crime under \$5000 (x2)
- Alter/remove/obliterate vehicle identification number
- Unauthorized use/carry a firearm
- Possession of dangerous weapon
- Possession of a firearm without a license to possess
- Possession of a firearm knowing it was obtained in the commission of an offence

• Possession of a firearm while prohibited

- Fail to comply with recognition (x2)
- Fail to comply with probation order (x2)

Mustooch has been remanded into custody and is due to appear in Whitecourt Provincial Court on October 22, 2019. Mustooch will also appear in Mayerthorpe Provincial Court on October 24, 2019.

As this matter is now before the courts no further information will be provided.

## CRIME COALITION WINS OUTSTANDING PROVINCIAL ACHIEVEMENT AWARD

Submitted by Barrhead & Area Regional Crime Coalition

Barrhead & Area Regional Crime Coalition (BARCC) received the 2019 Minister's Awards for Municipal Excellence - Outstanding Achievement Award, recognizing the partnership between the County

of Barrhead, Town of Barrhead, Woodlands County, Barrhead & District Rural Crime Watch and the Barrhead RCMP Detachment as an innovative partnership designed to improve community safety.

The Minister's Awards for Municipal Excellence are awarded in five categories including partnership under which this submission

was originally entered. BARCC was recognized as the "initiative that stands out from all other submissions received, an extensive partnership in which all members have both something concrete to contribute and benefit from, and the outcomes have been measurable and recognized in your communities."

Continued on Page 3

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# TMX CONSTRUCTION RESTART: PREMIER KENNEY

Submitted by Government of Alberta

Premier Jason Kenney issued the following statement regarding the Trans Mountain Pipeline

Expansion project restarting construction:

“The ‘Notice to Proceed’ is a step forward for the much-delayed Trans Mountain Pipeline. This project has the support of the vast majority of Canadians, including seven out of 10 British Columbians. The news that construction will restart on this project is positive; however, there is still not reason to celebrate. The series of delays and the existing uncertainty around this vital project continue to present serious challenges.

“As Trans Mountain begins to prepare for its construction restart, the federal and local authorities must ensure the rule of law is enforced and that construction is not illegally blocked.

History has shown us that there are a small minority of individuals who are willing to break the law to prevent responsible resource development in Canada, and they must not be allowed to essentially veto a project that is vitally important – not only to Alberta, but to all of Canada.

“The start of construction is an important milestone, but it should have never taken this long. TMX has been mired in delays and has been through countless months of consultation and a lengthy and rigorous review process. It has been cancelled twice. This cannot be allowed to happen again. Because of all of this, there is only one way to measure success for this project: completion of the pipeline.

“It is also worth pointing out that TMX is only one coastal pipeline. With the passage of the ‘No More Pipelines’ Bill C-69 and the Alberta tanker ban, Bill C-48, TMX will be the only new coastal pipeline for the foreseeable future. This is unacceptable. We continue to urge the federal government to listen to Albertans, to the vast majority of Canada’s premiers and to job creators, and repeal the ‘No More Pipelines’ law and the discriminatory Alberta tanker ban. Alberta’s government remains committed to fighting for additional pipelines, growing the economy and creating good jobs.”



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# Crime Coalition Wins Outstanding Provincial Achievement Award

Continued from Page 1

As a result, the Committee recommended that the BARCC be presented the Outstanding Achievement Award from all submissions entered in the five categories.

The submission not only emphasized the BARCC partnership, but initiatives taken to address concerns surrounding property crimes, lack of communication, and perceived inaction by municipalities and the RCMP.

"I am proud of the way the community has got together and formed the Coalition," said Reeve Doug Drozd. "BARCC Connect is the first initiative of many that the Coalition will develop to help protect the people and property in our community. Congratulations to all involved at BARCC, you have done the community a great service."

BARCC Connect was highlighted as unique and modern technology launched in October 2018 as a multi-channel Alert system to help bridge a communication gap be-

tween RCMP, municipalities, and public, replacing the historic fan-out system previously implemented by Rural Crime Watch. "Good things happen when we work together," said Allen Suprovich, President of the local Rural Crime Watch.

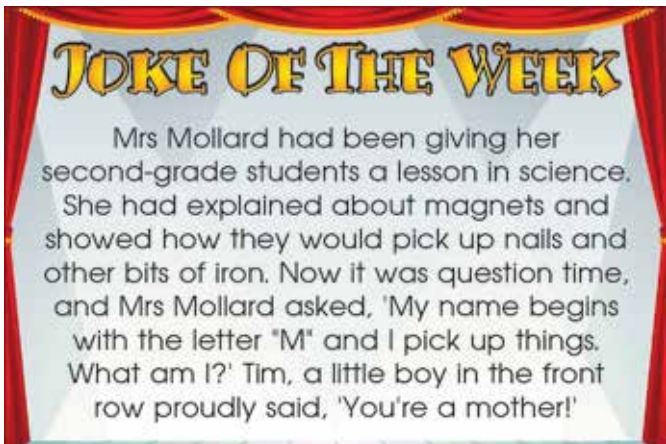
More than 1,500 subscribers receive accurate, real-time information from a credible source regarding crime, emergencies, municipal information, news, and events via text message, email, or voice call. The system further provides RCMP the option of harnessing the power of the public as eyes and ears during investigations. "BARCC gives the RCMP the ability to engage the citizens we serve at a moment's notice and has proven to be a critical tool on many occasions," said Sgt. Dodds, Barrhead RCMP. Being able to report on an active crime contributes to the public's sense of being a part of the solution without putting themselves or others in danger.

"BARCC has created a positive and empowering culture in addressing crime in our communi-

ty," said Mayor David McKenzie. "Residents now feel included in the efforts of enforcement to help take back our streets." Rural crime is a hot topic in Alberta with few solutions presented that are both affordable and effective. Through collaboration and modifications of existing technology, the Coalition was the first in Alberta to use the technology to tackle rural crime."

Barrhead & Area Regional Crime

Coalition (BARCC) was established in 2017 as a regional partnership in response to concerns of growing property crimes. The overall purpose of BARCC is "taking an active role in reducing crime through co-ordinated efforts in education and awareness of crime prevention and reporting of suspicious activities." For additional information, visit [www.barcc.ca/m/about-barcc](http://www.barcc.ca/m/about-barcc).



**Employment Opportunity**

**Sangudo & District Agricultural Society  
Arena Maintenance Manager  
(Caretaker and Janitorial – Ice Area)**

The Sangudo & District Agricultural Society has an opening for an Arena Maintenance Manager.

Our arena use will typically be two-three nights a week (public skating and hockey practices) along with games scheduled on weekends.

This hourly wage position would include, but not be limited to, supervision of ice arena, installation of the ice, assisting with the day to day operations of the arena, operating the Zamboni, cleaning and flooding of arena ice, general clean-up and maintenance of the arena, and dressing rooms. This individual can be trained in duties by our committee members.

Applicants must be at least 18 years of age, able to work unsupervised and mechanically inclined. Good public relation skills a necessity. Previous experience and CPR/First Aid would be an asset. The successful applicant must be able to pass a Security Clearance and Child Welfare Clearance.

This position will commence in early October 2019, to start preparing the arena for ice use in November, and will continue until March 31st, 2020.

Deadline for applications is September 30th, 2019 at 4:30pm

For more information please contact Darin Kastelic 780-305-1090.

Applications/Resumes can be mailed to:  
Sangudo & District Agricultural Society  
Box 477 SANGUDO, AB. T0E 2A0  
Email: [sangudoagsociety@yahoo.ca](mailto:sangudoagsociety@yahoo.ca)

  
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**Bonspiels 2019-2020**

**Ladies:** Nov 23

**Mixed Modified:** Jan 10/11/12

**Men's:** Feb 21/22/23

**Mixed:** March 6/7/8

# WHITECOURT LAUNCHES ONLINE SURVEY ON COMMUNITY POLICING

Submitted by Town of Whitecourt

Whitecourt has launched an online survey to provide community members the opportunity to share their opinions on community policing.

The data gathered will provide valuable information about service levels, needs and priorities for policing in our community. Information gained from the survey will be used by the Whitecourt Protective Services Com-

mittee and the Whitecourt RCMP as part of ongoing efforts to enhance service to the community and to develop local policing priorities in the short and long term.

