



COMMUNITY VOICE

YOUR LOCAL NEWSPAPER

Serving: Alberta Beach, Barrhead, Calahoo, Cherhill, Darwell, Glenevis, Gunn, Lac Ste. Anne County, Mayerthorpe, Onoway, Rich Valley, Rochfort Bridge, Sangudo, Whitecourt, Spruce Grove and Stony Plain.

November 26, 2019

OJSH STUDENT CHOSEN AS ALL-CANADIAN TITAN

Submitted by Onoway Junior Senior High School

For several years, Nissan Canada and the Canadian Football League have worked together to help train and motivate the next generation of Canadian football players. In partnership with the CFL, Nissan Canada Inc. annually scouts and recruits a team of TITANS - aspiring student

football players who give to their community as well as to their team.

OJSH Grade 12 student Damian Venedam has been chosen as one of seventy young football players from across Canada to be part of this year's 2019 Nissan All-Canadian TITAN team.

Players, coaches, family and friends nominated the members of the TITAN team for demonstrating TITAN values on their team, in



the classroom, and in their community.

Continued on Page 3

GOVERNMENT SEEKS INPUT ON DAYLIGHT SAVING TIME

Submitted by Government of Alberta

Albertans are invited to share their thoughts on whether the province should continue to observe daylight saving time.

The government is launching an online survey to gather feedback about the observation of daylight saving time in Alberta.

"We know people have strong opinions about changing their clocks twice a year, and we want to hear them. As more Canadian provinces and territories and some American states are having discussions about this, it's important that we hear from Albertans." - Nate Glubish, Service Alberta Minister

Under the Daylight Sav-

ing Time Act, Albertans set their clocks forward one hour to observe daylight saving time from the second Sunday in March until the first Sunday of November. This puts the province in the same time zone as the Northwest Territories and Montana year-round.

Continued on Page 4

All Precious JEWELLERS
 "Your Spruce Grove Jewellery Store"
Goldsmith on Premises
 • Engraving • Clock & Watch Repairs
 • Jewellery Repairs • Custom Make-ups
 Jewellery Repairs Done On Site.
 Laser Welder Services Available.
 Toll Free: 1-877-962-4367
 PH: 780-960-4200 Fax: 780-960-4201
 Suite 102, 215 McLeod Avenue
 Spruce Grove, AB. T7X 0G2

SIGHTS AND ARMS Now Open Mon-Sat 10AM-6PM
FALL SALE! New Used & Consigned
 Firearm Safety & Reloading Courses
 Gunsmithing
 WWW.SIGHTSANDARMS.COM
 11 J Raybon Cr. St. Albert, Alberta 825-223-9863

PREVAIL MAX
 CELLULAR HOMEOSTASIS FORMULA
Nutritional Breakthrough For Your Cells
 LIVIN TRIM WITH VALENTUS
 (780) 907-8642
 www.ValentusTour.com/Ladybug

SLIMROAST Optimum
 DARK ROAST COFFEE
 YOUR LOGICAL SOLUTION TO WEIGHT MANAGEMENT
 (780) 907-8642
 www.ValentusTour.com/Ladybug

View us ONLINE!
 WWW.COM-VOICE.COM

NOTES FROM THE ONOWAY LEGION

Submitted by Richard Moses | Onoway Legion



COMMUNITYVOICE
YOUR LOCAL NEWSPAPER

PUBLISHED WEEKLY (Zone 1 & 2)
AND BIWEEKLY (Zone 3)

E.J. Lewchuck & Associates Ltd.

#6 - 40 South Avenue
Box 3595
Spruce Grove, AB T7X 3A8

SALES TEAM
Elaine
Ashley
Dani

TELEPHONE:
Classifieds 962-9229
Advertising 962-9228
Fax 962-1021

E-MAIL:
comvoice@telusplanet.net
news@com-voice.com

Cedar-plank Pork for Dinner

On Friday, November 29, Lafarge Canada is sponsoring the dinner – cedar-plank port served with sesame roasted vegetables, potato wedges, salad and dessert. Cooks are Lorne Olsvick and Bob Clark and volunteers. There's also a special treat – entertainment after the meal.

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 cancel 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.

Surf & Turf (with a Twist!)
On Friday, December 6, Ira and his crew are back in the kitchen to prepare Surf & Turf with a Twist – salmon

and lamb. Along with that will be minestrone soup, fried rice, home-made fries, green beans, garden salad, jello with whipped cream, and pudding.

Pool and Darts Clubs
Every Tuesday evening, it's drop-in darts, with spare darts available if you just want to try it. Play begins at 7 pm, but please arrive earlier so you can be included on a team. Cost is just \$3 each week, plus some kind of snack if possible. The bar is always open.

Recreational pool, playing singles on four tables, goes every Wednesday evening. Registration is at 7 pm, and the balls are racked up at 7:30. Everyone is welcome, even non-members, and no experience is necessary. Cost is just \$5 each week, and the bar is always open.

Did You Know?
This year, community residents donated \$5,300 (about \$750 more than last year) for the Poppy Fund. The money raised provides financial assistance and support to veterans, including Canadian Armed Forces and RCMP, and their families who are in need.



FIREWOOD

ALBERTA BEACH FIREWOOD
Spruce & Birch

Call 780-719-9473 or 780-904-6440

PRICE REDUCED

		
<p>14K White Gold Diamond Ring Brand New, Still in Box, Tags on! Asking \$2,745</p>	<p>14K White Gold Engagement Ring Brand New, Still in Box, Tags on! Asking \$2,300</p>	<p>10K White Gold Diamond ring Brand New, Still in Box, Tags on! Asking \$1,375</p>

Call for more information, or to view the ring 780-907-8642

CRTC BROADBAND FUND LAUNCHES SECOND CALL TO IMPROVE INTERNET ACCESS AND MOBILE WIRELESS SERVICES ACROSS CANADA

Submitted by Gerald Soroka, MP - Yellowhead

OTTAWA: Gerald Soroka, Member of Parliament for Yellowhead, is pleased to inform constituents that the Canadian Radio-television and Telecommunications

Commission (CRTC) has launched its second call for applications for the Broadband Fund.

Applications will be accepted for all eligible projects to improve broadband access across Canada, including areas covered by

the first call. The Broadband Fund will provide as much as \$750 million over five years.

Applicants must be financially invested in their projects and show that it would not be viable without a financial contribution

from the Broadband Fund. For more information on how to apply please go to: <https://crtc.gc.ca/eng/internet/internet.htm>

All applications must be submitted by March 27, 2020 at 5:00pm Pacific Standard Time.

OJSH Student Chosen as All-Canadian TITAN

Continued from Page 1

The student-athletes selected for the All-Canadian TITAN team exemplify the TITAN values: they are TOUGH, knowing strength is more than physical; INNOVATIVE, leading the way in their community; TENACIOUS, pursuing goals

with determination and persistence; AMBITIOUS, having a good attitude, work ethic and a desire to succeed; and NOTABLE, standing out in a way that inspires others both on and off the field.

Damian got to travel to Calgary in November for a once-in-a-lifetime, four-

day sporting opportunity where he was able to experience a multitude of 107th Grey Cup festivities. As part of his experience, Damian got to meet and train with the other 69 student athletes chosen from across Canada, attend the 2019 CFL Awards, play in an exhibition game on November

23rd at Shouldice Athletic Park, attend a tail-gate party, and watch the 107th Grey Cup Championship game live at McMahon Stadium.

Nissan, the official vehicle of the CFL for 13 years, is in its 6th year of sponsoring team TITAN.

GROVE HEARING CLINIC

960-2960
1-866-960-2960

Hear what you've been missing...

