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## October 29, 2019

### RCMP LAY CHARGES FOLLOWING INCIDENT

Submitted by Barrhead RCMP

On October 22 at 11:00 a.m., Barrhead RCMP members responded to a suspicious male complaint on a rural property. The suspect

vehicle, a motorhome, was located near Fort Assiniboine, but it failed to stop for police. A Swan Hills RCMP member employed a tire deflation device which caused the motorhome to enter a ditch and be-

come stuck. The suspect male was observed to be brandishing a firearm. Assistance was provided by several neighbouring detachments including Westlock and Whitecourt.

*Continued on Page 14*

### RCMP ARREST DRIVER INVOLVED IN HIT AND RUN

Submitted by Parkland RCMP

On Oct. 21, 2019 at 7:07 a.m., Parkland RCMP received a complaint of a hit and run collision at McLeod Avenue and Nelson Drive, Spruce

Grove, Alberta. The collision involved a SUV and a truck. The truck was travelling on McLeod Avenue and collided with the SUV that was in the traffic circle. The SUV flipped on its side and air bags were deployed. The

32-year-old female driver of the SUV and her 8-year-old son were uninjured due to the collision but the driver of the truck failed to stop to offer assistance and fled the scene.

*Continued on Page 14*

### RCMP CHARGE MALE WITH ARMED ROBBERIES

Submitted by Whitecourt RCMP

Whitecourt RCMP and Whitecourt General Investigation Section (GIS) have arrested and charged an adult

male after an armed robbery on February 15, 2019.

Following a several month long investigation into the ATB Robbery in Whitecourt, AB, Whitecourt GIS have arrested and charged 32-year-

old Ryan Joseph Lebeuf with one count of Robbery, one count of Disguise with Intent and several breach of condition charges.

*Continued on Page 14*

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# HANDS-ON WORKSHOP: HOUSEPLANT CARE & PROPAGATION

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

Can't keep a houseplant alive? This class is for you! Even if your home is a jungle of happy houseplants, we'd like to see you too, to hear your tips for success. Houseplants are back in style! November is a good

time to turn our attention to indoor gardening. Join Lac Ste. Anne County Horticulturist Lorraine Taylor for a look at what you can do to keep your houseplants thriving this winter. Topics include basic care – light, water, nutrition, and what pests to watch for. You'll also take a virtual tour of the kinds of indoor plants

you might like to grow. Workshops are FREE; pre-registration is preferred. Contact the host library to register.

- Monday, November 4 at the Sangudo Public Library | 7:00 pm - 8:30 pm. Call 780.785.2955 or email [sangudolibrary@yrl.ab.ca](mailto:sangudolibrary@yrl.ab.ca) to register.
- Thursday, November 7 at the Darwell Public Library | 7:00 pm - 8:30 pm. Call 780.892.3746 or email [adarlibrary@yrl.ab.ca](mailto:adarlibrary@yrl.ab.ca) to register.

This is a hands-on session. Do you have an overgrown house plant needing some TLC? Bring it along with a new container and we'll repot it. Have a favourite you'd like to share? Bring it too! We'll learn ten ways to grow many plants from one – and all attendees will take home some cuttings!



**JOKE OF THE WEEK**

Halloween is so confusing. All your life your parents tell you to, "Never take candy from strangers." Then on Halloween Night they dress you up and tell you to go beg for it.

As a kid, I didn't know what to do. I'd knock on people's doors and go, "Trick or treat ... no thank you"



**November 11**  
REMEMBRANCE DAY  
CEREMONIES

A celebration of our nation's bravest heroes  
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**Sangudo Community Hall**  
**11:00AM**  
Potluck lunch to follow.  
Call Bob 780-721-7443

**Cherhill Legion**  
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at Community Hall.



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30+ Vendors – Lots of different items.  
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# HALLOWEEN SPOOKTACULAR SCARING LOCALS FOR A GOOD CAUSE



**Submitted by Century 21 Leading**

One of the region's most popular Halloween attractions is well underway – The 6th Annual Century 21 Leading Halloween Spooktacular. This family friendly event features a huge display of Halloween inflatable characters and spooky animatronics. So far over 2500 people have taken it in.

"It's another opportuni-

ty for us to give back to the community who have support us throughout the years," says Kerry Pfannmuller, Century 21 broker-owner. The event is held on Pfannmuller's Parkland County acreage located 5 minutes north of Spruce Grove at 54020 Range Road 275.