“The Town of Whitecourt and Whitecourt RCMP have a close and respected relationship. We have launched this survey in partnership to help identify local priorities and develop local policing plans that best meet the needs of our community,” stated Whitecourt Mayor Maryann Chichak. “I strongly encourage

all residents and business owners from Whitecourt to participate.”

Survey participants will be asked their opinion and satisfaction of current services, and how the community could be served better. The Police Services Community Satisfaction Survey will be conducted annually to ensure policing priorities are current for the community.

“Getting input and feedback from the people that live and work in our community is extremely valuable,” added Direc-

tor of Community Safety Doug Tymchyshyn. “Not only will the information collected this year help shape future programs and priorities, but it will also establish a benchmark to which we can compare to and build on from year to year.”

A link to the Whitecourt Police Services Community Satisfaction Survey is available on [www.whitecourt.ca](http://www.whitecourt.ca). The survey will close at 4:30 p.m. on October 18, 2019.

# FEDERAL GENERAL ELECTION UNDERWAY

Submitted by Elections Canada

The 43rd federal general election is currently underway. Electors have many options to vote, including at their assigned polling station on election day (Monday, October 21) or during advance polling days (Friday, October 11 to Monday, October 14). They can also vote at any

Elections Canada office across Canada or by mail (deadlines apply).

Elections Canada offices are now open in each of the 338 federal electoral districts. Electors can visit any Elections Canada office to get information, register, or vote. All Canadian citizens who are at least 18 years old on election day are eligible to vote.

To vote, they must:

- Be registered. Most electors are already registered. To register online or to check or update their voter registration, electors can visit [elections.ca/register](http://elections.ca/register). They can also visit an Elections Canada office, or call us at 1-800-463-6868 to request a mail-in registration form. Electors can register at any time between now and October 15. If they miss this deadline, they can register at the

polls on election day, just before they vote.

- Show proof of their identity and address. There are many different pieces of identification that can be used to prove identity and address. The full list is available online.

Elections Canada is an independent, non-partisan agency that reports directly to Parliament.



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# NOTES FROM THE ONOWAY LEGION

**Submitted by Submitted by Onoway Royal Canadian Legion**

**Breaking News!**

Effective Friday, October 4, we will be changing the time we'll serve dinner. We're not going to begin serving until 6 p.m., because we know that some people have had trouble getting to the legion for the earlier start. If you can, though, you're welcome to arrive earlier, enjoy a drink with friends, and buy your various tickets before the rush!

Reservations for Friday Dinners

For some time now, the Legion has asked for reservations for the Friday night meals. That helps ensure that there's enough food prepared for the expected numbers. People have been really good about making reservations by the Wednesday before each meal, but another problem has come up.

Many times, people have called to make reservations after the Wednesday deadline. Those

people are put on a waiting list, hoping that someone will cancel at the last minute. However, many people simply don't show, after making a reservation! Please, for everyone's sake, if your plans change and you won't be able to attend a dinner after you've reserved, text 780-340-0760 to cancel. That way, someone on the waiting list can be included in your place!

**Kitchen Manager Required!**

So that the weekly Friday dinners can continue for the community, the Legion is asking for

a volunteer Kitchen Manager. That person is not expected to cook, but is purely an administration position. The manager will provide guidance to the volunteer coordinator, Friday night dinner coordinator, special events/functions coordinator, and kitchen administrator. This applies only to the regular Friday night dinners!

The Kitchen Manager will organize and coordinate the other volunteers, making sure they're in place and trained. He/she is also responsible for managing

the Friday dinner finances and related record keeping, and helping the dinner coordinator to fill each open Friday.

Contact Carol at 780-967-0607 or by email at [oldcrone11@gmail.com](mailto:oldcrone11@gmail.com) if you feel you have time to help keep Friday night legion dinners happening.

**Did You Know?**

Community groups can earn a bit of money by preparing and serving a meal at the Onoway Legion. Leave a message at 780-967-5361 if you want to learn how!



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LAC STE. ANNE COUNTY

NEWS HIGHLIGHTS

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PLANNING & DEVELOPMENT

## NOTICE OF DEVELOPMENT PERMIT APPROVALS

The following Development Permits have been approved or conditionally approved under the provisions of the Land Use Bylaw. This list does not include Permitted Uses. Interested parties are encouraged to contact the Planning & Development Department at **1.866.880.5722** or [devassistant@LSAC.ca](mailto:devassistant@LSAC.ca), Monday to Friday from 8:30am until 4:30pm to request additional information on a permit.

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL DATE DEADLINE
19-D0152	129 4224 TWP RD 545 Lot 66, Block 3, Plan 8620850 Warwa Estates within SW 34-54-04 W5M	Car Port to garage 12.0' X 20.0' (240.0 sq. ft.) with variance request of 6.0 m (19.61ft) on the east side addition	October 14, 2019
19-D0173	14, 55107 RGE RD 33 Lot 2, Block 7, Plan 7620842 Corsair Cove within SW 10-55-03 W5M	2017 Manufactured home 52.0' x 16.0' (832.0 sq. ft.) and deck 10.0' x 20.0' (200.0 sq. ft.)	October 14, 2019
19-D0170	12, 2406 TWP RD 540 Lot 11, Block 2, Plan 7821474 Laurentian Heights within SE 05-54-02 W5M	shed 20.0' x 12.0' (240.0 sq. ft.) with variance request of 3.4 m (11.15 ft)	October 14, 2019
19-D0177	3, 4224 TWP RD 545 Lot 4, Block 1, Plan 7721213 Warwa Estates within SW 34-54-04 W5M	1 Recreational Vehicle	October 14, 2019
19-D0129	32, 54419 RGE RD 14 Lot 32, Block 1, Plan 0622924 Bilby Heights within NW 28-54-01 W5M	Pre-built shed 20.0' x 12.0' (240.0 sq. ft.) and Side Yard Variance Request - Required 6.0 m (20.0'), Requested 1.22 m (4.0'), Variance 4.78 m (16.0') (80%)	October 14, 2019
19-D0184	Lot 1, Block 1, Plan 0926151 NW 22-57-08 W5M	Detached Garage 48.0' x 78.0' (3744.0 sq. ft.) with 16.0' walls.	October 14, 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.



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



# LAC STE. ANNE COUNTY PARENT LINK / EARLY CHILDHOOD DEVELOPMENT INITIATIVE FREE PROGRAMS IN OCTOBER

## STAY & PLAY

October 2, 9, 16, and 23 | 9:00 am - 11:30 am

— and —

October 3, 10, 17, & 24 | 12:30 pm - 3:00 pm

Parent Link Rm, Onoway Heritage Centre

— and —

October 1, 8, 15, and 22 | 11:00 am - 12:00 noon

Sangudo Early Childhood Room (arena), Sangudo

Drop by and enjoy a coffee and visit, while your kids play with the awesome toys, create crafts, and check out the sensory bins. Indoor shoes are recommended.

*FREE drop-in program – no need to pre-register.*

## BABY NETWORK

*(In partnership with Alberta Health Services and Onoway Public Library)*

Continues Thursdays, October 3 - October 24

10:45 am - 12:15 pm

Parent Link Rm, Onoway Heritage Centre, Sangudo



Meet other parents and discover parenting strategies. Learn about great resources in your community, infant massage, dental care, speech & language development, introduction to solid foods, self-care & depression around childbirth, and much more!

*Pre-registration is required. Please contact Alberta Health Services at 780.967.4440 to register.*

## EMOTION COACHING

Wednesdays, October 2 - 30 | 1:00 - 3:00 pm

Parent Link Room, Onoway Heritage Centre



Emotion Coaching is a 5-week program that builds emotional intelligence and creates positive, long lasting effects for children. After completing this program you'll have a good understanding of what emotional intelligence

is, why it's important, and how to help establish a solid emotional foundation for your child.

*Pre-registration is required by September 27.*

*Childcare is available, but **MUST** be requested at time of registration*

## HALLOWEEN PARTY

October 30 & 31 | 9:00 am - 11:30 am

— and —

October 31 | 12:30 pm - 3:00 pm

Parent Link Rm, Onoway Heritage Centre

— and —

October 29 | 11:00 am - 12:00 noon

Sangudo Early Childhood Room (arena), Sangudo

Join us for some spooktacular Halloween fun! Enjoy awesome Halloween games, creepy Halloween crafts, spooky Halloween music, and yummy Halloween treats. Costumes are optional.

