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**February 25, 2020**

## STRUCTURE FIRE IN THE TOWN OF ONOWAY

Submitted by David Ives,  
Fire Chief | North West  
Fire Rescue - Onoway

At 0058 on February 19, 2020 North West Fire - Onoway was dispatched to a structure fire - situation unknown located at 4404 52 Street, Onoway. North West Fire's first unit was rolling two-minutes later.

*Continued on Page 5*



## WHITECOURT RCMP SEEK ASSISTANCE IDENTIFYING ROBBERY SUSPECTS



Submitted by Whitecourt RCMP

File #: 2020-158164



Whitecourt RCMP are seeking the public's assistance in identifying the suspects in string of offences



that culminated in a robbery occurring in early February.

*Continued on Page 5*

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Submitted by **Gerald  
Soroka, MP for Yellow-  
head**



# LIVESTOCK PRODUCERS IN YELLOWHEAD ELIGIBLE FOR TAX DEFERRAL

Gerald Soroka, Member of Parliament for Yellowhead, is pleased to inform constituents that livestock producers in prescribed drought, flood or excess moisture regions will be able to defer a portion of their 2019 sale proceeds of breeding livestock until 2020 to help replenish the herd.

The cost of replacing the animals in 2020 will offset the deferred income, thereby reducing the tax burden associated with the original sale.

Many of the eligible regions are located within Yellowhead. The full list can be found at the link below:

<http://www.agr.gc.ca/eng/agriculture-and-climate/drought-watch/livestock-tax-deferral-provision/2019-list-of-prescribed-regions/?id=1563200329910>

For more information, see: <https://www.canada.ca/en/agriculture-agri-food/news/2020/02/livestock-producers-receive-tax-relief-for-2019.html>

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# NOTES FROM THE ONOWAY LEGION

**Submitted by Richard Moses**

## Ham Dinner

On Friday, February 28, Ira Austin and volunteers will serve and prepare ham with roasted mashed potatoes. There'll also be some veggies served, with cheese-cake, fruit and ice cream for dessert.

Don't forget to book your reservation by text or phone to 780-340-0760, or leave a message on the Legion answering machine at 780-967-5361. 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.

Chase the President Growing!

The progressive Chase the President raffle could be won every week. As of Friday, February 14, it was worth \$1,428.75! There are only 11 cards left in the deck, so there could be a lucky winner anytime. Don't miss your chance!

## St. Paddy's Day Raffle

Tickets are still available for the \$400 liquor basket being raffled off for St. Paddy's Day. Tickets cost \$10 each, and are available at the Legion bar.

## Onoway Legion Members Notice

All members are urged to attend the next general meeting on March 2. There'll be a motion to amend the bylaws about frequency of meetings.

Singles "Fun" 8-ball pool

On Sat. Feb. 29, enjoy a fun

pool tournament. Registration is from 8:30 - 9:15 a.m. before play begins at 9:30. The entry fee \$15/person, and 70% of the registration will be given away in prizes. You can also register in advance emailing your name, telephone number and email address to ltv336@gmail.com. Fees will be accepted upon registration at the Onoway Legion, Branch 132, between 8:30 am and 9:15 am on tournament day. Contact Larry Villneff at

780-945-0600 or by email if you have questions.

## Drop-in Weekly 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?

You don't have to be a Veteran make a difference. Becoming a member of the Legion is the ultimate way to show your gratitude and give your support to veterans.

## R.S.V.P. for the EQUS Annual General Meeting

**EQUS REA LTD.** is holding their 2020 Annual General Meetings over three sessions on the following dates and locations, with voting occurring at all three locations.

Connect with your Board and EQUS Staff - 3 pm to 5 pm

Tuesday, March 31	Wednesday, April 1	Thursday, April 2
The Coast Lethbridge Hotel 526 Mayor Magrath Drive South, Lethbridge	Radisson Red Deer Hotel, 6500 67 St, Red Deer	Best Western Sunrise Inn & Suites, 3101 - 43rd Avenue, Stony Plain

Arrive early for the information booths and complete your Passport to the AGM for a chance to spin the prize wheel and win great prizes!

The Board of Directors and EQUS staff will be on hand to answer members' questions on:

- Member Services and Billing
- EQUS App/Web Portal
- Construction and Maintenance
- EQUS Community and Member Relations
- Automated Metering Infrastructure
- Micro-generation
- Safety
- Vegetation Management

**3 p.m. until 5 p.m. Registration & Information Booths**  
**5 p.m. Annual General Meeting**  
**Dinner to follow**

Members are required to R.S.V.P. on or before March 15 by calling 1.888.211.4011 or emailing [mhanson@equs.ca](mailto:mhanson@equs.ca).

