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## November 5, 2019

### OJSH STUDENTS ATTEND WELDING COMPETITION

Submitted by Onoway Jr Sr High School

Students from nine Edmonton-area high schools, including OJSH, were at the CLAC Member Centre on Saturday, October 26, 2019, for the Wicked Welding competition. This is an annual event sponsored by CLAC Training and the CWB Foundation.



Continued on Page 5

### REMEMBRANCE WEEK ACTIVITIES – 2019

Submitted by Onoway Royal Canadian Legion

The Onoway Legion is once again quite involved in activities in the community of Onoway and area from November 2 to 11, 2019.

On November 2, 2019, the Lac Ste. Anne Army Cadet

Corps was in the community helping with our annual Poppy campaign. Remember: wear a poppy!

On November 3, 2019, the spectacular Lest We Forget Concert was at the Winspear. This joint concert between area Legions and the Cosmopolitan Music Society is

in its 30th year. It featured music of the era, remembering themes from the end of WW II and the Korean War. Two highlights of the concert were the Eternal Flame from Mons, Belgium and the Mons Bugle played in public again.

Continued on Page 2

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## Remembering our veterans

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Lest we forget.  
Remembrance Day 2019, November 11

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# Remembrance Week Activities – 2019

*Continued from Page 1*

The Legion Honour Guard (uniformed members) will attend many of the local schools for special services. On November 6, 2019 at 10

a.m., they will attend Grasmere Elementary School for a morning service. In the afternoon, the Guard has accepted the gracious invitation to attend Rich Valley Elementary School.

On November 7, 2019, starting at 9 a.m., the Honour Guard will attend the Onoway Elementary School service, and then move to the Onoway Junior/Senior High School for a 10:30 a.m.

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**Zion United Church reopens  
November 17, 2019 at 10:00 a.m.**

Zion United Church will be celebrating the recovery from the damage done to the church building as a result of an arson event that occurred in May of this year. It will be on November 17, 2019 as the congregation is back in the newly renovated worship space. Its members would like to express sincere thanks for the special gifts many churches donated to help the congregation through this difficult time. Please feel free to come and join the celebration.

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SATURDAY: 8:00AM-10:00 AM    Wayne (780) 584-2140, or  
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Athabasca - Barrhead - Westlock Constituency



**REMEMBRANCE DAY**

*Lest We Forget*

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5106 - 50 Street, Barrhead.  
email: Athabasca.Barrhead.Westlock@assembly.ab.ca

**SHANE GETSON**

MLA for LAC STE. ANNE-PARKLAND



To all those who have served and are serving to keep us strong and free, we are eternally grateful. To those who have fallen in this line of service and to your families, you will always be remembered.

**Thank you.**

LacSteAnne.Parkland@assembly.ab.ca  
#18, 4708 Lac Ste Anne Trail, N. (Box 248)  
Onoway, AB T0E 1V0 **780-967-0760**

# Remembrance Week Activities – 2019

service there. On November 8, 2019, at 9 a.m., the Honour Guard will attend the Alexis School service.

The Legion will once again host a public Remembrance Day service at the Onoway High School. We urge you to be seated by 10:20 a.m. sharp.

If you intend to lay a wreath, this year you again need to bring your own. There will only be a very limited number of additional wreaths available. Please check in at the high school café, so we know you are there. That way we can announce your name during the wreath-laying. Remember to pick your wreath up after the ceremony, to ensure safe storage for future years.

Please contact Ed Gallagher at 780-967-2550 to confirm your intention to attend the service and to lay a wreath.

After the service at the high school, uniformed members will parade back to our cenotaph at the legion, and the official wreaths will be laid again there. The Onoway community is welcome.

The Legion will be open to the community directly afterwards for socializing with our vets, serving soldiers, family and friends. (We greatly appreciate you allowing our veterans and soldiers to enter the Legion first. There will be some special seating for these special guests.) Please remember – this day is really for these veterans and their comrades.

If there are any veterans or serving members who want to attend the service, but who we have not contacted, please call 780-991-6777 and advise us. The Legion tries to keep a record

of our veterans. Also, if you wish to be added to our list so we can recognize you and your service to our country, please call 780-991-6777.