*FREE drop-in program – no need to pre-register.*

**Parent/caregiver supervision of children is required.** For more information, please contact Parent Link/Early Childhood Development Coordinator Cathy Steeves: 780.785.3411 / 1.866.880.5722 or email [csteeves@LSAC.ca](mailto:csteeves@LSAC.ca).





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# AN EXCITING START TO A NEW SCHOOL YEAR



**Submitted by Onoway Junior Senior High School**

The new school year is well underway at OJSH. Sports, teams, and clubs in addition to a whole new set of classes are proving to be exciting for students as they meet old friends, make new friends, and get to know all of the OJSH staff.

Volleyball is always a popular sport at OJSH. Volleyball tryouts have been completed, teams have been chosen, and league and tournaments have started. This year we have Senior Boys, Senior Girls, JV Girls, Junior Boys and Junior Girls teams. So far, just a short time into the season, Mustangs Volleyball teams have shown that

we have great student athletes, a winning attitude and great potential for the upcoming season. As an example, on the weekend of September 14th and 15th, the JV Girls team started the season off strong by bringing home a bronze medal from a tournament in Drayton Valley. OJSH hosted a weekend tournament in Onoway from September 20th to

the 22nd. Both OJSH and OES gyms were needed to host this tournament.

Another very popular sport this time of year is Junior High Co-ed Flag Football. A dedicated group of parents spearheaded the tryouts and coaching of this team sport. It is the second year in a row that OJSH has had Junior High Co-ed Flag Football

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# An Exciting Start to a New School Year

teams. In addition to Volleyball and Flag Football, OJSH sent members of our Junior and Senior High Golf teams to a fall tournaments in Fox Creek and Slave Lake. The Golf teams may be smaller than the Volleyball and Flag Football teams, but they are no less enthusiastic as they compete with other students across the area. The Senior High Golf team won the Zone banner at their tournament in Slave Lake. One of the most exciting adventures for senior high students was the Outdoor Ed trip to Black Cat Ranch in the Rockies from September 20th to 23rd. To prepare for this trip, students had to take and pass a first aid course that focused on hiking and mountain injuries.

In addition to sports, Student Council started up with a large and enthusiastic turn out of students for the first meeting of the year. The group has already made some decisions regarding activities for all students to enjoy: there will be school dance on November 1st, while in October the Student Council will host a Crazy Sock Day, a Twin Day and a School Colours Day. The Grad 2020 student committee is also planning elections for their graduating class. When elected, the executive of the Grad 2020 will be responsible for putting the whole grad classes' creative ideas into a workable reality whether it be their choice of theme, colours, slogan, music or fund raising. The executive will also be responsible for organizing class members to help with all of the exciting grad activities.

Former OJSH graduates Kallie MacKenzie and Amanda Durand are back to facilitate their female empowerment group, Generation Female. The group intends to provide a space and time for all females to come together to support one another and to grow in positive directions. The first meeting was at lunch on September 23rd and the group will meet every second Monday at noon.

There are after-school clubs for students to participate in, too. On Wednesdays after school, the Tabletop Gaming club meets in the Learning Commons. Every-

thing from role-playing games such as Dungeon and Dragons to old fashioned board games are played as decided by the students. This is proving to be a very popular group for a wide variety ages of students. On Thursday after school, the Robotics Club meets in the Learning Commons for those students who love all things electronic and digital.

The new school year at OJSH brings us a new SRO – Student Resource Officer. OJSH welcomes Cst. Jim Duncan who replaces last year's SRO Cst.

Shawn Cherwaty. Cst. Cherwaty accepted a new assignment into another RCMP unit that will also benefit from his skills.

Our new SRO, Cst. Duncan, spent five years policing in Fort McMurray before spending the last five years with Parkland RCMP. Now, with his new assignment, Cst. Duncan splits his time between St. Peter the Apostle Catholic High School in Spruce Grove and OJSH.

Cst. Duncan will be at OJSH Mondays, Wednesdays and alternate Fridays. His office is upstairs next to the Learning

Commons. Cst. Duncan has hit the ground running at OJSH by ensuring all students who drive vehicles to school had proper registration and insurance in order to obtain a parking pass. Cst. Duncan said he was looking forward to working with the students and staff at OJSH. He laughed as he said: "I went from having no children to having 1500! Bring it on!"

For information on any of OJSH events, please call the school at 780-967-2271.



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# THE CANADIAN VAPING ASSOCIATION ISSUES MEDIA STATEMENT

**Submitted by The Canadian Vaping Association**

TORONTO, Sept. 20, 2019 / CNW/ - The Canadian Vaping Association (CVA) has been expressing its concerns to government since March 2019 surrounding the increase in youth uptake of nicotine e-liquid that resulted from the entrance of the vape product branches of big tobacco companies into non-age-restricted retail locations, including gas stations and convenience stores. The data supports

that youth uptake did not exist prior to the entrance into the marketplace of big tobacco vape brands, such as Juul and Vype, in mid-2018. Health agencies clearly described in their media reports on September 19, 2019 that youth uptake among 16 to 19 year olds climbed 74 per cent from 2017 to 2018. This data undoubtedly demonstrates that flavours, which have been around for well over a decade, are not the contributing factor to youth uptake but that youth access to vape products through non-adult verified retail lo-

cations are the true driver for this issue. As a result, the CVA responded on September 19, 2019 with a call to action for all federal, provincial and territorial governments to ban the sale of nicotine e-liquid vape products and all visible vape product marketing outside of adult-only access environments immediately.

“Nicotine e-liquid vape products must be removed from all convenience stores, gas stations and any retail location that is not age-restricted, and the egregious advertising programs found throughout

these locations must be stopped immediately in order to address the concerns expressed by both Minister Ginette Petitpas Taylor and the eight health organizations in Ottawa yesterday,” said Darryl Tempest, Executive Director of the CVA.

“If we are going to have a real conversation about relative harm, the minister and all health organizations should be calling for an outright ban on the sale of combustible tobacco, which kills over 45,000 Canadians each year. According to Public Health England and the Royal College of Physicians, vaping is at least 95 per cent less harmful than combustible tobacco and the leading harm reduction tool for smokers. We need to change the narrative of the national conversation to focus on the unprecedented public health opportunity vaping provides Canadians seeking a much less harmful alternative to combustible tobacco” he added.

According to Tempest, “Flavours have been miscast once again as the predominant source of youth uptake. Over the history of the vaping industry, tens of thousands of flavours have been introduced to the marketplace, and there has been little to no impact on youth uptake rates over this time. It was only after the mass introduction of non-age restricted retail locations, and the aggressive marketing of the products within these environments, that there has been a marked impact on youth vaping rates.”

About the Canadian Vaping Association

The Canadian Vaping Association (canadianvapingassociation.org) is a registered national, not-for-profit organization, established as the voice for the burgeoning Canadian vaping industry. Founded in 2014, the CVA represents over 200 manufacturing, retail and online vaping businesses in Canada and has no tobacco companies, nor their affiliates, as part of their membership. The association is the primary liaison with the federal and provincial governments on all legislative and regulatory issues related to the industry. The primary goal of the CVA is to ensure that government regulation is reasonable and practical, through the strategy of professional proactive communication and education supplied bilingually to health officers, media, and elected officials.



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# *fall* HOME RENO GUIDE

SEPTEMBER 2019





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## THE IMPORTANCE OF CLEAN GUTTERS

Every autumn, trees and shrubs take on their brilliant display of reds, oranges, purples, and yellows that mark the end of the growing season. Fall foliage may make for ideal photo backdrops and scenic days in the countryside, but closer to home leaves may be more of a hindrance than an aesthetic pleasure.

The hundreds of leaves that adorn the maples, oaks and other trees near homes will eventually fall as autumn turns into winter. Some will float down to lawns, while others will get lodged in gutters and downspouts, posing problems that can cause substantial and potentially costly problems for homeowners.

Homeowners know that gutter cleaning is an important part of fall home maintenance, but they may not completely understand why.

Gutter cleaning can be a messy and time-consuming project, making it a project many homeowners are apt to put off. Waiting to clean gutters can lead to considerable problems, so it's best to tackle the job well in advance of the winter.

Gutters guide rainwater and runoff from the roof so it drains properly away from homes. When gutters are clogged with leaves, a number of problems can occur.

