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January 21, 2020

WHITECOURT ADOPTS NEW UTILITY BYLAW

Submitted by Town of Whitecourt

New rules are now in place for Whitecourt utility services and systems, which include water, wastewater and stormwater. Utility Bylaw 1511, which came into effect on January 1, 2020, will address evolving needs of our community, and will help to protect not only the environment but also municipal infrastructure and interests.

With the January utility bill, all utility customers will be receiving an information sheet that highlights changes in the new bylaw. Further information is available on Whitecourt's website at www.whitecourt.ca/Services/Water-Sewer.

"Our focus this year will be educating residents and the business community on the new regulations included in Bylaw 1511," stated Kamruz Zaman, Director of Infrastructure.

The most significant change is the transitioning of utility accounts from the renter's name into the property owner's name; this includes residential, business and industrial rental properties.

Continued on Page 4

RESILIENCE IN THE FACE OF STRESS Four strategies for you and your community, February 5, 2020

Submitted by Lac Ste. th Anne County do

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-thandesired 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.

Continued on Page 6







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COMMUNITY CHOIR LOOKING FOR NEW MEMBERS!

Submitted by Lac Ste. Anne Community Choir

Wherever the Lac Ste. Anne Community Choir entertains, there are always some people who say they'd love to become part of this successful group. As another season begins, we're welcoming new members – especially men.

Most members live in the Lac Ste. Anne/Onoway area, but certainly not all. Members (and our accompanist!) come from as far away as Edmonton, Wabamun, Sandy Beach, and Sangudo. They're willing to travel for both rehearsal and performances because of their love for singing. They enjoy the camaraderie and friendship of belonging to a group dedicated to singing for enjoyment and excellence. The group rehearses in Alberta Beach because it's a central location.

Debbie Rosen has directed the Lac Ste. Anne Community Choir since it began in 2011, and is proud of what she calls 'her choir'. "The combination of seasoned choir singers, professionals, and amateurs who don't know how to read a note of music really works. They learn from one another, and the joy that results is infectious. This Christmas that joy resulted in the choir's best performance in eight years."

While we strongly encourage those with choral experience to join us, there are no auditions. People with no choir experience, and/or no music reading ability, are also welcome. Rehearsal CDs of all parts are included in the registration package, so those who need to learn by ear will have an excellent tool for learning the music. Debbie Rosen and accompanist R.J. Chambers will inspire you to constantly improve, making you laugh along the way, and leave with a smile on your face at the end of every rehearsal. Special social gatherings provide a way for you to get to know the people "at the other end of the row".

The next season of the Lac Ste. Anne Community Choir began January 8. All rehearsals are Wednesdays from 7 – 9 p.m., preparing for Christmas-season concerts. Didn't make our first night? A second chance for registration is on Wednesday, January 15, at 6:15 p.m. at the Heritage Centre in Alberta Beach (5012 – 49 Avenue).

Not sure it's for you? Come out for two consecutive weeks before you make a firm decision. Membership is just \$70 each session (September to December; January to May), with a discount for multiple family members. Each member is also asked to help with our various fundraising efforts.

No one is refused membership, and if necessary, fees may be adjusted to meet individual needs. A black binder plus concert clothing is the only other cost.

Questions? Call Diane at 780-924-2348 or Gracie Anne at 780-967-5002.

Sangudo & District Agricultural Society



DATE: January 27, 2020 @ 7:00рм at the Sangudo Arena New members welcome! Refreshments provided! Contact David at 780-284-8033 for more information. DIKTE (DIF A man goes to the doctor, concerned about his wife's hearing. The doctor says, "Stand behind her and say something and tell me how close you are when she hears you." The man goes home, sees his wife in the kitchen, cutting carrots on the countertop. About 15 feet away he says, "Honey, what's for dinner?" Nothing. He gets halfway to her and repeats the same question. Nothing. Very concerned, he gets right behind her and asks again "What's for dinner?" She turns around and says "For the THIRD time, beef stew!"

January 21, 2020 Community VOICE Page 3 SANGUDO PUBLIC LIBRARY NEWS

Submitted by Sangudo Public Library

Happy New Year!

We would like to take a moment to thank our patrons, volunteers, donors and community/government organizations for their support over the last year. We wish you all the best of the season and a happy healthy New Year.