Sunday, November 10 is a Remembrance Day service at the St. John's Anglican Church in Onoway.

Respectfully  
Scott Sadler  
Past President  
#132 Onoway Legion





# WHITECOURT TOWN COUNCIL UPDATE

## Submitted by Town of Whitecourt

Council has awarded a 5-year contract to MuniSight Ltd. for the provision of a Geographic Information System (GIS). GIS will provide the ability to centralize municipal datasets, streamline processes, and help to provide a better understanding of the relationships, patterns, and trends within our com-

munity. The system will also assist the Town with zoning and permitting, assessment and taxation, and road and utility maintenance.

Council has approved street closures to accommodate the Whitecourt Trailblazers Snowmobile Club's 40th Anniversary Sled Invasion. The event is scheduled from February 14-16, 2020 and will include a rally, concert, freestyle event, and Guinness World Record Breaking Snowmobile

Parade. The Club is aiming to break Whitecourt's own record that was set in 2015 with 1,047 snowmobiles. Follow the Club Facebook page @ whitecourtrailblazers for the most up to date information.

An amendment to Traffic Bylaw 1440 has been adopted to enhance snow removal efficiencies and assist with municipal enforcement activities this winter season.

Council has completed its annual review of the Town of Whitecourt Policy Manual, and adopted the revised document in its entirety. To review the Manual, visit [www.whitecourt.ca](http://www.whitecourt.ca).

Council has authorized a change to the 2020 Power Franchise. The franchise fee is paid to the municipality in exchange for giving FortisAlberta the exclusive right to supply power in Whitecourt. The approved fee of 2.60% will result in the average residential customer experiencing an increase of \$1.68 per year on their power bill.

Council authorized a change

to the 2020 Gas Franchise. The franchise fee is paid to the municipality in exchange for giving ATCO Gas and Pipelines Ltd. the exclusive right to supply gas in Whitecourt. The approved fee of 25.68% will result in the average residential customer experiencing an increase of \$13.20 per year on their gas bill.

The Town of Whitecourt has entered into a development agreement with the Friends of Whitecourt Society for landscaping within the Town boulevard at 4716 - 50 Avenue. The agreement approves the placement and ensures maintenance of river rock landscaping that was placed in the boulevard.

The 15th Annual Candlelight Vigil is scheduled for 5:30 p.m. on November 7. The Vigil is part of several events held this fall to raise awareness of family violence issues in our community and province. For details on the Vigil visit our website at [www.whitecourt.ca](http://www.whitecourt.ca) and click on the Event Calendar.

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## NOV 9 AUCTION FOR: LIVIA SABO

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**BEDROOM:** \* Double Bed w Ornate Head \* 2 Queen Beds \* Massage Bed

**COLLECTABLES:** \* Marquis Harmony Banjo \* Nice 70's French Provincial Chesterfield, Chair, Coffee + End Tables \* Kerosene Lamps, ea Cups, Animal Ornaments, L/P Records, Books, DVD's \* HORSE - 2 of 2 Btm Plows w Seats, Potato Hiller

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# UPDATE: RCMP INVESTIGATE UNFOUNDED BOMB THREAT

**Submitted by Parkland RCMP**

Spruce Grove, Alta. - Parkland RCMP identified and arrested the suspect responsible for calling in a bomb threat on October 17,

2019 at the Tri-Leisure Centre.

Brandon Czapp (27) of Edmonton was charged with:

- Public Mischief
- Mischief over \$5000
- Breach of Recogni-

zance

Brandon Czapp was held for a justice interim hearing and released, His first appearance is scheduled for Nov.13, 2019 at Stony Plain Provincial Court.

If you have any infor-

mation in relation to this incident, please contact Parkland RCMP at 780-968-7267. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), on-line at [www.P3Tips.com](http://www.P3Tips.com).

## OJSH Students Attend Welding Competition

*Continued from Page 1*

Teams of students from each of the schools spent the day creating Halloween-themed metal sculptures. Teams were evaluated for creativity, use of various cutting and welding processes, teamwork, sportsmanship, safety, and final presentations.