- **Leaks:** Water will take the path of least resistance. When clogged gutters do not allow the water to drain away properly, water will find other ways to the ground. It may work itself right into the walls and ceilings of the home. In addition to damaging walls and ceilings, moisture inside the home can promote mold growth. It also makes interior spaces more appealing to pests.

- **Excess weight:** Gutters are meant to hold the weight of traveling water and not much more. Gutters filled with leaves and other debris can quickly become heavy. This stresses the entire gutter system and can cause the gutters to fall off of the home entirely.

- **Nesting areas:** Clogged gutters can serve as nesting areas for insects and birds. Mosquitoes and other insects lay eggs in pooling water. Gutters can quickly become breeding spots for harmful pests. Furthermore, birds may nest in gutters, creating unsightly messes and more damage. Seeds that sprout in clogged gutters can grow unchecked.

- **Ice-damming:** Left untreated, pooled water and leaves in gutters can freeze over. Blocked water can back up and push against

the roof, lifting shingles and destroying the roof in the process.

- **Foundation trouble:** Clogged gutters also may contribute to flooded basements and cracked foundations. Leaking water will pool around the foundation, expanding when frozen and causing cracks in basement and crawlspace walls. It also can cause driveways and other cement areas around the home to sag and crack.

Gutter cleaning should be scheduled in the spring and fall of each year. Homeowners can hire gutter-cleaning services to handle the job or do the job themselves. Rinse the gutters with water from the hose afterward to ensure good run-off. Take the time to seal any leaks as well. This routine maintenance can save homeowners many headaches and prevent some very expensive repairs.

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## EXTERIOR PAINTING POINTERS

A fresh coat of paint on a home's exterior can give a property a vibrant new look. Whether you decide to go with a bold new color or repaint a house in an existing color, new paint can add some life to the exterior of your home.

Summer has long been considered the ideal season to paint home exteriors, but advancements in technology have made it easier to paint home exteriors later in the year. According to paint manufacturer Sherwin-Williams, traditional latex-based paints need temperatures above 60 F to cure properly. Sherwin-Williams also notes that one of the more common mistakes homeowners make when painting their homes' exteriors is to paint during times of the year when temperatures fluctuate greatly between the days and nights. When nighttime

temperatures dip considerably lower than they were in the afternoon, dew will form and the paint can stop coalescing. When that happens, moisture gets into the uncured paint and surface staining and adhesion problems may result. So even if the temperature is a comfortable 60 F during the day, homeowners should avoid painting if the nighttime temperatures figure to drop considerably.

In addition to choosing the right time of year to paint, consider the following painting pointers to ensure your home's exterior gets the fresh look you are aiming for.

- Monitor weather reports. It's not just the temperature at night after you paint that should be monitored. Sherwin-Williams advises that the temperature should be in the suggested range and above the dew point for at least 48 hours after application so

the paint film can form properly. So applying a fresh coat of paint on a beautiful autumn Saturday is not ideal if Sunday figures to bring the first hints of winter.

- Don't skimp on quality. Some paints are cost more than others, and homeowners working on a budget may be tempted to choose the least expensive option available. While price and quality are two different things, it's important that homeowners avoid choosing a paint solely because it is the least expensive option. Research paints before buying a particular one, emphasizing quality over cost. Today's paints last longer than the paints of yesteryear, so you likely won't need to paint your home's exterior again for a long time. A budget-friendly yet low-quality paint will not only make your home less appealing, but you will likely need to paint

again sooner than you will if you go with a higher quality paint.

- Don't paint to cover up a problem. Rotting wood or siding is unsightly, and some homeowners think paint can cover up such a problem. But paint will not stick to rotten wood and siding, and the problem will still be noticeable after you paint. A fresh coat of paint is not the solution to rotten wood or siding. Consult a professional contractor if your home is experiencing such a problem.

A fresh coat of paint on your home's exterior can be a great way to improve your home's curb appeal. But it's important homeowners follow some of the same rules the pros adhere to when painting the exteriors of their homes.



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## HEATING HOMES MORE EFFICIENTLY

It is time to switch to a programmable thermostat to heat a home more efficiently.

With colder weather right around the corner, many homeowners are once again giving thought to their home heating needs and if it is possible to heat their homes more efficiently.

The United States Department of Energy reports that more than half of the energy used in a typical home goes toward heating and cooling costs. With energy costs continually on the rise, many homeowners want to make the most of their heating systems and use the heat in the most efficient manner possible.

A heating system is most effective when the home is free from drafts. Before investing in a new furnace or considering other drastic changes, determine if a few simple repairs can help your heat-

ing system perform more efficiently. Check around doors and windows for drafts that could force heating systems to work harder, and seal any leaks you find. This also will help in the summer when you are trying to keep the house as cool as possible. Determine if cold air is infiltrating the home elsewhere, such as from around pipes leading to the outdoors. Caulking or foam insulation can remedy the situation.

Adding extra insulation in garages and attics also can help. The DOE says if insulation is less than R-30, the home probably can use more. If after increasing insulation your home still feels drafty, it may require additional insulation in the exterior walls.

Invest in a quality thermostat. Many modern room thermostats allow homeowners to set different temperatures for different times of

day, and some even allow homeowners to establish a different heating schedule for the week-ends. Programmable thermostats allow homeowners to keep their homes cooler when unattended or during sleeping hours. The heat can be programmed to turn on or increase in temperature when residents are expected to return home after school or work.

While homeowners are improving heating efficiency, they should reverse the direction of ceiling fan blades. Having the blades spin clockwise will draw down the hot air that rises to the ceiling and allow it to better flow through the home.

In addition to these suggestions, homeowners can employ these other energy- and cost-saving measures.

- Reuse oven heat. After cooking a meal in the oven, open the oven

door and let the residual heat escape into the kitchen and the rest of the house. Note, it is not safe to heat a home with the oven, and the oven should be turned off before opening the door.

- Add a little humidity. Moist air tends to hold heat better. Add some humidity to dry indoor air, particularly if the relative humidity of the home as measured with a hygrometer is below 25 percent. Houseplants and home aquariums can add some warm moisture to the air and reduce reliance on heat.

- Limit use of exhaust fans. After showering or cooking, keep the exhaust fan on for as little time as possible so that warm air is not drawn out of the home.

Heating a home efficiently means reducing drafts, programming the thermostat and making the most of other ways to warm up.



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## HOME IMPROVEMENTS THAT INCREASE HOME VALUE

When granite countertops or shiny, stainless steel appliances beckon homeowners from the display areas of home improvement stores, it's tempting to gear remodeling thoughts toward the items that will add flair and decorative appeal to a home. Even though most improvements add some measure of value, deciding which are the best investments can be difficult.

Return on investment, often referred to as "ROI," varies depending on the project. Frequently, the projects that seem like the best investments don't bring the greatest rate of return, while those that seem like smaller projects bring substantial returns. Real estate professionals routinely weigh in with their expert advice, and homeowners can couple that advice with

Remodeling magazines annual "Cost vs. Value Index" to reap the greatest financial impact from their renovations.

The following were some of the projects that garnered the greatest ROI in 2015.

- Open the door to improvement. Region by region across the United States, installation of a new steel door on the front of a home can have a large impact on the resale value of a property. The ROI ranges from 123 percent at the highest, to 86 percent at the lowest which is still a considerable investment return for such a simple project. Match the door's style with the style of the house for the best value.
- Turn up the kitchen heat. An attractive kitchen can en-

courage buyers to overlook some of a home's less attractive components. In the kitchen, replacement countertops, wall color changes, new cabinetry and flooring offer the biggest ROI.

- Dreaming of a new bedroom. Remodeling magazine also points to creating an attic bedroom to increase home value. The ROI of an attic remodel that adheres to code can garner an 83 percent ROI.
- Home maintenance projects. There's little good to improving the aesthetic appeal and functionality of a home if there are existing structural or maintenance issues, warn experts. Siding replacement, HVAC system repair or replacement, a new roof, and basement dampness prevention solutions can be smarter investments

before other flashy remodels. Many buyers have a strict budget for a house, and those buyers may be more likely to buy a house with little or no maintenance issues. Such buyers will then upgrade the kitchen or baths themselves, according to Harvard's Joint Center for Housing Studies.

- Worthy window replacement. Angie's List, a home services review and referral resource, has found that the average ROI of new windows is 77 percent. The cost of installation and energy savings tend to offset at around the 10-year point.

If remodeling is on the horizon, homeowners should give strong consideration to ROI before choosing a project.