We continue our fundraising efforts to support library programs and events. 50/50 tickets are currently available in the library, from local retailers and Friends of the Sangudo Public Library Society members. Ticket are \$ 2.00 each with 50% of the proceeds to support the library and 50% going to the raffle winner. The draw date will be February 17, 2020 at 2PM during the Family Day Event.

Do you love to read? Would you like to discuss what you have read with others? We are accepting registrations for the Book Club and need your feed back to determine the date and time. If you wish to participate, please contact the library to register and obtain further information.

Are you interested in finding your roots? We have a group of people interested in starting a genealogy club at the library. Don't know where to start? Have you been following you family tree for years? We want people of all experience levels that want to learn from and/or mentor others. If this sounds like the program you have been waiting for please give us a call and let us know so that we can formalize a date, time and frequency of meetings.

We are busy planning the new year and have a couple of things happening that you should know about. Firstly, we will be offering drop in computer help every fourth Wednesday of the month from 10AM to 12PM. Secondly, we have scheduled an Estate Planning session for Tuesday, January 28, 2020 starting at 7PM. To register for this session please contact the library.

Drop by the library during regular library hours and check out the weeded and donated titles available in our perpetual used book sale. Whether you are you looking for Sci-Fi, Non-fiction, Fiction or Children's titles ...we have a great selection of titles that may be of interest. We encourage you to stop in and peruse the titles, take what you want and leave a donation of your choosing, or fill a bag for \$ 5.00. All funds collected will be used to support the library operations and programming.

Let us know what programs you would like to see at the library, and should enough interest be expressed we will do our best to make it happen. Check our website, follow us on Facebook or keep an eye out for our articles in the Keep Me, Community Voice and The Bulletin for upcoming events and programs.

The Library is open Tuesday and Thursday from 5:00 pm to 8:00 pm and Wednesday and Friday from 11:00 am to 4:00 pm. We are closed Saturday, Sunday, Monday and Holidays. You can also find out what is happening at the library by checking our Website @ www. sangudolibrary.ca or following us on Facebook @ www.facebook.com/SangudoPublicLibrary.



LAC STE ANNE - PARKLAND UNITED CONSERVATIVE PARTY CONSTITUENCY ASSOCIATION

NOTICE OF ANNUAL GENERAL MEETING

You are invited to attend the Annual General Meeting of the Lac Ste Anne-Parkland United Conservative Party Constituency Association, to be held on:

Date: Saturday, February 1, 2020 Dinner: 5:00pm* AGM Call to Order: 7:00pm Location: Onoway Legion, 4808 50 Street, Onoway

This Annual General Meeting will elect the Board for the Constituency Association, including a President, Secretary, CFO, and up to 27 additional directors. If you wish to let your name stand for a position on the Board, please indicate which position and submit your name to Justin at j.yeoman@gmail.com.

You must be an active member of the UCP at least 21 days prior to the meeting in order to vote.

Additionally, please bring a piece of government-issued photo ID and a document that proves your residency in the Lac Ste Anne-Parkland constituency. A driver's license which has your current address will fulfill both these requirements.

Following the AGM there will be a meeting of the newly elected Board of Directors.

WE HOPE TO SEE YOU THERE!

*If you wish to join us for dinner, please contact Justin at j.yeoman@gmail.com, or register through Eventbrite (link below), to reserve your ticket.

https://www.eventbrite.com/e/lac-ste-anne-parkland-ucp-annual-general-meeting-tickets-89845 152269?aff=utm_source%3Deb_email%26utm_medium%3Demail%26utm_campaign%3Dnew _event_email&utm_term=eventurl_text

Additional details regarding this event will be available on the CA Facebook page: https://www.facebook.com/lacsteannepkInd/

Page 4 Community VOICE January 21, 2020 PUBLIC ONLINE CONSULTATIONS ON MEDICAL ASSISTED DYING LAUNCHED

Submitted by Gerald Soroka, MP for Yellowhead

Gerald Soroka, Member of Parliament for Yellowhead, would like to inform constituents that the Federal government is asking Canadians to provide their views on medically assisted dying.

This consultation comes in response to a Quebec Superior Court ruling that it is unconstitutional to limit access to medical assistance in dying to people nearing the end of life.