The event takes donations in support of the Stony Plain Kinsman Christmas Hamper Program. It is free

of charge and accepting unwrapped children's gifts and monetary donations. The event runs nightly 6 to 9 pm October 24 to October 31.

This year they hope to raise over \$15,000. Over the past 6 years the customer appreciation event has raised over \$25,000 through cash and toy donations.



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# ALBERTA RCMP #OPERATIONIMPACT2019 FOCUSES ON TRAFFIC SAFETY PRIORITIES

Submitted by Alberta RCMP

Edmonton – This Thanksgiving long weekend, police forces across Canada led #OperationImpact, or-

ganized by the Canadian Association of Chiefs of Police, to encourage safe driving behaviours.

Between October 11-14, 2019, there were 4 fatalities, 18 pedestrian injuries and

272 separate collisions in Alberta RCMP jurisdictions.

Alberta RCMP members patrolled roads and highways across the province and laid a total of 4,402 road safety charges in-

cluding 3,440 aggressive driving charges (including speeding), 106 driving without a seatbelt charges, 105 impaired driving charges and 90 distracted driving charges.

## NOTES FROM THE ONOWAY LEGION

Submitted by Richard Moses | Onoway Royal Canadian Legion

It's all Keto-friendly

On Friday, November 1, Lynn and Team will prepare and entire keto-friendly meal – vegetable soup, chicken paprika, garlic mashed cauliflower, potatoes, green beans, blueberry crisp and ice cream.

Book your reservation by phoning or texting 780-340-0760, or leave a message on the Legion answering machine at 780-967-5361. (Don't forget to call to can-

cel if your plans change.) Doors open at 3, with the meal served from 6 to 7 pm. Adults pay \$15; kids up to 10 years cost \$9, while 5 and under are free.

As usual, the bar will be open, along with the usual draw for a free meal. You'll have a chance to buy raffle tickets on a delicious meat package, on the 50:50 draw, or the Chase the President raffle, a progressive jackpot that increases in value each week there's no winner.

Authentic Ukrainian Dinner!

On Friday, November 8, the

Babas and Gidos will serve an authentic Ukrainian meal – pyrohy (potato and cheddar cheese filled perogies), holubtsi (cabbage rolls), kielbasa (Stawnychy sausage) nalysnyky (cheese crepes with dill cream sauce), nachynka (corn meal casserole), with fruit pies and ice cream for dessert.

District 8 Pool Tournament

On November 23, a District 8, 8-ball pool singles tournament racks up. Registration is 8 – 8:45 a.m., with opening ceremonies at 8:50. Play begins immediately afterwards. Registration fee

is \$20/player. Lunch will be provided for players, with guest lunch available at \$20/guest. Please request guest lunches on, or before, November 16.

Did You Know?

The Poppy Campaign is organized and run by local Legion volunteers at over 1,400 branches across Canada and abroad. Poppy Funds are held in trust at every level of the Legion and the use of these trust funds are strictly controlled, with appropriate approval processes.

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NEWS HIGHLIGHTS

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# COUNTY EMPLOYMENT OPPORTUNITIES

From permanent roles to seasonal positions, there are a number of different ways to apply your trade at Lac Ste. Anne County. For more details on the opportunities below, visit [LSAC.ca/Careers](http://LSAC.ca/Careers).

## INTEGRATED VEGETATION MANAGEMENT SUPERVISOR

### Full-Time Permanent Position

Lac Ste. Anne County's Agricultural Services Department is interviewing qualified candidates for the position of Supervisor of Integrated Vegetation Management. This role is responsible for managing, directing, coordinating and supervising the vegetation management program.

*7<sup>th</sup> Annual*  
**CAPTURE THE COUNTY PHOTO CONTEST**

**VOTE FOR YOUR FAVOURITE SHOTS TODAY!**

Entries for this year's Capture the County Photo Contest are some of the best yet, so this is certain to be a close competition. Online voting is now open, so visit [LSAC.ca/Photo-Contest](http://LSAC.ca/Photo-Contest) to view all submissions and choose your favourites! Remember **voting closes Friday, November 8.**

Best of luck to all of the contestants — and thanks for participating!



## AUTUMN ACTIVITY REPORT

The new Activity Report is scheduled to be mailed out to County households next week. Copies will also be available (while supplies last) at the County Administration office, regional schools and libraries, and participating local businesses.