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## TACKLE HOME MAINTENANCE PROJECTS TO SAVE MONEY

Much like the upkeep on your car, tackling home maintenance on a regular basis will prevent problems from developing and save you from larger repair costs down the road. Some projects should be left to the professionals, but there are plenty of weekend jobs that any homeowner can easily handle, like these:

Inspect your roof and make minor repairs. Winter can be especially hard on a roof. Look for ice, hail or water damage. Replace any cracked or missing shingles and clear any debris.

Clean your gutters. It's not glamorous work, but your

home's gutters play an essential role in moving water away from your home and preventing damage. Consider installing gutter guards to ensure your gutters remain functional and free from debris.

Inspect windows and doors and re-caulk where necessary. Because a proper seal is essential in both heating and cooling seasons, this job should be performed twice a year to protect against drafts and moisture, and to keep insects out. Worn weather stripping should also be replaced.

Check your insulation. Attics should be insulated to R50,

which can usually be achieved with an insulation depth of at least 16 inches. Top up with an insulation product that is water repellant and fire resistant, like Roxul Comfortbatt. Don't forget to ensure that your basement headers are insulated properly to prevent overworking your furnace and air conditioner.

Other simple jobs include fixing leaky faucets, repairing and resealing decks, inspecting the foundation and scheduling a check-up for your HVAC system. The key is being honest about what you can handle and, when in doubt, call in the pros.

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## PROTECT PIPES FROM FREEZING THIS WINTER

Freezing pipes are a concern for homeowners who live in cold climates. When temperatures dip below freezing, the risk that pipes will freeze rises. Should a pipe burst, the damage that results can be extensive and costly.

Any pipe can freeze, but those that

are directly exposed to the cold are the most vulnerable. These include pipes that feed outdoor hoses, swimming pool supply lines, pipes in unheated indoor rooms (i.e., basements or garages), and any pipes that run close to the outdoors through un-insulated walls. Water expands as

it freezes, and that expansion can place pressure on whatever is trying to contain it, including pipes.

To avoid serious damage, homeowners need to prepare for the arrival of colder weather and be smart about how they protect pipes.

- Drain water from swim-

ming pools and water sprinkler supply lines prior to the onset of cold weather. Drain water before freezing temperatures arrive, and don't forget to drain outdoor garden hoses and store them inside after watering season has come and gone.

- Close indoor water valves that feed outdoor spigots/bibs. Open the spigot outside to allow water to drain out. Keep the outside valve open so that any water that has accumulated will continue to drain and expand outward without damaging the pipe. An insulated bib dome also can help prevent frozen pipes.

- Open cabinet doors to allow heat to reach pipes inside of cabinets. Keep the doors open to spaces that may not be heated or insulated as well as other areas of the home so that heat can find its way inside. Consider wrapping these pipes with an insulating material as well, such as heat tape or pipe sleeves.

- Maintain a consistent thermostat temperature. Ensure the temperature inside your home does not drop below 55 F; otherwise, problems can arise. Use a programmable thermostat to keep the house comfortable even when you are not home. Individuals who are traveling should set the thermostat so that it will keep the home at the recommended temperature to avoid frozen pipes.

- Open one faucet. When it is very cold outside, particularly at night, let water slowly drip from one faucet to prevent freezing. Choose the sink that is furthest from where water enters the house so water is flowing through all of the pipes to reach that faucet.

- Increase insulation around where pipes enter the house. Use insulating foam to seal any drafts where pipes enter the house from the outdoors.

Frozen pipes cannot always be avoided. Therefore, it is important that everyone in the household knows how to shut off the main water valve in the event a pipe bursts. This can prevent expensive damage to a home.

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# CONVERTING GARAGES INTO LIVABLE SPACES

Many people decide to upgrade from their apartments or condominiums out of a need for more space. But even after moving into a new home, homeowners may soon begin to outgrow the room they have.

Rather than looking for a new home, some homeowners consider expansion. Expanding a living space can be expensive, and a more affordable option may be converting existing basement or garage space into something more livable. Garages already are built on a foundation, have four walls and a roof overhead, so a garage-conversion project is merely a matter of turning this utilitarian area into a living space.

Before beginning the renovation, homeowners should consider the

benefits versus the cost of converting the garage. For those who are planning to grow old in a house, a garage conversion can be a worthy investment. But those who intend to sell their homes rather than retire in them may learn that a converted garage can affect home value and make it less desirable at resale. Compare your home to others in the area and see what your neighbors have done. If converted garages are the norm where you live, your own renovation may fit in with others.

Always apply for the proper permits and learn the zoning laws to see if a garage conversion is acceptable in your town or city. It's best to go by the book so that work can be done in a proper manner and be inspected for safety.

Many homeowners hope their ga-

rage-conversion projects will make their garages seem like a seamless part of the rest of the house. To do so, you will need to remove evidence the space was once a garage. Slab floor will need to be raised and insulated. Walls also will need to be insulated and finished to improve comfort and soundproofing. Many garages do not have windows, so for the garage to function as a renovated space, windows may need to be added.

One of the biggest transformations will come by way of modifying the garage door entry. Some homeowners prefer to leave the existing door so that the home still has the appearance of a garage from the curb, while others remove the garage door and rebuild the exterior wall so that it has a window or

another architectural element. An architect can help suggest design elements that will camouflage the original garage look and make the space seem like it was always part of the main living area of the home.

Landscaping work also can minimize the appearance of an old garage. Rather than having the driveway end at the wall of a home, shrubbery, pavers and other techniques can blend the garage renovation into the rest of the yard design.

Transforming a garage into a living space can add several hundred square feet to a home. Hire a reputable contractor and follow the municipal guidelines for modifying the space to ensure the job is done right.

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# ACCESS DEMENTIA NURSES THROUGH HEALTH LINK BY CALLING 811

## Free service offers effective strategies for patients, caregivers and families

**Submitted by Alberta Health Services -- Public Service Announcement**

Whether you are a person living with dementia, a concerned family member of someone diagnosed with dementia, or a caregiver, you don't have to deal with the stress and strain of

managing a dementia diagnosis on your own. There is support available, 24/7.

Dementia advice accessed by calling Health Link can assist in navigating the dementia journey by connecting you with resources, answering questions, offering education and, most importantly, listening to your individual situ-

ation.

When you call 811, the Health Link nurse will ask questions about your situation to address any immediate concerns, and then refer you to a specialized dementia advice nurse who is trained in supporting people living with dementia, as well as their caregivers. The dementia advice nurse will call back within 72 hours of your call to Health Link, and will discuss what type

of support you need specific to your situation.

The dementia nurse service responds to the diverse needs of persons diagnosed with dementia, as well as their care partners, and ensures advice, education, information on community resources and emotional support, is easily accessible.

Since 2015, Health Link has made more than 2,500 referrals to the dementia nurse service.

To access the service, please call Health Link, provincially at 811.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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Know of a good event going on in the community? Ever wanted to write up a local event for the Community Voice?

If you have any good ideas for articles or would like to submit a story for the paper Email it to [news@com-voice.com](mailto:news@com-voice.com) or just fax it in at (780) 962-1021.

Please call us at (780) 962-9228 for more information.