This consultation closes on January 27th, 2020, at 11:59 p.m. (PST). More information on medical assistance in dying can be found at https://www.

justice.gc.ca/eng/cons/adam/index.html

The consultation questionnaire is available at https:// justice.survey-sondage.ca/f/s. aspx ?s=6E6210A5-E100-4201-A55D-CFB52ADA1C0C

Whitecourt Adopts New Utility Bylaw

Continued from Page 1

Property owners must transfer the account by December 31, 2020. There is no cost to transfer and forms are available on the Town's website.

"Making this change will significantly enhance operational efficiencies, provide substantial cost savings to the municipality, and improve account collection," added Mr. Zaman. "Once the account is transitioned to the property owner's name, the property owner can determine how best to transfer that cost to their tenant through a rental agreement."

New sampling and monitoring practices will also be implemented to reduce the discharge of prohibited substances into the wastewater collection system, and to help protect waterways and municipal infrastructure. Whitecourt will be conducting an onsite educational campaign later this year to familiarize commercial and industrial property owners with how to properly care for and maintain sumps, grease traps, and other components of the wastewater collection system within their property. Official inspections on premises will begin in 2021 to ensure acceptable wastewater is discharged to the Town's wastewater collection system.

To learn more about new utility regulations, and to view a copy of Utility Bylaw 1511, visit www.whitecourt.ca.

GUNN HALL'S DECEMBER 7TH FAMILY CHRISTMAS PARTY



Submitted by Marlaine Janke

Our Christmas Party was a full house again this season. Supper was a traditional turkey & ham dinner with all the accompanying dishes and was prepared by Ira Austin and his crew of helpers. It was delicious and while clean up was underway by the very helpful Onoway Cadets group, the evening progressed with the arrival of our favorite holiday person.

Santa Claus made his way from the North Pole early to spend some time with the children. Welcoming him into the hall was our DJ "Spin City Music Productions" from the nearby city of Spruce Grove.

They played "Here Comes

Santa Claus" as he HO HO HO'd his way into the building with his bag of toys thrown over his shoulder and ringing his jingle bells. Faces lit up and all the children gathered around. Each child found a place on the floor in front of Santa and waited their turn to be called up by Santa's helpers. Parents took pictures as their children sat on Santa's knee and received their special gift. After all were given out, Šanta said his goodbye's, jingled his bells and made his way down the hallway - with children giving him hugs again - before he made his way out of the building. Oh, what a beautiful sight!!!

Most of the children were playing with what they received, yet some chose to keep their gift intact until



they got home. There was lots of running around and playing amongst the children making new friends. The DJ continued with children's favorites and everyone was dancing and enjoying the music. Part of the magic in Christmas is watching the little ones have fun with other children - even though they don't know each other.

Our organizers also set up a Silent Auction for the adults to enjoy and the proceeds help with the costs of this function. We hold two prize draws and all the table center pieces are given away during the evening as door prizes.

This was an enjoyable evening for all of the families in our surrounding communities. They look forward to this function each Christmas



and our party has been held ever since the Gunn Hall was built. A special thanks to all the volunteers who contribute their time into making this event run smoothly. You are extremely important to the success of our organization and we appreciate all you do.

The Lac Ste Anne County, through it's FCSS Program (Family and Community Support Services), provides some grant funding to help support this event. The Gunn Area Recreation Society wants our county to know that we appreciate the help we receive through this program. Thank you once again.



RCMP ISSUE BITCOIN WARNING POSTERS

Submitted by Alberta RCMP

Alberta – In an effort to stop victims of fraud from making bitcoin payments, the RCMP has launched an initiative that will see posters with warnings placed in rural locations.

Scams continue to be prevalent throughout the

province, primarily scams where culprits are representing themselves as agents from a government organization and requesting payment in Bitcoin. To assist citizens throughout Alberta, posters have been created by the RCMP – Strategic Communications New Media team. The posters are very clear with warnings, including: "STOP – DO NOT use this Bitcoin machine if you are not in control of the OR Code you scan".

"We felt that we needed to take one more step in educating potential victims and stopping them from making that irretrievable payment" says Staff Sergeant Rob Marsollier of Red Deer RCMP Detachment. "We know that Edmonton Police Service has done similar posters and if it stops even one person from losing their savings, then it's a success."

With cooperation from the businesses hosting the bitcoin machines, the posters will be put up throughout Alberta in the near future.