Four OJSH student under the supervision and guidance of their welding teacher Mr. Siemens, partic-

ipated in the competition. Zakk Goertzen, James (Jay) Bownes, Jace Lalonde and Ethan Livingstone competed against 20 to 30 other students, most of whom were in senior level welding classes at their schools. Three of the OJSH team members are just in Grade 10 and only started MIG welding last week. Zakk, the fourth team member, was the most senior of the team. He was at the competition last year. The team used

his design and Zakk took a leadership role in the planning and execution of the design. Considering their youth and inexperience in relation to the other teams, Mr. Siemens was very proud of and impressed with the team's effort, skill, enthusiasm and performance.

Many valuable door prizes were given out at the end of the competition - Jace won a \$600.00 welding helmet!

Congratulations to all the team members for creating

a Halloween spider sculpture that not only showed their cutting and welding skills but utilized students' critical thinking and creative processes.



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# HONOURING OUR NATION'S HEROES

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*Viola Johner*

*A. G. Macaskill*

*Faye Macaskill*

*Alex McCallum*

*Douglas McDermed*

*Ray Larose*

IN HONOR OF

*Remembrance Day*

NOVEMBER 11



# HONOURING OUR NATION'S HEROES

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Mayerthorpe

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-Cherhill

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# LAKEWELL 4-H MULTI IS ALIVE AND WELL

**Submitted by Lakewell 4-H Multi Club**

In Sept, Lakewell 4-H Multi held an information night complete with pizza from Sammy's Family Restaurant in Entwistle. At that meeting, the retiring President, Aynsley Shupack, explained what 4-H was all about and what was expected from the members and families. We asked those present to list the Projects that they were interested in so we could see what Leaders we have and what Leaders we would have to recruit. It was also decided that since everyone enjoyed the potlucks; we would have a simple potluck at each meeting.

We followed that meeting with a registration meet-

ing on Oct 3rd but it is not too late if you missed it and would still like to join; registrations are open until Dec 1, just contact Jean at 780 242 2486. So far our members would like to see us offer Horse, Foods, Vet Sciences, Woodworking, Quilting and possibly Canine Projects. We also offer a Cleaver Project for kids from 6-8 years old - the Cleavers are underway, getting ready to enjoy an Arts and Crafts night in November. Horse is looking at starting Sunday Nov 3, riding in the Darwell Cow Palace and would like to thank the Darwell Ag Society for the use of the arena. Foods will start shortly as well once those interested members have had a chance to meet with the leader and plan the year.

Quilting is still looking for a leader and Woodworking is looking for more members to make the classes worthwhile. The cost involved in joining 4-H is minimal, much of it covered by fund raising. In order to complete their year, members must attend 70% of all club activities, participate in a Community Service, present a Communications activity, help with Fundraising and complete at least one Project Record Book.

Although projects are just getting organized, the fun part has already begun. Twelve Members and Cleavers along with four adults enjoyed a day of team building at Camp Warwa on Oct 26th. It was pretty chilly out but that didn't dampen the spirits. A warm thank you to Ma-

ma's in the Kitchen in Alberta Beach for helping out by cooking a delicious hot lunch for us. Next on the fun plate is the Regional Fair which is being held at Mayerthorpe High School on Nov 23rd. Registrants will be able to attend their choice of 2 from 20 different sessions such as building a Gingerbread Nativity Scene, a sock reindeer, a terracotta snowman or learning how to line dance or decorate Christmas cookies. And after that, we will be into the Christmas season with a Christmas party and Awards night.

We invite you to come and check us out - General Meetings are held the first Thursday of the month, 6:30 at the Lake Isle Hall on Hwy 633.

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 NOV\_9\_2019 8:30-5pm ALBERTA\_BEACH

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- Free Hot dogs & donuts
- Alberta Beach Snowmobile Club
- Ski-Doo and Can-Am clearance sales
- Door prizes

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NEVER

FORGET

NOVEMBER 11<sup>TH</sup>, 2019

REMEMBRANCE DAY

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**NORMAN ANGER    MICKEY COPPICK  
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# A Day of Remembrance

## Saluting our Veterans

### Veterans in the Onoway area 2019

(We do not mean to miss any veterans, but this list is never complete as we discover Veterans who have chosen to live in our community without attention.)