This edition of the Activity Report is chock full of great regional news and resources, including a recap of this summer's successful Rural Roots Farmer Showcase; an update on the Partners in Progress economic development initiative; information about the newly-launched Farm FireSmart program; and more! Can't wait to receive your copy in the mail? Check out the online version at [LSAC.ca/Activity!](http://LSAC.ca/Activity!)



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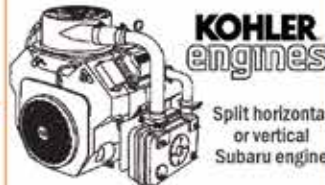
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# ALBERTA TALKING RURAL CRIME TOUR 2019 WITH DOUG SCHWEITZER, MINISTER OF JUSTICE & SOLICITOR GENERAL

Submitted by MLA Shane Getson - Lac Ste. Anne-Parkland

of Justice & Solicitor General has added a stop to our constituency to talk about Rural Crime.

This event will take place on November 4, 2019 from 6-8pm at the Calahoo Community Hall (9, 54500 Range Road 275 Sturgeon County T8R 1Z1).

If you cant attend, fill out our Rural Crime Survey at [www.alberta.ca/ruralcrime](http://www.alberta.ca/ruralcrime) until October 31, 2019.

Doug Schweitzer, Minister

## KEEP YOUR KIDS SAFE AT HALLOWEEN

Submitted by Alberta Health Services

Halloween is a fun time for children. However when combined with costumes, the weather, and darkness, the excitement of the night can pose danger to little ones.

We can't control the weather or the darkness. But we can do a few things to keep Halloween safe.

Costumes

- Ensure footwear and costumes fit properly and provide appropriate protection against weather conditions.

- Ensure costumes aren't a

tripping hazard.

- Add reflective tape to costumes and treat bags. This ensures your child is visible in the dark.

- Choose costumes, beards and wigs labeled "flame-resistant".

- Choose face paint or make-up instead of a mask that can interfere with your child's vision.

- If your child is wearing a mask or a head piece, ensure they can see clearly from the front and both sides, and that it doesn't interfere with their breathing.

- Never allow your child to

carry a sharp or dangerous costume prop, such as a knife or sword.

Trick-or-treating

- Children are safest if they trick-or-treat in groups. Don't let them trick-or-treat alone.

- Accompany your child until you feel comfortable that they are old enough to go without parental supervision.

- Remind your child that the same safe road rules apply when trick-or-treating as they do any other night. Always walk on sidewalks, and cross the street at crosswalks or street corners only.

- Teach your child to trick-

or-treat in well-lit areas, and to only visit homes that have outside lights turned on.

- Pack a flashlight in your child's trick-or-treat bag.

- Remind your child never to go inside a stranger's home or car.

- Before your child digs into their treat bag, be sure to inspect all goodies.

- Discard all candy that has a loose, broken, or open wrapper.

- Discard homemade candy or baked goods provided by people you don't know.

- Wash all fruit, and cut it into pieces to inspect it before eating.



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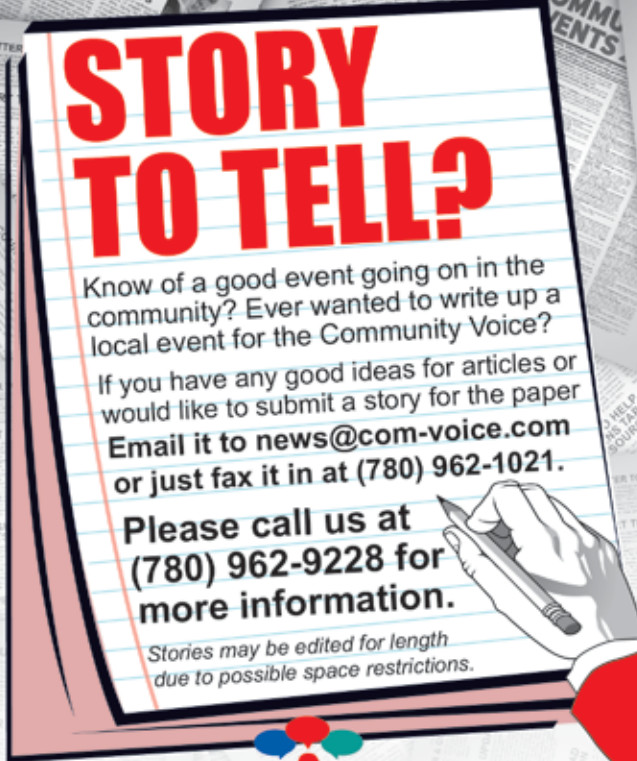
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Know of a good event going on in the community? Ever wanted to write up a local event for the Community Voice?