*Please note dinner and meetings are open to EQUS Members and EQUS Board of Director invited guests only.*

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## Structure Fire in the Town of Onoway

*Continued from Page 1*

Upon arrival crews found a large un-occupied outside building (Percy's Greenhouse) had been totally been consumed by the flames. Firefighters worked in minus twenty-four weather

to extinguish the remnants of the building and protect remaining exposures. At the peak of engagement, North West Fire had four-units and ten-members on scene with Lac Ste. Anne County Fire Services assisting with water delivery.

Fortunately, no one was

hurt because of the fire or the firefight. North West Fire - Onoway would like to thank its sister agencies Lac Ste. Anne County Fire Services, Alberta Health Services, Royal Canadian Mounted Police, Atco Gas, and Fortis for their attendance and assistance.

North West Fire - Onoway would like to remind everyone to take care with regard to the use and maintenance of wood-burning appliances - especially if left unattended.

For more information, contact Fire Chief Ives at 780-777-4688.

## Whitecourt RCMP Seek Assistance Identifying Robbery Suspects

*Continued from Page 1*

On February 3rd, 2020 in the early morning, Police received multiple calls for service relating to the theft or attempted theft of vehicles and ATMs in the Whitecourt area. Police first responded to a convenience store where suspects attempted to steal an ATM; however, they were unsuccessful due to security measures.

Sometime later, Police responded to a Robbery at the Eagle River Casino where two suspects drove a vehicle through the doors of the casino and then threatened an employee while stealing an ATM. The suspects removed the ATM and departed but due to business practices the ATM did not have any cash inside.

Police believe these and other occurrences are connected. Surveillance images were obtained and White-

court RCMP are seeking the public's assistance to identify these two suspects and locate the two stolen vehicles. The first vehicle sought is a black 2006 GMC Sierra 3500 that was stolen displaying Alberta licence plate BKY0083, it has an 11-inch lift, 38-inch tires, cracked windshield and light bar installed between the fog lights. The second vehicle is a white 2011 Ford F-350 that was stolen displaying Alberta licence

plate CBZ1880.

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) (<http://www.p3tips.com>) or by using the "P3 Tips" app available through the Apple App or Google Play Store.

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# FIVE ALBERTA ARTISTS GATHER TO SHARE THEIR SONGS AND STORIES

Ryan Langlois Hosts Horizon Stage's Inaugural Singer Songwriter Night on Saturday, March 7

**Submitted by Horizon Stage**

Enjoy an intimate evening exploring the art and craft of songwriting. Hosted by Alberta songwriter Ryan

Langlois, this Singer Songwriter Night will feature a panel of four guest artists - Mark Times, Hannah Gazso, Maddison Krebs, and Martin Kerr - all of whom are passionate about tell-

ing stories through music. In the tradition of the world-famous songwriter rounds of Nashville, and many festival side-stages, each will share backstories and insight into their writing process. Each will play a few of their favourite songs, and will be challenged to perform a cover of someone else's work in their own stripped-down style. Singer Songwriter Night with Ryan Langlois at Horizon Stage on Saturday, March 7 promises to be filled with laughter, behind-the-scenes turmoil, and vulnerability - any of which can be the basis of a good song.

The former lead singer of The Boom Chucka Boys, Ryan Langlois' solo career has earned him three Alberta Country Music Award

nominations, and second place in the Project Wild Country Artist Development Program in 2018. He is a barstool balladeer who can turn ordinary moments into lessons in wisdom and grace. Every time he takes the stage, he gives all he has to offer, and something special happens.

Hannah Gazso is a 16 year old singer-songwriter from Ardrossan. Her passion lies in storytelling, and she loves to share her music with anyone who will listen. She has a homegrown coffeehouse country style that is sure to catch your attention. Back from her third trip to Nashville, she is looking forward to what this year will bring her!

*Continued on Page 9*



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Wednesday, February 26, 2020



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# BARRHEAD RCMP REPORT

**Courtesy of  
R.W. Dodds, Sgt  
NCO i/c Barrhead De-  
tachment, RCMP**

February 6 through February 13

A 22 year old Barrhead male is facing several charges after he spit on a police officer on February 12. Members were called to an apartment in Barrhead after EMS requested their assistance with a combative patient. The male was subdued and hand cuffed and was being escorted to the police car when he managed to spit in the face of the member escorting him. The suspect then made death threats against the member. The male spent the night in custody and was released the following morning on a number of conditions.