Adamson, Terry	Gallagher, Ed	Piper, Barbara
Allen, Brian	Gallagher, Michelle	Read, Gordon
Annis, Mike	Hammond, Renaud	Rideout, Rodney
Austin, Ira	Hazard, Harvey	Ritter, David
Berger, Robert	Henry, Larry	Roberts, David
Bentley, Peter	Hinds, Dennis	Schram, Paul
Berkness, Les	Hombert, Bill	Schram, Alma
Blanchard-Annis, Colleen	Howie, Chuck	Steele, James
Bonk, Larry	Howie, Dennis	Stewart, Chris
Bos, Hank	Kuzyk, Ken	Stewart, Linda
Coffey, John	Latimer, Ted	Sutton, Phil
Cox, Tom	MacDonald, Mark	Taylor, Kip
Elwood, Mark	MacDonald, Samantha	Taylor, Rick
Fehr, Don	McKay, Francis	Williams, Monty
	McDonald, Glenn	
	McNair, Don	
	Monkhouse, Donna	
	Orkin, James	





# A Day of Remembrance

THE FOLLOWING BUSINESSES PROUDLY SALUTE THEIR LOCAL VETERANS

<p>Town of Onoway 967-5338</p>	<p>The Water Lilly Boutique 686-5977</p>	<p>Trius Insurance / Onoway Registries 967-5270</p>	<p>Porky Pets Inc. -Grooming, Pet Supplies 967-6479</p>
<p>Grande Tire -Onoway 967-3432</p>	<p>2K Small Engine Service 952-3956</p>	<p>U.F.A. -Onoway 967-5340</p>	<p>Burger Baron -Onoway 967-4488</p>
<p>Onoway Timber Mart 967-2274</p>	<p>Standstone Vacuum Services Ltd. 967-2118</p>	<p>Academy Fabricators 967-3111</p>	<p>Treeline Well Service LP 967-1080</p>
<p>Onoway Veterinary Clinic 967-2967</p>	<p>R &amp; S Towing 967-2492</p>	<p>Tri-Lakes Services Ltd. -now potable water 1-877-727-3939</p>	<p><b>XL Graphics</b> XL Graphics &amp; Design 967-5959</p>



# A Day of Remembrance

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C & S Rentals 967-4254	Limb Walkers Tree Care Ltd. 203-4705	Countryside Plumbing & Heating 967-4500	Border Paving 967-3330
AC Purewater Hauling Services Ltd. 914-9002	Onoway Public Library 967-2445	Javorsky Ditching 967-5486	Onoway Bigway Foods 967-4291
Jay Day Water Hauling Services 674-0104	Tim Hay Trucking & Construction 818-5849	Estates At Water's Edge 1-877-405-1105	C & D Tank Truck Service -Cherhill 785-3383





# A Day of Remembrance



**THE FOLLOWING BUSINESSES PROUDLY SALUTE THEIR LOCAL VETERANS**



Village of Alberta Beach  
924-3181



Alberta Beach & District Ag Society  
913-5595



Mama's In The Kitchen Restaurant & Catering  
924-2468



Alberta Beach Car Wash  
924-3090



Lanman Landscapes  
977-6586



Beach Front Liquor  
669-8650



Dianne's Tri Village Pizza  
924-3132



Zena's Extermination  
909-3003



Summer's Drilling  
963-1282



Alberta Beach Inn & Suites  
587-763-0351



Jack's Auto Body Ltd.  
967-5850



A.T.B. Financial - Alberta Beach  
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Leann Knysh - Century 21 Masters  
963-2285



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Liquor Cottage  
924-3385



Beach Comber Beauty & Barber Salon  
924-3242





*Remembrance  
Day*  
November 11

# BARRHEAD

## Royal Canadian Legion Branch #75

Herman Barkemeyer

John Barkemeyer

W. Harvey Beeson

Wilmet Beeson

Eric Beniston

D. Bernier

Maryellen Besler

Vernon Besler

Allan Brooks

James Chamberlain

Harold Cober

Bill Dewitz

Nick Down

David Eggleton

Michael Eggleton

Shawn Gibson

Dr. C. Godberson

Lindsey Gordon

Shawn Grove

Carl Harrison

Ruby Hoag

M. Kremp

Albert Martin

Robert Mcilveen

Kyle Merrell

John Miller

Irene Molzon

William Moppet

Charles Mortimer

Victor Peloquin

Ross Pentney

Marilyn Pflance

Lyle Saumer

William Shaler

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*The following businesses proudly salute their local veterans*