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.*



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**AUTO TUNE-UP**

**OCTOBER 2019**

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# Auto TUNE-UP

## THE SAFEST PLACE FOR KIDS IN THE CAR

Riding in a vehicle can be an exciting prospect for children. Such rides provide a chance to see the world outside of the house, and the speed with which scenery is flying by can be exhilarating for young minds.

Children are first introduced to riding in cars as babies, when child safety seats will keep them secure. Although laws vary depending on where people are driving, the American Academy of Pediatrics advises that children remain in a rear-facing car seat until age 2 or older. As they get older and gain weight, children who have outgrown the rear-facing weight or height limit for their seats

should use a forward-facing seat with a harness for as long as possible, up to the highest weight or height allowed by their car seat manufacturer, says the AAP.

When children are old enough to graduate from car seat to booster seat to sitting in the car with only a seat belt, parents may wonder about where their youngsters can sit when riding in a vehicle. One area of the car tends to be safer than others for children. Researchers from the University of Buffalo who studied crash-related fatalities in relation to seat location discovered that the backseat is 59 to 86 percent safer than the front seat. What's more,

the middle seat in the back of the car is 25 percent safer than the window seats.

The science behind the study is that the middle seat offers the most distance from impact during a collision, or what the industry calls "the crumple zone." The outer seats will be more affected, while the middle seat remains more insulated. However, the middle seat is only the safest when used with a full seat belt, rather than just a lap harness; otherwise, children should sit in the back where a full three-point seat belt is available, advises the National Highway Traffic Safety Administration.

In addition, it can be

tempting to cave under pressure and allow tweens to ride in the front of the car when they ask to do so or say that it is embarrassing to ride in back - since all of their friends are riding up front. The organization Safe Ride 4 Kids says studies show the safest place in the car for tweens is the back, until they are at least 13 years of age.

Riding in the middle seat in the back of the car is the safest place for passengers, including children. Parents and caregivers should keep safety in mind when kids are in the car.

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# Auto TUNE-UP

## SAFE DRIVING IN INCLEMENT WEATHER

Impaired visibility can be a safety hazard while driving. Everything from sun glare to hail can affect a driver's ability to see the road and navigate it effectively. Before drivers get behind the wheel, they should make note of their local forecast and make a plan for what to do if rain, snow or other conditions make it challenging to drive.

The International Association of Traffic and Safety Sciences indicates that, based on an examination of crash test data conducted by the National Oceanic and Atmospheric Administration, the "likelihood of a crash increases during periods of low visibility, despite the tendency for less traffic and for lower speeds to prevail during these times."

Drivers can take several steps to improve their visibility when driving in poor weather conditions.

- Inspect and change windshield wiper blades. Wipers are instrumental in clearing precipitation away from the windshield. If they're not functioning properly, wipers cannot do their jobs. Drivers should replace their wipers at the first indication that they are no longer effective. In some conditions, wipers can freeze or stick. Drivers should then pull over and clean the wipers manually.

- Clear obstructions. Always make sure the windshield is clear before driving. This can include removing ice and snow in the winter and cleaning off mud or bug splat-

ter in the spring and summer. Use the front and rear defrost if condensation fogs up windshields and windows.

- Slow down. Foul weather can reduce drivers' ability to see far into the distance. Drivers should always drive slower in inclement weather in order to improve reaction time.

- Top off fluids. Always keep the windshield washer reservoir full and keep extra fluid in the trunk. In addition, look for a fluid that does not freeze in very cold temperatures.

- Learn how to drive in fog. Each year, more than 38,700 vehicle crashes occur in fog, states the Federal Highway Administration. Travelers Insurance recommends slowing down, stay-

ing focused and using regular headlights and not high beams when driving in fog.

- Go out only if necessary. In snowy or icy conditions, drive only if it's absolutely necessary, as snow and ice can impair visibility and make roads slick, says AAA.

- Avoid driving at dusk and dawn. The human eye can have trouble adjusting to rapidly changing light and darkness conditions, which are common at dusk and dawn. If possible, drivers should make trips during the heart of the day, especially if poor lighting conditions typically make it difficult for them to drive.

Drivers can take steps to improve visibility when inclement weather makes roadways hard to navigate.