There were five theft complaints received this week. A power cord was stolen from a business in Barrhead on February 6 or 7. On February 9, a security camera was reported stolen from a residence in Barrhead. On February 9, another catalytic converter was reported stolen from a parked vehicle in Barrhead. Two batteries were reported stolen from machinery parked in the County of Barrhead on February 11. Finally, on February 10, a licence plate was reported stolen from a vehicle. The exact date or place of the theft is unknown but police are looking from Alberta licence BKJ 7656.

January 30 through February 5

Barrhead Detachment re-

ceived six theft complaints this week. An attempted Break and Enter was reported at the Barrhead Golf Club. Thieves apparently tried without success to gain entry and nothing was reported stolen. On January 30 another catalytic converter was reported stolen. A motor home parked in the area of 43A Street was targeted. Welding cable was reported stolen from a truck parked on 50 Avenue on January 31. On February

2 a trailer and two snow machines were stolen from a residence in Barrhead. Also on February 2, a stock trailer was stolen. The trailer was recovered the same day after being abandoned by the thieves. Two shoplifters were reported on February 5. Surveillance video is being reviewed and a suspect vehicle has been identified.

On January 30 a lone male entered the Fort Assiniboine Fas Gas armed with a long gun. The male confronted

staff and a customer and demanded cash. During the confrontation one round was discharged from the firearm. Fortunately nobody was injured and the suspect left with cash and other property. The male left with an accomplice in a light colored Dodge truck which was later located on fire. Police were able to identify one male suspect and he was arrested the following day after a brief pursuit and remains in custody.

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Visit [LSAC.ca](http://LSAC.ca) to explore the latest Lac Ste. Anne County news and events in greater detail.

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## County News Highlights

### MINOR SOFTBALL LEAGUE REGISTRATION NIGHTS

A great co-ed softball program for players of all ages

Registration nights are now taking place in communities across the region including Alberta Beach; Alexis; Anselmo; Barrhead; Darwell; Oneway; Rich Valley; Sangudo; and Wabamun.

Visit [LSAC.ca/Softball](http://LSAC.ca/Softball) for a complete list of registration dates, times and participating communities.

This co-ed league's 2020 regular season will run from April 27 until approximately mid June, and will include a playoff tournament.

Players must register where they reside based on local elementary school boundaries. Please remember that this is a **FUN** league. Fair play and sportsmanship are encouraged!

### RECYCLE THOSE EMPTY GRAIN BAGS

Cleanfarms' collection sites are ready and waiting

Under the newly minted 'Alberta Agplastic. Recycle It!' program, farmers will find it more convenient to locate places that will take empty grain bags and twine for recycling.

For year one of this three-year pilot, Cleanfarms has established 20 collection sites throughout the province. Most are currently taking rolled, tied grain bags of any size, and twine for recycling. Some, however, just take grain bags and a few take only twine. The full roster of collection locations and what they take can be found on [Cleanfarms.ca](http://Cleanfarms.ca).

### COUNTY UNVEILS REGIONAL BUSINESS DIRECTORY

A variety of great new marketing resources custom-designed for registered local businesses

Lac Ste. Anne County, in partnership with the Town of Oneway, has unveiled a regional business directory called [shopthecounty.ca](http://shopthecounty.ca), a new tool designed to help local businesses get found by prospective customers far and wide.

Business listings on the Shop the County directory (and access to other great features like a website builder and business learning library) are provided free of charge to businesses registered with the Town of Oneway or Lac Ste. Anne County. Plans are also in the works to engage other regional business communities.

If you have a business licence on file with the Town or County, a listing will have already been created on your behalf and an email sent to you with instructions. This listing is now yours to control and customize.

If you're registered with the Town or County, but don't see your business profile on Shop the County, just visit [shopthecounty.ca](http://shopthecounty.ca) and add your own.

### COUNTY EMPLOYMENT OPPORTUNITIES

A variety of term, seasonal and permanent roles are available

Lac Ste. Anne County is accepting applications for various roles including **Assistant Problem Wildlife Officer**, **Development Officer** and five **Seasonal Labourers** for Public Works.

Visit [LSAC.ca/careers](http://LSAC.ca/careers) for details on these opportunities.

### VOLUNTEER FIREFIGHTERS WANTED

Join a close-knit crew and help safeguard the County

Lac Ste. Anne County Fire Services is looking for Volunteer Firefighters to join its ranks. Benefits include compensation, free training and certification, and being a valued and respected team member whose contribution counts.

Thinking about joining the Lac Ste. Anne County Fire Services team? Visit [CountyFire.ca](http://CountyFire.ca) to submit an expression of interest form, and a representative with Lac Ste. Anne County Fire Services will get in touch with you.