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 TD Canada Trust -Barrhead 674-2216	 Stephani Motors Ltd. 674-2211	 A.T.B. Financial -Barrhead 674-2241	 Comfort Corner 674-4933	 Stuber's Cat Service Ltd. 785-2173
 Barrhead Chiropractic - Dr. Peter See 674-2861	 Scotiabank -Barrhead 674-8407	 A&W - Barrhead 674-7666	 Pembina West Co-op 674-2201	 Limb Walkers Tree Care Ltd. 203-4705
 All Around Manufacturing & Mechanical Ltd. 674-5115	 Thomas Trenching Services 674-2095	 JS Jewellery 674-5055	 Barrhead Ford Inc. 674-2227	 NAPA Auto Parts - McLean's Distributors 674-3381
 QMS Limited  674-9494	 Pure Glass  674-0130	 Total Relief Plumbing & Heating 674-4713	 Rose Garden Chapel Ltd. 674-4644	 Integ Distributors  674-8977
 Sanderman's Home Hardware 674-2427	 Fountain Tire  674-6151	 Parsons Auctions 674-5198	 Barrhead Home Building Centre 674-4710	 Barrhead Machine & Welding Ltd. 674-2924



# ROYAL CANADIAN LEGION STONY PLAIN BR. 256

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ASHE HEATHER  
BALFOUR WAYNE  
BEVIS KIRK D.  
BEYER T.J.  
BILLET DANNY  
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BOGEN DAVID  
BOLINSKI MICHAEL  
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BRADT BRUCE ALLAN (TED)  
BROWN GARTH  
BUDDEN CURT  
BULMER R. STERLING (CHICO)  
CARIFELLE DAVID  
CARLTON RODNEY  
CHAMBERS DARREN  
CHAMBERS MARK  
CHARTRAND MARIA  
CHARTRAND RICHARD  
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CONWAY-VAN DER VOORT  
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COUTTS FRASER C. (BUCK)  
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DAVIS BARRY H.  
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FORSYTH DARREN TED  
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FUNGE LAWRENCE WESLEY  
GAGNON DENNIS  
GEORGE NICKOLAS  
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GOETZIE CAROL ANN  
GORDEY ANDREW  
GOSSELIN PETER M  
GREIG GORDON

HAAK MARTIN LUTHER  
HAGGARTY RICHARD MARK  
HALLETT HOWARD  
HENRY FRANK  
HITSMAN DONALD C.  
HODGSON JOHN COLIN  
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HOYT WILLIAM  
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HURLEY GREG  
JANES HERB  
KELLEY BERNARD AL  
KIKKERT CORNELIS (KEES) KAREL  
KILROY LEN  
KOWALIUK ROBERT  
KULAK GREGORY GARTH  
KUSS RONALD F.  
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MACKAY JAMES (JIM)  
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REMEMBRANCE  
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LEGION  
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PLAIN  
DENTURE  
CLINIC  
963-2426

NORTH  
CENTRAL  
CO-OP  
963-2272

SUMMER'S  
DRILLING  
963-1282

THE  
BARN OWL  
591-2276

STONY PLAIN  
REGISTRIES  
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PARKLAND GAS  
CO-OP LTD.  
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TWILITE  
FRAMES  
GIFTS & GALLERY  
963-5555

STONY PLAIN  
AUTO  
REPAIRS  
963-6297

PARKLAND  
FARM  
EQUIPMENT  
963-7411

L & B  
WATER  
SERVICE  
963-8134

DRAYDEN  
INSURANCE  
-STONY PLAIN  
963-2000

B.W.  
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TROUGHING  
699-1880

  
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HERITAGE  
CENTRE  
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FOODS LTD.  
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BIRDSSELL  
GRANT LLP  
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963-2062

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#1  
RESTAURANT  
-STONY PLAIN  
963-2609

CARDON  
AUTO REPAIR  
SERVICES  
963-8288

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-STONY PLAIN  
  
963-5006

BLUE DIAMOND  
JEWELLERS  
968-0040

STONY  
PLAIN  
CHAMBER OF  
COMMERCE  
963-4545

M & K  
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968-8590

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SELF  
STORAGE  
968-5567

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CONSTRUCTION  
LTD.  
  