Resilience in the Face of Stress

Continued from Page 1

Through their experiences as farmers, Bed & Breakfast hosts, restauranteurs, 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 Wednesday, February 5, 2020 from 10AM to 3:00PM in Cherhill, 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 Wednesday, January 29 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/



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 and Development department at **1-866-880-5722** or <u>devassistant@lsac.ca</u>, Monday to Friday 8:30am to 4:30pm to request additional information on a permit.

PERMIT #	LEGAL LAND DESCRIPTION	DESCRIPTION	APPEAL DATE DEADLINE
19-D0181	2230 TWP RD 540 Lot 1, Block 1, Plan 0120704 Within SW 03-54-02 W5M	Commercial Development – equipment sales and repair and delivery.	February 3, 2020

Anyone who claims to be affected and who wishes to lodge an appeal against any of the above developments must do so in writing on the applicable form on or before 4:30pm on the above noted date(s). Secretary of the Subdivision and Development Appeal Board, c/o Lac Ste. Anne County, Planning and Development department, Box 219, Sangudo, Alberta, TOE 2A0.

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



Royal Canadian Gendarmerie royale Mounted Police du Canada Canadä

Page 8 Community VOICE January 21, 2020 WHITECOURT COMPLETES COMMUNITY TRAINING NEEDS AND LABOUR FORCE ANALYSIS

Submitted by Town of Whitecourt

Responding to employer-expressed needs, the Town of Whitecourt has completed the Community Training and Workforce Needs Analysis to quantify local labour force strengths, and identify gaps in occupational skills and training.

Whitecourt's location is an obvious advantage for business; however, understanding our workforce capabilities, and human resource and training needs is a bit more complex. The Community Training Needs and Labour Force Analysis Report and resulting recommendations will set a roadmap for Whitecourt to become a leader in integrated training and workforce development.

"Thank you to all of the organizations and individuals that shared their time and provided input for this study," stated

Whitecourt Mayor Maryann



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

Chichak. "Economic development and business attraction and retention is changing. It used to be about providing cheap land and utilities and now it is about fostering the right talent in the right place to meet business needs."

Whitecourt's Economic Development Committee is reviewing the report, and will be forwarding recommendations to Council later this month for implementation throughout 2020 and beyond.

Rhonda Hough, Whitecourt Economic Development Officer, added "This project has provided our team with the tools neces-sary to develop labour force strategies and action plans that contribute to the future planning of economic development and assist with implementing business retention and attraction initiatives."

A copy of the report can be viewed on our website at www. whitecourt.ca/Business.



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Classified Ads - Call 962-9228

Hall Rentals

Alberta Beach Agliplex, Susan 780-996-2960.

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

Anselmo Community Hall, Phone 780-786-4280

Bright Bank Hall, 780-968-6813

Cherhill Legion, Mary 780-785-3578.

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

Darwell Centennial Hall, 780-892-3099

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

Maverthorpe 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 780-298-9155 Centre. 0 **PVCCentre**

Ravine Community Hall, 325-2240

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

Rosenthal Community Hall, 963-7984

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 785-2904 or 305-4616

Stettin Nakumun Comm. Hall, 967-9198



Camp Yowochas in Fallis is

currently seeking COOKS to prepare meals during summer camp. Maintaining a clean and friendly work and light lifting area required. Part-time and full-time positions available with flexible shift options including weekends or weekday only. Please contact Terry Konyi at 780-892-2660 ext. 23 or by email at t.konyi@

ywcaedm.org to apply. (2) 14-01

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) 22-10-19



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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.



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

Page 10 Community VOICE

Classified Ads - Call 962-9228

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) 21-01 OG

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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!



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!

SK-X

January 21, 2020 Community**VOICE** Page 11 MMUNITY EVENTS₂

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).

JAN 25 - SANGUDO HORTICULTURAL CLUB'S 13TH ANNUAL GARDENERS DAY. Floral Fantasy. Cost \$35.00. Sangudo Community School 8:30am-3pm. Info Brenda 780-237-4771

FEB 1 - JAMBOREE at Sangudo Community Hall, starts at 7:00 pm. Doors open at 6:00 pm, Lunch at 9:30 pm. Admission \$12.00/person (Entertainers free). Everyone is welcome. Info call 305-5088 or 785-4105.

FEB 25 - GRIEFSHARE WEEKLY GRIEF SUPPORT GROUP STARTS held on Tuesdays 6:30-8:30pm, at Crossroads Community Church, 4719 44 Ave, Mayerthorpe. 13-weeks for \$25. Call 780-786-2695 to register.