### PRE-AUTHORIZED PAYMENT OPTION INTRODUCED FOR SOLID WASTE UTILITY

Ratepayers now have the option of signing onto our pre-authorized payment plan for the Solid Waste Utility. What this means is, rather than making a lump sum payment, the pre-authorized payment plan allows you to make equal monthly payments with no penalty. The payments will be automatically withdrawn from your bank account on the 15th of each month.

The 2020 Solid Waste Utility will require six equal payments of \$27.50 beginning July through to December.

Get a pre-authorized payment form at [LSAC.ca/Utility](http://LSAC.ca/Utility) or call 1.866.880.5722 to have a copy sent to you. Completed applications must be returned to the LSAC administration office with a void cheque. The opt-in deadline for this program is **May 31, 2020** so don't delay!



## Five Alberta Artists Gather to Share Their Songs and Stories

*Continued from Page 6*

Maddison Krebs, a singer-songwriter from Southern Alberta, got her first guitar when she was six so she could put her poetry to music. She won ole Media Management's "On The Spot" competition and signed a publishing and record deal in 2016. She has performed at Big Valley Jamboree, Canadian Music Week, Folk Alliance International, Calgary Stampede and The Bluebird Cafe in Nashville. Her single "Real Real Thing" charted in the Top 40 on Radio Disney Country and her EP,

Bulls-Eye, reached Top 6 on iTunes Country music chart.

Mark Times from Stony Plain is a novelist with a Gibson, plucking stories from the windswept prairies and humming to the slow clack of typewriter keys. His work is the product of raw emotion filtered through a thoughtful process, distilling songs that are just the right amount of head and heart. His self-titled 2017 EP earned him nominations for the Singer/Songwriter and Roots/Folk Recording of the Year at the Edmonton Music Awards, while the track "Saskatchewan" received an honourable men-

tion in the Canadian Songwriting Competition.

Edmonton-based singer-songwriter Martin Kerr built his career as a busker. He has been an independent musician for 10 years and has achieved some incredible things during that time, including selling out the Winspear Centre twice and landing an album in the Canadian Top 10. Often compared to James Taylor, Kerr's powerful voice and intricate songwriting has earned him praise from the likes of Sarah McLachlan and Bruce Cockburn. His song 'You're Amazing' has been the soundtrack to summer festivals where

the audience joins in for the line "I'm not bad myself but you're amazing."

If you've ever wanted to know the stories behind the songs don't miss Singer Songwriter Night with Ryan Langlois at Horizon Stage on Saturday, March 7 at 7:30 p.m. Tickets are just \$25 for everyone and they may be purchased at the City Hall Ticket Centre (315 Jaspersen Ave), by phone at 780-962-8995 or 1-888-655-9090, and online by visiting [horizonstage.com](http://horizonstage.com) and clicking on the 'Tickets' link.

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# *Bridal Guide*

February 2020

## *Your* Guide to Planning Your Big Day

Filled with helpful planning advice, savvy how-to tips and the latest wedding trends, as well as a host of local wedding vendors here to help you plan the perfect day!



# Bridal Guide



## CATER WEDDING MENUS TO GUESTS' DIETARY NEEDS

Gone are the days when wedding reception menus were limited to the one-size-fits-all offerings of meat, chicken or fish. Thanks to modern diets, couples hoping to accommodate guests may need to provide a wide array of food choices.

It is impossible to pinpoint an exact number, as there are no definitive surveys classifying all dietary preferences, but there are believed to be around 7.9 million people in the United States who follow a vegetarian-based diet. Of those people, around one million are strictly vegan, according to data in The Economist. In addition, NYU Langone Health says one-third of Americans are

trying to avoid gluten. The Gluten Free Agency, which is a consulting group dedicated to helping advertisers, says some nine million people in Canada are going gluten-free now for medical or personal reasons. Toss in the scores of people with peanut or other allergies and even more caution is needed when designing wedding menus.

Savvy couples who have guests' health and comfort in mind recognize the importance of offering a varied meal plan for wedding-related parties and receptions. The following are some ideas to consider when planning wedding menus.

- Consider a buffet-style ser-

vice. Although couples might like the tradition and flair that a seated/plated meal offers, it creates a much more limited selection of meal options. Buffet-style dinner service often provides couples with multiple choices, and it's much more likely they can come up with a combination that caters to any food allergies or dietary restrictions guests may have.

- Opt for food stations. In lieu of one long buffet table, a modern approach is to have staffed food stations. Foods as well as their ingredients can be clearly stated on food table placards so guests can

make appropriate choices.