963-6523





# SALUTING *Our Veterans*

## ROYAL CANADIAN LEGION BR#44 WHITECOURT

World War I

Anderson, D.  
Chaisson, L. A.  
\* Cornell, A.  
Craig, W. R. S.  
Fraser, D. A.  
Frazier, O. D.  
Greene, J.  
Hardy, P.I.  
Harrington, W.  
Hedin, E. I.  
Hedrick, A. H.  
Hinkelman, J.  
Hinkelman, W.  
Kallbom, O.  
Kimzey, A. R.  
\*Loban, E.  
Marvin, R.  
Metheun, A. P.  
Moore, I. C.  
\*McDowell B.  
\*McDowell R.  
Presthlien, A.  
Skogman, S.  
Snellie D.  
Smith, C. R.

Stephens, C. A.  
Steward, H. Y.  
Tekset, O. O.  
Torgerson, J. H.  
Torgerson, J. S.  
Underwood, D.  
\*Ward, A.  
Weir, A. H.  
Wellwood, J. A.  
White, A. H.  
White, G. H.  
Wright, W.

World War II

Austin, D.  
Bain, D.  
Bain, G. N.  
Bain, K. H.  
Bain, R.  
Baxter, P. L.  
Beshell, J. S.  
Beshell, F.V.T.  
Brewer, T.  
\*Brewer, M. J.  
Briggs, S. M.  
Brown, D. G.  
Burch, J.

Chaisson, T. A.  
Cymbala, J.  
Cymbala, S.  
Cymbala, W.  
Dalton, C.  
Dahl, G.  
\*Deatherage, G.  
Deatherage, W.  
Draeger, W.  
Druar, L.  
Dubois, K. A.  
Fry, R. M.  
Galloway, J.  
Gibbs, G. E.  
Gibson, R.  
Harrop, C. V.  
Johnson, H. N.  
Johnson, H. S.  
Jackson, G. E.  
Jackson, R. W.  
Josephson, C.  
Kidney, N.  
King, G.  
King, S.  
Klymok, R. S.  
Kobasiuk, E. A.

Maxwell, F. B.  
McIlwaine, C.  
McIlwanine F.  
McIntyre, D. P.  
McIntyre, H. J.  
Merrills, G. M.  
Merrifield, H. C.  
Miller, C. C.  
Moffat, K.  
Olson, J.  
Otte, F. J.  
Otte, F. W. E.  
Otterholm, G.  
Pederson, H.  
Smith, D.  
Thompson, R.  
Powers, R.  
Korean War  
\*Ivans, David D.  
LaRivierre, J.  
Smith, D.  
Afghanistan  
\*Bartsch, C.  
Harder, D.  
Scott, K.  
Schultz, J.

REMEMBRANCE DAY

\* Killed or missing in action. Many of those who served were wounded.

Thank you to OZ Media for the list of Veterans



# SALUTING *Our Veterans*



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Lakeview Inn & Suites 706-3349	Pine Plaza Liquor 778-5260	Park Memorial Ltd. -Funeral Home & Crematorium 779-2533	Smyl Chevrolet Ltd. 778-2202	Fountain Tire -Whitecourt 778-4401
Metrix Group LLP -Chartered Professional Accountants 778-3091	Whitecourt Auto Sales 2004 Ltd. 778-8808	First Student Canada 778-2850	Reschke Fritz LLP -Chartered Professional Accountants 778-3981	Whitecourt Insurance Ltd. 778-3003





# Auto TUNE-UP

## MODIFICATIONS CAN MAKE DRIVING SAFER FOR SENIORS

Driving provides an almost unrivaled level of independence. The ability to travel beyond a neighborhood or even one's hometown without a chaperone is probably what excites new drivers so much and makes them eager to get their licenses and cars. Senior drivers also may define their independence by their ability to drive. Few things diminish senior dignity and independence faster than losing the ability to drive.