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# Auto TUNE-UP

## IS THERE A "BEST TIME" TO BUY OR SELL A VEHICLE?

The automotive industry is big business. According to the Statista Research Department, roughly 79 mil-

lion cars and light trucks are expected to be sold worldwide by the end of 2019.

When buying or selling a vehicle, many people wonder if there is a particularly advantageous time to buy or sell. The best time to sell is not necessarily the best time to buy, which can present problems for vehicle owners who need to sell their current cars in order to afford new ones. Industry insiders offer their input on key times to move vehicles.

When to sell  
Cars depreciate quite a bit the moment they move off of the lot. Most lose upwards of 20 percent of their value within the first year, according to Edmunds, a leading automotive information company and pricing index. Certain things contribute to depreciation, including mileage, type of driving and whether the car was maintained or not.

Sometimes the best times for a person to sell are when it no longer is financially prudent to keep the vehicle. For some, this may

mean when the bumper-to-bumper warranty expires or if mileage starts to tick up, adversely affecting resale value.

The time of year to sell that is most favorable is between the months of March through August, offers U.S. News and World Report. When temperatures start to climb, people begin thinking about warm-weather and getting outdoors. This is a time of year when tax refunds are issued, and it is far enough away from the holidays to make big purchases more affordable.

When to buy  
Kelley Blue Book says that most dealerships do their biggest "wheeling and dealing" toward the end of the calendar year. November and December are some of their most profitable months, and consumers who are able to budget for a new vehicle at this time of year can get great prices. Dealers want to carry over as little inventory as possible into the new year, so some are motivated to negotiate more on the current year models, enabling them to make room for new inventory and meet existing sales projections.

The financial resource Bankrate says the day of the week one chooses to buy also may be something to consider. Monday, Tuesday and Wednesday are slow days at many dealerships, which may make negotiating a deal easier. Shopping holiday sales, such as those on Black Friday or New Year's Eve, also can help consumers earn better deals.

Timing is everything in the vehicle market. Learn the best times to buy or sell a vehicle and reap the rewards.

**WINTER is COMING**

**ARE YOU READY?**

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# HALLOWEEN CONTEST WINNERS



Deja B. Age 3



Aryonna R. Age 6



Jet D. Age 10



Myrah N. Age 11

Thank you for entering. All the colouring was **spooktacular!**

## RCMP Lay Charges Following Incident

*Continued from Page 1*

As a matter of public safety, Highway 33 was blocked to traffic while the RCMP managed this incident and maintained containment around the motorhome.

The Emergency Response

Team was deployed and was able to safely take the male into custody subsequent to the suspect lighting the motorhome on fire.

The motorhome was determined to have been stolen out of Vegreville on October 21, while the license plate on it

was stolen in Edmonton.

51-year-old Bradley Stephen Kazmiryk of Edmonton has been charged with 12 criminal code offences including arson, possession of a weapon for a dangerous purpose, pointing a firearm and flight from peace officer. At the time

of this incident, Kazmiryk was wanted on an arrest warrant out of Edmonton Police Service jurisdiction.

Kazmiryk was subject to a Judicial Interim Release hearing and he has been remanded to attend court in Morinville on October 24, via CCTV.

## RCMP Arrest Driver Involved In Hit And Run

*Continued from Page 1*

The driver, a 31-year-old female from the Alberta Beach area, was later identified and

has charges pending for:

- Dangerous operation of a motor vehicle
- Failure to stop after accident

• Drive uninsured motor vehicle on highway

The driver was released and will appear in Stony Plain Provincial Court on Decem-

ber 4, 2019.

If you have any information to assist with the investigation, please contact the Parkland RCMP at 825-220-7267.

## RCMP Charge Male with Armed Robberies

*Continued from Page 1*

Throughout the investigation Police determined that Lebeuf was allegedly targeting and robbing several

banks throughout Alberta. The RCMP, working alongside Edmonton Police Service (EPS) and Calgary Police Service (CPS) have collaborated in charging Lebeuf

with 9 robberies and a total of 17 Criminal Code Charges.

Lebeuf remains in custody and his next court appearance is scheduled for October 25, 2019. As this matter

is now before the courts, no further information will be provided.

# MLA SHANE GETSON, LAC STE. ANNE-PARKLAND: BUDGET 2019

**Submitted by MLA Shane Getson - Lac Ste. Anne-Parkland**

As the MLA for Lac Ste Anne Parkland, I'm pleased to finally share with everyone the financial plan that we released on October 24th. This outlines how we're going to execute the platform commitments that were made.