- Offer alternatives for dessert. Wedding cake can be a challenge to someone with a gluten sensitivity or an egg or a nut allergy. While not every guest indulges in dessert, make it a point to offer an alternative to cake. Perhaps a groom's cake can be revamped into gluten-free cookie bars or a nut-free trifle.

Couples who know in advance which types of dietary restrictions their guests have can work with caterers to devise a menu that suits everyone.

## DID YOU KNOW?

December may not mark the peak of wedding season, but many couples tie the knot at the culmination of the holiday season. According to The Knot, a leading wedding industry resource and information site, New Year's Eve weddings are popular. A poll from The Knot found that

7,230 weddings were scheduled for December 31, 2017. Flowing champagne, extra vacation days during the holidays and long weekends, as well as the merry atmosphere of the holiday season can make New Year's Eve a great time to get hitched.

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## CONGRATULATIONS

# Bridal Guide

## HOW TO PLAN A WEDDING CEREMONY

Months of planning is par for the course for couples about to tie the knot. Much of that planning concerns the reception, and rightfully so. Receptions last longer than ceremonies, and couples are often involved in every reception detail, from picking the appetizers to serve during cocktail hour to choosing the final song before everyone calls it a night. But it's equally important that couples devote considerable attention to their wedding ceremonies.

A wedding ceremony might not last long, but it is the most crucial component of a couple's wedding day and can even set the tone for the rest of the festivities. From choos-

ing readings to honoring loved ones to immersing oneself in his or her faith, these tips can help couples plan their perfect ceremony.

- Give the ceremony equal footing with the reception. Spend time trying to put a personalized spin on the proceedings, whether that entails writing your own vows or choosing moving music that means something to you. When given ample attention, seemingly minor details can make for a special, memorable ceremony.

- Choose a ceremony location that is close to the reception site. If a ceremony will take place in a house of worship, try to choose a reception

venue close to the ceremony site. This keeps guests, some of whom may be out-of-towners who have already traveled extensively, from spending too much time on the road during the day of the wedding.

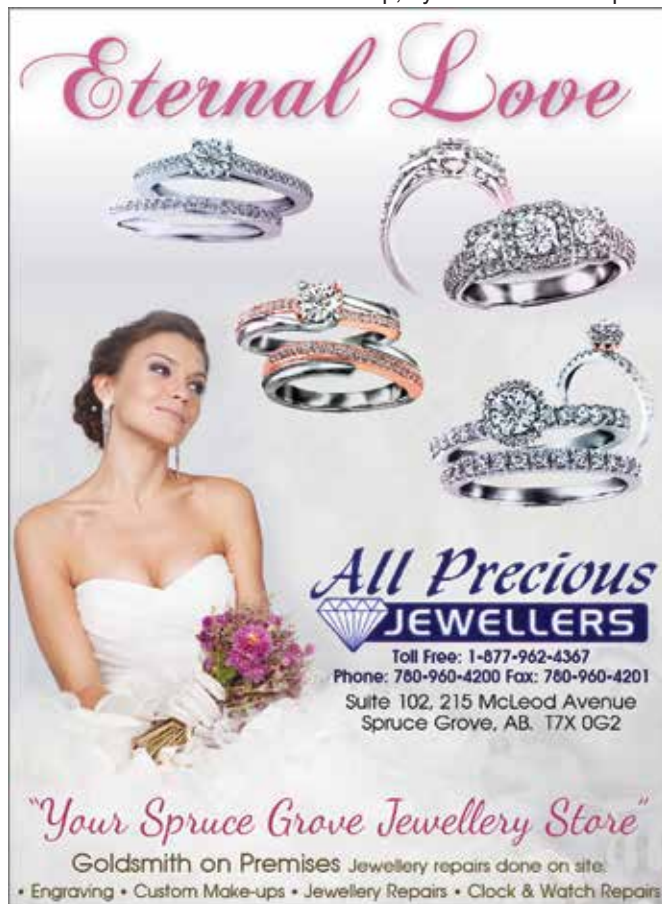
- Get to know the officiant. The officiant should be someone with whom you both feel comfortable. This person should know you well enough that he or she can preside over the ceremony and add sentiments that come across as authentic and personalized.

- Do your best to avoid especially lengthy ceremonies. Couples will need to meet the religious requirements if they are getting mar-

ried in the faith, and there may be some aspects of the ceremony that you cannot cut short or modify. But if you have wiggle room, try to keep the ceremony to around 30 minutes; otherwise, you run the risk of guests getting antsy, especially if children are in the audience.