Despite popular misconceptions, seniors are some of the

safest drivers around. The experts at Hartford Auto Insurance indicate that the number of accidents involving older drivers actually decreases as age increases. It's the risk factors like medical conditions, medication usage and reduced physical function that increase the risk for accidents and injuries involving older drivers. Thanks to technology and some other well-designed devices, seniors may be able to continue driving longer than the aging drivers of years past. The AAA Foundation for Traf-

fic Safety, a nonprofit research and education association, says roughly 90 percent of seniors don't take advantage of simple, often inexpensive features that can greatly improve safety and extend their time behind the wheel. Here are some considerations.

- Cushions and seat pads: Cushions do more than just alleviate hip and back pain while sitting. Cushions and pads can raise drivers up and improve their line of sight over the dashboard. Swivel pads can make it easier to enter and exit

the car as well.

- Adaptive cruise control: This feature can adjust speed automatically to maintain a consistent space between vehicles.

- Adaptive headlights: These headlights, also known as steerable headlights, can improve visibility by changing the direction of the light beam with the movement of the steering wheel.

- Pedal extenders: Extenders help short drivers reach the pedals while maintaining a safe distance from the steering wheel and potential airbag deployment.

- Hand controls: Whether one has sensory changes in the feet from surgery or a medical condition, adaptive hand controls can move the "pedals" up to the steering column.

- Blind spot warning and other sensors: Today's cars can be equipped with any number of sensors that can detect oncoming traffic, cars to the left or right of the vehicle, items or cars behind the vehicle when reversing, and even if the vehicle has drifted out of the lane. These are all great safety features for any driver, but may be especially helpful to seniors.

- Parking assist: Parking assist technology can steer the vehicle into a space with little

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# Auto TUNE-UP

## HANDLE A BREAKDOWN WITH EASE

Drivers expect their vehicles to safely transport them from point A to point B. But sometimes drivers find themselves stranded on the side of the road due to a breakdown. That can be an especially precarious position to be in, but knowing what to do during a breakdown can help drivers and their passengers get through such situations unscathed.

1. Find a safe spot to pull over. Whenever possible, guide the car to a shoulder or area out of the line of traffic but still visible to oncoming traffic. If the

car is not drivable, enlist the help of someone to push it into a safe zone.

2. Turn on hazard lights. Insurance advises to put on hazard lights, which will warn other drivers that something is wrong. Hazard lights also may alert other motorists who might offer assistance. Once your hazard lights are on, pop the hood, which can serve as an additional alert to other drivers.

3. Engage the emergency brake. Turn the wheel away from the road and put on the

emergency brake to help prevent the car from rolling.

4. Set up other warning signals. Prepared drivers keep cones, reflective triangles or flares in their cars. AARP suggests placing three warning signals. The first should be 50 feet away and directly behind the vehicle. The other two can then be placed nearer to the vehicle.

5. Remain in the vehicle. It is safer to stay in the vehicle and call for help than to get out and stand on the side of a busy roadway.

6. Call for assistance. Use a mobile phone to dial a roadside assistance service or tow truck. Drivers also may want to contact the nearest police station to ask for help.

Roadside assistance programs are available for a fee from private companies and sometimes through vehicle dealerships or insurance companies. Such services can provide peace of mind if and when breakdowns occur.

## Modifications Can Make Driving Safer for Seniors

input from the driver.

- Voice control: Avoiding distractions and keeping hands on the wheel is enhanced by voice controls, which can be set up to do things like turn

on the radio or adjust climate control.

- Convex mirrors: Special mirrors increase the field of vision.

Seniors have many tools

available to make driving safer and more comfortable, which can prolong their years behind the wheel.