Senior Discounts



Full Service & Repair

Full Hearing Assessments

HOURS OF OPERATION: 9am – 5pm Weekdays

3rd party billing (AADL, WCB, DVA, FCH) • Personal 0% Financing if Needed

For The Latest Technology In Hearing Aids & Assisted Living Device Stop By & See Dawn

#220-70 McLeod Ave - Westland Market Mall, Spruce Grove

NOV 30 AUCTION

FOR: COUNTY OF BARRHEAD AND 6 SENIOR RETIREMENTS

LOCATED: Barrhead Rodeo Grounds

SATURDAY AFTERNOON, NOVEMBER 30TH AT 1:00PM

COUNTY OF BARRHEAD: * 2003 Ford F250 Ext Cab w/ (250,000 km), 4X4, auto, 6' box, H/A Rack, White * 15 ft Degelman Fold Up Wing Brush Mower * Variety of Misc

HOUSEHOLD: * Good Clean Household * 3 Good Double Beds, Dressers, etc. * Stereos * Kitchenware * Lots More

TOOLS / GARAGE and YARD ITEMS: * Lots of Good Items Promised including 2 Estate Sales Probated

GOLF CART: * Club Car Precedent Golf Carts, Electric, Good Batteries, Stored Inside, White, Clean

LOW Mileage PASSENGER and UTILITY TRUCKS: * 1991 Ford F350 Custom Crew Cab, Du-ally, 2wd, 118k original km, Auto, 7.5 L (460 cu inch) * 1970 GMC 1 Ton w/ excellent 4' high Steel Box

MOBILE HOME AXLES & MISCELLANEOUS: * Brand new Mobile Home Axles w/ some tires * Glass-top computer desk * Meat tub * Heavy duty garden cart rolling work seat w/ tool tray * Sun Mountain Golf Bag * 3 x 20L water jugs * 3 boxes laminate flooring (golden butterscotch hickory; 15.8 sq ft coverage/box) * Weight bench

MECHANICAL / RECREATIONAL: * Air Compressor Hose & Reel * Car Jack * Car Ramps * TRI STAR 230 AC DC Welder with cables * 2 x 30 ft heavy duty truck tow straps * Generac Electric Start 4000EXL generator * LIKE NEW Rigid 5.0 HP Shop Vac w/ 2 new filters * 3 ton MotoMaster floor jack * Folding quad ramp * NEW 75 ft Green Line Air hose & fittings * 3 x 20L Diesel cans * Sportbike exhaust muffler * Harley Davidson exhaust mufflers * 1500 LB Motorcycle jack * 3 Heavy Duty shelves on castors (L 5ft x W 18in x H 63 1/2 in)

AUDIO: * Miscellaneous Speakers & VCR player * Realistic Mach One Speaker System * Pioneer Receiver VSX-D7105 digital signal receiver * Pioneer Bridgeable Power Amplifier GM-X502 * Technics AV Control Stereo Receiver SA-DX940 * 2 black Nuance STAR 3M-B speakers * 2 Wood Grain stereo speakers

ELECTRICAL: * 1/4 mile 16 gauge electric fence wire * Miscellaneous (phone) spool wire * 2 boxes Coleman Cable RG6CATVBLK RG6 60% FI/BRD FT 4 3 GHZ BLK * 4 boxes Audio cable Type: CL3R Multi-Conductor Alarm & Security Cable: 26/0.244 WHITE * 2 boxes 4PR 23 AWG GenSPEED 6 * NEW 10x10 ft joints electrical nonmetallic tubing * NEW 10x10 ft Rigid Nonmetallic Conduit * 2 boxes miscellaneous electrical supplies

CARGO VAN: * 1998 Ford Econoline 3/4 ton Cargo Van, 5.4l V-8, 270k km, Elec. Trailer Brakes, Safety cage

CLEAN MOTOR HOME: * Dodge Sportsman Motorhome, Clean, Awning, Propane

PARSONS AUCTIONS LTD.

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

Government Seeks Input On Daylight Saving Time

Continued from Page 1

"The practice of changing our clocks twice a year is largely done only in western Europe and North America. Earlier this year, the EU voted to abolish seasonal time changes by 2021. In North America, we're seeing provincial and state governments table and pass legislation to do the same. It's time for Alberta to have a serious conversation about this." - Nate Glubish, Ser-

vice Alberta Minister

The online survey will be open until Tuesday, Dec. 10. Albertans can visit alberta.ca/daylight-saving-time-engagement.aspx to share their opinions.

Quick facts

- In October 2019, legislation was tabled in British Columbia to move to summer hours all year.

- Legislation has also passed in Alabama, Arkansas, Florida, Nevada, Oregon, Tennessee and Washington to move to summer hours permanently. However, in the United States federal approval is required to enact the change.

- In March 2019, the European Union voted to end the seasonal time change by 2021.

- Saskatchewan, Arizona and Hawaii do not change their clocks twice a year.



HORIZON STAGE @ 2019-20 Season
Performing Arts Centre

Nadeau Ensemble:
A Prairie Christmas

Saturday, December 7
2 & 7:30 p.m.

A Captivating Celtic Harp Christmas Concert

Ticket Centre: 315 Jespersen Ave.
Theatre: 1001 Calahoo Road
Spruce Grove, AB



780-962-8995 horizonstage.com

JOKE OF THE WEEK

A Bulgarian tourist visiting America was interested in all types of American games. When he returned home, his friends asked him to describe the things he saw. "One interesting game I witnessed", he said, " was one called 'Oh shit', where one fellow calls out things like G4, I9, etc. After a while someone in the audience calls out 'Bingo!' and the crowd yells 'Oh shit!!'"



All Precious JEWELLERS

**Draw For Your Discount
5-50% off Until Dec. 24TH
except Bradford Exchange and
Grandfather Clocks**

**Authorized Dealers
Bulova, Citizen, Bering,
Caravelle, Accutron**

We do Engraving!



780-960-4200
#102 McLeod Ave
(next to Something Else Restaurant),
SPRUCE GROVE

**Over 30 Years in the
Jewellery Industry.
Experienced
Goldsmiths on Site**



Holiday Hours Starting on
December 8
Mon - Fri 9:00am - 7:00pm
Thursday Late Night Shopping
Saturday 10:00am - 5:00pm
Sunday 11:00am - 4:00pm
www.allpreciousjewellers.ca



The 33rd Annual

Sangudo Christmas Blitz

FRIDAY, NOVEMBER 29TH, 2019

4:00PM - 8:30PM

The Cookhouse On Main:

Gingerbread House Contest

(Cash Prizes Donated by Sangudo Veterinary Clinic)

Entries can be brought to the Cookhouse during business hours November 25th - 29th @ 6:30PM (for entry cutoff)

Judging 7:00 - 7:30PM Prizes Presented 8:00PM @ Fire Hall

Fire Hall:

Visits With Santa 5:00 - 7:00PM Balloon Artist 4:00 - 7:00PM

Face Painting With Jacquie Paul 4:00 - 7:00PM

Free Coffee, Hot Chocolate & Beef on a Bun 5:00 - 8:00PM

(Donated by Lac Ste. Anne County Fire Services Station 4 Sangudo)

Blitz Raffle & Door Prize Draws 8:00PM

**Over 50 Vendor Tables! • Fire Hall • Community Hall
• Golden Club • Cookhouse On Main**

Horse Drawn Sleigh Rides 4:00 - 7:00PM

Fireworks at 8:30PM

Generously Sponsored By: FORTIS,
Paddle Plastics, West Fraser & Pembina West Co-op

SPONSORED IN PART BY F.C.S.S.

Sangudo Christmas Blitz

THIS PAGE IS SPONSORED BY THE FOLLOWING LOCAL BUSINESSES

<p>Community Health Pharmacy</p> <p>785-3784</p>	<p>Redneck Liquor</p> <p>785-2229</p>	<p>Ray's Auto Repair & Towing</p> <p>785-2251</p>	<p>Pit Stop Gas & Convenience</p> <p>785-2432</p>	<p>Sangudo Veterinary Clinic</p> <p>785-2200</p>
<p>GS Welding & Mechanical Services Ltd.</p> <p>674-1679</p>	<p>C & D Tank Truck Service -Cherhill</p> <p>785-3383</p>	<p>W.V. Repair Service (HD & AG)</p> <p>305-1315</p>	<p>C-5 Chadd Contractors</p> <p>785-2548</p>	<p>Sonny's Stucco & Drywall</p> <p>785-2022</p>
<p>A.T.B. Financial Agency -Sangudo</p> <p>785-2737</p>	<p>Harapchuk Trucking Inc.</p> <p>785-2655</p>	<p>Sangudo Custom Meat Packers</p> <p>785-3353</p>	<p>Jay Day Water Hauling Services</p> <p>674-0104</p>	<p>Stuber's Cat Service Ltd.</p> <p>785-2173</p>
<p>Lac Ste. Anne Real Estate - Century 21 Masters</p> <p>785-2444</p>	<p>Iron Wing Mechanical Ltd.</p> <p>515-0583</p>	<p>Servus Credit Union -Sangudo Br.</p> <p>785-2888</p>	<p>Stonework by Half Rocks</p> <p>305-9746</p>	<p>Westar Drilling</p> <p>785-3243</p>
<p>Park Memorial Ltd. -Funeral Home & Crematorium</p> <p>786-2533</p>	<p>The Co-operator's -Mayerthorpe</p> <p>786-2750</p>	<p>Paddle Plastics Ltd.</p> <p>786-4408</p>	<p>Roszko Farm Equipment Ltd.</p> <p>www.roszko.com 786-2105</p>	<p>Paddle River Concrete</p> <p>786-2666</p>

“WHAT MATTERS TO YOU” NOV 20 2019

Over the last few months I've had the chance to make it out to a number of local events, meet with constituents, town councils, county councils, stakeholders, and through several of the committees and task force groups that I have been assigned. There has been resounding support for the changes that we have made in the short time since election, as well as for our approach for engagement with Albertans.