It was with great care and consideration that the spending issues that were identified in the Blue Ribbon report were taken into consideration and addressed. The Budget will be under review over the next few weeks, but I wanted to share with you the main themes.

As always, I am very proud to be able to represent you and to do my part to continue to keep Alberta Strong and Free.

Creating jobs and growing the economy:

• Budget 2019 lays the foundation for sustainable economic growth that brings good jobs for Albertans and creates the right conditions for long-

term economic prosperity.

Living Within our Means

• Budget 2019 reflects our commitment to living within our means, ending overspending and eliminating the deficit - while maintaining the critical services on which Albertans rely.

Protecting Public Services

• Budget 2019 significantly reduces unnecessary, inefficient and wasteful spending while maintaining - and even increasing - support for the front lines and core social services.

Keeping our Commitments to Albertans

• Budget 2019 keeps the promises we made to Albertans, including creating jobs and taking a financially sustainable approach to investing in infrastructure and delivery of public services.

Capital Plan

• The Capital Plan in Budget 2019 reflects Alberta's need for long-term financial sustainability and the province's fiscal reality.

• This plan will see continued support of critical ongoing projects and key public services such as health and education.

Here is how we will make the Budget work:

• Budget 2019 delivers on our mandate of creating jobs and growing the economy.

- Enshrines the Job Creation Tax Cut.

- Streamlines government processes and eliminates red tape.

- Provides new funding for innovation.

- Builds investor confidence and improves global competitiveness.

• It protects front-line services and supports for the most vulnerable.

- Protects funding for health and education.

- Increases funding for mental health, additions and social supports.

• It charts a path back to balance through targeted reductions - and thoughtful reallocations away from wasteful,

inefficient and unnecessary spending.

- Reduces spending by 2.8 per cent over four years - that's three cents on the dollar and far from the 20 per cent reduction Albertans saw in the 1990s.

- Balances the budget by 2022/23.

- Addresses a financial situation that already costs us \$5 million a day in interest to big banks and threatens to burden our children.

- Does not rely on overly optimistic revenue projections.

• It delivers on key promises and was built after extensive consultation.

- Implements 24 platform commitments.

- Developed through feedback from Albertans on doorsteps and through a range of meetings and consultations.

- Informed by expert advice from the MacKinnon Panel.

For further information on the budget review, please contact me at my office at 780-967-0760.

# A MAGICAL MIX OF CLASSICAL MUSIC AND FUN

## Christopher Hall and the Comic Quartet Demystify the World of Chamber Music at Horizon Stage on November 9

**Submitted by Horizon Stage**

Comedian and former principal clarinet Christopher Hall is trying to demystify the sometimes formal world of chamber music. With the help of Edmonton's Strathcona String Quartet he strives to answer such existential questions as "What exactly is a musician thinking while he is playing?", and "What's the difference between contemporary music and a migraine?" Laugh along with Christopher's hilarious anecdotes then marvel as he presents 1000 years of music history in 15 minutes. But this concept isn't all comedy, music lovers will marvel at exquisitely performed excerpts from Mozart, Boccherini, Shostakovich, and Bach while nov-

ices will realize just how many of the classics they actually know! You don't need a mink coat or a doctorate in musicology to enjoy Christopher Hall and the Comic Quartet at Horizon Stage on Saturday, November 9 at 7:30 p.m.; but if you own either or both this is still the show for you.

Christopher Hall is the former principal clarinet for the Orchestre Métropolitain in Montréal. He found working in an orchestra far too serious so now, instead of joking around while sitting in the orchestra pit, he performs as a stand-up comedian, and does various television and radio shows in both English and French. Christopher has appeared in such prestigious comedy festivals as Just for Laughs, The Winnipeg Comedy Fest, and

the Grand Rire in Québec City. He hosted Whoopi Goldberg's Quebec City show in 2011 and has won two Géméaux awards (French Gemini). Christopher is fluent in English, French, German, and Italian but whatever you do, DO NOT take this man seriously!

The Strathcona String Quartet, Edmonton's most outstanding and versatile professional chamber ensemble, have been performing together since 1987. They have released two highly praised CDs which are frequently heard on radio stations across North America including CBC radio, CKUA, and CJSR. The Strathcona String Quartet is well known for their world premiere performances of works for string quartet by local and international composers. They per-

form much of the Classical and Romantic repertoire as well as historically informed early music on period instruments. The members of the quartet are Jennifer Bustin (violin), Shannon Johnson (violin), Sarah Wilbur-Woodman (viola), and Josephine van Lier (cello).