FARMERS MARKETS

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

ONOWAY STARMERS' MARKET: Thursdays, 5-8pm at Onoway Community Hall. Starts May 1^a, 780-667-6327 or onowayfarmersmarket@gmail.com. SPRUCE CROVE: at the Elevator, Sat 9:30-1:30PM, tables (780)240-5821 STONY PLAIN: Sat, 9AM-IPA, Downtown, Stony Plain. Nancy 780-962-393. WESTLOCK: 11-3PM, Bargain Shop Mall, Dave 780-964-2437

BINGO

Dave 780-954-2437

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

CHERHILL LEGION: First Sunday of ООРМ Month. Doors Open 12:00PM MAYERTHORPE ROYAL CANADIAN

LEGION: Tues, doors 6:30PM, bingo 7:30PM RICH VALLEY COMMUNITY HALL BINGO: 80рм. Loonie Pots. Next bingos January 22. February 5 & 19

o α ∠2, February 5 & 19. 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 *Sont. June

*Sept - June

MEAT DRAWS

ALBERTA BEACH MUSEUM: Every Sat 4Рм. Alberta Beach Hotel

ALBERTA BEACH: Lac Ste Anne Community Choir & Onoway Minor Hockey Meat Draw - Sundays, 4:00PM at 's Bar & Grill

BARRHEAD ROYAL CANADIAN LEGION: Fridays 6:00рм. Queen Of Hearts draw 8

ONOWAY ROYAL CANADIAN LEGION:

STONY PLAIN ROYAL CANADIAN LEGION BR# 256: Saturdays @ 3:00PM.

Weat Draw & 50/50. WHITECOURT LECION: 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@

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 MACNOLIA: at Magnolia Hall. 2nd Saturday of Month, New Time is 1:00Pw. Call to confirm, 727-2015. *October - May,

NO Dec. SANGUDO: Sangudo Community Hall, 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. THE ABBOTTS-IELD VARIETY MUSIC

JAM: at Abbotsfield Rec Centre (3006 119 Ave. Edmonton) 3rd Friday of month, 7PM. PH: 780-918-8545, Adm: Donations Only. onations Only. WHITECOURT SENIORS CIRCLE: 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-

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. 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, 5:30рм (open to

PROBLEMS WITH DRUG OR ALCOHOL 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 CROVE ELEVATOR TOURS, Tues-Sat, 9:00-3:00PM. Info 960-4600. UNITED CHURCH THRIFT SHOP: North end Curling Rink, Onoway. Open Fri & Sat, IOAM-4PM.

10ам-4рм

IDAM-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 Drouge Amput Lladith Conjing Dana df

Onoway Aspen Health Services. Drop off 1:00-2:30 Рм.

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.

1790167/ 607/

(780)674-6974.
BALLROOM, LATIN, COUNTRY DANCE SOCIAL: 1[#] Saturday of every month. Doors open 8PM at Central Lions Recreation Center, 1113 113 St., Edmonton AB, Cost \$15 paid at the doors. Hosted by Everyone's Ballroom Dance Assoc, More info: www.ebda.ca 780-893-6828 COME PLAY CRIB: Fridays, 7:30PM at

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

COUNTRY QUILTERS in Stony Plain house a "Sew in Tuesday", 2nd Tuesday of every month, from 10-3PM. Drop in \$5/member, \$6/mon-members. Contact 067

JR. SCRAPBOOKING Wed 4-6PM. Pre-

Library www.mayerthorpelibrary.ab.ca YOU, & EVERYBODY" Fun new 'ME

local program for people of all ages with disabilities. Thursdays @ Alberta Beach Agliplex from 10:00-11:00AM starting May.

Funded Lac Ste Anne FCSS. **ONOWAY GOLDEN CLUB**: Cards Tuesdays, IPM. 1^a Tuesday: Pot Luck Supper. 5023 49 Ave. 780-967-3436 ONOWAY HAVE FUN & GET FIT! Excercise

Class with Video La Blast. Fridays 10:30AM at the Drop in Centre, 5023-49 Ave. PH:

PANCAKE/BREAKFAST SOCIAL: 3rd Sunday 9:00-11:30AM, Parkland Village Sunday 9:00-11:30AM, Parkland Village Community Centre. *except June, July, August RIVER TALKERS TOAST MASTERS CLUB.