In our constituency, we have had Premier Kenney attend the annual Pilgrimage at Lac

Ste Anne, the opening of the gas line at Keephills 3, as well as to spend some time shopping at the Carvel General Store. We had the Minister of Agriculture hold a round table consultation in Mayerthorpe; Minister of Service Alberta meet with four separate round tables at three towns, and last but not least our Minister of Justice and Solicitor General, host a town hall regarding rural crime in Calahoo.

I have heard on a number of occasions of how thankful our fellow constituents are

for meaningful engagement from our government, and myself as the MLA. To that end, I'm doing all that I can to ensure that I'm working on the items that matter to our area.

In recent engagement, I have heard concerns over a few private members bills that have been tabled in the house for first reading. Bill 205 is in regards to "Opt Out" organ donation, rather than the current opt in model. The second is Bill 207, which is intended for the medical community to have reinforced

constitutional rights for their conscionable objection.

As an MLA within the UCP Caucus, I have "Free Vote" and am fully endorsed and supported to vote in my own conscience and more importantly, in the conscience of my constituents. As such, I am reaching out to you to share your views with me. I did so recently at a town hall meeting in Alberta Beach and will continue to do so at outreach events throughout the constituency in the next coming weeks. I want to ensure that your voice is heard and I represent you responsibly when it comes to any of the Bills that are of such a personal nature. I'll be looking forward to receiving invitations from local community groups so that I can attend your meetings and discuss these Bills with you. I do ask that you read the Bills in its entirety, and not just the sound bites that are out there, because you deserve the full goods to make an informed decision. You can get a copy of these Bills at my constituency office or find them at <https://www.assembly.ab.ca> Bills and Amendments.

I hope that you are keeping well, and taking care of your friends, families, and neighbors. We are all in this together, and are going to need to keep an eye out for each other. I'd also ask that if you are having some challenging times, know that you are not alone, and talk to someone about some of those challenges. Often all we need to do is get it out, and accept a hand from a friend when we stumble on our journey through life. Guaranteed, you would have done the same for them, or have in the past.

Please send your questions, views or comments through to my office lacsteanne.parkland@assembly.ab.ca, or into the paper that you are reading, I'm all ears.

**All the best,
Shane Getson, MLA
Lac Ste. Anne-Parkland**

PREVAIL

CELLULAR
HOMEOSTASIS
FORMULA

MAX

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



PREVAIL
CELLULAR
HOMEOSTASIS
FORMULA

LIVIN TRIM WITH
VALENTUS

How do you want your
BLOOD to look?

Before PrevailMAX:	After PrevailMAX:
 poor circulation	 better circulation
low energy	more vitality
brain fog	mental clarity
dehydration	cellular movement
decreased nutrients	nutrient assimilation
pH imbalance	balanced pH
poor endurance	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!

www.ValentusTour.com/Ladybug (780) 907-8642

ALBERTA HEALTH FUNDING FOR PSYCHOLOGICAL SERVICES PETITION

Support Albertans to access funded Psychological Services

Submitted by Edmonton Psychologists Inter-agency Committee

The Edmonton Psychological Interagency Committee is petitioning the Minister of Health Shandro and Premier Kenney for direct, funded access to psychologists for all Albertans. The committee has invited other Albertans to add their voices to this initiative.

So far, over 9,700 supporters have signed!

Keri told us about her experience and why she supports the petition, "My son took his life March 2017 at the age of 22... our Mental Health Healthcare failed him." Whereas Dinesh explained that "As a family physician, I see so [many] resources and taxpayer dollars spent on treating diseases that are caused or made worse by mental health issues."

The overall sentiment is that mental health is just as important as physical health. Statistics show either you or someone you care about will need mental health support and intervention. The public is aware and now it is time for the government to step-up and make mental health accessibility a reality.

Psychologists are the primary experts in family and behavioural mental health. Unfortunately, unless one can personally afford therapy or has a generous benefit plan, most cannot afford the needed support.

Currently in Alberta, behavioural and mental health supports are centralized in the medical care system. Medical systems are designed for acute physical or psychiatric crises; not to provide timely and/or preventative behavioural and mental health interventions.

The mental health supports within the centralized system are significantly over extended. In general, family doctors and hospitals are not adequately equipped to deal with escalating mental health issues, which can present as severe anxiety, depression, suicidality, addiction, family violence, crime, and complex mental illness. In many cases, individuals will only qualify for psychological

intervention when their issues are extreme, or after substantial suffering or crisis. Even then, there are waiting lists and limitations in the system.

This petition is asking the Government of Alberta to redirect some mental health funding from the centralized medical system and allow Registered Psychologists to bill Alberta Health Services directly for psychological treat-

ment. This is a revenue neutral request and would function similarly to other paramedical practitioners funding (e.g. physiotherapy, optometry, etc.). The committee has reached out to our government representatives and is planning to meet with them in person to discuss the current climate for mental health. Please review, sign, and share the petition: <http://chn9.it/5ndJWj4fs8>



LAC STE. ANNE COUNTY



**LAC STE. ANNE COUNTY STAFF AND COUNCIL
ARE COLLECTING ITEMS FOR THEIR**

ANNUAL TOY DRIVE, FOOD DRIVE & PET FOOD DRIVE

November 12th 'til December 13th

Lac Ste. Anne County Council and Staff are collecting non-perishable **FOOD BANK DONATIONS** along with unopened, nonperishable **PET FOOD DONATIONS** to be distributed to the East and West Food Banks and Pet Shelters within Lac Ste. Anne County. We are also collecting **NEW TOYS** and/or **GIFT CARDS** for children of **ALL AGES** to be distributed to the local organizations within Lac Ste. Anne County to help as many families as possible throughout the holiday season.

WHERE TO DONATE:
 Lac Ste. Anne Administration Office located at 56521 Range Road 65
 Lac Ste. Anne East End Administration/Fire Hall located at 2317 TWP Road 540
 Lac Ste. Anne Public Works Shop located at 56304 Range Road 62

TOP ITEMS NEEDED BY THE FOOD BANKS:

<input type="checkbox"/> Breakfast Cereal	<input type="checkbox"/> Brown Beans	<input type="checkbox"/> Canned Veggies	<input type="checkbox"/> Canned Fruit	<input type="checkbox"/> Diced Tomatoes
<input type="checkbox"/> Ichiban	<input type="checkbox"/> Juice Boxes	<input type="checkbox"/> Kraft Dinner	<input type="checkbox"/> Pasta/Pasta Sauce	<input type="checkbox"/> Peanut Butter



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



NEWS HIGHLIGHTS

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

PLANNING & DEVELOPMENT

NOTICE OF DEVELOPMENT PERMIT APPROVALS

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

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

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL DATE DEADLINE
19-D0192	56002 RGE RD 52, Within SE 03-56-05 W5M	Removable frisbee (disc) golf targets - 18 target course layout in existing hay field	November 27, 2019
19-D0188	SE 14-55-03 W5M	To build a 105m high guyed telecommunications tower with a shelter at the base	December 9, 2019
19-D0209	314 56514 RGE RD 21 Lot 314, Block 2, Plan 0425881 Nakamun Lake Estates within SE 35-56-02 W5M	1978 Manufactured Home 24.0' x 48.0' (1150.0 sq. ft.) on wood blocking	December 9, 2019
19-D0216	405, 54425 Ste. Anne Trail Lot 8, Block 6, Plan 0121251, Lakeview Place within RL21 26-54-3 W5M	2 Recreational Vehicles 26.0' x 8.0'	December 9, 2019

Anyone who claims to be affected and who wishes to lodge an appeal against any of the above developments must do so in writing on the applicable form on or before 4:30 pm on the above noted date(s).

Secretary of the Subdivision and Development Appeal Board, c/o Lac Ste. Anne County, Planning & Development Department, Box 219 Sangudo, Alberta T0E 2A0.