*Stories may be edited for length due to possible space restrictions.*

**Community VOICE**  
 Keeping You and Your Community Informed

# SCREEPY, CRAWLY HALLOWEEN COLORING CONTEST



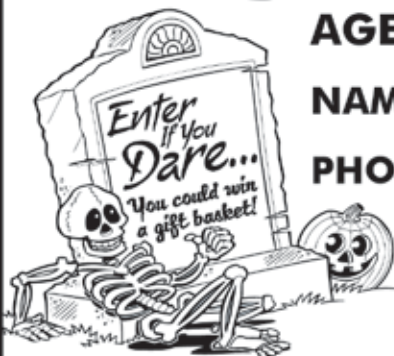
**AGE GROUPS: 3-4 YRS | 5-6 YRS | 7-9 YRS | 10+ YRS**

**NAME: \_\_\_\_\_ AGE: \_\_\_\_\_**

**PHONE: \_\_\_\_\_ TOWN: \_\_\_\_\_**

**Entries must be recieved by October 26, 2019.**

**Mail to: Jack O'Lanterns, c/o Community Voice  
Box 3595 Spruce Grove, AB T7X 3A8**



# OCT 5 AUCTION FOR: HOLMES FAMILY

**30+ YR MECHANICAL BACKGROUND FULL DISPERAL**  
 LOCATED: From Barrhead - 2 mi N, 11 mi W on Hwy 33 towards  
 Fort Assiniboine. Turn Right onto TWP 610A (at curve), 1 mi E

**SATURDAY AFTERNOON, OCTOBER 5TH AT 12:00PM**

**SNAP-ON TOOLS / PARTS / MECHANICAL:** \* Snap-on 96 Classic 74" Tool Chest \* Large Supply of Hand Tools including Snap-on (Sockets, Wrenches, Screw drivers, Specialty) \* Quality (Wrench & Socket sets, Cordless Impacts & Drills, Drill Bits, Taps, Pipe Threaders \* Pro Glass Bead 32" Sandblast Cabinet \* CAT 1U5470 Engine Pressure Group Tool \* Miller Wildcat 200 (13.5hrs) \* WELDING (Tools, Supplies, Shields, Oxy Acet w/ cart) \* HD Steel work Bench's \* 3/4" Socket Sets \* Hydraulic Pipe Benders \* HD Jack Stands \* Quality Shop Casters \* New Elec Panels \* 2 Solar Panels \* Transfer Pumps \* Brand New Auto Starters \* Alternators \* Hitches \* Hoses & Repair Supply \* New Coil Nails \* New Contractor Wheel Barrow \* New Hydraulic Picker Truck Winch \* 220 Elec Motor \* Rolls 12 & 8 AWG cable \* Elec fuel inj & ignition \* SS fittings \* Parts bins \* Pallet Jack \* 36" Double Door Paint Cabinet \* HD Metal Steel Shelving \* Full Shop Tools and Supplies \* Makita Chop Saw \* Knaack Job Box \* Dewalt 12" Compound Mitre Saw \* Crates of New Amsoil \* New 8" Irwin + 6" Record Vise \* Blue Tubs \* Boxes of new Tarps \* High door shop door opener \* New Bolts & elec wire rolls \* New shop ceiling fans \* Alum pipe framing \* New HD rope \* New Fuel Hose \* Plus Much More

**BOATS / ATV's / UTV / TRAILERS / GOLF CARTS:** \* 19' North River Trapper Jet Boat, 350 Chev, Stomp Cleanout, Open Bow, Teflon Bottom, Canopy, 5 Seats, Fish Finder, Alum Trailer \* 16' River Alum Canoe, Flat Back \* Husq HUV4420D UTV, Diesel, winch, dump box \* Mint 17 Yamaha Grizzly 700, PwrStr, Winch, Skid Plate, ITP Rubber, 136km \* 09 Kawasaki KRF 750L Side by Side, Exc Rubber \* Honda 680 Quad, winch, vry gd rubber \* TRAILERS (07 27' V-Nose Cargo Trailer, 2 @ 3500, frnt & bck ramp, tie downs \* Aluminum 8'x17' w/1' removable sides, Lrg Ramp, 2 @ 3500lb axles \* 11 Load Trail 5th whl Tri Axle Dump Trailer, 3@7k axles, Nice) \* 2 Club Car Precedent Golf Carts, Elec, Stored Inside, Good

**SKID STEER / VEHICLES / WATER & MECH TRUCKS:** \* Caterpillar 248B Skidsteer 1510 hrs, High flow hyd, Bucket \* Pallet Forks w/guard \* 98 GMC 7500 5 ton Truck, Hiab 6 ton Picker, 16' Steel Deck, Clean, 98k km, New (466 Gas Motor, Transmission, Brakes, PTO, Hyd Pump (Not hooked up)) \* 07 GMC SLE 2500hd, 4dr, 6L, 230k km, 4X4, auto, Alum Rims, Bose Stereo \* 02 Hyundai Tiburon, Drk Blue, Blk Racing Harness Int, V6 5spd, 2 sets rims & tires, Carbon Fibre Hood & Factory Hood \* 78 Mercedes 4 dr Blk w/tan interior, 5 cyl diesel, 300D \* 90 Ford Louisville Water Truck, 3406 Cat, 13 spd, Rebuilt pump, Spray Bar

**YARD / RECREATION:** \* Husq MZ6125 61" Zturn Mower, HD Stil Weld Deck, 201 hrs \* Husq push mower \* Husq & Stihl Chainsaws \* Stihl Dirt Auger \* Weed Eaters \* New 3000psi Honda Pressure Washer \* Garden (Sprayers, Hand Tools \* New Honda 2" & 1" water pumps \* New (Camping supplies, Outfitters Tent, Outfitter Wood Stove, Bunk cots) \* 2 sets New Quad Tires \* Vgood Quad rack Sprayer \* Appliance Dolly \* Wide base step ladder \* General Household & More

**JD TRACTOR's / EQUIP / SEA CANS:** \* JD 7400 w/740 ldr w/ grapple, FWA, 3pt, 100hp, Pshift, 9276hr \* JD 1630 w/145 Ldr, 3 pt Pump & head work \* Muratori 48" Rotovator \* 3 pt Cult \* Harmon Air Seeder Frame - Triple Flex \* 20' Factory Crowfoot Packer Bar \* 20' & 40' Seacan

**PARSONS AUCTIONS LTD.**  
 Charles 674-7704 (780-674-3929) Jeff 305-4328  
 Pictures Available on: parsons-auctions.com

# ALBERTA RCMP FOCUSES ON SPEEDING THIS LABOUR DAY LONG WEEKEND

Submitted by Alberta RCMP

This long weekend, as Albertans were preparing for back-to-school season and enjoying the last break before the end of summer, Alberta RCMP conducted enforcement initiatives across the province focused on tackling speeding offences.

Between August 30 and September 2, 2019, Alberta RCMP responded to 226 motor vehicle collisions which resulted in 27 injuries.

The RCMP reminds all road users

that the posted speed limits are for driving in ideal conditions. With children returning to school, it is especially important to be mindful of the posted signage and make sure you are not driving over the speed limit.

The Alberta RCMP will continue to work with Alberta Sheriffs and other law enforcement and safety partners to ensure Albertans make the right driving decisions. Follow our #Safety101 traffic tips on Facebook @RCMPinAlberta and Twitter @RCMPAlberta.

# REMINDERS ON REGISTERING FOR THE FEDERAL ELECTION

Submitted by Elections Canada

- To vote in the federal election, eligible electors must be registered at their current address.

- Elections Canada will mail a voter information card to all registered electors. The vast majority of electors is already correctly registered and will receive a voter information card in the mail by October 3rd.

- Electors can use Elections Canada's Online Voter Registration Service to register, check their voter registration, or update their address. They can also visit their local Elections Canada office or call 1-800-463-6868 to register or make changes to their voter information.

- Starting this week, Elections Canada agents will reach out to voters in certain areas such as new resi-

dential developments, high-mobility areas and long-term care facilities, to offer voter registration services. These agents will be located at public registration desks, and, in some circumstances, may even visit electors door to door.

"By registering, checking and updating your information, you are making sure that you will get a voter information card. I encourage you to do so as early as possible. With your voter information card in hand, you can be confident that you have accurate voting information directly from Elections Canada," says Chief Electoral Officer Stéphane Perrault.

Elections Canada is an independent, non-partisan agency that reports directly to Parliament.

For election updates, subscribe to our news service at elections.ca.



**SERENITY**  
FUNERAL SERVICE

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**NEW FACILITY**  
Chapel & Reception Centre



600 Calahoo Road Spruce Grove, AB  
**780-962-2749** [www.serenity.ca](http://www.serenity.ca)

**SERENITY FAMILY SERVICE SOCIETY - YOUR NOT-FOR-PROFIT SOCIETY**



# THE MOST COMPLETE NUTRITIONAL SPRAYS ON THE PLANET

✓ INCREASED PERFORMANCE ✓ MORE ENERGY ✓ BETTER NUTRITION



**ORDER TODAY!**

## WHAT ARE MYDAILYSPRAYS?

**Peak**

The highest grade of Deer Antler Velvet with Antioxidants from some of the most nutrient rich super fruits in the world.

**Shield**

Shield is the only Alkalinity spray in the world that promotes high pH therapy to maintain a healthy lifestyle.

**Boost**

The high absorption delivery system is perfect for people sensitive to coffee or energy drinks.

**Sleep**

Helps you get to sleep faster, maintain a healthy sleep cycle, and improve the quality of a restful sleep.