- Decorate the ceremony space. While the altar and aisle are key places to draw attention, couples also can dress up the chairs/pews, ceiling (if allowed), and entrance to the space to make it welcoming and romantic.

Even wedding ceremonies that likely won't run long can benefit from some pre-wedding planning.



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# Bridal Guide



## BAND OR DJ? HOW ABOUT BOTH?

Few elements can make or break a couple's wedding day more than entertainment. While factors like the weather are beyond couples' control, ensuring guests have an opportunity to dance or sing along to some good music is something couples can emphasize as they plan their weddings.

When it comes to music, the two main options for weddings are a live band or a disc jockey. Each has its share of advantages and disadvantages. A live band may be more expensive, but it can get the crowd excited. A good bandleader also acts as a master of ceremonies and can pay attention to the

vibe of the room, tailoring a playlist around that overall mood. Plus, bands offer live performances, which adds an extra special element to the occasion that can't be replicated at home.

A DJ is a popular choice, and today's DJs are often artists in their own right. They know just how to select and seamlessly mix music to create the mood and really keep the party going. Couples who prefer to hear original versions of particular songs - especially for their first dance song - often prefer DJs. The popular wedding planning resource The Knot also says that it is often no problem for a DJ to find and play a song

from an extensive digital library, while bands may not be able to learn and perform a song in time.

Couples who can be flexible with their entertainment budgets may be able to enjoy the best of both worlds. There is nothing that says a wedding cannot feature both a live band and a DJ. Such a wedding may just take a little more planning. Consider the scenario of bringing in a band for the cocktail hour and perhaps an hour or more during the dinner service of the reception when live music can accompany the meal. After that, a DJ can take over and drive the festivities up another notch with

a late-night dance party.

Some music vendors also do a combination of live and prerecorded music. They may have live singers who accompany recorded tracks, or digital instruments like keyboards and drum pads that can enhance recorded songs. These also are options when selecting wedding music.

There is no right or wrong answer when it comes to setting the soundtrack for a wedding. A band, DJ or combination thereof can make the occasion even more memorable.

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# START A SMOKE-FREE AND VAPE-FREE LIFE

Submitted by Alberta Health Services, my-health.alberta.ca

You're ready to start a smoke-free and vape-free life. Here are some suggestions for you, as you get ready to make the change.

## 1. Stock up on supplies

Withdrawal on the first day—and after—can be intense.

Using nicotine replacement therapy or pharmacotherapy doubles your chance of successfully quitting. Get advice from a pharmacist or your doctor.

And have lots of healthy snacks and gadgets on hand to help with cravings, keep your hands busy and keep you distracted. Common supplies include:

- Gum or mints
- Cinnamon sticks

- Unsalted sunflower seeds
- Crunchy veggies such as carrots and celery
- Herbal or decaffeinated tea

- Stress ball, fidget spinner or Rubik's Cube

- Supplies for current or new hobbies such as knitting or painting.

## 2. Stay positive

Try not to let negative thoughts overtake you. Quitting is hard, and for the first few days you'll need to take it one hour at a time. But remember, you've got this. Make a list of your reasons for quitting and keep it handy—in your wallet, on your fridge door, even taped to your computer at work.

Try to focus on why you chose to quit in the first place and envision how good you'll feel when you are smoke-free for good!

Think of a positive mantra—perhaps “I will beat this and be smoke-free”—and repeat it over and over if you feel negative thoughts slipping in.

## 3. Avoid your triggers

Triggers may include places, people or situations that cause you to want to smoke or vape. Everyone has their own triggers, so know yours and avoid them where possible.

Remember the four Ds: delay, deep breathe, drink (water) and do.

Here are more tips for overcoming common triggers:

- Alcohol can reduce your resolve to stay quit. Consider drinking water or herbal tea as alternatives.

- Avoid caffeine, as it's a major trigger and can give you the jitters. Try an alternate beverage like tea, juice or water.

- Stress can trigger an urge to vape or smoke, so try to stay calm and do some deep breathing. Consider yoga or meditation to help you stay relaxed.

- Avoid being around other people who smoke or vape. This might be hard if your family or friends smoke or vape, but ask that they don't smoke or vape around you and organize activities

where people can't smoke, such as going to the movies.

- If sitting around after meals is a trigger, get up and move. Do the dishes, brush your teeth, call a friend, go for a walk or go to the gym.

## 4. Find help

QuitCore is a free group support program that provides Albertans 18 years and up with the tools and skills they need to quit vaping and using tobacco. The program consists of six 90-minute sessions over a period of up to nine weeks at various locations around the province.