PLEASE NOTE: The County requires that a non-refundable fee of \$250.00 be paid for every appeal served on the Subdivision and Development Appeal Board. The fee may be paid by cheque, Visa, MasterCard, Interac or cash.



**LAC STE. ANNE COUNTY PARENT LINK / EARLY CHILDHOOD DEVELOPMENT INITIATIVE
FREE PROGRAMS IN DECEMBER**

CHRISTMAS STAY & PLAY CRAFT DAYS

SANGUDO

December 3 | 11:00 am - 12:00 noon
Sangudo Early Childhood Room (arena)

ONOWAY

December 4, 5, 11, & 12 | 9:00 - 11:30 am — and
December 4 & 11 | 12:30 - 3:00 pm
Parent Link Room, Onoway Heritage Centre

Join us for some Merry & Bright Christmas Fun! Drop by and enjoy a coffee, create Christmas crafts and visit, while the kids play and make Christmas crafts of their own.

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

CHRISTMAS PARTIES

SANGUDO

December 10 | 11:00 am - 12:00 noon
Sangudo Early Childhood Room (Arena)

ONOWAY

December 18 | 1:00 - 2:30 pm — and
December 19 | 10:00 - 11:30 am
Parent Link Room, Onoway Heritage Centre

Join us for a Holly Jolly Christmas Party! Drop in for some Reindeer Games (Christmas activities) and Christmas music, and create some beautiful Christmas crafts.

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

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



ASSISTANCE SOUGHT IN IDENTIFYING SUSPECT IN ROBBERY

Submitted by Whitecourt RCMP

Whitecourt, Alberta – Whitecourt RCMP are seeking the public's assistance in identifying the suspect in a recent armed robbery.

On Friday, November 15, 2019 at 4:05 AM a lone sus-

pect entered the 7-Eleven store located on the corner of 50 Ave and 51 Street of Whitecourt with a tire thumper. The suspect demanded money from the clerk, who complied with the demand, at which time the suspect departed on foot.

The suspect is believed to

be:

- Male
- Light skin tone
- Approximately 5'5"
- Average build

Whitecourt RCMP are asking for the public's assistance in identifying the suspect, if you have any information regarding this occurrence please contact

Whitecourt detachment at (780) 778-5454 or your local police. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477 (TIPS), online at www.P3Tips.com (<http://www.p3tips.com>) or by using the "P3 Tips" app available through the Apple App or Google Play Store.



VALENTUS

YOUR LOGICAL SOLUTION TO WEIGHT MANAGEMENT

CALL (780) 907-8642 FOR FREE SAMPLE

DARK ROAST COFFEE

SLIMROAST Optimum

Exclusive functional coffee formulated to:

- Crush Cravings
- Increase Energy
- Metabolize fat to Energy
- Help Regulate Blood Sugar
- Improve Mood & Focus
- Boosts Circulation & Oxygen delivery

TO UNLOCK THE SECRET OF WEIGHT MANAGEMENT! PUT THE POWER OF SLIMROAST OPTIMUM IN YOUR CUP!

Thrilled with my results! I lost 9 lbs and an amazing 11 inches off my abdomen! Works wonderfully!

Managed to lose 7 lbs very fast & much more in inches the way my clothes are fitting now! 1 cup a day is all for me!

Down 17 lbs and fitting into clothes that were way to tight before!

No dieting, first month finished. Down 7 ½ lbs 8.5 inches. Awesome product!

www.ValentusTour.com/Ladybug (780) 907-8642

KEEPING YOU AND YOUR COMMUNITY INFORMED!

CHRISTMAS HAMPERS 2019

Submitted by Ruth Lot-holz

Community churches are once again organizing the Christmas Hampers for Mayerthorpe and area, which are being coordinated through the Mayerthorpe Food Bank.

The need and use of our Food Bank and Christmas

Hampers has grown in the past few years. Where in previous years we had 5-10 food hampers requested per week, we now have 12-15 requests per week. Typically in years past we had 30-36 Christmas hamper requests, last year we had 60 and it looks like we will reach or exceed that amount this year.

Requests for a hamper this Christmas needs to be made in person at the Food Bank - Food Bank is open on Thursdays from 5:30 - 7:30 p.m.. We will need some form of proof of residency in our area to receive a hamper as well as the Alberta Health Care Number for each person in the family. Concerned residents

who are aware of someone experiencing financial distress can call us with information.

While all food donations are appreciated we would like to fill the Christmas Hampers with items suitable for Christmas Breakfast and Dinner. Items to consider would be: Coffee, Tea, Juice, Pop, Stuffing Mix, Cranberry Sauce, canned vegetables, cookies, crackers, chips, Christmas candy, pancake mix and pancake syrup. If you would like to donate fresh garden vegetables such as potatoes and carrots or turkeys or hams, please contact the Food Bank to arrange a time to drop them off. All other food donations may be dropped off at all grocery stores, churches, schools and a variety of seasonal events that are collecting food donations.

To make a donation to the Christmas Hamper Fund and to receive a Charitable Gift Receipt for your donation please send a cheque made out to Mayerthorpe Food Bank with a note designating the gift for Christmas Hampers.

Christmas Angels - we want to ensure that every child receives a gift at Christmas. To give an angel gifts pick up an angel on one of our angel trees located at each of the banks in Mayerthorpe and Sangudo. Each angel has the gender, age and size of the child with a code number. Choose an angel, buy a \$25.00 gift for the child. Wrap the gift and instead of a gift tag stick the angel on top and take it back to the bank.

Gifts and food donations need to be received by December 20th to allow us to sort and pack the hampers for distribution.

WABAMUN'S 6TH ANNUAL
Christmas
IN THE VILLAGE MARKET

Wednesday, December 4, 2019
JUBILEE HALL: 5:00PM - 8:30PM FREE ADMISSION!

5:00PM TREE LIGHT UP in Village Square
6-8:00PM SLEIGH RIDES (Weather permitting)
 Sponsored by FCSS

30+ Vendors CHRISTMAS MARKET at Jubilee Hall,
 Bigger & Better this Year!

- Concession on Site • Raffles • Cookie Decorating
- Kids activity corner • Christmas Photos • Santa Visit

Come join in the Village Christmas Festivities!
 In Support of the Tree of Hope, Light Up
 Your Life Campaign, Palliative Care

This event is sponsored by
 Wabamun & District Chamber of
 Commerce & Wabamun FCSS

GUNN HALL'S NOVEMBER 16TH CRIB TOURNAMENT

Submitted by Submitted by Marlane Janke

We had 52 teams come out to enjoy 12 games of cards at our tournament. We were concerned about our turnout, because of the freezing rain the night before, but people came out anyway and it ended up being a beautiful day. An important part of the tournament for our players is to enjoy a delicious hot lunch. Our kitchen volunteers strive for this and pleased everyone with a meal of roast beef, mashed potatoes, yorkshire puddings, salads plus all the extras. They did an amazing job and everyone commented that it was delish.

Our prize allocations were as follows: The 1st place team was Bill Hunter of Fort Assiniboine and Doris Chizma of Barrhead with a perfect score of 1452 points. Amazing!! They received \$350.00. Second place for \$250.00 was won by John & Pat Michael of Barrhead. They had a score of 1434 points. Third place for \$150.00 was a tie between Doug Scutt & Betty Switzer both of Whitecourt & Evelyn Bourgeois and Joyce Shaw both of Barrhead. These two teams had 1429 points each. They split the money. Fourth place for \$75.00 was won by Lavern June & Madeleine Bull both of Evansburg with 1415 points. We paid a \$20.00 prize to the last place team being Lori Daniels & Ruthann Wells both of Whitecourt. The cards were just not in their favor that day.

We also paid out \$70.00 to the seven players that had 24 point hands. Marion MacDougall, Donna VanMeer, Frank Hunder, Agnes Cust, Denis Harvey, Don

Fehr & Madeleine Bull.

No one had a 28 or 29 hand so the jackpot will be carried forward to our next tournament which is scheduled for March 21st, 2020 - Save the Date!!!!

Two 50/50 draws were held. The first being \$260.00 won by Madeleine Bull of Evansburg & the second also being \$260.00 won by Earl Hawley of Onoway.

The 19 pot in the first 6 games came to \$38.00 and was won by Fay Demers & Phillip Bryan both of Barrhead. The afternoons pot was \$37.50 but the winners ran so fast with the money we didn't get their names - haha!! Even by winning these small pots, the days entry fee cost is almost covered.