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Br#281 Spruce Grove



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 Wayne Balfour  
 Jennifer Barnes  
 Robert Barnes  
 Richard Barnhart  
 Anthony Bawol  
 Clifford Beamish  
 Keith Beattie  
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 Paul Bennett  
 Kelly Bernard  
 Raymond Boudreau  
 Thomas Bowden  
 George Burns  
 David Burt  
 Jack Byrne  
 Fred Checora  
 Stephen Chipchase  
 Robert Coates  
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 Hervy Watson  
 Gary Welch  
 Wendy Wells  
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<p>Royal LePage -Noralta 962-4950</p>	<p>Grove Hearing Clinic 960-2960</p>	<p>TD Canada Trust -Spruce Grove 962-0404</p>	<p>Grove Collision Repair 962-3755</p>	<p>All Precious Jewellers 960-4200</p>
<p>Urban Sole Shoes 960-2010</p>	<p>H &amp; R Block -Spruce Grove 962-8884</p>	<p>Parkland Veterinary Clinic 962-6300</p>	<p>B.W. Eavestroughing 699-1880</p>	<p>Best Cistern Septic Solution 987-3005</p>
<p>The Flooring Store 960-9212</p>	<p>Sandy View Farms 962-0067</p>	<p>MADD Parkland County 999-7924</p>	<p>Economy Asphalt 962-5581</p>	<p>2 Bros Custom Contracting Ltd. 717-0520</p>
<p>Academy Mechanical Services Inc. 962-6025</p>	<p>Quality Water Services West Ltd. 962-6040</p>	<p>Corbiere Cabinets &amp; Design Centre 571-1949</p>	<p>Marlin Travel -Spruce Grove 962-3010</p>	<p>Century 21 Leading -Spruce Grove 962-9696</p>
<p>OK Tire -Spruce Grove 962-6063</p>	<p>Pro Finish Flooring Ltd. 587- 286-2626</p>	<p>Aqua Fresh Water Services 914-8384</p>	<p>Cartridge Express -Now Mobile 960-9413</p>	<p>Village Muffler villagemuffler.ca 960-3365</p>



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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

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**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) 05-11

## Computers

**FREE Computer Checkup.** Repairs or saving your data NOT over \$50. Yes, you can have a good, clean, refurbished and upgraded laptop win 10 or 7 for **ONLY**

**\$100.** Call now 780-863-4601 (12) 05-11

## 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

**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

## Buy & Sell

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

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 (4) 15-10 OG

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! Opportunity 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

Available December 1st. 1 bedroom in 12 Unit Apartment building in Entwistle. Includes heat, water & parking. \$685/month + DD \$300. Please call Ivka 780-807-1300 or email jakovljevicivka@yahoo.ca (2) 05-11

## 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



**SERENITY FUNERAL SERVICE**

**NEW FACILITY**  
Chapel & Reception Centre

600 Calahoo Road Spruce Grove, AB  
780-962-2749 www.serenity.ca

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

# 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:**

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

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

**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!





# 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 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 Joeanne 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 November 13 & 27, December 11.

**STONY PLAIN SENIORS' 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, Nevadas, 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 bhbourke@fclcloud.com

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

## JAMBORES

**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 GUIDES:** 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>

# SERVICE DIRECTORY

**ATB Financial**  
ALBERTA BEACH AGENCY  
4824 - 50 Ave, Alberta Beach  
Ph/Fax: (780) 924-2211  
Mon to Thurs 10:00AM - 4:00PM  
Friday 10:00AM - 5:00PM  
**Heidi Letendre**

**Scerv Construction Ltd.**

- Engineered Screw Piles
- Skidsteer Work
- Snow Removal
- Excavator Services
- Framing
- Insulating
- Drywall
- Taping
- Trenching
- Roofing
- Decks

**Menko Helmus** Cell: 780-305-3864  
Email: m1988\_10@hotmail.com  
PO Box 4795, Barrhead, AB T7N 1A6

**CPR St. Albert**  
CPR Cell Phone Repair  
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We Can Fix That In 90 Minutes

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Lifetime Warranty Against Defects In Our Screens  
Now over 480 Locations

#13 - 11 Bellerose Drive (Next to Grandis Bakery) 780-460-0277

**MARK MARTIN PFEIFFER**  
MASTER BRICKLAYER/MASON

Cell: 780-242-3308  
Email: pfeiffer.mark@hotmail.com

- Brickwork • Stonework
- Rockwork • Parging
- Concrete Block Work
- Tile Work (all kinds)



**COMMUNITYVOICE**  
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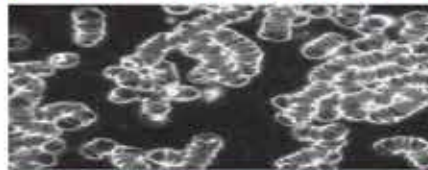
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