To get help, text: ABQUITS to 123456. Or call 1-866-710-7848.

Or join a group in your community to share your stories, learn new coping strategies and celebrate milestones together. To find a session near you and to get customized email tips about quitting, go to [www.albertaquits.ca](http://www.albertaquits.ca).

Lastly, remember that setbacks sometimes happen. They don't mean you've failed. Slipping up is a normal part of the process, and we learn new things each time we try. It is possible to successfully stop smoking. Sometimes you have to just keep trying.

**STORY TO TELL?**

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

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

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

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

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# PREVAIL

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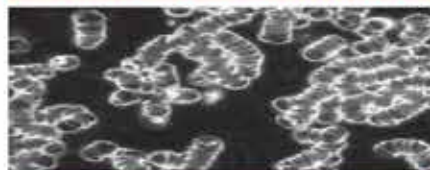
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Anselmo Community Hall, Phone 780-786-4280

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

Mayerthorpe Diamond Centre, Charlotte at 786-4659

Mayerthorpe Legion, 786-2470.

Onoway Community Hall, 967-4749.

Onoway Heritage Center - Gym/Classrooms, 967-1015

Onoway Legion, 967-4980

Park Court Community Hall, 727-4476

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

Ravine Community Hall, 325-2240

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

Rosenthal Community Hall, 963-7984

Sandy Beach Rec Hall, 967-2873

Sangudo Community Hall, 785-2904 or 305-4616

Stettin Nakumun Comm. Hall, 967-9198

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Available immediately, Large 2 Bedroom in 12 Unit Apartment Building in Entwistle. Includes heat, water & parking. Rent \$795/month + DD \$300. Please call Ivka 780-807-1300 or email jakovljevicivka@yahoo.ca (2) 18-02 OG

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for viewing at 780-967-4420 or 1-403-742-6467. [www.onowayinnandsuites.com](http://www.onowayinnandsuites.com) (4) 18-02 OG

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# SUDOKU

## OF THE WEEK

### Fun By The Numbers

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

#### ANSWER:

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

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

**Like puzzles?** Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!





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#### 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.

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**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.

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# COMMUNITY EVENTS 2020

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).

**MAR 7 - SANGUDO COMMUNITY HALL JAMBOREE** starts at 7pm, doors open at 6pm. Late lunch at 9:30pm. \$12/person (Entertainers free). Everybody is welcome. Info call 305-5088 or 785-4105.

**MAR 14 - CRIB TOURNAMENT** at Rich Valley Community Hall. Doors open at 10am, Play at 11am. Admission \$20/person, lunch served.

## FARMERS MARKETS

**WESTLOCK FARMERS' MARKET:** Fridays 11-3pm, Someplace Else Youth Centre 10612 102 St., Ph: 780-954-2437 \*Feb 14, 2020 - Dec 18, 2020.

## 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

**RICH VALLEY COMMUNITY HALL BINGO:** 7:30PM. Loonie Pots. Next bingos February 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, Nevada's, Concession. 780-778-4950 \*Sept - June

## MEAT DRAWS

**ALBERTA BEACH MUSEUM:** Every Sat 4PM, Alberta Beach Hotel

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

**BARRHEAD ROYAL CANADIAN LEGION:** Fridays 6:00PM. Queen Of Hearts draw & 50/50.

**ONOWAY ROYAL CANADIAN LEGION:** Fridays, Ph. 780-967-5361

**STONY PLAIN ROYAL CANADIAN LEGION BR# 256:** Saturdays @ 3:00PM. Meat Draw & 50/50.

**WHITECOURT LEGION:** Saturdays 4:00PM. Located downtown behind the CIBC.

## MEALS ON WHEELS

**ONOWAY:** LSAC Div 1 & 2, East of Hwy 43. Hazel Bourke: 780.967.2338 or bnbourke@icloud.com

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

## JAMBOREES

**CARVEL:** 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.

**SPRUCED 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 Centre, 5018 - 51 Ave. Every 2nd & 4th Thurs of month, 7PM, \$2.

**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

**SPRUCED GROVE:** Wed 8:45AM at Anglican Church, 131 Church Rd. Christiane 960-1109

## YOUR COMMUNITY

**MAYERTHORPE LEGION BR. #126:** Seniors' Floor Curling - Thurs @ 1PM. Fun Darts - Thurs @ 7PM. Wings Night - Every Wed 5-8PM. Steak & Fish Night - 1st Friday of month 5-8PM. Everyone welcome. For more info please call 780-786-2470.