Learn everything you've always wanted to know about classical music, and the musicians who perform it, but were afraid to ask, from Christopher Hall and The Comic Quartet at Horizon Stage on Saturday, November 9 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.



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# 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)

## Hall Rentals

Alberta Beach Agliplex, 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](mailto: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

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# Classified Ads - Call 962-9228

Oneway 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, 963-7984

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 785-2904 or 305-4616

Stettin Nakumun Comm. Hall, 967-9198

## Services

WANTED: Standing Timber – Are you looking to cut your wood lot

before pine beetles or forest fires destroy it? Top dollar paid. Call Paul 780-706-1470 (12) 22-10

## Dog Caretaker

**Alberta Beach & Surrounding Areas, thinking of a Winter 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 and courtyard! 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) 15-10 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 (4) 08-10

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## 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

**Cash for Cars**  
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# SUDOKU OF THE WEEK

## Fun By The Numbers

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

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

**ANSWER:**

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

**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!

# Classified Ads - Call 962-9228

## Buy & Sell

Sacrifice selling of Country Roses dinnerware. Clock. Call 967-4361, Cell 983-0753 (2) 29-10

For sale: John Deere 7600 cast iron pedal tractor. Ertle. Excellant condition. \$400.00. Contact 780-

963-6342 or 905-6342. (1) 29-10

## For Rent

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

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

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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) 15-10 OG

2 bedroom home on acreage in town limits of Stony Plain! \$1500 all in. includes all utilities! Oppurtunity for reduction in rent for handyman services. Qualified Seniors only! Ph 780-913-2430 Seniors only! (4) 15-10 OG

3 Bedroom House in Alberta Beach, comes with fridge, stove, washer, dryer. \$950/month + DD same, Call 780-217-9673 (3) 22-10

In Alberta Beach, 2 Bdrm Suite in New Adult Living 4plex, \$1200/month + DD same, includes 6 appl, in-floor heating, garage, power & gas. N/S, Call Connie 780-913-8024 (4) 29-10

In Alberta Beach, 3 Bdrm House with 4 appliances, detached garage, N/P, N/S, Available immediately, \$1100/month + DD. Call 780-913-8024 (4) 29-10

## Land For Sale

Choice Acreage, 4.3 acres all treed. Yellowhead Estates, RR25, 2 Miles N of Yellowhead Hwy. \$107,000. Call 780-435-1907 (2) 29-10



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**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

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**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**

# 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).

**NOV 2 - WOMEN'S INSTITUTE COTTAGE CRAFTER'S SALE,** 10am-3pm at Stony Plain United Church. Over 30 tables, door prizes, free coffee, light lunch available. Cost \$2.00

**NOV 16 - GUNN HALL CRIB TOURNAMENT,** Reg. 10:00am Play 11:00am - \$20.00/person.

**NOV 30 - ANNUAL SOUP LUNCH & CHRISTMAS BAZAAR,** 10am-1pm at St Augustines Parkland Anglican Church. Soup, dessert, beverage \$7, Dessert & beverage \$4. Christmas crafts, baking, used books.

**DEC 8 - ANNUAL CHRISTMAS TURKEY BINGO AND BONANZA,** at Calahoo Community hall. Doors @ 1pm, 1st game starting at 2pm. \$5/cost, All proceeds to St. Catherine's Catholic Church of Calahoo

## 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 1<sup>st</sup>. 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

**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 October 2, 16 & 30.

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

**WHITECOURT SENIORS CIRCLE,** Every Tuesday. Open @ 5PM, 1<sup>st</sup> call @ 6:45PM, Nevada, Concession. 780-778-4950 \*Sept - June

## 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 bnbourke@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:** 2<sup>nd</sup> Sunday of month. \$6 lunch served. Info 780-991-3001

**MAGNOLIA:** at Magnolia Hall. 2<sup>nd</sup> Saturday of Month, New Time is 1:00PM. Call to confirm, 727-2015. \*October - May, NO Dec. SANGUDO: Sangudo Community Hall, 1<sup>st</sup> Sat of month 7PM. 785-4105 or 305-5088.

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

**THE ABBOTTSFIELD VARIETY MUSIC JAM:** at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3<sup>rd</sup> Friday of month, 7PM. PH: 780-918-8545, Adm: Donations Only.