This was our organiza-

tions 8th crib tournament and we are pleased with the support we get from the surrounding communities. Congratulations to all the winners and we hope your day was enjoyable. Also, a special thanks to all the volunteers who contribute their time into making this event run smoothly. You are important to us and we appreciate all you do.

Bundle Internet + TV + Home Phone

for just \$89.97/month!

<p>Xplornet High-speed Internet with Unlimited Data</p> <p>\$39.99/month¹ <small>First 3 months</small></p>	 <p style="text-align: center; font-size: 2em; border: 2px solid white; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">1</p>
	<p>Shaw Direct Satellite TV</p> <p>\$39.99/month² <small>First 3 months</small></p>
<p>Xplornet Home Phone</p> <p>\$9.99/month³ <small>First 3 months</small></p>	 <p style="text-align: center; font-size: 2em; border: 2px solid white; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 0 auto;">3</p>



INTEGRATED Solutions
Audio | Video | Communications



1-855-867-4047

COPING WITH STRESS IN CHALLENGING TIMES

Submitted by Lac Ste. Anne County

Stress has become a common household word – like Duct Tape. Many of us are challenged with increasing life demands with family, running kids to activities, volunteering, technology, work, business, aging parents... It seems, the more we

do, the more lands on our plate! Add to the mix agricultural emergencies and the effects of the economic downturn. The feeling of overwhelm increases. Sadly, stress can result in relationship challenges – with our spouse or partner, our kids, parents, colleagues, community members, and even with oneself.

Join Carol Ohler for a day of resiliency-building. Explore common-sense, regenerative tools that will allow you to reduce the negative effects of overwhelm, fear, anger, frustration, guilt, shame and other less-than-desired emotions.

Carol is a certified professional coach and facilitator, specializing in relationships

and inter-personal communications. She and her husband, Dan, have 'experimented' with these tools for the past 35 years and have created amazing results for themselves and others. Through their experiences as farmers, Bed & Breakfast hosts, restaurateurs, workshop facilitators and relationship coaches, they continue to refine and create new tools. Their vision is to heal our planet, one relationship at a time.

Have you ever found yourself in a situation where your to-do list seemed endless? Does the economic downturn cause you sleepless nights? Have you felt stressed over how weather conditions have affected your farm or business? Would you like to have some ideas about how to start a conversation with someone who has one of those challenges? If so, then this workshop is for you. Join with other community members who are committed to applying some new tools, or reinforcing some existing ones, to feel a greater level of ownership over their results.

This empowering workshop is Tuesday, December 3 from 10AM to 3:00PM in Cherrill, AB. Learn about the range of social services available in your community. Tickets are \$20/person or \$30/two-bring a partner or friend! Registration includes a catered lunch, coffee breaks, and a resource workbook. Register by Thursday, November 28 on Eventbrite or call Lac Ste. Anne County at 1-866-880-5722. For more information visit www.LSAC.ca or email LTaylor@LSAC.ca

Workshop hosted by the Gateway Research Organization and Lac Ste. Anne County

Learn more about Carol at www.DanandCarol.com

GRO- Healthy Soil, Healthy People <http://gatewayresearchorganization.com/growing-together/>



**Evansburg's
MOONLIGHT
MADNESS**

Friday, November 29th, 2019

Head on downtown to take in Evansburg's Moonlight Madness. Stores will be rolling out some great deals, as we kick off the Holiday Season. With prices falling like snowflakes, come out and take advantage of the offers and giveaways to be had.
The fun begins Friday, and lasts through until 10:00 p.m. at most stores.

4:00-10:00PM Home Based Business Fair Hosted by Evansburg Legion. Crafters, home-based businesses and farmers' market vendors
Tables \$10/each, To book call the Legion (after 3:00 pm) @ 780-727-3879.

6:00-8:00PM Photos with Santa Claus Angie Miko once again will be situated on the stage at the Legion. For a mere \$5 you can have your picture with Santa and receive the picture right then and there.

7:00PM Christmas Tree Light-up in the corner of the bakery lot.

7:00-9:00PM Luminaria at the Tipple Park Museum.
Go down and enjoy all the lights along the paths.

Hot Chocolate at the Yellowhead County Fire Fighters hall
FREE Samosa's at the Evansburg Drug Store • **Visit with Grouch and Santa**

Come on down and participate in all the many events and get some early Christmas shopping done.

CHRISTMAS COLORING CONTEST



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

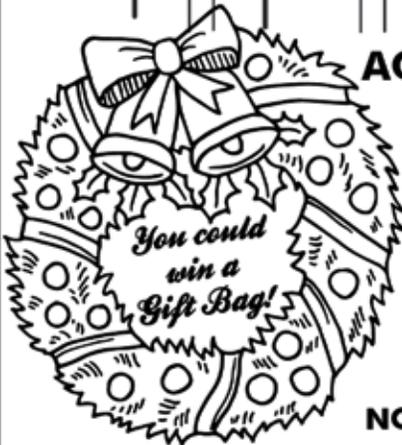
NAME: _____ AGE: _____

PHONE: _____ TOWN: _____

Entries must be recieved by December 20, 2019.

**Mail to: Santa Clause c/o Community Voice
Box 3595 Spruce Grove, AB T7X 3A8**

NOTE TO PARENTS: Please ensure that your phone number is legible.



ONOWAY PIONEER CELEBRATES A MILESTONE BIRTHDAY

Submitted by Onoway Heritage Centre

Forty-five family and friends gathered recently at the Onoway Heritage Centre to celebrate the birthday of a lifelong resident of the Onoway community.

Allan Potter, who recently celebrated his 80th birthday, was the guest of honor. Terry Slemko, MC for the day, shared some historical information about 1939,

the year Allan was born. Numerous congratulatory certificates from officials at all levels of government (town, county, province, country) were presented. Allan shared some personal history then, to wrap it up, he led the group singing of "My Grandfather's Clock", a favorite from his young days.

A birthday cake with one huge candle was the final fling. A potluck lunch which

included lamb raised by Allan and prepared by Chef Clint Waddell had people coming back for seconds.

Allan is the son of Art and Edith Potter and attended school at Speldhurst, Glenford and Beaupre School in Onoway. He and his wife Joyce currently live north of Onoway.



RCMP MAJOR CRIMES UNIT INVESTIGATING A HOMICIDE

Submitted by RCMP Major Crimes Unit

On Nov. 17, at about 1:30 a.m. the Parkland RCMP responded to Township Road 532A and Range Road 274, just north of Highway 16, to assist EMS with a complaint of a female in medical distress. On scene, it was determined that the female

was deceased.

The RCMP Major Crimes Unit (MCU) responded to investigate with the assistance of Parkland RCMP Serious Crimes Unit, Forensic Identification Section and Police Dog Services.

This morning, an autopsy was conducted at the office of the Chief Medical Examiner in Edmonton. The

manner of death is deemed to be a homicide. The deceased female has been identified as 33-year-old Saladina Vivancos.

The RCMP Major Crimes Unit is asking anyone who may have information related to the recent activities of Saladina Vivancos, or anyone who noticed anything suspicious in the area

between the evening of Saturday Nov. 16 or early Sunday morning, to please contact the Parkland RCMP at 780-968-7267. If you wish to remain anonymous, you can contact Crime Stoppers at 1-800-222-8477, online at www.P3Tips.com or by using the "P3 Tips" app available through the Apple App or Google Play Store.

Letter to the **EDITOR**

WHY CAN'T ALBERTANS ACCESS PRIVATE PSYCHOLOGISTS IN THEIR COMMUNITIES?

The Alberta Government is being petitioned for improved access to psychologists for all Albertans. Many Psychologists are becoming increasingly concerned for the mental health of Albertans. Access to mental health supports are centralized in the medical care system, which is designed for acute physical or psychiatric crises, not mental health

intervention. Neither family doctors nor hospitals are adequately equipped to deal with escalating mental health issues. The system is significantly overextended. Depression and anxiety are at critical levels. Youth are turned away from hospitals after being labelled 'chronic' rather than at immediate risk of suicide. Treatment programs struggle to

address historical trauma underpinning addictions. Children with complex mental health needs are on long wait lists for treatment, as are those who have been sexually assaulted.

It is time to reform access to mental health supports. Support improved access by reading, signing and sharing our petition at <http://chnng.it/5ndJWj4fs8>.