Thursdays, 7-9рм. 32 Whitecourt Ave. Hilltop Community Church. Info Lorainne

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

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

780-940-3032 SPIRITUAL LIVING STONY PLAIN OATHERING 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 1:00pm. 780-

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

IST 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 12-18vrs, Call 780-515-1842 299 ROYAL CANADIAN SEA CADETS CORPS MACKENZIE: Stony Plain Comm Center, Wed 6:30PM. Youths 12-18, 963-09/3 00%

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 760-660-1500 526 BARRHEAD AIR CADETS, Wed 6:30 30рм, High School. Ages 12-18. 780-305-

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

- SANGUDO GOLDEN CLUB, Tues AL - SANOO COLLINGTON COLLINGTON BPM call 786-4402/785-9214/785-3599 AL-ANON - ONOWAY: Meetings are at 7:00PM, Tuesday evenings, at the Onoway United Church. *Meetings suspended till May 5, 2020

AL-ANON Wednesdays, 8PM. Spruce Grove United Church, 1A Fieldstone Dr. 780-962-5205 ALBERTA 55 PLUS: Villenvue Hall at 10AM.

Meetings on 2nd Tues of month. Info: Donna 780-962-5933 ALBERTA BEACH & DIST LIONS CLUB

meets every 4th Tues 7:00рм, Alberta Beach Agliplex.

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

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

ANONYMOUS: ALCOHOLICS Journey of Hope Group, Fridays 8PM, (please arrive earlier). Present location in church basement 4805 - 50 St. Onoway GROUP: 4th Thurs. 6:30-8:00PM at Barrhead United Church.

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

CHERHILL COMMUNITY ASSOC. Monthly

Meeting 1st Wednesday, 8PM at the Hall. 785-2825 *Except Jan, July, Aug, Sept. CHERHILL SILVER & COLD SENIORS CLUB Regular Meetings 1st Tuesday of month, Cherhill Seniors Hall. Call Rosamy 780-785-2625

TRO-TRS-2625
CHERISHED MEMORIES, PARENTS & TOTS Wed & Fri, 10-12PM, Alberta Beach Agliplex. 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

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

meet 2 ASSOCIATION monthly at 7:30PM at the hall. Info W. Jager (780) 786-4648. GriefShare: WEEKLY GRIEF SUPPORT

GROUP held on Tuesdays 6:30 - 8:30 pm, starting Feb 25 at Crossroads Community Church, 4719 44 Ave, Mayerthorpe. 13-weeks for just \$25. Call 780-786-2695 to starting feb 25 at 25.

I3-Weeks for Just \$25. Call 780-786-2695 to register. KINETTE CLUB OF MAYERTHORPE, 7:30PM at Kinsmen Hall, 1ª Tues of month. Contact: mayerthorpekinettes@gmail. com, Tracy: 780-786-0161. LAC STE ANNE ARMY CADETS, Thurs, 6720 92/04. ct Orevary Microsoft

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-

LAC STE. ANNE & LAKE ISLE WATER QUALITY MANAGEMENT SOCIETY: 3rd Fri,

QUALITY MANAGEMENT SOCIETTS, FIN, 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

(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. Street, Spruce Crove). 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 NDWAW & DIST LEDITACE SOCIETY.

ONOWAY & DIST HERITAGE SOCIETY:

^d Wed of each month, 7:00рм, Onoway

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

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

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

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

Build confidence, speaking, leadership & listening skills. Thursdays 7-9PM at Eagle River Casino. Call Melinda Tarcan, 778-1180

SANGUDO PAINTING GROUP: Every SANGUDO PAINTING GROUP: Every Thurs, 9AM-12PM at Sangudo Community School. Info, call 780-785-2112. SUNDOWNERS TOASTMASTER CLUB: Mon (excl. Holidays) 7:30-9:30PM. St. Matthew's Church, Spruce Grove. Judy

960-5258 WEIGHT WATCHERS Alberta Beach Agriplex - Mondays, weigh in 6:30PM. Meeting at 7PM. WESTLOCK & AREA CANCER SUPPORT

GROUP: 3rd Wed 6:30-8:00PM at Westlock

Library





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SERVICE DIRECTORY





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DRIVE-THRUNOWLOPEN! (780) 674-2050 TAKE-OUT, DINE-IN TAKE-OUT, DINE-IN Sunday & Holidays IIam-8pm