**Trim365**

Weight management formula which utilizes Garcinia Cambogia, burn fat faster and support a healthy metabolism.

**Brain**

Brain Spray with Cognizin and Saponin, Helps regulate mood and combats anxiety. Helps to improve cognitive function and memory.

## WHAT MAKES MYDAILYSPRAYS SO POWERFUL?

- 98% ABSORBABILITY - FAST AND EFFECTIVE
- ALL NATURAL INGREDIENTS
- JUST 6 SPRAYS UNDER THE TONGUE



**POWERFUL INGREDIENTS. POWERFUL RESULTS.**



**WHOLESALE ACCOUNTS AVAILABLE. DISTRIBUTORS NEEDED.**  
[www.Elaine1.com](http://www.Elaine1.com) (780) 907-8642

# Classified Ads - Call 962-9228

## Classified Policy

CLASSIFIED RATES INCLUDE GST. 1st 20 Words: First Insertion = \$6.00; Subsequent insertion = \$3.00 each. (Eg: 2 insertions = \$9.00; 3 insertions = \$12.00; 4 insertions = \$15.00; etc) Each additional word is 20 cents per word, per insertion. BOLD/CAPITAL text available for

an additional \$1/line. Lost & Found and To Give Away (up to a max. of 25 words) are free of charge. Ads must be paid in advance either by cheque, cash, Visa or Mastercard. No Refunds Allowed on Classified Ads. DEADLINE: is Thurs. 4:00 pm (Wed. 4:00 pm on long weekends). Classified ads may be called in to the COMMUNITY VOICE office at (780) 962-9228,

emailed to: classifieds@com-voice.com, dropped off at Onoway Registries, or mailed with your ad and payment to: COMMUNITY VOICE, BAG 3595, SPRUCE GROVE, AB T7X 3A8. Ads may also be placed on the web at [www.com-voice.com/classified.htm](http://www.com-voice.com/classified.htm)

Susan 780-996-2960.

Alberta Beach & District Seniors 50+ Club. Air conditioning! Space Available! Val: 780-690-1655 or Dianne: 780-217-8482

Anselmo Community Hall, Phone 780-786-4280

Bright Bank Hall, 780-968-6813

Cherhill Legion, Mary 780-785-3578.

Cherhill Community Assoc. Hall, Kevin 780-785-8153

Darwell Centennial Hall, 780-721-2690

Darwell Seniors, Phone Debra 780-785-2907

Goose Lake Hall, Contact Deanna (780) 584-3738

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

Hathersage Community Centre, Noreen at 786-2946

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

Magnolia Hall, 727-2015

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

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Onoway Community Hall, 967-4749.

Onoway Heritage Center - Gym/Classrooms, 967-1015

Onoway Legion, 967-4980

Park Court Community Hall, 727-4476

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

Ravine Community Hall, 325-2240

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

Rosenthal Community Hall,

## Hall Rentals

Alberta Beach Agliplex,

**Deb Gouin**  
780-497-0531  
www.debgouin.ca

Century 21 Masters 780-963-2285  
#105, 4302 - 33 St., Stony Plain, AB T7Z 2A9  
Each office independently owned and operated.

## FEATURED LISTINGS:

**OFFERS! MUST BE SOLD!**

**\$358,800**

**Seller Relocating, MUST BE SOLD!**

- **SPRUCE GROVE ADULT 1/2 DUPLEX BUNGALOW**
- 2+2 bedrooms, 3 baths
- Open Floor Plan, Main Floor Laundry
- Double Attached Garage
- NO CONDO FEES!
- **E4154703**

**\$629,000**

**\$396,500**

**SOLD**  
**\$769,900**

**GATED COMMUNITY EXEC. HOME**

- 1 acre lot minutes to Spruce Grove
- Soaring Ceilings & Luxury Finishings
- **TWO TRIPLE GARAGES**
- + RV PARKING
- **E4147138**

**GORGEOUS COUNTRY HOME**

- 2270 sq ft 3 Bed 3 Bath
- 1/2 Acre Lot - PRIVATE
- Oversized Heated Double Garage
- RV Parking, Lots of Upgrades
- **E4170219**

**HUGE LOT - TRIPLE GARAGE**

- 1/2 Acre Lot
- Back onto Golf Course
- Many Recent Upgrades
- 3 Bedroom 1 Bath Bunaglow
- **E4168911**

**VIEW FULL LISTING DETAILS AT WWW.DEBGOUIN.CA**

**LISTINGS NEEDED!!** If you're considering selling, I currently have serious buyers looking! Give me a call for a **free market evaluation!!** With more than 30 years' experience in the real estate industry, I have both local knowledge as well as serious buyers currently looking for property in our area! Put me to work for you.....  
**FROM SIGN UP TO SIGN DOWN!!**





# Classified Ads - Call 962-9228

963-7984  
Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 785-2904 or 305-4616

Stettin Nakumun Comm. Hall, 967-9198

## Dog Caretaker

**Alberta Beach & Surrounding Areas, thinking of a Summer Getaway? Worried about leaving your dog in a kennel?** Don't worry anymore, you can leave your pet with me! There is a wrap around deck in court yard! I will provide tender loving care, with walks every day. Best of all, I'm cheaper than a kennel! Daily drop in's or overnight stays welcome. If interested call 780-920-4166 (4) 17-09 OG

## Cleaning

**CEILING & WALL CLEANING** - Specializing in cleaning Stipple & California knockdown. Cig. Smoke removal & Odour removal. Ceramic floor tiles steamed cleaned. Call Nano Cleaning for Discount Prices! 780-914-0323 (5) 27-08

## Computers

**FREE Computer Checkup.** Repairs **work** or extract Doc or Pictures from Old or Broken PC **NOT** over \$50. No Prepayment - No Charge if not Repairable. Yes, I have for you a good, clean, refurbished and upgraded

**Cash for Cars**  
**967-2492**  
**R & S TOWING**

laptop or desktop with Legal win 10 for **ONLY \$100.** Call now 780-892-2407 (12) 13-08

## Firewood

**FIREWOOD FOR SALE** - Birch, Tamarack & Spruce Pine mix. Poplar. 4x4x8 cords and 1/2 cords. Quality

seasoned wood, Delivery or Pick up. Woodchuck Firewood, 780-288-7247 (28) 28-05 OG

**SEASONED FIREWOOD:** Birch, Tamarack, Spruce/ Pine & Poplar. 4x4x8 cord, Split and delivered or pick up at wood yard, 1/2 cord or full cords available. Call

780-967-5835 or 780-983-1495 (28) 27-08

## Landscaping & Maintenance

**Stump Grinding For Hire** - Alberta Beach & Surrounding areas. Call 780-779-3589 (28) 23-04

**PURE HEMP CBD PRODUCTS**  
AGING IS INEVITABLE - LOOKING AND FEELING OLD ISN'T!

**WHAT IS CBD?**

**A Health and Beauty Breakthrough!**  
Cannabidiol, CBD, is one of over 80 active cannabinoid chemicals in the hemp plant. CBD, unlike, THC, does not produce euphoria or intoxication. CBD targets specific receptors in the cells of your brain & body. There are many physical and mental benefits to using CBD products for both treatment and prevention of numerous ailments.

**Therapeutic Uses For Pure Hemp CBD**  
Supports healthy blood sugar levels, promotes healthy energy levels, relieves anxiety, aids in digestion, supports optimal immune function and the regeneration of healthy cells, and promotes a sense of serenity and overall well-being.

**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.

**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.

**CBD PET PRODUCTS**

**PET CHEW TREATS**

**KEY BENEFITS**  
**SYNERGISTIC BENEFITS:** Can be used in conjunction with regular medications with no side effects.  
**NO SIDE EFFECTS:** Does not damage the liver, kidney or GI Tract like OTC medication.  
**DIETARY SUPPLEMENT:** Can be administered daily as part of your pet's diet.