Sincerely,
Janet Ryan-Newell CEO,
Senior R. Psychologist
On behalf of EPIC- Edmonton Psychologists Interagency Committee
jryan@familysolutions-group.ca
780-430-4769
305-1207 91 St SW Edmonton, AB T6X 1E9
www.familysolutions-group.ca

Classified Ads - Call 962-9228

Obituaries



BRAND, Hans Ludwig Friedrich. December 6, 1935 - November 19, 2019. It is with great sadness that the family of Hans Brand of Onoway, AB, announces his passing on November 19, 2019 at the age of 83 years. Hans was born in Volksen Germany immigrating to Canada in 1955. Hans started his new life in Canada working in the Kitimat smelter, farming in Conrich then settling in Lac St. Anne County in 1963 where he spent the remainder of his life doing what he loved, dairy farming. Left to mourn and treasure his memory are his children, Faron (Heather), Beth, Pam, Ruth (Gary) and Al; grandchildren, Michael (Tamara), James (Meghan), Alishia (Rob), Ryan, Bryce, Camilla, Lindsay, and Madison; great-grandchildren; Cian, Relena, Ainslie, Bentley and Caeli; brother, Werner; and a great circle of neighbours and friends. Hans was predeceased by his parents, Heinrich and Frieda; and son, Jordan. The family wishes to extend a special thank you to friends, Richard and Mary who were always there for our Dad. Photos, memories and condolences may be shared through www.parkmemorial.com. Park Memorial, Mayerthorpe 780-786-2533. Family Owned Funeral Home and Crematorium (1) 26-11

Buy & Sell

I BUY GUN COLLECTIONS and World War 2 Collectables, Please call Jay for a quote 780-686-1350 (30) 19-11

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) 12-11 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) 05-11



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

Computers

COMPUTER REPAIRS NOT over \$50. Get a good, clean, refurbished, Upgraded **Laptop or Desktop for ONLY \$100.** Discount for **Single Parents or Seniors.** Donate Used Computers/will clear data. Call: 780-892-2407 (12) 05-11

Firewood

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

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

LOCALLY OWNED ALBERTA BEACH FIREWOOD - Spruce & Birch. Call 780-719-9473 or 780-904-6440 (4) 19-11

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 Onaway, AB.

offering daily, weekly or monthly rentals. All utilities included, 55 inch tv with Satellite. Double bedrooms, furnished bachelors with full kitchen and furnished 1 bedrooms with full kitchen available. Please call Peggy for viewing at 780-967-4420 or 1-403-742-6467. www.onawayinnandsuites.com (4) 12-11 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) 12-11 OG

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) 19-11



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!

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

ANSWER:

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

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku 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 29 - CHRISTMAS BAKE SALE, 10am-2pm at Peace Evangelical Lutheran Church (303 Church Rd, Spruce Grove). Come and get your favourite goodies for the Christmas Season!

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 1 - ST. PETER'S PARISH TURKEY BINGO, 2pm (doors at 1pm) at Villeneuve Hall, Sturgeon County. Admission \$4, Bingo Cards \$1/each. 20 Turkeys, Cash Bonanza, Italian Raffle, Pop & Donuts for sale.

FARMERS MARKETS

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

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

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

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

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

BINGO

BARRHEAD ROYAL CANADIAN LEGION: Doors 5:30pm, games start 7pm. Games: #7, Jack Pot, Mini Jack Pot, Loonie #1 & #2.

CHERRILL BINGO: Tuesdays at Cherrill Community Association. Doors @ 6:30PM, Games @ 7:30PM.

CHERRILL LEGION: First Sunday of Month. Doors Open 12:00PM

MAYERTHORPE ROYAL CANADIAN LEGION: Tues, doors 6:30PM, bingo 7:30PM

RICH VALLEY COMMUNITY HALL BINGO: 7:30PM. Loonie Pots. Next bingos November 13 & 27, December 11.

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, 1st 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 Juggle'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 hbourke@icloud.com **WEST END:** Sangudo, Mayerthorpe & west end of LSAC. Jill: 780.785.2924 or Donna: 780.785.3118 or email: westendmow@outlook.com

JAMBOREES

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

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

SANGUDO: Sangudo Community Hall, 1st Sat of month 7pm. 785-4105 or 305-5088. *October - May.

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

STONY PLAIN: Stony Plain Seniors Drop In

Center, 5018 - 51 Ave. Every 2nd & 4th Thurs of month, 7PM, \$2. PH: 587-989-7214 or 963-7920.

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

WHITECOURT SENIORS CIRCLE: 2nd 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", 2nd Tuesday of every month, from 10-3PM. Drop in \$5/member, \$6/hon-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. 1st Tuesday: Pot Luck Supper. 5023 49 Ave. 780-967-3436.

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

PANCAKE/BREAKFAST SOCIAL: 3rd Sunday

DEC 6 - THE ANNUAL ROTARY FESTIVAL OF CAROLS, 7:00 pm at St. Matthew Lutheran Church 5021- 52 Ave. Stony Plain. In support of the Parkland Food Bank.

DEC 7 - JAMBOREE at Sangudo Community Hall, starts at 7:00 pm. Late lunch will be served. \$12.00/person (Entertainers free). Everyone is welcome. Info call 780-305-5088 or 780-785-4105.

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

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

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

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

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

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

WHITECOURT SENIORS CIRCLE DROP IN CRIB 1st & 3rd Sundays 10:00PM. 780-778-4950

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

MEETINGS

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

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

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

3053 (LAC STE ANNE) ROYAL CANADIAN ARMY CADET CORPS, Onoway Historical Center, Wed. 6:45-9:30PM. FREE program for youths 12+, Contact 3053army@cadets.gc.ca or 780-886-1586

526 BARRHEAD AIR CADETS, Wed 6:30-9:30PM, High School. Ages 12-18. 780-305-7233

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

AA - MAYERTHORPE, Kingsmen Hall, Thurs 8PM. (780) 786-2604 or (780) 786-1927

AA - SANGUDO GOLDEN CLUB, Tues 8PM call 786-4402/785-9214/785-3599

AL-ANON - ONOWAY: Meetings are at 7:00PM, Tuesday evenings, at the Onoway United Church.

AL-ANON Wednesdays, 8PM. Spruce Grove United Church, 1A Fieldstone Dr. 780-962-5205

ALBERTA 55 PLUS: Villeneuve Hall at 10AM. Meetings on 2nd Tues of month. Info: Donna 780-962-5933

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

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

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

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

BARRHEAD & AREA CANCER SUPPORT GROUP: 4th Thurs. 6:30-8:00PM at Barrhead United Church.

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

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

CHERRILL SILVER & GOLD SENIORS CLUB Regular Meetings 1st Tuesday of month, Cherrill Seniors Hall. Call Rosamy 780-785-2625

CHERISHED MEMORIES, PARENTS & TOTS

Wed & Fri, 10-12PM, Alberta Beach Agplex. Info call 780-902-4879 or 780-999-7622. *Sept-June.

Citizens Helping In Life's Defence (C.H.I.L.D.) Join our Pro-Life meetings for the Spruce Grove/Stony Plain area once a month. Call Chris 780-963-6997.

DARWELL & DISTRICT AG SOCIETY MEETINGS, 8:00PM, 1st Monday, Darwell

DDRA MEETING, 7:00PM, 2nd Mon, Darwell Centennial Hall 721-2690. *except Jul/Aug/Dec

GIRL GUIDES, BROWNIES & SPARKS Thurs, 6:30PM, Onoway Heritage Centre. Info Laura, 780-967-1004.

GREENCOURT COMMUNITY ASSOCIATION meet 2nd Tuesday, monthly at 7:30PM at the hall. Info W. Jager (780) 786-4648.

KINETTE CLUB OF MAYERTHORPE, 7:30PM at Kinsmen Hall, 1st Tues of month. Contact: mayerthorpekinettes@gmail.com, Tracy: 780-786-0161.

LAC STE ANNE ARMY CADETS, Thurs, 6:30-9:30PM at Onoway Museum (780) 967-0443

LAC STE ANNE COMMUNITY CHOIR, Wednesdays 7PM at the Heritage Centre in Alberta Beach (50+ Club behind the hotel). Further info, call Diane @ 780 924-2348.

LAC STE ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY: 3rd Fri, 7PM, Alberta Beach Council Chambers.

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

MAYERTHORPE HOSPITAL AUXILIARY ASSOC, every 4th Mon, 5PM in Hospital Basement Education Room.

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

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

*Sept-June

NA MEETING, Tuesdays 7:00PM Poplar Valley Church (780)514-6011

ONOWAY & DIST HERITAGE SOCIETY: 2nd Wed of each month, 7:00PM, Onoway Legion

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

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

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

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

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

SANGUDO PAINTING GROUP: Every 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: 3rd Wed. 6:30-8:00PM at Westlock Library.