**WHITECOURT SENIORS CIRCLE:** 2<sup>nd</sup> Sunday of the month 1-5PM, \$5/Adm Door prizes & 50/50 draw. 780-778-4950 \*Nov - June

**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", 2<sup>nd</sup> 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

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

**ONOWAY GOLDEN CLUB:** Cards Tuesdays, 1PM. 1<sup>st</sup> 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:** 3<sup>rd</sup> 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). 2<sup>nd</sup> 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 2<sup>nd</sup> & 4<sup>th</sup> Sunday of month. Meditation 10AM, inspirational sharing 10:30AM. PH 780-940-3032

**WHITECOURT SENIORS CIRCLE DROP IN** CRIB 1st & 3rd Sundays 1:00PM. 780-778-4950

**WRITERS PROGRAM:** Mayerthorpe Library, 1<sup>st</sup> & 3<sup>rd</sup> 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 Centre. 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 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 2<sup>nd</sup> Tues of month. Info: Donna 780-962-5933

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

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

**ALBERTA BEACH MUSEUM** meets on the 2<sup>nd</sup> 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:** 4<sup>th</sup> Thurs. 6:30-8:00PM at Barrhead United Church.

**BARRHEAD ROYAL CANADIAN LEGION,** meeting every 2<sup>nd</sup> Thurs, 7PM at the Legion Hall.

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

**CHERRILL SILVER & GOLD SENIORS CLUB** Regular Meetings 1<sup>st</sup> 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, 1<sup>st</sup> Monday, Darwell

**DDRA MEETING,** 7:00PM, 2<sup>nd</sup> 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 2<sup>nd</sup> Tuesday, monthly at 7:30PM at the hall. Info W. Jager (780) 786-4648.

**KINETTE CLUB OF MAYERTHORPE,** 7:30PM at Kinsmen Hall, 1<sup>st</sup> 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 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:** 3<sup>rd</sup> Fri, 7PM, Alberta Beach Council Chambers.

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

**MAYERTHORPE HOSPITAL AUXILIARY ASSOC,** every 4<sup>th</sup> 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:** 2<sup>nd</sup> Wed of each month, 7:00PM, Onoway Legion

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

**ONOWAY & DISTRICT QUILT GUILD:** Every 2<sup>nd</sup> Thurs, 10AM-4PM, @ the Lac Ste. Anne Chateau Activity Room. Info, Ph Lyla @ 780-967-2629.

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

**RICH VALLEY AG SOCIETY BOARD MEETINGS:** at the Agplex on the 2<sup>nd</sup> 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 Agplex - Mondays, weigh in 6:30PM. Meeting at 7PM.

**WESTLOCK & AREA CANCER SUPPORT GROUP:** 3<sup>rd</sup> 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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Home - Auto - Farm - Life and Business

Very Competitive Rates & Convenient Payment Plans.

Home - Auto - Farm - Life and Business

**Clients first...Service Always!**

# PREVAIL

## CELLULAR HOMEOSTASIS FORMULA

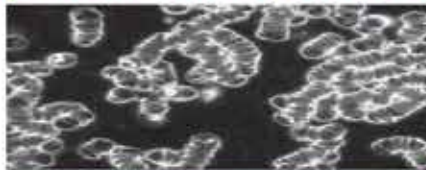
# MAX

A NUTRITIONAL BREAKTHROUGH THAT SUPPORTS YOU  
...RIGHT DOWN TO THE LAST CELL!



How do you want your  
**BLOOD** to look?

**Before PrevailMAX:**



- poor circulation
- low energy
- brain fog
- dehydration
- decreased nutrients
- pH imbalance
- poor endurance

**After PrevailMAX:**



- better circulation
- more vitality
- mental clarity
- cellular movement
- nutrient assimilation
- balanced pH
- optimal endurance

**PrevailMAX™** is a nutritional breakthrough that delivers a rapid increase of internal blood cell pressure to speed absorption, enabling the body to take maximum advantage of the nutrients in foods and supplements. The electrolytes are small enough to penetrate your cell membranes, to bind with your cells, and to be carried wherever they are needed in the body.

At the microscopic level of human cells, **PrevailMAX™** supports healthy cell performance – a nutritional breakthrough for your cells.

When you use **PrevailMAX™**, you will feel more energy and an ability to focus like never before. Take a few sprays today and see just how good you can feel!

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