**ONOWAY ROYAL CANADIAN LEGION:** Open Tuesdays 7PM to 10PM for "Games" (pool, shuffleboard, darts, cards, etc.) Fridays 3PM-10PM. 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.

**SPRUCED 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.

**BALLROOM, LATIN, COUNTRY DANCE SOCIAL:** 1st Saturday of every month. Doors open 8pm at Central Lions Recreation Center, 11113 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 Darwell Seniors Hall; lite lunch is served. All ages!

**COUNTRY QUILTERS** in Stony Plain house a "Sew in Tuesday", 2nd Tuesday of every month, from 10-3PM. Drop in \$5/member, \$6/non-members. Contact Cindy 780-963-7170.

**JR. SCRAPBOOKING** Wed 4-6PM. Pre-register by Tues evg. Mayerthorpe Public Library www.mayerthorpepubliclibrary.ab.ca (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 9:00-11:30AM. Parkland Village Community Centre. \*except June, July, August

**RIVER TALKERS TOASTMASTERS CLUB,** Thursdays, 7-9PM, 32 Whitecourt Ave. Hilltop Community Church. Info Lorainne 286-

5040.

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

**SPIRITUAL LIVING STONY PLAIN INSPIRATIONAL CINEMA & DISCUSSIONS** at PERC Building (5413-51 St). 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 1:00PM. 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 Centre, Wed. 6:45-9:30PM. FREE program for youths 12+, Contact 3053army@cadets.gc.ca or 780-886-1586

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

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

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

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

**AL-ANON - ONOWAY:** Meetings are at 7:00PM, Tuesday evenings, at the Onoway United Church. \*Meetings suspended till May 5, 2020

**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 780-892-3099. \*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.

**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 register.

**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 BIRD 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.

**MAYERTHORPE LEGION BR. #126:** Meetings 2nd Mon of month at 7:30PM. For more info please call 780-786-2470.

**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

<b>Rich Valley Community Church</b> Sunday School 10:00a.m. Worship Service 11:00a.m.	<b>Catholic Parish of Lac Ste. Anne</b> Sunday 10:00a.m.		<b>Mayerthorpe Baptist Church</b> Worship Service Sunday 10:30a.m. Children's Church 10:30a.m. 4606-54 St. Mayerthorpe (780) 786-2677	<b>Alberta Beach Alliance Church</b> Sunday Worship Service & Kid's Church 11:00a.m. Sunday School 10:00a.m. (780) 924-3282	<b>St. John's Anglican Church</b> <i>Onoway</i> Sunday Service 10:00a.m. <b>Everyone Welcome</b>
<b>St. John's Lutheran Church</b> <i>Alberta Beach</i> Sunday Service 11:00a.m. Sunday School	<b>Zion United Church</b> Sunday Service 10:00a.m. Sunday School <i>Serving Alberta Beach, Wabamun, Darricell &amp; Lake Isle, Onoway &amp; Area</i> (780) 924-3351	<b>Sangudo United Church</b> <b>Christmas Eve Service 6:00p.m.</b> Worship Service 3 <sup>rd</sup> Sunday 11:00a.m. 4907-50 Ave. Sangudo, AB	<b>St. Mary's Anglican Church Service</b> Holy Communion 2 <sup>nd</sup> Sunday each month 11:00 a.m. at Sangudo United Church Reverend Barry Rose Officiating	<b>Cherhill Community Church</b> Sunday School 10:00a.m. - 11:00a.m. Worship Service Sunday 11:00a.m.	<b>St. Michael Lutheran Church</b> Sunday Services 1 <sup>st</sup> & 3 <sup>rd</sup> Sunday at 2:00p.m. Pastor Rick Chappell (780) 674-2618 <i>Mystery Lake</i>
<b>Trinity Lutheran Church (LC-C)</b> <i>The Church of the Lutheran Hour - Rockyfort Bridge</i> Pastor Dan Hansard Church (780) 778-2035 Sunday Worship 9:00a.m. Senior's Service & Cottage Bible Study - Phone for locations	<b>Crossroads Community Church</b> P.A.O.C. Rev. Arnold Lotholz Sunday Service 10:30a.m. (780) 786-2424		<b>Onoway Baptist Church</b> Sunday Service 10:30a.m. Pastor Greg Garbutt (780) 967-2266	<b>Roman Catholic Church</b> St. Agnes' Parish, Mayerthorpe Sunday 9:00a.m. St. Elizabeth Parish, Evansburg Saturday 7:00p.m. (780) 786-2032	<b>Calahoo Alliance Church</b> Family Worship Service Sunday 10:00a.m. For Info Call Jerry (780) 974-7734

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