Church Directory

<p>Rich Valley Community Church</p> <p>Sunday School 10:00a.m.</p> <p>Worship Service 11:00a.m.</p>	<p>Catholic Parish of Lac Ste. Anne</p> <p>Sunday 10:00a.m.</p>		<p>Mayerthorpe Baptist Church</p> <p>Worship Service Sunday 10:30a.m.</p> <p>Children's Church 10:30a.m.</p> <p>4606-54 St. Mayerthorpe (780) 786-2677</p>	<p>Alberta Beach Alliance Church</p> <p>Sunday Worship Service & Kid's Church 11:00a.m.</p> <p>Sunday School 10:00a.m.</p> <p>(780) 924-3282</p>	<p>St. John's Anglican Church</p> <p>Onoway Sunday Service 10:00a.m.</p> <p>Everyone Welcome</p>
<p>St. John's Lutheran Church Alberta Beach</p> <p>Sunday Service 11:00a.m.</p> <p>Sunday School</p>	<p>Zion United Church</p> <p>Sunday Service 10:00a.m.</p> <p>Sunday School</p> <p>Serving Alberta Beach, Wabamun, Darwell & Lake Isle, Onoway & Area (780) 924-3351</p>	<p>Sangudo United Church</p> <p>Worship Service 3rd Sunday 11:00a.m.</p> <p>4907-50 Ave. Sangudo, AB</p>	<p>St. Mary's Anglican Church Service</p> <p>Holy Communion 2nd Sunday each month 11:00 a.m. at Sangudo United Church</p> <p>Reverend Barry Rose Officiating</p>	<p>Cherhill Community Church</p> <p>Sunday School 10:00a.m. - 11:00a.m.</p> <p>Worship Service Sunday 11:00a.m.</p>	<p>St. Michael Lutheran Church</p> <p>Sunday Services 1st & 3rd Sunday at 2:00p.m.</p> <p>Pastor Rick Chappell (780) 674-2618 Mystery Lake</p>
<p>Trinity Lutheran Church (LC-C) The Church of the Lutheran Hour - Rockyfort Bridge Pastor Dan Hansard Church (780) 778-2055</p> <p>Sunday Worship 9:00a.m.</p> <p>Senior's Service & Cottage Bible Study - Phone for locations</p>	<p>Mayerthorpe Pentecostal Assembly 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>Onoway Baptist Church</p> <p>Sunday Service 10:30a.m.</p> <p>Pastor Greg Garbutt (780) 967-2266</p>	<p>Roman Catholic Church St. Agnes' Parish, Mayerthorpe Sunday 9:00a.m.</p> <p>St. Elizabeth Parish, Evansburg Saturday 7:00p.m. (780) 786-2032</p>	<p>Calahoo Alliance Church</p> <p>Family Worship Service Sunday 10:00a.m.</p> <p>For Info Call Jerry (780) 974-7734</p>

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
Saving Your Mobile Life™
We Can Fix That In 90 Minutes

iPhones, iPods, iPads, Tablets, Computers - Apple, Samsung, Blackberry, LG, Sony and MORE
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)

Master Mason Hamburg

JAVORSKY DITCHING
Onoway, AB
Phone: (780) 967-5486
Cell: (780) 906-7469
Fax: (780) 967-4961

Dennis Javorsky - Owner / Operator

For All Your Excavating Needs
Sand & Gravel Hauling • General Excavating
Septic Tanks & Cisterns • Site Prep & Clean Up
• Install & Repair of Water, Sewer, Power & Telephone Lines

BRO-BUILT
Homes & Contracting Ltd

"We Pride Ourselves In Turning Handshakes Into Hugs"

www.brobuilthomes.com
Testimonials
Phone 780-940-6415

SERVICE DIRECTORY



COR Certified

- Oilfield
- Road Building
- Basements
- Dugouts
- Sand & Gravel

haytrucking@xplomet.ca
www.haytandc.com
Office: 967-5849 Cell: 818-5849

MASTER PLUMBER

36 YEARS EXPERIENCE **780-655-8402**

PLUMBING & HEATING SERVICES

PRICE BY THE JOB NOT THE HOUR!

FURNACE REPLACEMENTS






CALIBRE DRILLING LTD

DRILLING AND SERVICING YOUR WATER WELL.

SPECIALISTS IN AIR & MUD ROTARY DRILLING

- Water Well Drilling
- Pump Installations
- Pressure Systems
- Well Tests
- Licensed Drillers
- Year Round Drilling
- Geotechnical Drilling
- Cathodic Protection
- Free Estimates

Quality Workmanship Five Year Warranty

(780) 960-2992

BOX 4083 SPRUCE GROVE, AB T1X 3B3



TRI-LAKES SERVICES LTD.

- Septic Hauling
- Drinking Water Delivery
- Portable Washrooms
- Steam Truck

www.trilakeservices.ca / office@trilakeservices.ca
(877) 727-3939 / (844) 967-9176

SERVING: Lac Ste. Anne County • Parkland County • Yellowhead County East

R & S TOWING

FREE REMOVAL OF UNWANTED VEHICLES

967-2492





Water & Vacuum Services

Super Sucker
septic holding tanks
septic field systems
sumps & traps

Super Soaker
cisterns, pools, hottubs, skating rinks
metered water delivery rates
continuous water / top up plans

Trevor Gardner [@sswaterandvac](https://www.facebook.com/sswaterandvac)
Phone/Text: 780.967.5552 - supersuckervac@gmail.com
RR1 Site 1 Comp 261, Onway, AB T0E 1V0

ALL AROUND FENCING RENTALS

Fence Panels • Barricades
Installation by Collin Toilet Rentals



Whitecourt, AB
780.706.7978

DONALD N. GREENWAY

Chartered Accountant

Suite 205 Sunrise Professional Building
215 McLeod Avenue
Spruce Grove, AB

(Bus.) **962-6366**
(Fax) **962-3990**

ZEE BEST RENOVATIONS

Your Complete Line of Renovation Needs:

- Bathroom
- Basements
- Plumbing
- Tileworks
- Drywall & Taping
- Decks & Fencing
- Roofing
- Siding

FREE ESTIMATES
26 YEARS EXPERIENCE
INSURED | GREAT RATES

JOE LAWRENCE
MANAGER

BUS: 780-967-3898
CELL: 780-915-3348
FAX: 780-967-3798

2Bros

Custom Contracting Ltd.

Custom Framing • Concrete Floors • Shingling
Siding Soffit Fascia • Styrofoam Block System

Jeff **780-717-0520**



Local office in Darwell
Call us at **780.467.5534**

Experienced Legal Services in:
Family Law • Civil Litigation
Corporate Law • Wills & Estates
Plus Notarizing and Commissioning

www.croftlaw.ca



Manufacturers of
ONE PIECE SEPTIC & HOLDING TANKS

* Water Cisterns * Field Systems *
Pumps and Accessories * Sumps

DELIVERED TO YOUR SITE

1-800-661-3047
780-727-2702
PembinaConcrete.com

New Line of Concrete Statues, Fountains and Garden Ornaments.

BOX 123, Entwistle, T0E 0S0

SERVICE DIRECTORY



PaddlePlastics Ltd.
Mayerthorpe, AB

Box 67
Mayerthorpe, AB T0E 1N0

Ph: (780) **786-4408**
Fax: (780) 786-4466



Mo-Bil WASH SERVICES Ltd.

- Steam • Hot & Cold High Pressure Wash • Sewer Thaw & Flush
- Residential • Commercial - Oilfield

24 HOUR SERVICE
Onway Call (780) 991-9466



PREVAIL MAX
CELLULAR HOMEOSTASIS FORMULA

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

Before PrevailMAX:	After PrevailMAX:
poor circulation	better circulation
low energy	more vitality
brain fog	mental clarity
dehydration	cellular movement
decreased nutrients	nutrient assimilation
pH imbalance	balanced pH
poor endurance	optimal endurance

(780) 907-8642 **VALENTUS**
www.ValentusTour.com/Ladybug



Blakeman Drilling Ltd.