**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**

# Classified Ads - Call 962-9228

## Vehicles

2006 Dodge 3500, Quad Cab Short Box, Diesel, Auto, 4x4, 255,000 kms, \$12,000 OBO. Call 780-778-6956 (2) 24-09

## Miscellaneous

Top Soil for garden or else, \$20 per skid steer bucket. Burning Barrels \$20/each. River Rocks from my farm field \$25 per barrel, assorted sizes. Call 780-967-2779 (8) 13-08

## For Rent

Alberta Beach Inn & Suites offers 1 Bedroom Apartment Suites, FULLY EQUIPPED AND FURNISHED. Daily/Weekly/

Monthly rates, Lakefront property. Monthly rent includes digital TV, WiFi, phone, utilities & parking. Monthly available from Aug 15, special incentives for long term rentals. Please call Kurt 587-763-0351 (3) 17-09 OG

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

Onoway 1 & 2 Bedroom Suites for Rent. Clean, quite secure building with reasonable rent. Call 780-967-5857 or 780-920-3652 (4) 10-09

Completely renovated Motel in Onoway, offering monthly rentals, all utilities FREE, furnished bachelors and furnished 1 bedroom with full kitchen, please call Cheryl for viewing 780-967-4420 [www.onowayinnandsuites.com](http://www.onowayinnandsuites.com) (4) 17-09 OG

**Homer's Hut Cabin Rentals** - Daily, weekly, monthly rates, Alberta Beach area, Call Connie 780-913-8024 (15) 17-09

In Alberta Beach, 2 Bedroom Suite in new Adult Living 4plex, \$1200/month + DD same, includes 6 appliances, in floor heating, garage, power & gas, N/S, Call Connie 780-913-8024 (2) 17-09

In Alberta Beach, 3

Bedroom House with 4 appliances, detached garage, N/P, N/S, Available Oct 1. \$1100/month + DD, Call Connie 780-913-8024 (2) 17-09

ALBERTA BEACH - Newer 2 bdrm apartment, downtown, awesome view looking over the lake, 1100sqft, washer/dryer/central vac, 2 baths, stainless steel appl, open concept, please call Cheryl 780-982-6922 (4) 17-09 OG

2 bedroom home on acreage in town limits of Stony Plain! \$1500 all in. includes all utilities! Opportunity for reduction in rent for handyman services. Qualified Seniors only! Ph 780-913-2430 Seniors only! (4) 17-09 OG

# SUDOKU OF THE WEEK


## Fun By The Numbers

**Here's How It Works:** Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

**ANSWER:**

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

**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 sawvy to the test!



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

# 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).

**SEPT 24 - PSYCHOLOGICAL HEALTH AND SAFETY MANGEMENT WORSHOP**, 10am-4pm at Timber Ridge Inn & Suites, Fox Creek. Cost \$40 (lunch included). Register through [www.eventbrite.ca](http://www.eventbrite.ca) OR our website <http://yellowheadeast.alberta.ca/current-events>.

**OCT 4 - TURKEY BINGO FUNDRAISER**, 7:30pm at Rich Valley Community Hall. Held by Our Lady of Lourdes Catholic Church. Admission \$5, Earlybird, Bonanza and extra cards available. All proceeds for operation of the church.

**OCT 5 - SANGUDO COMMUNITY HALL JAMBOREE** starts at 7:00pm. Late lunch will be served. \$12/person (Entertainers free). Everyone Welcome. Info call 785-4105 or 305-5088

**OCT 12 - CRIB TOURNAMENT** at Rich Valley Community Hall. Doors open at 10am, Play at 11am. \$20/person. More info call 967-5710

**OCT 27 - ANNUAL FALL SUPPER** at the Stanger Hall, 4:00 pm - 6:30 pm. Adults \$15.00, 6 - 12 years \$5.00, 5 and under Free.

## FARMERS MARKETS

**ALBERTA BEACH:** Open Every Sunday, May - Oct, 12-3PM. Contact Joanne 780-690-6392  
**BARRHEAD:** Open Saturdays, May - Dec. 10AM - 1PM. Sherry 780-674-6802

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

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

## 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 Sept 4 & 18, October 2, 6 & 30.

**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

**ONOWAY:** LSAC Div 1 & 2, East of Hwy 43, Hazel Bourke: 780.967.2338 or [bhbourke@icloud.com](mailto:bhbourke@icloud.com)

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

## JAMBOREES

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

**MAGNOLIA:** at Magnolia Hall. 2nd Saturday of Month. New Time is 1:00PM. Call to confirm, 727-2015. \*October - May, NO Dec.

**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](http://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](mailto: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](http://www.mayerthorpepubliclibrary.ab.ca) (780)786-2404

**"ME, YOU, & EVERYBODY"** Fun new local program for people of all ages with disabilities. Thursdays @ Alberta Beach Agriplex from 10:00-11:00AM starting May. Funded Lac Ste Anne FCSS.

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

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

**PANCAKE/BREAKFAST SOCIAL:** 3rd Sunday

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

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

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

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

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

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

## MEETINGS

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

**2716 ROYAL CANADIAN ARMY CADETS,** Wednesdays 6:30-9:00PM at Mayerthorpe Legion. Youths 12-18yrs, Call 780-515-1842

**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 Center, 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](http://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 at 7:00PM, Tuesday evenings, at the Onoway United Church.

**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 Agriplex.

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

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

**ALCOHOLICS ANONYMOUS:** The Journey of Hope Group, Fridays 8PM, (please arrive earlier). Present location in church basement 4805 - 50 St. Onoway

**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 Agriplex. 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 Centennial Hall 721-2690. \*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](mailto: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 COMMUNITY CHOIR,** Wednesdays 7PM at the Heritage Centre in Alberta Beach (50+ Club behind the hotel). Further info, call Diane @ 780 924-2348.

**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 Lyla @ 780-967-2629.

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

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

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

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

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

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

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

# Church Directory

<p><b>Rich Valley Community Church</b></p> <p>Sunday School 10:00a.m.</p> <p>Worship Service 11:00a.m.</p>	<p><b>Catholic Parish of Lac Ste. Anne</b></p> <p>Sunday 10:00a.m.</p>		<p><b>Mayerthorpe Baptist Church</b></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><b>Alberta Beach Alliance Church</b></p> <p>Sunday Worship Service &amp; Kid's Church 11:00a.m.</p> <p>Sunday School 10:00a.m.</p> <p>(780) 924-3282</p>	<p><b>St. John's Anglican Church</b></p> <p>Onoway</p> <p>Sunday Service 10:00a.m.</p> <p><b>Everyone Welcome</b></p>
<p><b>St. John's Lutheran Church</b> Alberta Beach</p> <p>Sunday Service 11:00a.m.</p> <p>Sunday School</p>	<p><b>Zion United Church</b></p> <p>Sunday Service 10:00a.m.</p> <p>Sunday School</p> <p>Serving Alberta Beach, Wabamun, Darcwell &amp; Lake Isle, Onoway &amp; Area (780) 924-3351</p>	<p><b>Sangudo United Church</b></p> <p>Worship Service 3<sup>rd</sup> Sunday 11:00a.m.</p> <p>4907-50 Ave. Sangudo, AB</p>	<p><b>St. Mary's Anglican Church Service</b></p> <p>Holy Communion 2<sup>nd</sup> Sunday each month 11:00 a.m. at Sangudo United Church</p> <p>Reverend Barry Rose Officiating</p>	<p><b>Cherhill Community Church</b></p> <p>Sunday School 10:00a.m. - 11:00a.m.</p> <p>Worship Service Sunday 11:00a.m.</p>	<p><b>St. Michael Lutheran Church</b></p> <p>Sunday Services 1<sup>st</sup> &amp; 3<sup>rd</sup> Sunday at 2:00p.m.</p> <p>Pastor Rick Chappell (780) 674-2618 Mystery Lake</p>
<p><b>Trinity Lutheran Church (LC-C)</b> <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 &amp; Cottage Bible Study - Phone for locations</p>	<p><b>Mayerthorpe Pentecostal Assembly</b></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><b>Infuzed Ministries</b></p> <p>Worship Service Sunday 3:30p.m. in Alexis Community Hall</p> <p>Pastor Daniel Jackson (780) 719-0240</p>	<p><b>Onoway Baptist Church</b></p> <p>Sunday Service 10:30a.m.</p> <p>Pastor Greg Garbutt (780) 967-2266</p>	<p><b>Roman Catholic Church</b></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><b>Calahoo Alliance Church</b></p> <p>Family Worship Service Sunday 10:00a.m.</p> <p>For Info Call Jerry (780) 974-7734</p>

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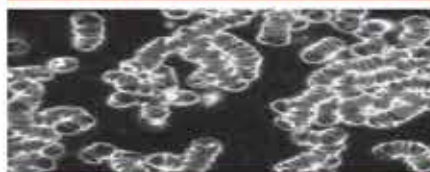
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