Waterwell Drilling & Servicing
Pumps & Pressure Systems

SERVING LAC STE. ANNE & WEST PARKLAND FOR OVER 25 YEARS

Joe (780) 924-3024



THE CORING GUY

- Concrete Coring & Cutting • Concrete Demolition
- Electric or Diesel Slab Sawing • Core Drilling
- Skid Steer / Mini Excavator Operations

Commercial - Residential

Laurence Markwart Cell: (780) 220-6164
LAC STE. ANNE COUNTY Email: ljmarkwart@gmail.com



Tile Setting
Ceramic & Natural Slate

Kitchen & Bath - Backsplash & Surrounds
Fireplace Floors

"Serving Lac Ste. Anne and West Central Alberta Areas for over 25 years"

Thorsen Industries Call
Christian @ 403 728-3805



SANGUDO VETERINARY CLINIC

Box 581, 4916 - 52 Ave. Sangudo, AB. T0E 2A0

Dr. Ralf Sanders DVM

Ph: 780-785-2200
Fax: 780-785-2228
sangudovet@gmail.com

24 HOUR EMERGENCY SERVICE



H&P Kosik CONSTRUCTION Ltd.

- Road Building • Gravel • Sand • Dugouts
- Black Dirt

No Job too small We do them all!

Harvey cell. 780-445-9010 ph. 780-892-3532
Box 145, Darwell, AB. T0E 0L0



Collin Toilet Rentals & Service

Your Portable Toilet Supplier for:

- Construction
- Commercial
- Oilfield
- Special Events

Whitecourt Dispatch 780.778.2448



standstone VACUUM SERVICES LTD.



Proudly Serving Lac Ste. Anne County
1-877-226-5008 780-924-2435 780-967-2118
www.standstonevac.ca or visit our facebook page

The service you need, from people you trust.

- Septic Services: Residential, Commercial
- Holding Tanks and Field Systems
- Effluent Pumps supplied & Installed
- Portable Toilets: Standard, Wheelchair Accessible, Cabana Cans
- Products: BioClean, Liquid Enzyme, Potty Treat

Great Rates & Reliable Service! Call us today!



ROY SHERWOOD
Master Electrician

Ph: 780-968-1425
Call: 780-908-2287
Fax: 780-968-2211

Email: suretechroy@gmail.com

2-53220 Rge Rd 21
Parkland County, AB
T7Y 0C5

**Control & Automation
Commissioning
Solar Sales & Service**

Industrial . Commercial . Residential



VILLAGE GLASS & MIRROR LTD.

- AUTO
- RESIDENTIAL
- COMMERCIAL GLASS & MIRROR PRODUCTS

5027 - 50 Avenue • Phone: 967-2127
PO Box 609, Onway, AB T0E 1V0



GROVE MACHINE & WELDING

Office: (780) 952-1772 Call: (780) 231-5405

You have an idea, we'll design it, build it and test it

- Fasteners • Welding • Fabrication • Repairs
- Mobile Welding • Plasma Cutting • Machining

35 South Avenue Spruce Grove, AB T7X 1B3
E-Mail: jim.reynar@grovemachinewelding.com
sales@grovemachinewelding.com

SERVICE DIRECTORY

ANOTHER RAINBOW SALE

RAINBOW LIQUIDATORS & AUCTIONS



Farm Sales, Equipment Sales, Estate Sales
BOOK YOUR SALE WITH US TODAY!
 Serving the Community since 1978

Ph: (780) 968-1000
 Stony Plain, AB 1-866-968-1001
www.rainbowauctions.ca

SMOOLE

- Construction & Septic Installation
- Environmental Wastewater Disposal
- Site Design & Evaluation
- Power, Water & Basement Excavation
- Trackhoe, Backhoe, Bobcat & Dump Truck

For All Your Excavation Needs



Call Dan 780-991-4484 Reid 780-909-0173

Jack's Auto Body

& 24 HR Towing

SPECIALIZING IN COLLISION REPAIR
GUARANTEED WORK • INSURANCE CLAIMS

CAA BOX 9 SITE 306 RR3, ONWAY, AB T0E 1V0
(780) 967-5850

OUR PLEDGE IS QUALITY

H&E UPHOLSTERY

FOR ALL YOUR UPHOLSTERY NEEDS

Convertible tops for cars and boats, custom car and boat interiors, 5th wheel trailer skirts, boat tarps, ATV seats, furniture, kitchen chairs, heavy equipment seats.




WWW.HANDE.CA
 For more information contact: kirk@hande.ca

4-485 South Ave. Spruce Grove
(780) 962-3048

POSTINGFIRST.com

FREE LOCAL CLASSIFIED ADS

Real Estate, Rentals, Vehicles, Pets, Jobs, Service Directory, Buy/Sell/Trade, Lawn & Garden, Garage Sales, Events, Local Places & Much More... Advertise for **FREE** Today!

Follow Us




THE MOST COMPLETE NUTRITIONAL SPRAYS ON THE PLANET



ORDER TODAY!
(780) 907-8642

www.Elaine1.com

Whole Heart Massage Therapy

- Maternity Massage
- Relaxation Massage
- Deep Tissue Massage
- Kinesio Taping

Jennilee Reber (780) 699-4667
 REGISTERED MASSAGE THERAPIST
 DIRECT BILLING TO INSURANCE
wholeheartmassage@hotmail.com
 54013 Range Road 30 #10
 Diamond Country Estates, Lac. Ste. Anne County

ONLINE BOOKING AT:
wholeheartmassagetherapy.clinicsense.com

COMMUNITYVOICE

THIS SPACE IS RESERVED FOR YOU!

Pm Park Memorial Ltd.

Funeral Home & Crematorium

Fran Marion
 Licensed Funeral Director

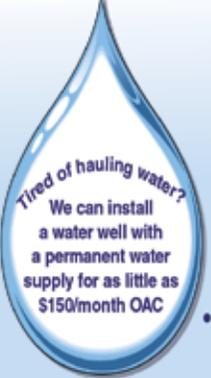
Mayerthorpe: 780-786-2533
 Whitecourt: 780-779-2533

Serving Mayerthorpe, Whitecourt and area

Edmonton | Lamont | Mayerthorpe | Smoky Lake | Vegreville

SUMMERS DRILLING LTD.

Water well drilling and service
 Family owned Business Serving Alberta since 1917



Never run out of water again!

5 year workmanship warranty

Tired of hauling water? We can install a water well with a permanent water supply for as little as \$150/month OAC

3 Convenient ways to pay

- Visa
- Mastercard
- We now offer full financing

Stop in at our office 4405 - 50 Street, Stony Plain
 780-963-1282
admin@summersdrilling.com

GRANDE TIRE

5115 LAC STE. ANNE TRAIL N. ONWAY, AB T0E 1V0

Full Mechanical Services
Tire Sales & Repairs

BUS: (780) 967-3432
FAX: (780) 967-4816
contectire@xplomet.com

AMVIC LICENSED

Lanman Landscapes

YOUR ONE STOP FOR ALL TYPES OF LANDSCAPING

- Dangerous Tree Removal
- Yard Cleanup
- Full Landscaping Service

Experienced Bobcat Work

(780) 977-6586

TRUIS & ONWAY REGISTRIES

INSURANCE

Box 390, Onway, Alberta T0E 1V0
 Tel: 967-5270 Fax: 967-4303

OPEN 9-5 MONDAY - FRIDAY
 FIRST & LAST SATURDAY OF EACH MONTH 9-12* *excluding long weekends
 Registries Closed from 12:00 pm - 1:00 pm

ALL GENERAL REGISTRY SERVICES

Home - Auto - Farm - Life and Business

Very Competitive Rates & Convenient Payment Plans.

Clients first...Service Always!

SAL'S FAMOUS

BARRHEAD

WE ACCEPT ALL COMPETITOR COUPONS!

- 2 - 16" 3 TOPPING PIZZA **\$35**
- 12" 3 TOPPING PIZZA & WINGS **\$22**
- 2 - 12" 3 TOPPING PIZZA **\$25**
- 12" 2 TOPPING PIZZA, 12" GARLIC BREAD, WINGS & CAESER SALAD **\$38**
- 3 CHEESE BURGERS, 3 FRIES, 3 FOUNTAIN POP **\$35**
- 3 CHEESE DONAIRS, 3 FRIES, 3 FOUNTAIN POP **\$35**



Always Fresh • Made to Order

SPECIALS

10 - XL 16" 2 topping pizzas **ONLY \$17.5**

10 - L 12" 2 topping pizzas **ONLY \$12.5**



We do Christmas party catering. Call for a quote!

DRIVE-THRU NOW OPEN! (780) 674-2050
TAKE-OUT, DINE-IN
 Monday to Saturday: 10am-10pm
 Sunday & Holidays 11am-8pm